

THIS FORM TO BE POSTED AT WEIGH IN LOCATION

Old Colony Youth Football League

2026 Instructions for Weigh-in Supervisors

1. Weigh-in is to be conducted promptly:

Home Team weighs – in **FIRST**

Game 1 – **1/2 hour before the start of the game**

Game 2 – **at end of 2nd quarter of Game 1**

Game 3 – **at end of 2nd quarter of Game 2**

No player is allowed to weigh-in after the designated time period has expired.

Mites: Have until the start of their game

Peewees & Midgets: Have until the last player present has been weighed-in

However, if there are mitigating circumstances that have been discussed before the weigh-in begins good judgment should prevail.

2. **Scale and Weight Requirements:** The Scale shall be a mechanical beam scale with the ability to be calibrated and adjusted manually against a certified weight. Digital Scales are not allowed. The scale will be checked with a 10 lb. Class F (400 mg) weight
3. Locate scale and opposing weigh-in official, validate accuracy with a 10 lb weight and check to see if scale has been certified and sealed, within the current year. The scale should be stationed in an area that is reasonably secured and away from public access.
4. Set the maximum weight for that week of football. See weights and week charts below.
5. Obtain 2 authorized & official copies of your opponent's roster. Provide your counterpart with 2 official copies of your roster. One copy is for your records the other copy is for the head coach. Only you and your peer are to be within 50 feet of the weigh-in area. If any one enters this area you are to **stop the weigh-in** and ask them to leave. Report any problems to the league immediately.

If another weigh – in supervisor is present to observe, be sure to identify the one who is assigned for that game. Only **one weigh-in official per town** can make decisions.

NO COACHES OR PARENTS ARE ALLOWED IN THE AREA

6. Check prior to each player that the scale is set consistent with the weight for that week. Have each player come to the scale, state his or her name and number and step squarely on the scale. The bar may move but must not be in contact with the upper guard. On some scales, the weight indicator has a tendency to move as the players get on and off. Check prior to each player for accuracy during the process.
7. **Any player exceeding that week's weight, or failing for equipment, must remove their shoulder pads and cannot play this day. The player must sit on the bench with their team. The roster must be noted to identify the player (s) not eligible to play, this includes no shows. Both coaches are to be notified. The league must be notified of an equipment failure.**
8. All rosters must be signed by both weigh – in reps and exchanged at the conclusion of the weigh-in.
9. Players are not required to weigh-in with their helmets. They must however weigh-in with all other equipment, mandatory and optional, to be worn in the game that day. If a player exceeds the weight, they cannot be re-weighed by stripping off equipment, including hand and arm pads.

THEY PLAY WITH ONLY THE EQUIPMENT THEY WEIGH-IN WITH

THEY ARE ONLY ALLOWED ONE ATTEMPT TO WEIGH-IN

10. Mandatory equipment includes shoulder pads, hip pads, tail pad, thigh pads, kneepads, helmet, game shirt (with correct #) game pants, and athletic shoes (**screw in cleats are illegal**).
11. When finished, the home team rep should secure the scale. **Scales are not to be used for any other purpose on game days.** Again, having the scale in a secured area will help.
12. **Remember to report any violations to your league rep. Any incident must be reported to an OCYFL Vice President within 24 hours.** If warranted, written descriptions are due within 72 hours. In the event any complaints surface after a game, it is required that you maintain opponent's rosters until the end of the season.
13. Please note that any variance from these procedures can subject towns to a league fine. Weight enforcement is the fundamental precept that ensures the safety of OCYFL players.

Being a good person is no an excuse for non-compliance

14. Some areas to re-enforce: no player is to be weighed-in after both teams have been processed. Once weighed, no player can strip down to make weight on a second attempt. No parent or coach is allowed in the 50 ft of the weigh-in area (stop weigh-in if present). Only one weigh-in official per town can participate in decisions made at the scale. No player is allowed to weigh-in after the designated time period has expired. However, if there are mitigating circumstances that have been discussed before the weigh-in begins good judgment should prevail.
15. From time to time an officer or a member from the OCYFL Executive Board will drop by to observe the weigh - in and answer questions. They may also wish to conduct the weigh-in themselves.
16. The weigh-in reps are eyes and ears of the coach and league. They should report any irregularities to the appropriate party.

2026 Weights and Weeks:

assumes: 8 lbs of equipment for Mites and Peewees

10 lbs of equipment for Midgets

End of season weight each week plus 1 lb per week for growth for all after week 10

WEEK	MIDGET	PEE WEE	MITE
Weeks 1-10 including playoffs and Super Bowl	195 pounds	158 Pounds	133 pounds
Weeks 1-10 including playoffs and Super Bowl* X Man Weight [26]	195 pounds 200 pounds	158 pounds 163 pounds	133 pounds 138 pounds
Week 11 if Super Bowl - Add 1 pound at all levels	Add 1 pound	Add 1 pound	Add 1 pound