

Article II: Weight regulations

1. Standard weights

- a. Sixty-five (65) pound team: players may not weigh more than eighty five (85) pounds in full game equipment, exclusive of helmet and shoulder pads (see Section 31), at mandatory weigh-in prior to each KSL game. **Players' ages are as follows, an 8 year old born between January and June and all 9 year olds.**
- b. Seventy-five (75) pound team: players may not weigh more than **one hundred five (105)** pounds in full game equipment, exclusive of helmet and shoulder pads (see Section 31), at mandatory weigh-in prior to each KSL game. **Players' ages are as follows, all 10 year olds and all 11 year olds..**
- c. Ninety (90) pound team: players may not weigh more than **one hundred twenty (120)** pounds on full game equipment, exclusive of helmet and shoulder pads (see Section 31) at mandatory weigh-in prior to each KSL game. **Players' ages are as follows, all 12 year olds and 13 year olds born between July and December.**
- d. One hundred five (105) pound team: players may not weigh more than **one hundred forty (140)** pounds in full game equipment, exclusive of helmet and shoulder pads (see Section 31) at mandatory weigh-in prior to each KSL game. **Players' ages are as follows, 13 year olds born between January and June, all 14 year olds and 15 year olds born between July and December.**
- e. One hundred twenty-five (125) pound team: players may not weigh more than one hundred and fifty (150) pounds in full game equipment, exclusive of helmet and shoulder pads (see Section 31), at mandatory weigh-in prior to each KSL game. **Players' may not have reached their sixteenth (16) birthday during the current calendar year.**
- f. It shall be mandatory for team/club to field an "A" team in the same weight class to be eligible for fielding a training team.

2. Additional weight during the season:

- a. Each participant will be allowed one additional pound of weigh at the game weigh-in for weeks two (2) through and including six (6). **Except the 105 teams which will receive an additional 2 pounds at week 5 of the regular season.**

3. Training League Provisions

- a. Fifty-five pound team: players may not weigh more than seventy (70) pounds in full game equipment, exclusive of helmet and shoulder pads (see Section 31) at mandatory weigh-in prior to each KSL game. **Players' ages are as follows, all 6 year olds, all 7 year olds and 8 year olds born between July and December.**

4. "Special" Player Rule

- a. **65 team Specials are to be 10 years old and born between July – December and may not weigh more then seventy-five (75) pounds in full game equipment, exclusive of helmet and shoulder pads (see section 31) at mandatory weigh-in to each KSL game.**
- b. **75 team Specials are to be 12 years old and born between July – December and may not weigh more then eighty -five (85) pounds in full game equipment, exclusive of helmet and shoulder pads (see section 31) at mandatory weigh-in to each KSL game.**
- c. **90 team Specials are to be 13 years old and born between January and June and may not weigh more then one hundred ten (110) pounds in full game equipment, exclusive of helmet and shoulder pads (see section 31) at mandatory weigh-in to each KSL game.**
- d. Special players receive the same additional weight that regular players get.