

PRINCE GEORGE'S COUNTY BOYS AND GIRLS CLUB

2009 PLAYOFF FOOTBALL WEIGHTS

| WEIGHT | AGES | | | | | | | | | |
|--------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 65 LB | 95 | 85 | 80 | XXX | XXX | XXX | XXX | XXX | XXX | XXX |
| 75 LB | XXX | 115 | 105 | 100 | 95 | XXX | XXX | XXX | XXX | XXX |
| 85 LB | XXX | XXX | 125 | 115 | 110 | 105 | XXX | XXX | XXX | XXX |
| 95 LB | XXX | XXX | XXX | 135 | 125 | 120 | 115 | XXX | XXX | XXX |
| 110 LB | XXX | XXX | XXX | XXX | 145 | 135 | 130 | 125 | XXX | XXX |
| 125 LB | XXX | XXX | XXX | XXX | XXX | 160 | 150 | 145 | 140 | XXX |
| 150 LB | XXX | XXX | XXX | XXX | XXX | XXX | 185 | 175 | 170 | 165 |

NOTE: THE ABOVE WEIGHT CHART DOES NOT INCLUDE THE WEIGHT GIVEN FOR THE FOOTBALL UNIFORM. THE FOLLOWING WILL BE ADDED AT THE SEMI AND FINAL WEIGH-IN GAMES.

SEVEN (7) POUND ALLOWANCE FOR GAME UNIFORM - 75/85 LB. TEAMS

EIGHT (8) POUND ALLOWANCE FOR GAME UNIFORM - 95/110 LB. TEAMS

NINE (9) POUND ALLOWANCE FOR GAME UNIFORM - 125/150 LB. TEAMS

PLAYER'S UNIFORM INCLUDES, JERSEY, SHOULDER PADS, HIP PADS, KNEE PADS, TAIL PADS, THIGH PADS, PANTS, SHOES AND SOCKS. FAILURE TO MAKE WEIGHT WITH EQUIPMENT OR STRIPPED (WEIGHT LISTED ABOVE MINUS AMOUNT FOR UNIFORMS) WILL RESULT IN THAT PLAYER BEING DISQUALIFIED FROM PARTICIPATING IN THAT GAME. NO EXCEPTIONS!!!