

National Pop Warner Rules Regarding Player Weights (abridged)

Rule 4: In Season Weight Increases

The allowable increase in maximum weight for any division of play shall be calculated as follows beginning with the 1st regular season game. These weight allowances may only be granted after the participant has passed the original certification process.

1 st week	0lbs
2 nd week	1 lbs
3 rd week	2lbs
4 th week	3 lbs
5 th week	4 lbs
6 th week	5 lbs
7 th week	6 lbs
8 th week	7 lbs
9 th week	8 lbs
10 th week	9 lbs

*No more than 9 lbs may be added to maximum weight after the 10th week unless team goes to National Playoffs.

*One pound may be added in cold climates for full sleeve jersey and undergarment.

Rule 6: Cutting of Players

In addition to those reasons listed in Article 8 & 9, any player must be cut who:

- A) Weighs 6 or more pounds above the maximum weight for the selected division of play, at the time of the initial practice session (maximum weight loss no greater than 6 lbs)
- B) Weighs 3 lbs or more less than the minimum weight for the selected division of play, at the time of the initial practice.

Rule 7b: at certification, a player who fails to make weight for the team he/she has been practicing with but falls into the weight bracket of another division may be moved to the other division as part of certification.

Please contact us at kppopwarner@gmail.com for full access to the National Pop Warner Rulebook if you have any questions.