

OSHKOSH FLYERS FOOTBALL CLUB

Position Statement on Weight Loss

(Revised 3-1-09)

The Oshkosh Flyers Football Club believes in and supports the proper physical conditioning of young athletes prior to and during the competitive youth football season. The Flyers, however, do **not** condone the practice of pre-season weight loss done solely for the purpose of “making weight.” Please also note that “making weight” does not guarantee a player’s position. It is hoped that if a parent/son do decide on a weight loss program, they first consult their doctor.

As a member of the All American Youth Football League (AAYFL) the Flyers must abide by the following league rule regarding weight limits and these weight limits must be maintained throughout the season:

“D” PLAYER WEIGHT:

- 1. No ball carrier, offensive back, or receiver may exceed 160 lbs. without equipment at the "A" level.*
 - a. Ball carrier is defined as receiving the ball behind the line of scrimmage.*
 - b. Offensive back is defined as any player lined up one (1) or more yards behind the Line of Scrimmage (LOS).*
 - c. Receiver is defined as lining up on the LOS as the last man on either side of the offensive line.*
 - d. Maximum weight of "B" team ball carrier, offensive back, or receiver is 140 lbs.*
 - e. Maximum weight of "C" team ball carrier, offensive back, or receiver is 120 lbs.*
 - f. Maximum weight of "D" team ball carrier, offensive back, or receiver is 100 lbs.”*

Please note that the 160 pound limit refers to 8th grade players, the 140 pound limit to 7th grade players, the 120 pound limit to 6th grade players, and the 100 pound limit to 5th grade players. For more detailed information on all weight limits as well as all league rules, please refer to the AAYFL website, www.aayfl.org.