

League Reps,

**1. The Roster form that should be used for the 2014 Season located on the NJ-SYFL website at [njsyfl.com/downloads.php](http://njsyfl.com/downloads.php)  
PLEASE USE THIS FORM....**

- Please prepare a roster form for each of your teams, A-E levels.
- Indicate the Community, Division (A-E), Year (2014), Coach Name and Cell # at the top of each roster.
- In the main body of the form, provide Uniform #, Player Name, DOB and Grade for each player.
- All other columns to the right of "Grade" should be left blank prior to weigh-ins on 9/14/14, except the "Heads-Up Trained" columns, please fill them in with y/n, date and PSC initials prior to 9/14/14.
- All weights will be collected and recorded on the form at the 9/14/14 Game Day Weigh-In.
- This form is in MS-Word format so that team and player information may be typed in, saved and printed.
- The blank form may also be printed and filled out manually prior to Opening Day (9/14/14).

**2. Please review all the birth dates on your team's rosters prior to the 9/10/14 Coaches Meeting.**

- Any player that exceeds the age maximum for their team/level, must be identified on an Age Waiver form
- Age Waiver forms must then be presented and approved by a league rep vote on 9/10/14.
- Players that exceed the age limit for their level, that are not identified on an Age Waiver form by their league rep on 9/10/14, will be required to play "up" at the next level for the season.
- Players that can not play up, may be restricted from playing at all, if they are already playing at "A" level.
- Age limits by level are listed in the Online Rule Book Appendix C, and are attached below.
- The Age Waiver form is attached above

**3. Opening Day Weigh-In Procedures:**

- Two (2) copies of each team's roster form are required to be presented at the scale prior to the 9/14/14 weigh-ins.
- One copy will be presented to the opposing coach, the other kept by the respective league rep after weights are recorded.
- Weights shall be recorded on both sets of forms and signed by the league reps/coaches prior to each game, this first week, for all levels.
- One copy of each teams signed roster form shall be collected by the League Rep and delivered to the League Central office.
- Signed rosters are due in the League Central office on Monday 9/15/14, they'll then be loaded to the NJSYFL website.
- All Rosters will then be available to all league reps for the remainder of the season via the website.

**4. Weigh-In Requirements:**

- All players will be weighed on 9/14/14 for the B, C & D level teams to determine ERBs and 3-Stripe Waivers.
- All players that wish to be qualified as eligible ball handlers at A-E levels, for the season, must be weighed on 9/14/14.
- Players that do not "make weight" on 9/14/14, will not be qualified as eligible ball handlers for the entire 2014 season.
- Qualified Ball Handlers must "make weight" each week for the remainder of the season.
- Ball Handler max weights for the 2014 season are listed below and in the Online Rule Book Appendix D.
- The 3-Stripe waiver weights for B, C and D level are listed below and in the Online Rule Book Appendix B.

## Appendix B:

### Waiver Weight Level Chart

-Participants at the “B” level that weigh **156.0 lbs.** or higher on opening day, will wear three stripes of helmet tape and be considered Coefficient Waivers for the season.

-Participants at the “C” level that weigh **136.0 lbs.** or higher on opening day, will wear three stripes of helmet tape and be considered Coefficient Waivers for the season.

-Participants at the “D” level that weigh **120.0 lbs.** or higher on opening day, will wear three stripes of helmet tape and be considered Coefficient Waivers for the season.

Appendix C:  
Age/Grade Qualification Chart

Level	Maximum Grade	Maximum Age (as of Sept. 1)
<i>A</i>	<b>8</b>	<i>14 yrs 6 months</i>
<i>B</i>	<b>7</b>	<i>13 yrs 6 months</i>
<i>C</i>	<b>6</b>	<i>12 yrs 6 months</i>
<i>D</i>	<b>5</b>	<i>11 yrs 6 months</i>
<i>E</i>	<b>4</b>	<i>10 yrs 6 months</i>

Appendix D:  
Eligible Ball Handler Weight Chart

Level	Maximum Weight (lbs)
<i>A</i>	<b>160</b>
<i>B</i>	<b>130</b>
<i>C</i>	<b>115</b>
<i>D</i>	<b>100</b>
<i>E</i>	<b>90</b>