



USFL Weigh-in & Coaching Procedures

- Weigh-ins are conducted approximately 3 hours prior to the start of the competition
Athletes May Not Cut Weight at the venue and weigh-in once.

It is extremely important for the success of the event that athletes arrive on time to the weigh-ins. (Some larger tournaments may conduct weigh-in the day before.)

A 2 point penalty can be assessed to any athlete who is either late or unprepared at any point during check in procedures.

- A universal weight allowance of ½ pound is granted to each athlete to compensate for Undergarments or shorts which are required to be worn at the weigh-in.

Maximum Allowable Weight Spread:

- Under 50 lbs: 5 lbs. maximum differential
- 50 to 90 lbs: 7lbs. maximum differential
- 90 to 140 lbs: 10 lbs. maximum differential
- 140to170 lbs: 15 lbs. maximum differential
- 170 to220 lbs : 20 lbs. maximum differential
- Athletes under 10yrs have a maximum of 5 lb. weight differential.

Waivers can be accepted for no more than next highest weight spread category.

Fixed weight events allow for an additional penalized weight allowance of 2 penalty points per pound overweight. This is only granted if the excessive weight is within the allowable weight spread parameters. A waiver may be granted to apply the next highest weight spread under certain conditions when requested by lighter athletes parents.

Weight groups have an Allowable Age Spread of 2 years.

- Certain waivers to increase parameters in age by 3 years may be considered, specifically for older High school age groups.

Conduct of Coaches/Corner Persons:

- A maximum of three coaches may be seated in their athlete's corner. Coaches must be licensed by the USFL to corner an athlete in competition.
- Coaches must remain seated during a bout.
- Coaches cannot speak to the referees during a bout
- Only one coaches may enter the ring or cage between rounds.
- If coach becomes irate or interferes with a bout, the referee shall stop the bout and issue the coach a Yellow card warning. The next occurrence will result in a Red card and Removal from the corner.
- **The results of the bout may be challenged if a non-licensed individual enters the cage between rounds in the capacity of a coach.**