SAFE WEIGHT LOSS CHART

The IHSA governs expectable and safe weight loss for their athletes. TC has adopted the same chart to ensure an athletes safety. The percentage of expectable weight loss is 1.5% per week. **The "SAFE" weight in the chart below is based on your athletes weight day ONE of conditioning, and the safe amount he could lose by week four which is the start of the season.** If your son is NOT at or below the SAFE weight he will be asked to move up a weight class, or if in the CFL will become a RESTRICTED player. For the well being of our young athletes we will no longer allow unsafe weight loss practices.

CFL

WEIGHT CLASS	UNRESTRICTED WEIGHT	SAFE WEIGHT
Bantam	90 lbs	**95 lbs**
Older / Lighter	60 lbs	**63 lbs**
Feather	100 lbs	**106 lbs**
Older / Lighter	80 lbs	**85 lbs**
Middle	115 lbs	**122 lbs**
Older / Lighter	100 lbs	**106 lbs**

TRAVEL

WEIGHT CLASS	UNRESTRICTED WEIGHT	SAFE WEIGHT
Cadet	104 lbs	**110 lbs**
Older / Lighter	84 lbs	**89 lbs**
Junior Pee Wee	114 lbs	**121 lbs**
Older / Lighter	94 lbs	**100 lbs**
Pee Wee	129 lbs	**137 lbs**
Older / Lighter	109 lbs	**115 lbs**
Junior Midget	144 lbs	**153 lbs**
Older / Lighter	124 lbs	**131 lbs**
All American	UNLIMITED	**UNLIMITED**