



## FOOTBALL UNDERWEIGHT RELEASE

Since our child does not meet the minimum weight requirement of the CYO Football Program, and because of our/my desire to have our/my child \_\_\_\_\_, to participate on the \_\_\_\_\_ Parish Football Team in the CYO Football Program, I/we hereby agree to release, absolve, indemnify and hold harmless the Catholic Youth Organization and the aforementioned parish from any and all liability for any injury, medical fees, hospital bills, or doctor bills of our/my aforesaid child.

I understand that a physician's release is necessary. I also fully understand that my signature absolves, indemnifies, and holds harmless said physician from any and all liability for any injury.

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

I have examined the above child and have found him to be \_\_\_\_\_ pounds and (IS) (IS NOT)  
CIRCLE ONE  
 to play CYO Football.

Physician's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Address \_\_\_\_\_  
STREET CITY ZIP

Phone Number: \_\_\_\_\_  
OFFICE NUMBER FAX NUMBER

### VARSITY MIDDLEWEIGHT

1. Unlimited weight for offensive & defensive linemen tackle to tackle. The maximum weight for all other players is 145 lbs.
2. Any player weighing less than 90 lbs. needs this form.
3. **No one allowed to play under 80 lbs.**
4. Three pound growth allowance of end of season bowl game.

### CADET MIDDLEWEIGHT & ELEMENTAL

1. Unlimited weight for offensive & defensive linemen tackle to tackle. The maximum weight for all other players is 115 lbs
2. Ends and backs weight limit is 115 lbs.
3. Any player weighing less than 65 lbs. needs this form.
4. **No one allowed to play under 55 lbs.**

### CADET LIGHTWEIGHT

1. The maximum weight for all players is 115 lbs.
2. Any player weighing less than 60 lbs. needs this form.
3. **No one allowed to play under 50 lbs.**

\*There are no weight restriction for the Varsity and Cadet COMBINED Football Programs.