



## Certified Weight

A certified weight is required for the ages and divisions as detailed on the chart below. Player registrations aren't complete until the certified weight is taken by a Board Member or staff.

- Players must stand on the scale in full rugby kit (shirt, shorts, cleats).
- There are no re-weigh-ins.
- Board Members can't weigh members of their own club.

**To obtain a certified weight for SUMMER 2025, please contact a Board Member in your area to schedule an in-person weight.**

Thunder	Veronica Williams	veronicaw@bwresearch.com
Ombac	Steve Marshall	aztecrugby@hotmail.com
Spartans	Mike Marshall	chamullerousa@gmail.com
Santa Monica	Beth O'Rourke	beth@santamonicarugby.com
Pasadena	Ed Groves	edwardgroves@pasadenarfc.com
Raptors	Sam McMillan	mcmillansamuel@gmail.com
Dragons	Tom Judge	tom@practicalcreativeworks.com

It is highly recommended to obtain a certified weight prior to the start of competition. Families waiting to get a weight on game day will not be able to play until the following week /verification. Only rostered players can participate and rosters are posted by Thursday 11:59 pm each week.

Waivers – There are only two waivers available to apply for. [WTR WAIVER REQUEST FORM](#)

- 1) Player is male, 14 years and in middle school.
- 2) Player has a medical or other condition.

as of December 5, 2024

Divisions	Boys	Girls
<b>U8 Flag Coed</b>	4-8 years old; No weight restrictions	4-9 years old; No weight restrictions
<b>U10 Coed</b>	8 years old; No weight restrictions 9 years old; U10 if weight <= 132.0 lbs 10 years old; U10 if weight <=80.0 lbs	8 – 10 years old; No weight restrictions
<b>U12 Coed</b>	10 years old; No weight restrictions 11 years old; if weight <= 165.0 lbs 12 years old; if weight <= 100.0 lbs	10 – 12 years old; No weight restrictions
<b>U14 Coed</b>	No weight restrictions. 12 – 13 years old 14 years old & in Middle School (within 3 months of age cutoff) or request waiver *	No weight restrictions. 12-13 years old 14 years old & in Middle School

<b>Boys U16 / Girls U15</b>	High School / U16 Boys No weight requirements	High School / U15 Girls
<b>Boys U18 / Girls U18</b>	High School / U18 Boys	High School / U18 Girls

## STILL NEED A CERTIFIED WEIGHT?

If there are no further scheduled sessions, weights can be obtained on match day where a Board member is on site. Board Members cannot weigh their own team. **Families obtaining a weight on game day will not be able to play until the following week/verification.** Only rostered players can participate and rosters are posted by Thursday 11:59 pm each week.

**Contact the Board Member beforehand to ensure their availability and scale.**

Thunder	Veronica Williams	veronicaw@bwresearch.com
Ombac	Steve Marshall	aztecrugby@hotmail.com
Spartans	Mike Marshall	chamullerousa@gmail.com
Santa Monica	Beth O'Rourke	beth@santamonicarugby.com
Pasadena	Ed Groves	edwardgroves@pasadenarfc.com
Raptors	Sam McMillan	mcmillansamuel@gmail.com
Dragons	Tom Judge	tom@practicalcreativeworks.com

## CERTIFIED WEIGHT SESSIONS

*This list will be updated as more sessions become available.*

### OCTOBER

DATE: October 6, 2024  
TIME: 10:30-11:15 am  
WHERE: [John Adams Middle School](#), 2425 16th St. Santa Monica CA  
WHO: Beth O'Rourke, Board Member  
– please text Beth to let her know you are coming: 310-729-8249

DATE: October 8, 2024  
TIME: 4:30-5:30 pm  
WHERE: [Encinitas Community Park](#), 425 Santa Fe Dr, Encinitas, CA 92024

WHO: - Next to the skate park  
Tom Judge, Board Member  
– please text Tom in advance to let him know you are coming: 760.916.3828

DATE: October 13, 2024

TIME: 9:00 am-9:45 am

WHERE: [StageCoach Park](#), 3420 Camino De Los Coches, Carlsbad, CA 92009  
- Next to the basketball courts

WHO: Tom Judge, Board Member  
– please text Tom in advance to let him know you are coming: 760.916.3828

DATE: October 20, 2024

TIME: 10:30-11:15 am

WHERE: CHANGE as of 10/19/24:  
[John Adams Middle School](#), 2425 16th St. Santa Monica CA

WHO: Beth O'Rourke, Board Member  
– please text Beth to let her know you are coming: 310-729-8249

## NOVEMBER

DATE: November 3, 2024

TIME: 10:30-11:15 am

WHERE: [John Adams Middle School](#), 2425 16th St. Santa Monica CA

WHO: Beth O'Rourke, Board Member  
– please text Beth to let her know you are coming: 310-729-8249

DATE: November 3, 2024

TIME: 9:00-11:00 am

WHERE: [SDSU Mission Valley River Park](#), behind SnapDragon Stadium

WHO: Tom Judge, Board Member  
– please text Tom in advance to let him know you are coming: 760.916.3828

DATE: November 10, 2024

TIME: 9:45-10:30 am

WHERE: [John Muir HS](#), 1905 Lincoln Ave, Pasadena, CA 91103

WHO: Beth O'Rourke, Board Member  
– please text Beth to let her know you are coming: 310-729-8249

DATE: November 10, 2024 (*NOT for Thunder players*)

TIME: 3:00-3:45 pm  
WHERE: [Magnolia Elementary](#), 1905 Magnolia Ave, Carlsbad, CA 92008  
– parking by field entrance  
WHO: Veronica Williams, Board Member

DATE: November 17, 2024 *(NOT for Dragons players)*  
TIME: 1:00-2:00 pm  
WHERE: [La Costa Park & Ride](#), 710 La Costa Ave, Carlsbad  
WHO: Tom Judge, Board Member

DATE: November 17, 2024 *(NOT for Santa Monica players)*  
TIME: 12:45-1:30 pm  
WHERE: [Wilson Park](#), 2220 Crenshaw, Torrance, CA  
WHO: Beth O'Rourke, Board Member  
– please text Beth to let her know you are coming: 310-729-8249

DATE: November 24, 2024 *(NOT for Thunder players)*  
TIME: 4:00-4:45 pm  
WHERE: [1373 Magnolia Ave](#), Carlsbad, CA 92008  
WHO: Veronica Williams, Board Member

## DECEMBER

DATE: December 3, 2024 *(NOT for Raptors players)*  
TIME: 6:00-7:00 pm  
WHERE: [San Juan Hills High School](#), 29211 Stallion Ridge, San Juan Capistrano, CA 92675  
– Grassy area by discus net  
WHO: Sam McMillan, Board Member

DATE: December 3, 2024 *(NOT for Pasadena players)*  
TIME: 6:00-7:00 pm  
WHERE: [St. Anthony Sports Complex](#), 4832 Clark Ave, Long Beach, CA 90808  
WHO: Ed Groves, Board Member

DATE: December 4, 2024 *(NOT for Spartans players)*  
TIME: 6:00-8:00 pm

WHERE: [Sommers Bend Sports Park](#), 32101 Sommers Bnd, Temecula, CA 92591

- Look for ez-up and flags

WHO: Mike Marshall, Board Member

DATE: December 4, 2024 *(NOT for Raptors players)*

TIME: 5:00-6:00 pm

WHERE: [Cox Sports Park](#), 27623 Crown Valley Pkwy, Ladera Ranch, CA 92694

WHO: Sam McMillan, Board Member

DATE: December 4, 2024 *(NOT for Pasadena players)*

TIME: 8:00 pm

WHERE: [846 S. Heritage Loop, Fontana CA](#)

WHO: Ed Groves, Board Member

DATE: December 5, 2024

TIME: 5:00-6:00 pm

WHERE: [San Juan Hills High School](#), 29211 Stallion Ridge, San Juan Capistrano, CA 92675

- Parking lot by basketball court

WHO: Valory Reed, staff

DATE: December 5, 2024 *(NOT for Pasadena players)*

TIME: 6:30-8:30 pm

WHERE: [John Muir HS](#), 1905 Lincoln Ave, Pasadena, CA 91103

- North practice fields, Enter on Montana St.

WHO: Ed Groves, Board Member

DATE: December 7, 2024 *(NOT for Ombac players)*

TIME: 9:00-10:00 am

WHERE: [Robb Field](#), 2525 Bacon St, San Diego, CA 92107

- by the bathrooms

WHO: Steve Marshall, Board Member

DATE: December 7, 2024 *(NOT for Raptors players)*

TIME: 10:00-11:00 am

WHERE: [San Juan Hills High School](#), 29211 Stallion Ridge, San Juan Capistrano, CA 92675

- Grassy area by discus net

WHO: Sam McMillan, Board Member

DATE: December 7, 2024 *(NOT for Dragons players)*

TIME: 2:00-2:30 pm

WHERE: [Encinitas Community Park](#), 425 Santa Fe Dr, Encinitas, CA 92024

- Field 1 - in the baseball dugout

WHO: Tom Judge, Board Member

DATE: December 7, 2024 *(NOT for Thunder players)*

TIME: 8:00-8:45 am

WHERE: [1373 Magnolia Ave](#), Carlsbad, CA 92008

WHO: Veronica Williams, Board Member

DATE: December 11, 2024 *(NOT for OMBAC players)*

TIME: 3:30 pm

WHERE: [Silver Strand Elementary School](#), 1350 Leyte Rd, Coronado, CA 92118

WHO: Steve Marshall, Board Member

DATE: December 12, 2024 *(NOT for OMBAC players)*

TIME: 6:00ish pm

WHERE: [Valley Center Elementary](#), 28751 Cole Grade Rd L, Valley Center, CA 92082

WHO: Steve Marshall, Board Member

DATE: December 14, 2024 *(NOT for OMBAC players)*

TIME: 9:00-11:00 am

WHERE: [Robb Field](#), 2525 Bacon St, San Diego, CA 92107

- by the bathrooms

WHO: Steve Marshall, Board Member

DATE: December 19, 2024

TIME: 5:00-6:00 pm

WHERE: [San Juan Hills High School](#), 29211 Stallion Ridge, San Juan Capistrano, CA 92675

- Parking lot by basketball court

WHO: Valory Reed, staff

DATE: December 26, 2024 *(NOT for Dragons players)*

TIME: 11:00-11:30 am

WHERE: [Encinitas Community Park](#), 425 Santa Fe Dr, Encinitas, CA 92024

- Field 2 - in the baseball dugout

WHO: Tom Judge, Board Member

## JANUARY 2025

DATE: January 4, 2024  
TIME: 9:00 am-12:00 pm  
WHERE: [Robb Field](#), 2545 Bacon St, San Diego, CA 92107  
WHO: Mike Marshall and Steve Marshall, Board Members