

2022 POP WARNER PLAYING RULES

Rules Notes

THESE ARE THE RULES THAT WILL BE USED FOR MID-AMERICA SUB-REGIONAL
AND REGIONAL PLAYOFF GAMES

EXCEPT THAT NO COACHES WILL BE ALLOWED ON THE FIELD AT 6U/7U/8U/9U

6U / 7U

AGES: 6U: 5-6, 7U: 6-7 **RULES:** TINY MITE (8 PLAYER) **FIELD:** 80- OR 100-YARDS

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED **FOOTBALL:** K2 (OR EQUIVALENT)

TIMING: 22 MIN. RUNNING HALVES – STOPS FOR CHANGE OF POSS., INJURY, TEAM TIMEOUT

PLAY CLOCK: 1 MINUTE (RFP WHISTLE) **TIME-OUTS:** 2 PER TEAM EACH HALF

FREE KICKS: NONE - ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS: NONE – RUN 4TH DN. PLAY OR DECLARE PUNT & BALL IS PLACED ON OPPONENTS 35

PENALTY ADJUSTMENTS: 15 YARDS = 10 YARDS, 5 OR 10 YARDS = 5 YARDS

COACHES: MAX OF 2 ON FIELD, MINIMUM 10 YARDS FROM LOS AND SILENT AT SNAP & DURING PLAY

NEUTRAL ZONE: 1 YARD BETWEEN OFFENSIVE AND DEFENSIVE LINEMEN (2 PT. STANCE)

OFFENSE: MINIMUM OF 5 LINEMEN, 3 BACKS BEHIND LINEMEN (1 BACK MAY SPLIT OUT MAX. OF 5 YARDS)

DEFENSE: MINIMUM OF 5 LINEMEN, NO ONE OVER SNAPPER, LB/DB A MINIMUM OF 3 YARDS OFF LOS

ONLY THE 5 LINEMEN MAY RUSH AT THE SNAP AND NO BLITZING BY LB/DB

FUMBLES: BEHIND LOS = DEAD BALL, BEYOND LOS = LIVE BALL

FORMATION VIOLATIONS: FIRST VIOLATION = WARNING

EACH ADDITIONAL = 15 YD. UNSPORTSMANLIKE CONDUCT FOUL (CHARGED AGAINST THE HEAD COACH)

8U / 9U

AGES: 8U: 7-8, 9U: 7-8-9 **RULES:** MITEY-MITE **FIELD:** 100-YARDS

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED **FOOTBALL:** TDJ (OR EQUIVALENT)

TIMING: MODIFIED 10 MIN. QUARTERS. **PLAY CLOCK:** 45 SEC. (RFP WHISTLE)

TIME-OUTS: 3 PER TEAM, PER HALF **PENALTY ADJUSTMENTS:** NONE

FREE KICKS: NONE - ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS: MUST BE DECLARED (NO FAKES), NO BLOCKING OR DEFENSIVE RUSH, ALL LINEMEN
HOLD UNTIL BALL IS KICKED, LIVE BALL AFTER KICK

COACHES: MAX. 1 ON THE FIELD, MINIMUM 10 YARDS OFF LOS, SILENT AT SNAP & DURING PLAY

NEUTRAL ZONE: NFHS RULES APPLY

DEFENSE: MAX OF 6 LINEMEN, NO ONE OVER SNAPPER, LB A MIN OF 3 YDS OFF LOS, CB A MIN. OF 5 YDS
OFF LOS, SAFETY A MIN. OF 7 YDS OFF LOS, ONLY THE 6 LINEMEN MAY RUSH, NO BLITZ BY LB/DB/SAFETY

FORMATION VIOLATIONS: FIRST VIOLATION = WARNING

EACH ADDITIONAL = 15 YD. UNSPORTSMANLIKE CONDUCT FOUL (CHARGED AGAINST THE HEAD COACH)

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10U

AGES: 8-9-10 **RULES:** JPW **LINEMEN:** **ONLY 2 PT. STANCE IS ALLOWED**
FOOTBALL: TDJ (OR EQUIVALENT) **FIELD:** 100 YARDS **TIMING:** MODIFIED 10 MIN. QUARTERS
PLAY CLOCK: NFHS RULES APPLY **TIME-OUTS:** 3 PER TEAM, PER HALF
FREE KICKS: NONE - ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE
SCRIMMAGE KICKS: NFHS RULES APPLY **PENALTY ADJUSTMENTS:** NONE
COACHES: NONE ON THE FIELD

11U

AGES: 9-10-11 **RULES:** PW **LINEMEN:** **ONLY 2 PT. STANCE IS ALLOWED**
FOOTBALL: TDJ (OR EQUIVALENT) **FIELD:** 100 YARDS **TIMING:** MODIFIED 10 MIN. QUARTERS
PLAY CLOCK: NFHS RULES APPLY **TIME-OUTS:** 3 PER TEAM, PER HALF
FREE KICKS: NONE - ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE
SCRIMMAGE KICKS: NFHS RULES APPLY **PENALTY ADJUSTMENTS:** NONE
COACHES: NONE ON THE FIELD

12U / 13U

AGES: 12U: 10-11-12, 13U: 11-12-13 **RULES:** JV **FOOTBALL:** TDY (OR EQUIVALENT)
TIMING: MODIFIED 10 MIN. QUARTERS **PLAY CLOCK:** NFHS RULES APPLY
TIME-OUTS: 3 PER TEAM, PER HALF **FREE KICKS:** NFHS RULES APPLY
SCRIMMAGE KICKS: NFHS RULES APPLY **PENALTY ADJUSTMENTS:** NONE

14U

AGES: 12-13-14 **RULES:** VARSITY **FOOTBALL:** TDY (OR EQUIVALENT)
TIMING: MODIFIED 10 MIN. QUARTERS **PLAY CLOCK:** NFHS RULES APPLY
TIME-OUTS: 3 PER TEAM, PER HALF **FREE KICKS:** NFHS RULES APPLY
SCRIMMAGE KICKS: NFHS RULES APPLY **PENALTY ADJUSTMENTS:** NONE

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Modified Clock

DIVISIONS: 8U-9U-10U-11U-12U-13U-14U **QUARTERS & HALFTIME:** 10 MINUTES

GAME CLOCK RUNS: DEAD BALL INBOUNDS

GAME CLOCK STOPS: INCOMPLETE PASS, DEAD BALL OUT OF BOUNDS, OFFENSE AWARDED A 1ST DOWN, AFTER A SCORE (TD, FIELD GOAL, SAFETY), OFFICIAL'S SIGNAL, TEAM TIME-OUT

GAME CLOCK STARTS: REFEREE'S SIGNAL (WHISTLE MAY NOT BE USED) AND/OR ON THE SNAP - START A PERIOD, AFTER TEAM TIME-OUT, SCORE, FREE KICK LEGALLY TOUCHED (IF APPLICABLE)

Except as noted above, game clock is modified to start on the Referee's signal until the last 2 min. of 2nd and 4th quarter, then reverts to regulation NFHS clock operation.

Play Clock

NFHS 25/40: 10U-11U-12U-13U-14U

SET FOR 25 SEC & START ON RFP:

START A PERIOD
AFTER A SCORE (TD, FIELD GOAL, SAFETY)
AFTER OFFICIAL'S TIME-OUT
OFFENSIVE INJURY / HELMET OFF
MEASUREMENT
OFFENSIVE/KICKERS/RECEIVERS PENALTY
TEAM TIME-OUT

SET FOR 40 SEC & START ON RFP AFTER:

DEFENSIVE INJURY / HELMET OFF
DEFENSIVE PENALTY

PLAY CLOCK RESETS TO 40 AND STARTS:

AT THE CONCLUSION OF THE PREVIOUS PLAY
WHEN THE COVERING OFFICIAL RAISES AN ARM
WITH A FLAT PALM FACING THE FIELD

PLAY CLOCK RUNS ON AWARDED 1ST DOWNS

Pop Warner Lopsided Score Rule

CRITERIA: 28 OR MORE POINT SPREAD AT ANY POINT IN THE GAME (36 FOR 8-MAN GAMES)

CLOCK OPERATION:

RUNS CONTINUOUSLY THE REST OF THE GAME, REGARDLESS OF SCORE DIFFERENTIAL

STOPS ONLY FOR INJURY OR AT THE DISCRETION OF THE REFEREE

WINNING TEAM RESTRICTIONS:

RUN INSIDE THE TACKLES (UNTIL PASSING THE LINE OF SCRIMMAGE [LOS])

NO PASSING

NO ON-SIDE FREE KICKS (IF APPLICABLE)

CANNOT ADVANCE TURNOVER (BALL DEAD AT SPOT)

LOSING TEAM RESTRICTIONS:

MAXIMUM OF 4 PLAYERS ON LOS

LB'S: 5 OR MORE YARDS OFF LOS DB'S: 10 OR MORE YARDS OFF LOS

NO BLITZING BY EITHER TEAM

NOTE: FORMATION AND PLAY RESTRICTIONS FOR BOTH TEAMS END (EXCEPT BLITZING RESTRICTION) IF DEFICIT BECOMES LESS THAN 28 POINTS (36 FOR 8-MAN GAMES)