

# POP WARNER FOOTBALL PLAYING RULES SUMMARY

## 6U / 7U

<b>AGES</b>	<b>6U:</b> 5 & 6, <b>7U:</b> 6 & 7	<b>RULES</b>	TINY MITE - 8 PLAYER
<b>LINEMEN</b>	2 PT STANCES ONLY	<b>FOOTBALL</b>	WILSON K2
<b>FIELD</b>	80- OR 100-YDS	<b>TIMING</b>	MODIFIED 8 MIN QUARTERS
<b>PLAY CLOCK</b>	60 SEC (STARTS ON THE RFP)	<b>TIME-OUTS</b>	2 PER TEAM, PER HALF
<b>PENALTIES</b>	15 YDS = 10 YDS, 5 OR 10 YDS = 5 YDS	<b>NEUTRAL ZN</b>	1 YD BETWEEN LINES

**No FREE KICKS:** POSSESSIONS AFTER ANY SCORE & TO START A HALF, START ON 35-YD LINE.

**No SCRIMMAGE KICKS:** RUN A PLAY OR DECLARE A PUNT - BALL MOVED TO OPPONENTS 35-YD LINE

**COACHES ON FIELD:** MAX. 2, MIN. 10 YDS FROM LOS, SILENT AT SNAP & DURING PLAY **7U ONLY**

**1 coach allowed in playoffs - FORMATION RESTRICTIONS**

OFFENSE	DEFENSE
MINIMUM OF 5 LINEMEN	6-4-1 ALIGNMENT
THREE BACKS BEHIND LINEMEN	NO LINEMEN OVER SNAPPER
1 OF THE 3 BACKS MAY SPLIT OUT UP TO 5 YDS	ONLY THE 6 LINEMEN MAY RUSH
FUMBLE BEHIND THE LOS – DEAD BALL	FOUR LB 3 YDS OFF LOS
FUMBLE BEYOND THE LOS – LIVE BALL	NO BLITZING BY LB OR DB

**FORMATION VIOLATIONS:** **FIRST VIOLATION:** WARNING

**EACH ADDITIONAL:** 10 YD PENALTY

## 8U / 9U

<b>AGES</b>	<b>8U:</b> 7 & 8, <b>9U:</b> 8 & 9	<b>RULES</b>	MITEY MITE
<b>LINEMEN</b>	2 PT STANCES ONLY	<b>FOOTBALL</b>	WILSON K2
<b>FIELD</b>	100-YDS	<b>TIMING</b>	MODIFIED 10 MIN QUARTERS
<b>PLAY CLOCK</b>	45 SEC (STARTS ON THE RFP)	<b>TIME-OUTS</b>	3 PER TEAM, PER HALF
<b>PENALTIES</b>	NFHS	<b>NEUTRAL ZN</b>	NFHS

**No FREE KICKS:** POSSESSIONS AFTER ANY SCORE & TO START A HALF, START ON 35-YD LINE.

**SCRIMMAGE KICKS:** MUST BE DECLARED – NO FAKES, NO BLOCKING OR RUSH, LIVE BALL AFTER KICK

**COACHES ON FIELD:** **8U ONLY** - MAX 1, MIN. 10 YDS FROM LOS, SILENT AT SNAP & DURING PLAY

### FORMATION RESTRICTIONS - DEFENSE

MAX. OF 6 LINEMEN	NO LINEMEN DIRECTLY OVER THE SNAPPER
LB A MIN OF 3 YDS FROM LOS	ONLY THE 6 LINEMEN MAY RUSH
SAFETIES A MIN OF 7 YDS. OFF LOS	CB A MIN OF 5 YDS. FROM LOS
NO BLITZING BY LB, CB, OR SAFETIES	

**FORMATION VIOLATIONS:** **FIRST VIOLATION:** WARNING

**EACH ADDITIONAL:** 10 YD PENALTY

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## 10U / 11U

<b>AGES</b>	<b>10U: 9 &amp; 10, 11U: 10 &amp; 11</b>	<b>RULES</b>	JUNIOR PEE WEE
<b>LINEMEN</b>	2, 3, OR 4 PT STANCES ALLOWED	<b>FOOTBALL</b>	WILSON TDJ
<b>FIELD</b>	100-YDS	<b>TIMING</b>	MODIFIED 10 MIN QUARTERS
<b>PLAY CLOCK</b>	25/40 PER NFHS RULES	<b>TIME-OUTS</b>	3 PER TEAM, PER HALF
<b>PENALTIES</b>	NFHS	<b>NEUTRAL ZN</b>	NFHS

NFHS RULES APPLY FOR FREE & SCRIMMAGE KICKS      NO COACHES ON THE FIELD OR FORMATION RESTRICTIONS

## 12U / 13U / 14U

<b>AGES</b>	<b>12U: 11 &amp; 12, 13U: 12 &amp; 13 14U: 13 &amp; 14</b>	<b>RULES</b>	<b>12U &amp; 13U: JV 14U: VARSITY</b>
<b>LINEMEN</b>	2, 3, OR 4 PT STANCES ALLOWED	<b>FOOTBALL</b>	WILSON TDY
<b>FIELD</b>	100-YDS	<b>TIMING</b>	MODIFIED 10 MIN QUARTERS
<b>PLAY CLOCK</b>	25/40 PER NFHS RULES	<b>TIME-OUTS</b>	3 PER TEAM, PER HALF
<b>PENALTIES</b>	NFHS	<b>NEUTRAL ZN</b>	NFHS

NFHS RULES APPLY FOR FREE & SCRIMMAGE KICKS      NO COACHES ON THE FIELD OR FORMATION RESTRICTIONS

## POP WARNER LOPSIDED SCORE RULE – ANYTIME IN THE GAME

### CLOCK OPERATION:

ACTIVATES WHEN SCORE DIFFERENTIAL IS 30 PTS. (36 FOR 8-PLAYER)

ANYTIME IN THE GAME (1<sup>ST</sup>, 2<sup>ND</sup>, 3<sup>RD</sup>, OR 4<sup>TH</sup> QUARTER)

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 (FWD OR BACKWARDS)

**PENALTY: 5-YDS PREVIOUS SPOT AND LOSS OF DOWN**

NO ON-SIDE FREE KICKS (IF APPLICABLE)      CANNOT ADVANCE TURNOVER (BALL DEAD AT SPOT)

**BOTH TEAMS ARE ALLOWED TO ATTEMPT A KICK FOR EXTRA POINTS AFTER A SCORE**

### DEFENSIVE ALIGNMENT RESTRICTIONS:

**APPLIES TO BOTH TEAMS**

#### 4-3-4 ALIGNMENT

MAX. 4 PLAYERS ON LOS      LB'S: 5 OR MORE YARDS OFF LOS      DB'S: 10 OR MORE YARDS OFF LOS

**PENALTY: 15-YD PREVIOUS SPOT AFTER ONE WARNING**

**NO BLITZING BY EITHER TEAM**

FORMATION AND PLAY RESTRICTIONS FOR BOTH TEAMS END (EXCEPT BLITZING RESTRICTION) IF DEFICIT BECOMES LESS THAN 30 POINTS (36 FOR 8-MAN GAMES)

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## MID-AMERICA MODIFIED GAME CLOCK RULE

**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 1<sup>ST</sup> 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 (IF NO FREE KICK),  
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 2<sup>ND</sup> AND 4<sup>TH</sup> QUARTER, THEN REVERTS TO REGULATION NFHS CLOCK OPERATION