

POP WARNER FOOTBALL PLAYING RULES SUMMARY

6U / 7U

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

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

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

POP WARNER FOOTBALL PLAYING RULES SUMMARY

10U / 11U

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

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

12U / 13U / 14U

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

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

POP WARNER LOPSIDED SCORE RULE

CLOCK OPERATION:

ONCE 30 POINT DIFFERENTIAL IS REACHED, THE CLOCK 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