

2022

POP WARNER
LITTLE SCHOLARS
OFFICIAL
RULES



*Endorsed by
National Football League Players Association*



GATORADE

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USE
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BEST



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EVERY SEASON STARTS AT

DICK'S
SPORTING GOODS





SPECIAL DEDICATION:

To All Pop Warner Coaches & Administrators,

Youth across America look up to you as mentors and leaders not only in the game of football, but in the game of life. Remember how important that experience is for them, as it was for me - both now and long into the future.

All of us at the National Football League Players Association salute you for your efforts to guide children, both on and off the field, that play the great sport of football.

DeMaurice F. Smith
Executive Director, NFL Players Association
Chairman, NFL Players, Inc.



2022 Rule Changes/Clarifications

PART V - 11 MAN TACKLE PLAYING RULES

R1;S5: pg. 32; *Age/Weight Schematic*

Add: Odd Years to Age Base offerings; 7U, 9U, 11U, 13U

R1;S5: pg. 32; *2pt. stance required in PW & 11U*

R31; S8: pg. 47; *Post Season Jersey Requirement*

Rule Changes and clarifications for 2022 are noted in Red ink throughout the Rule Book.

Items to be implemented in 2024

R14;H: pg. 39; *Jerseys*

Add: Home team will wear dark and away team will wear white.

Adult Code of Conduct

- S1:** In order to uphold the goals of Pop Warner and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Pop Warner events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.
- S2:** Any adult who is using alcohol, tobacco, non-prescription drugs and/or appears intoxicated at a Pop Warner event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, will be removed from a Pop Warner event. The member organization may issue a written warning to the individual regarding the misbehavior and the adult's children may also be removed from the event. Any adult who commits one or more of the above stated offenses a second time, will be banned from any and all Pop Warner events for a minimum period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period.
- S3:** Any adult who physically or verbally assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all Pop Warner events at a minimum for one year from the date of the offense, and their children may also be removed from any and all Pop Warner programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Pop Warner events and the individual's children may also be permanently removed from any and all Pop Warner programs.
- S4:** Pop Warner reserves the right to suspend and/or remove any individuals from the program or its' events in order to ensure the safety of it's members and uphold it's mission.



Members Code of Conduct

All Pop Warner volunteers and participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the League, Region and/or National Pop Warner shall have the authority to impose a penalty including permanent removal from the program. Members shall:

S1: Not smoke, **vape** and/or use smokeless tobacco on the field.

S2: Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.

S4: Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good teamwork.

S8: Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.

S9: Together with team officials, be jointly responsible for the conduct and control of team fans and spectators at all times. Any fan who becomes a nuisance and out of control will be asked to leave.

S10: Not use abusive or profane language at any time.

S11: Not “pile it on;” not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

S12: Not receive any payment, in cash or kind, for services as a volunteer or participant in Pop Warner Football/Spirit. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

S13: Not permit or encourage “sweating down” tactics in order for a player to make the team weight.

S14: Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.

S15: Not permit an ineligible player or spirit participant to participate in a game.

S16: Not deliberately incite unsportsmanlike conduct.

S17: Not possess or drink alcoholic beverages and/or use illegal substance(s) on either the game or practice fields.

S18: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.

S19: Uphold all rules and regulations, National, Regional & Local, regarding Pop Warner Football, Cheerleading and Dance.

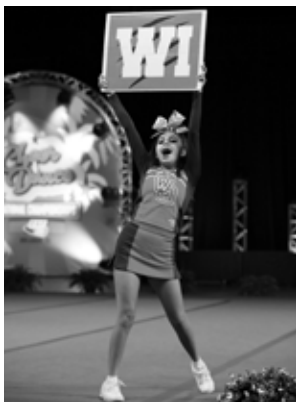
S20: Refrain from engaging in any action within or outside Pop Warner which in PWLS sole & absolute discretion reflects negatively upon, or causes embarrassment to, the PW program.

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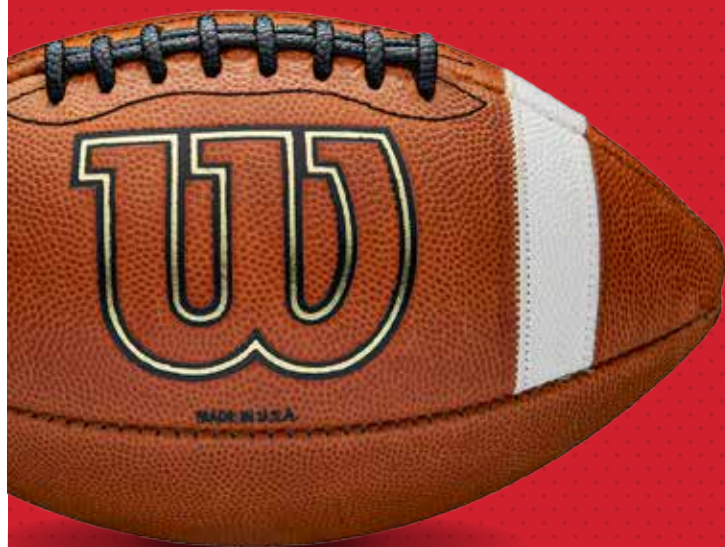
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PART I - THE POP WARNER PROGRAM

POP WARNER REGIONS AND NATIONAL HEADQUARTERS

The administration of Pop Warner is divided into a series of 8 regions. The number and composition of regions is determined and may be changed from time to time by the Joint Advisory Committee of Pop Warner Little Scholars, Inc. (PWLS) National Pop Warner Headquarters may be reached at: P.O. Box 307 Langhorne, PA 19047 (215) 752-2691 or at www.popwarner.com. When writing to Headquarters, please use your official team, association or league stationery.

NATIONAL REMARKS

PWLS is dedicated to the boys and girls who participate in Pop Warner and to their safety and enjoyment. The rules for Pop Warner activity of any type as published in this book are to be followed scrupulously. Failure to enforce these rules can result in legal action, dismissal and/or loss of charter. Each family and each adult volunteer in the program must be covered by excess medical and liability insurance of some type. Although participation in Pop Warner is statistically safe, such insurance should include coverage for "participant risk." All Programs must have minimum insurance limits of \$100,000 Medical, \$1,000,000 General Liability, and \$1,000,000 Sexual Abuse/Molestation in order to participate. All Pop Warner Football activities are open to both boys and girls, including "mixed" teams. However, for the sake of convenience, these rules refer to participants as if of the male gender only.

ADMINISTRATIVE MANUAL

The Pop Warner Administrative Manual is designed to keep each League and Association current on all administrative matters, as well as to facilitate the daily operational management of those local organizations. This rule book and the Administrative Manual ARE NOT THE PERSONAL PROPERTY OF THE VOLUNTEER, but belong to PWLS. Both are to be returned along with all other PWLS property to the local PWLS organization when the volunteer's service is completed.

MISSION STATEMENT

The mission of Pop Warner Little Scholars is to enable young people to benefit from participation in team sports and activities in a structured environment. Through this active participation, Pop Warner programs teach fundamental values, skills and knowledge that young people will use throughout their lives.

GOALS & PHILOSOPHY OF THE POP WARNER PROGRAM

Pop Warner is an international program operated for the benefit of its youth participants. Since 1929, the program's philosophy has been academics and athletics go hand-in-hand. At every level, Pop Warner seeks to develop well-rounded young men and women who learn not only the fundamentals of football, cheerleading and dance, but also the importance of education, in an atmosphere conducive to developing sound mind, body and character - and having an enjoyable time along the way!

The objectives of Pop Warner are to inspire youth, regardless of race, creed, religion or national origin, to practice the ideals of sportsmanship, scholarship, and physical fitness, as reflected in the life of the late Glenn Scobie "Pop" Warner.

Pop Warner strives to make the game fun for all boys and girls. The program stresses learning lessons of value far beyond the playing or spirit days of the boys and girls involved, such as: self-discipline, teamwork, determination, friendship, leadership, and good sportsmanship. With such goals in mind, and by providing an opportunity to participate in an organized, supervised environment with emphasis on maximum safety and participation, Pop Warner offers young men and women a unique and memorable opportunity to excel.



PART II-POP WARNER STRUCTURE

DEFINITIONS

S1-LEAGUE

The term “League” has two definitions, each separate and distinct as applicable:

- A. It is a legal term to define a type of Federation/Conference, **or**
- B. It is a grouping of teams of the same ages and weights (playing levels) into a “league” for scheduling purposes.

League shall be utilized and referenced herein place of Federation and Conference. A League consists of a minimum of four (4) teams playing in the same Age/Weight level. Leagues are Chartered and managed by PWLS Inc. with the assistance of the appropriate Regional Administrator(s). All Leagues must sign an annual charter contract and to remain in good standing. Pop Warner National Staff shall have the right to attend any League/Association function with or without notice.

S2-ASSOCIATION

Associations are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Each Association shall have an Association Board member to be called the Director of Football, Football Commissioner, (or whatever other term is locally applicable), who is an equal voting member of the Association Board and responsible only to that board.

Associations are characterized by specific geographical coverage. In cities, they often adopt commonly understood neighborhood names. In the suburbs, they usually take the town name. In rural areas, an association name may embrace an entire county (or a substantial part of it). An association’s recruiting area is approved by its League and is normally consistent with its geographical name.

When there are no associations, a League is intramural.

S3-ADMINISTRATORS

All League & Association Administrators must be at least 21 years of age.

S4-TEAM

A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given Age/Weight level. Each football team may have a maximum of three rostered Pop Warner Cheer/Dance teams.

S5-LEVEL OF PLAY

Level of Play refers to one of the nineteen (19); classifications: Tiny-Mite (TM), Mitey-Mite (MM), Junior Peewee (JP), Peewee (P), Junior Varsity (JV), Varsity (V), Junior Bantam (JB), Bantam

(B), 6u, 7u, 8u, 9u, 10u, 11u, 12u, 13u, 14u, Challenger & Flag. The basic ages and weights for each level of play are listed in Rule 1 S:4. In 2019 Pop Warner began offering age only options in addition to the traditional ages and weights.

Division is used to designate DI,DII,DIII or a sub-grouping of a League, such as “National-American divisions” or “East-West divisions.”

INTRODUCTION TO THE RULES

- S1:** The rules contained herein ARE REQUIRED to be enforced by each PWLS association and league. Failure to do so shall be subject to the penalties defined herein, in the PWLS Administrative Manual and in any other PWLS Policies.
- S2:** For all purposes, the Pop Warner playing season shall be defined as August 1st through December 31st or the last game/competition, which ever comes first. All Leagues, administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of Pop Warner rules and regulations occurring at any time during a stated playing season.
- S3:** No Rules will be added after August 1st unless required for safety reason(s).



PART III - POP WARNER REGULATIONS ALL PROGRAMS

ARTICLE 1: POWERS/AUTHORITY OF LEAGUE

- S1:** The League has, among its powers, the obligation and authority to enforce National rules. Leagues will follow all PW Rules as printed in this book or their Charter shall be in jeopardy.
- S2:** Leagues are responsible to verify accuracy of all scores/ results prior to start of League play-offs. If an error is found in reporting, leagues are responsible to correct and advance the proper team.

ARTICLE 2: BOUNDARIES

- S1:** A League is responsible for the enforcement of its own boundaries. However, it shall not infringe upon the territorial rights or boundaries of another chartered League.
- S2:** Transfer between Leagues: Any team or association seeking to withdraw from one League to join another League may do so only with the prior written agreement of the Leagues involved and with the written concurrence of the appropriate Regional Director. In the event the two Leagues cannot agree upon the terms of the move, the Regional Director shall rule on the matter, with either party retaining the right to appeal the decision to the National Football Commissioner.
- S3:** Leagues must establish boundaries for their participating associations. Boundaries will be set by a defined, readily recognizable format, (i.e., town limits, school districts, streets etc.) Failure to establish and operate boundaries in this manner can result in revocation of charter. Players found to be playing outside boundaries they reside, without proper release from both Leagues & Associations involved, subject their team to forfeiture of all games played.

S4: PARTICIPANT WAIVERS

Leagues must establish written policies for their Associations pertaining to participant waivers. Waiver requests must be submitted with cause by a parent or legal guardian to both Presidents of the affected Leagues & Associations. Leagues must approve all waivers between their Associations and the Region Director or his designee must approve all cross-league/ region waivers. It is strongly recommended that all Waiver requests be resolved by the first practice.

Waivers shall only be granted upon written application executed and verified by both League & Association Presidents involved in the Waiver request, attesting that the Waiver meets at least one of the following criteria but not limited to, for waiver allowance:

- Valid family circumstances (divorce, custody determinations, court decisions etc.) in which the child effectively resides in multiple locations.
- In cases where the team is full
- In cases where an age/weight appropriate team does not exist
- In demonstrated (proven) hardship cases

All Waivers expire annually on December 31st. Only waivers, which serve in the best interest of Pop Warner both locally and nationally, will be given consideration.

- S5:** The National Football Commissioner shall have final non-appealable authority over any/all League boundary and waiver disputes.

ARTICLE 3: RESTRICTION AGAINST DUAL MEMBERSHIP

No League or member association holding a Pop Warner charter may enter any one of its teams into membership in any other youth football or cheerleading program and no adult volunteer may serve on the board of a Pop Warner Region, League or member Association while concurrently serving on the board of another youth football or cheerleading organization. Any individual, League or member Association in violation of this rule shall be immediately dismissed from Pop Warner.

ARTICLE 4: ANNUAL LEAGUE CHARTER APPLICATION REQUIREMENTS & VARIANCE OF RULES

The Charter Committee for Pop Warner consists of the Region Directors and appropriate members of the National Staff. They are responsible for reviewing, granting, suspending or revoking the privileges and conditions of the local league's charter. When a local league wishes to request a waiver of a specific rule or regulation, it must submit in writing to the Region Director, who will forward it with their recommendation to the Charter Committee. The appropriate Regional Director will present the variance to the Charter Committee for a decision.

- S1:** Variances shall only be granted upon a written application executed and verified by the President of the League, attesting that the variance sought is based upon good cause and can be shown to be in the best interest of Pop Warner players and spirit participants assuring their safety. Variances are defined by 1 of 3 categories: Football only, Spirit only, Football and Spirit.
- S2:** Programs granted a variance forfeit their rights to compete in Regional and National Play-offs for the current season.
- S3:** No program granted a variance may compete in post season bowl games that year, unless the opposing team has an identical variance.
- S4:** All variances expire annually on December 31st every year. Only variances which serve in the best interest of Pop Warner both locally and nationally will be given consideration.

ARTICLE 5: COACHES REQUIREMENTS

A coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. All Football & Spirit Head Coaches and Assistant Coaches must complete and pass the USA Football Heads Up Football program and/or the YCADA online Coaches Education & Testing program to be eligible to coach. All rostered spirit staff must successfully complete the YCADA online Coaches' Education and Testing including but not limited to the Head

Coach, Assistant Coaches, Coach Trainee, Student Demonstrator, Coordinators, etc. All Head Coaches who fail the online course will be immediately removed from coaching until they have successfully completed. **Successful completion of the YCADA Cheer/Dance Coaching program is valid for 1 season.** Successful completion of the USA Football Heads Up Program is valid for 1 year. The following applies to all coaches:

- S1:** The Head Coach, Assistant Coach(s) or Football/Cheer Commissioner must be 21 years or older in order to supervise at all practices, games and functions. The Head Coach can only be rostered as the Head Coach on 1 roster.
- S2:** An Assistant Coach must be at least 18 years of age. A football team may have a maximum of five (5) assistant coaches, plus a maximum of one (1) Coach-Trainee, (1) Equipment Manager, (1) Trainer, (1) Team Parent, (Please note this applies only to Football. See Spirit section for team coaching members)
- S3:** Teams are permitted to carry a Coach-Trainee, who must be a minimum of 16 years of age and a maximum of 17 years of age.
- S4:** The Head Coach will determine the assignments of the Assistant Coaches.
- S5:** In the absence of a specialized, trained person affiliated with the team in the medical area (physician, paramedic, specially trained volunteer, Certified Athletic Trainer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org) or its equivalent.
- S6:** Coaches are to be selected by methods approved by League rules and/or by-laws in accordance with National Rules.
- S7:** Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same League approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association and/or League.
- S8:** Coaches do not make Team or League policy. Rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to PWLS rules and policies.
- S9:** The Head Football/Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, players, staff and parents.
- S10:** Each League shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries.

ARTICLE 6: REGISTRATION

A candidate cannot begin practice with a team until he/she has officially registered. Registration consists of completing and submitting items S1-S4 in this Article in addition to any/all local required forms. The sign-up fee, if any, may be collected at this time. All coach trainees and teen demonstrators under the age of 18 must be registered/certified in the same manner as all other minors participating in Pop Warner Football, Cheer and Dance. All candidates must furnish the

following in order to be registered and before starting practice:

S1-PARENTAL CONSENT

The National Participant Contract and Parental Waiver form needs to be completed by either parent or the legal guardian, stating that the child has his or her permission to play, cheer or dance.

S2-MEDICAL EXAMINATION

A signed form from a Licensed State Medical Practitioner dated after January 1st of the current year/season; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit and there are no observable conditions which would contra-indicate playing football or cheer/dance. Note: If a regular school medical examination was performed after January 1 of the current year, and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination.

SPECIAL NOTE: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the artificial limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage.

S3-PROOF OF AGE

A certified copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Passports are also reliable. Military ID cards are acceptable. Certified wallet-size certificates issued by a state or commonwealth are acceptable. Any other alleged "proof of birth date," including photo copies of "originals," are to be accepted only upon the willingness of the team administration to have its schedule forfeited should fraudulent application later be determined. PWLS does not mandate retaining the originals but verifying them.

S4-SCHOLASTIC FITNESS

Proof of satisfactory progress in school is required. A 2.0/70% or the equivalent shall be the minimum grade point average acceptable to participate. In cases of doubt, conflict of opinion, or if a valid report card is not submitted, the nationally published scholastic eligibility form shall be used and deemed final. NOTE: Like all rules herein this rule as it relates to scholastic grades may not be made more stringent by any team, association, or league, as other rules may be. No local team may be allowed to participate in Regional/National sponsored championships or bowl games if it has not met the nationally published scholastic requirements and may be subject to other penalties.

ARTICLE 7: FORMATION OF TEAMS

Tryouts of any kind within Pop Warner are prohibited. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team, including assessments, evaluations, or any other method used to place a participant in Pop Warner. Not more than 35 players shall be assigned to a football or spirit team at the start of pre-conditioning on August 1st or the later starting date of the association, whichever comes first.

ARTICLE 8: MANDATORY CUTS

Any participant must be cut who:

- S1:** is found to have signed up as a result of parental pressure or tells team management he/she does not really want to play/cheer/dance.
- S2:** refuses or cannot furnish the 4 required items-Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness.
- S3:** is found to be simultaneously trying out for a school tackle football team, or who, once the season starts, is found to be dual participating on a school tackle football team and Pop Warner. However, participation in a school flag football program, if required by the curriculum of the school PE program, or participation in non-Pop Warner spirit team tryouts only, during the Pop Warner season, is allowed. Exception for spirit teams: Participants who tryout and make a school team of the current season and are members of a Pop Warner Team will be permitted to simultaneously participate in Pop Warner and school programs administered and coached by School District employees.
- S4** is a member of any other organized Pop Warner football/spirit team or non-Pop Warner football/spirit team. (Exception: See S3 above)
- S5:** attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.
- S6** is a recurring discipline problem (and then, only with the concurrence of the League).

ARTICLE 9: VOLUNTARY CUTS

A participant shall be considered a voluntary or “self-cut” participant when he/she simply no longer shows up at practices or games of his/her own free will. While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing.

If a team loses 20% or more of its assigned participants prior to certification, it is mandatory that the association investigate the causes for the participants voluntarily leaving the team, and take whatever appropriate action may be needed. The results of this investigation shall be reported to the League and the League shall have final authority as to whether appropriate actions were taken.

ARTICLE 10: CERTIFICATION

- S1:** Certification is that process whereby the team or association will file with the league and Region of which it is a member, a complete roster of players and a complete roster of spirit participants for the regular season schedule.
- S2:** A roster is certified once the association and league have approved the roster through PWLS’ online Roster System. A certified roster is one that the League has accepted the information at a pre-season session with its teams, based upon information submitted, and the teams are restricted to these participants for the balance of the season (except for allowed “Drops” and “Adds,” see Article 12).

- S3:** Certification will be accomplished within the official Roster Software. All rosters must be completed online through prior to the first regular season game to be certified.
- S4:** To be certified onto a team roster, a participant shall qualify under the following:
- A. Eligibility according to residence shall be decided by the League when the candidate resides in an area other than that authorized for the association by the League and on file at PWLS.
 - B. Each association shall attempt to assign a first-time participant to the lowest age and weight division for which he/she is qualified.
 - C. Once certified for a particular age/weight level, a participant shall not be permitted to recertify to a lower level of play during the current season under any circumstances, but based on the information available shall be permitted to approve recertification to a higher level of play.
 - D. Ages shall be verified by birth certificate as specified in Article 6, S3.
 - E. Associations will require a new picture of a football player or spirit participant at least every two (2) calendar years.
 - F. **Players must bring home and away game jersey to certification that meets High School Federation and Pop Warner guidelines.**
 - G. It is the responsibility of the league board members to conduct weigh-ins. Players should be in a stripped mode (gym shorts). A league board member is not permitted to weigh-in his/her own team(s).

ARTICLE 11: RETENTION OF ELIGIBILITY

Once certified, a participant must meet the following requirements to retain eligibility:

- S1:** Transfer policy in case of change of residence will be decided by the League.
- S2:** Retain parental consent.
- S3:** Maintain sound physical condition.
- S4:** Continue to maintain sound scholastic standards. In cases of doubt, a League shall have the right to require a written statement by the school administration, which shall be deemed final.
- S5:** A player serving a school suspension is not eligible to play PW until the day after their school suspension is completed.

ARTICLE 12: DROPS AND ADDS

- S1:** A team may add participants to its certified roster as long as said roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the team for any valid reason as outlined herein.
- S2:** Each League shall establish its own Drops & Adds cutoff date, but no player or spirit participant may be added to any roster after the first Monday of October of the current season.
- S3:** All Team Rosters must have active status in PW Roster system by the first Monday in October.

ARTICLE 13: NO ALL-STARS

All Star teams or squads are prohibited in Pop Warner. Pop Warner rosters are valid from August 1st to December 31st of the current year. Any coach or participant found to play a game(s)/competition

with All Star participants from different rosters of regular season teams will forfeit future eligibility for all Pop Warner programs.

ARTICLE 14: AWARDS

S1: In compliance with the team concept and in view of the ages of Pop Warner participants, no participant will be singled out as “best lineman,” “best offensive back,” “most valuable player/spirit participant,” etc., for the presentation of a special award. Such adulation should be given to an athlete after his Pop Warner days, if he/she justly deserves it by performance at the High School level. Individual awards may be presented, but must be given to all team members.

S2-SPECIAL NOTE FOR PLAYERS: Awards for individual performances displayed on the helmets are prohibited (i.e., no stars, hatchets, footballs, etc.). The only helmet decals allowed are the team logo, official Pop Warner logo and/or participants jersey number.

ARTICLE 15: PRACTICE

S1-DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

- A. chalk talk/skull session
- B. viewing of fundamentals film
- C. group conditioning
- D. individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)
- E. group skills sessions
- F. dummies and other inanimate contact
- G. play run through without pads (shorts & T-shirt)
- H. play run through with equipment, but without contact
- I. Intra-squad scrimmages with full pads and equipment

As can be seen, a so-called “party” at a coach’s home, where films are shown, or where football or spirit teams are talked about, can be deemed a practice session, as can a “party” at a parent’s home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a “practice session.” Each League is directed to establish a policy with respect to home videos and/or films of games or competitions and the viewing thereof. Pop Warner strongly recommends League/Associations discourage “parties/practice sessions” at coaches homes. All the activities/practice sessions that are referenced in A-15-S1, must include a minimum of 2 coaches in attendance the entire session.

S2: Pre-season practice shall not begin until August 1st (or later). The actual date will be determined in accordance with climate and other factors determined by the League in establishing a common starting date for all teams within its jurisdiction.

S3: All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportsafety.org) or their equivalent, if not by an EMT or volunteer physician (such as a parent of one of the

participants).

S4-BEFORE LABOR DAY: No team may schedule more than 10 hours of practice per week before Labor Day. A week is defined as Monday-Sunday. Not more than 2-1/2 hours of practice may be scheduled on any one day.

S5-AFTER LABOR DAY: Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as Monday-Sunday. Practices after Labor Day weekend are not to exceed 2 hours per day.

S6-BREAKS: Break time is not counted against the ten (10) or six (6) hours per week or 2-1/2 or 2 hours of allowed practice time. Water breaks should be given as needed and when requested by participants

S7-CONTROLLED INTER-SQUAD SCRIMMAGE: After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) in pads in which contact has occurred, teams may engage in joint practice sessions with other team(s) in what are called controlled inter-squad scrimmages. So as to avoid any misinterpretation, 20 hours of practice is required before inter-squad scrimmages may occur.

S8: Any player added after a team has formed and/or after the season has started, must be subject to the same 20 hours of conditioning as mentioned in S7 of this article.

S9: The following exercises and drills are banned from all practices and pre-game warm-ups; leg lifts, neck bridges (sometimes referred to as neck rolls) and bull in the ring. Leg lifts with knees bent are acceptable.

ARTICLE 16: CAMPS

S1: No Pop Warner organization or personnel associated within, shall require or mandate that a Pop Warner football or spirit team, in part or in whole, with or without coach(s) to attend a football or spirit camp. There shall be no exceptions. However, a Pop Warner football or spirit team, in part or in whole **MAY** attend a camp if they so choose to, providing the following conditions are met:

- A. Coach or other team affiliated personnel does not make it **MANDATORY**.
- B. Camp provides as part of its services an accident insurance plan for camp participants.
- C. All Football camps must be completed by July 15.

S2: Any camp, whether it be for players or spirit participants, shall **NOT** be endorsed or sponsored by any League, Association, or Team, which does not provide as part of its services, an accident insurance plan for the camp participants.

ARTICLE 17: IMPORTANT POINT-MEDICAL & CONCUSSIONS

The home team or hosting organization has the responsibility to provide medical coverage at each game or competition. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team/host organization who is currently EMT

qualified or is currently certified in Red Cross Community First Aid and Safety, the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org), or their equivalent.

Work together with your local EMTs to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following:

- A. introduce or identify trainer/health care provider to visiting coach;
- B. home team/host organization review emergency plan with visiting team;
- C. designated duties for coaching staff and or athletes;
- D. “how to call EMS” next to phone;
- E. specific directions to your facility for emergency medical service (EMS);
- F. emergency numbers;
- G. injury report forms;
- H. treatment authorization card;
- I. list of administrators that the coach is required to contact.

Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

All teams are recommended to have a staff member carry the entire team’s medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician’s number opposite the participant’s name is also recommended.

S1: CONCUSSION RETURN TO PLAY GUIDELINES: A participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition shall be removed from practice, play or competition at that time based on evaluation and determination by the Head Coach. However, if an official licensed athletic trainer or other official qualified medical professional is on site and available to render such evaluation, that person shall always have final authority as to removal or return to play of the participant.

When an official licensed athletic trainer or other official qualified medical professional is not present, and a parent or guardian of the injured player is serving as head coach, the final authority on removal of a participant shall rest with the league president, association president or the top ranking assistant head coach; whomever is present and highest in the Pop Warner chain of command.

Any Pop Warner participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to Pop Warner activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance to return to play from that licensed practitioner.

In the absence of an official licensed athletic trainer or other official qualified medical professional, at regional Pop Warner events, the Regional Director shall be the final authority on removal of a participant for a suspected head injury or concussion. At national events, the National Football

Commissioner or National Cheer Commissioner, depending on the sport in which the participant was engaged, or in their absence the Executive Director, shall be the final authority on removal of a participant for a suspected head injury or concussion.

Pop Warner recommends that all decisions be made in the best interest of the children and that when any doubt exists as to the health of the participants, they sit out. Please check www.popwarner.com or www.cdc.gov/concussion for Center for Disease Control (CDC) signs and symptoms chart for concussions.

ARTICLE 18: CHARGING ADMISSION

Reasonable admission fees may be charged to attendees for entry into pre-season, regular season and postseason Pop Warner league, association and team events, however such admission fees shall not be borne by any active rostered individual who is partaking in the event, including both participants and coaches, as well as all pertinent Pop Warner administrators; all of whom shall be admitted free of charge.

ARTICLE 19: PROTESTS

- S1:** Only protests involving the eligibility of a player or spirit participant shall be considered.
- S2:** Protests are decided in accordance with the administrative procedures of the League.
- S3:** Teams, Associations and Leagues have the responsibility to communicate protests as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

ARTICLE 20: PATCH REQUIREMENT

All Pop Warner participants, football, cheer & dance, and flag, must have the Official Authorized Pop Warner patch displayed on every uniform for games and competitions in order to participate. Football Patches must be placed on left front chest. Cheer & Dance patches must be placed in the designated areas on the uniforms as determined by National. (see patch placement form on popwarner.com) Football & Cheer/Dance uniforms purchased from **PW Authentic (www.pwauthentic.com)** have the Pop Warner patch included. **PW Authentic is the only Authorized Licensed Dealer permitted to sublimate or silk screen the PW Patch on uniforms.**

ARTICLE 21: MANDATORY BACKGROUND CHECKS

- S1:** As a condition of service to a Pop Warner league, all Coaches, Board of Directors' members and any other persons or volunteer workers who have repetitive access to or contact with players and/or spirit participants, must complete and submit an official "Pop Warner Volunteer Application" to their local Pop Warner Association or League. **Annual** background checks must be completed prior to the applicant assuming his/her duties for the current season, and should be submitted to the League President prior to the start of the current season. Refusal to submit a fully completed "Pop Warner Volunteer Application" annually must result in the immediate dismissal of the individual or denial of participation for the applicant.

- S2:** Each League shall require and be responsible for enforcing all league and association personnel to annually submit to the League President a fully completed official “Pop Warner Volunteer Application,” prior to the applicant assuming his/her duties for the current season. The Volunteer Application must include signed permission from the applicant allowing the League or Association to perform the necessary background check. The official “Pop Warner Volunteer Application” shall only be modified in order to comply with local, state, provincial or national laws. Each League shall also require and be responsible for enforcing that an Officer of each member Association complete and submit an official Pop Warner “Association Confirmation of Compliance with Background Checks” affidavit. Each League is required to file an official Pop Warner “League Confirmation of Compliance with Background Checks” affidavit annually with the National Office. All volunteer applications and Association affidavits must be maintained by the League for a minimum of 1 year, but PWLS’ recommendation is for 2 years after the volunteer leaves the organization.
- S3:** No League shall permit any person to participate in any manner, whose background check reveals a conviction for, or guilty plea to, any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore a League may prohibit any individual from participating as a volunteer if the League deems the individual unfit to work with minors, as long as the League applies the same criteria uniformly for all individuals seeking to volunteer.
- S4:** All Leagues must conduct a nationwide search that contains the applicable government sex offender registry data such as the First Advantage online National Criminal database search, or a government agency sponsored state search of criminal records. Additionally, if a League utilizes only a state sex offender registry check, that League must also perform a national database or a Federal background check search. If a local organization becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the league must immediately contact the applicable government agency to confirm the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the league must prohibit the individual from participating in any manner.

Due to the fact that Pop Warner Little Scholars Inc. has no direct operational control over the selection of volunteers, each League shall be required to indemnify and hold harmless Pop Warner Little Scholars Inc. against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation. Failure to comply with all or part of this regulation may result in the suspension or revocation of the league charter, the removal of league and/or association volunteers, ineligibility for participation in regional and national play, and as well as significant legal liability.



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	COACHING WEBINARS
	TEAM ROSTER & CALL SHEET TEMPLATE
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* You must be fully certified to access these resources. These resources are released throughout the year.

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PART IV-ENFORCEMENT POLICY

POLICE POWERS/HEARINGS & APPEALS

All Pop Warner organizations- Leagues, Associations, and Teams, will be called upon from time to time to do the following:

- A. Resolve disputes between member organizations and individuals.
- B. Take action to enforce National and local rules and regulations.
- C. Discipline both adult and juvenile members.

NOTE: NATIONAL POP WARNER DOES NOT HANDLE APPEALS. Each League is advised to set up its own tribunal to handle matters in a timely fashion at the local level. **WARNING:** Failure to do so could result in being taken to court. National Headquarters will intervene only in rare instances **AT ITS SOLE DISCRETION.** Please refer to the Pop Warner Administrative Manual for hearings and appeals' guidelines.

MINIMUM MANDATED PENALTIES

Minimums are established to assure that the punishment for listed offenses will occur in a uniform fashion. More severe penalties may be levied where circumstances warrant or for repeated offenses.

S1-ADULT OFFENSES

- A. **EJECTION FROM GAME** - Automatic one week suspension from practice, including the following game.
- B. **RUN-UP SCORE:** Probation unless found to be intentional, then suspension for 1 week.
- C. **ENDANGERMENT OF JUVENILES:** Suspension for 1 year.
- D. **TEACHING PROHIBITED OFFENSIVE & DEFENSIVE TECHNIQUES:** Suspension for 1 year.
- E. **FIGHTING:** Suspension for 1 year.
- F. **CHEATING:** Suspension for 1 year.
- G. **THREATS:** Suspension for 1 year.
- H. **GAMBLING ON GAME OUTCOME:** Suspension for 1 year.
- I. **LACK OF COOPERATION/ OBSTRUCTION:** Suspension until compliance is achieved.
- J. **VIOLATION OF MANDATORY PLAY RULE:** Probation unless found to be intentional, then suspension for 1 week.
- K. **FALSIFICATION OF OFFICIAL DOCUMENTATION:** Suspension for 1 year. This would include, but not be limited to: parental consent, medical examination, proof of age, proof of scholastic eligibility, and/or background screening forms.

Upon suspension of any penalty provided herein, an accused shall be placed on probation, among the general conditions of which shall be: (1) that the accused be and remain of good behavior and that he strictly enforce all rules and regulations of Pop Warner; and (2) that the accused prepare and submit to his League his written plan to supervise implementation of the Mandatory Play Rule (MPR).

In addition, a player denied his required number of plays will start the next game and receive double the number of mandatory plays

in that game. The failure of a convicted coach to comply with this provision will be deemed a second violation.

S2-JUVENILE OFFENSES

Fighting, intimidation, disrespect for authority or blitzing on a kneel down shall be cause for ejection from a game/competition. Any player/spirit participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. If an ejection happens during the last game of the current season, the ejected player will serve their 1 game suspension the first game of the following season. A second ejection during the same season shall be cause for removal from the team for the balance of that season. Any participant charged with criminal activity may be removed to ensure the safety of other participants.

S3-TEAM AND ASSOCIATION OFFENSES

- A. FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS** is defined as any deliberate practice or failure of a team or association which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.

To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practice is carried out by order of, or with the knowledge of, the officership, and no steps are taken to end it.

MINIMUM PENALTY: Probation of the organization coupled with permanent suspension of its president and all others who participated in the practice. Upon a second offense, suspension of the organization until all officers are removed.

- B. FIGHTING/RIOTING/INCITEMENT TO RIOT:** Game related: forfeiture of the game for first offense; forfeiture of the season for second offense within the same season. Scrimmage-related: at the discretion of League.

S4-REGIONAL AND NATIONAL PLAY-OFFS

Investigations and hearings concerning Regional and National Championships, Competitions and Play-offs will be conducted by the National Office and/or appropriate Regional Staff in accordance with Pop Warner’s Dispute Resolution Policy as stated in the Administrative Manual and/or communicated by the National Office.

S5-ADDITIONAL OFFENSES

Any and all other offenses which are committed by any party may be subject to the minimum penalty of probation.



**POP WARNER
11-MAN TACKLE FOOTBALL
PLAYING RULES
(PAGES 31 - 49)**



**POP WARNER
6-8-AND 9-MAN TACKLE FOOTBALL
PLAYING RULES
(PAGES 50 - 51)**



PART V - 11-MAN TACKLE PLAYING RULES

Except as specifically modified for Pop Warner Football, all games are to be played under the state rules (including state adoptions) for varsity football of the applicable governing body-either the individual state member of the National Federation of State High School Athletic Associations or the National Collegiate Athletic Association. It is recommended that each coach have their own copy of the current year's high school rules. Write to the National Federation at PO Box 690, Indianapolis, IN, 46206, web address: www.nfhs.org or to the NCAA at PO Box 6222, Indianapolis, IN, 46206-6222, web address: www.ncaa.org.

RULE 1: AGES AND WEIGHTS

S1-JULY 31 CUTOFF-LEAGUE AGE

The player's age on July 31st of the current year shall be the player's age for the coming season.

S2-OPERATION OF AGE/WEIGHT SCHEMATICS

Option 1- the traditional age/weight schematic provides a uniform series of three basic years of age qualification for each level of play, with a fourth year of eligibility falling under more stringent weight restrictions (the "older/lighter" player). The "older/lighter" player is indicated by an asterisk. (See Rule 1, S4)

Option 2- the age based schematic provides levels starting with 5/6 yr. olds. and no minimum or maximum weights.

Please note programs may not arbitrarily eliminate any ages from the levels, i.e. choose not to allow older/lighters etc..

S3-SPECIAL NOTE FOR MITEY-MITES & **8u, 9u**

Although the game is serious to the kids, from the adult viewpoint, Mitey-Mite, **8u, 9u** are training levels, completely free of any pressure to win, with a total emphasis on learning. **A Local & Regional Champion may be declared.** Coaches may remain on the field at the option of the League. (If Coach remains on the field they must be 10 yds from Line of Scrimmage) A maximum of one (1) coach per team is permitted on the field except during punts.

A. There shall be:

- 1.) No blitzing
- 2.) No rushing of punts, field goals or point after touchdown (while attempting a kick) in Mitey-Mite, **8u, 9u** play.
- 3.) No more than six (6) defensive players can be on the line of scrimmage or rush the ball, linebackers must be 3 yds off the line of scrimmage, corners must be 5 yds off line of scrimmage and safeties must be 7 yds off line of scrimmage.
- 4.) Defensive players on the line of scrimmage must be in a 2 point stance and may not line up over center. Penalty for violation of the above: First violation: Warning: Additional violations: 15 yards unsportsmanlike conduct.

S4-TACKLE AGE/WEIGHT SCHEMATIC

Level Name	Ages	Certification Weight	End of Season Max
TINY-MITE	5-6-7	35-80 lbs.	89 lbs.
MITEY-MITE	7-8-9	45-105 lbs.	114 lbs.
JUNIOR PEEWEE (older/lighter)	8-9-10 11*	60-120 lbs. 60-100 lbs.	129 lbs.* 109 lbs.*
PEEWEE (older/lighter)	9-10-11 12*	75-135 lbs. 75-115 lbs.	144 lbs.* 124 lbs.*
JUNIOR VARSTIY (older/lighter)	10-11-12 13*	90-160 lbs. 90-140 lbs.	169 lbs.* 149 lbs.*
VARSITY (older/lighter)	12-13-14 15*	105-185 lbs. 105-165 lbs.	194 lbs.* 174 lbs.*
JUNIOR BANTAM (older/lighter)	12-13-14 15*	120-175 lbs. 120-155 lbs.	184 lbs.* 164 lbs.*
BANTAM (older/lighter)	13-14-15 16*	135-190 lbs. 135-170 lbs.	199 lbs.* 179 lbs.*

The asterisked () provisions in each level allow the so-called “older but lighter” player to also qualify. The last year of eligibility falls under more stringent weight restrictions, per above. Exception: Varsity Spirit Teams, 11 to 15 Years of Age.

A league shall not add the “in-season” growth allowance as a means of upping maximum weights or increasing certification weights.

S5-AGE BASE SCHEMATIC

<u>Level Name</u>	<u>Ages</u>	<u>Rules to Follow</u>
6u	5-6	Tiny Mite
7u	6-7	Tiny Mite
8u	7-8	Mitey Mite
9u	7-8-9	Mitey Mite
10u	8-9-10	Jr. Peewee
11u	9-10-11	Peewee
12u	10-11-12	Jr. Varsity
13u	11-12-13	Jr. Varsity
14u	12-13-14	Varsity

** 2 point stance for offensive and defensive linemen must be used in the following levels of play: TM, MM, JP, PW, 6u, 7u, 8u, 9u, 10u, 11u.

** No kickoffs permitted in the following levels: TM, MM, JP, PW, 6u, 7u, 8u, 9u, 10u, 11u.

RULE 2: INITIAL WEIGH-IN; FIRST PRACTICE

Until the first practice session, no convenient means will exist for the team to conduct this weigh-in. Its purpose is to serve as one

final check of qualification and to screen out for special attention each player whose weight will bear watching by the team staff, the players, and parents throughout the practice period, because it is slightly below the minimum or slightly above the maximum weight for that particular level. Those failing the initial weigh-in will not continue as eligible candidates for the team (See Rule 6). The initial weigh-in is not the certified weigh-in and may be conducted on less than a medical quality scale.

RULE 3: IN-SEASON DETERMINATION OF WEIGHT

Each team will have its players checked **on Game Day** PRIOR TO EACH GAME during the season to assure that the weight standards are being maintained. Agreements between teams/coaches to waive weigh requirements are not permitted.

S1-IDEAL METHOD

The ideal method of in-season weight checks can only be used when all playing facilities used throughout the program include dressing facilities. If so, pre-game weigh-ins, in shorts, will be conducted before every game and will be scheduled so that they are completed not later than fifteen minutes before kickoff. A medical scale will be used. If not available, a lesser scale may be used if its accuracy can be checked against a weight of known value. The weigh-in will be conducted by a League-assigned Weigh Master.

S2-ACCEPTABLE METHOD

The following alternate method of in-season weight check (with uniform and equipment allowance) shall be used where dressing facilities are not available:

- A. A weight allowance shall be established for the wearing of the uniform and protective equipment which will then be subtracted from the player's total scale weight. In cases of marginal overweight or marginal underweight, the team shall be entitled to a strip weight, in shorts, of the player concerned. Strip weight checks will be conducted in dignity, away from unnecessary personnel.

To facilitate the weigh-in process, the scale should be one that can be set up along "pass" or "fail" limits, i.e., be capable of being preset to balance at the maximum and minimum allowable weights for the particular level of play. In this way, a line of players can step onto the scale and have their weights quickly judged as falling at or below the maximum. Next, the scale can be reset to balance at the minimum "pass" weight so players can be judged to weigh at or above the minimum weight. For judging a player's weight, all weights shall be rounded to the nearest full pound-i.e., a player weighing less than 1/2 pound above a full pound will be rounded down, while a player at or above 1/2 pound will be rounded up.

- B. The following weight allowances for the wearing of equipment and uniform shall be used. All weights are without helmet. Cold climate areas: add 1 pound to all weights given when wearing full sleeve cotton jersey with undergarment.

Tiny Mite & Mitey-Mite.....	7 lbs
Junior Peewee & Peewee.....	8 lbs.
Junior Varsity & Varsity.....	9 lbs.
Junior Bantam & Bantam & Unlimited.....	10 lbs.

S3-CHALLENGE METHOD

Weight check by challenge or other than above prescribed methods is not acceptable.

S4-INTEGRITY OF WEIGH-IN

Once a weigh-in has been conducted, no equipment shall be exchanged unless the equipment is found to be unsafe, and/or damaged.

RULE 4: IN-SEASON WEIGHT INCREASE

The allowable increase in maximum weight for any level of play shall be calculated as follows, beginning with the first regular season game: These weight allowances may only be granted after the participant has passed the original certification.

1st week	0 lbs.
2nd week	1
3rd week	2
4th week	3
5th week	4
6th week	5
7th week	6
8th week	7
9th week	8
10th week	9*

* No more than nine (9) pounds may be added to the maximum weight after the tenth week. Teams cannot add more than 1 pound per week. The above schedule begins with the first week of League scheduled games.

Teams advancing to the Super Bowl will be allowed a one (1) pound increase at the national weigh-in.

RULE 5: FAILURE TO PASS IN-SEASON WEIGH-IN

S1-WEIGH-IN BEFORE EACH GAME: A player failing a weigh-in will be disqualified from participation in that game only. He may sit with the team on the bench after he has removed his helmet and shoulder pads.

S2: Determination of Weigh Master as to the weight eligibility of a player is final.

RULE 6: CUTTING OF PLAYERS

In addition to those reasons listed in Articles 8 & 9, any player must be cut who:

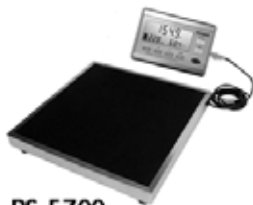
- A. weighs 6 or more pounds above the maximum weight for the selected level of play, at the time of the initial practice session.

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- B. weighs 3 or more pounds less than the minimum weight for the selected level of play, at the time of the initial practice session.

RULE 7: CERTIFICATION OF PLAYERS

In addition to the stipulations found in Articles 10-12, to be certified onto a team roster, a player shall qualify under the following:

- A. A player shall meet the age requirements as specified on the applicable age/weight schematic. (See Rule, 1 S4)
- B. At certification, a player who fails to make the weight for the team he has been practicing with, but falls into the weight bracket of another division, must be moved to the other division as part of certification.
- C. A League shall not add the “in-season” growth allowance to the certification weights as a means of upping the maximum weights or increasing the certification weights.

RULE 8: ROSTER SIZE

S1-MAXIMUM ROSTER SIZE

Not more than 35 players shall be certified onto a team roster. A team with less than 16 certifiable players will not be permitted to form and play. The League may establish a minimum higher than 16 for a team to be allowed to form and participate.

S2-MINIMUM ROSTER SIZE

A minimum of 16 players must be dressed and eligible to start each game. Also, if you start a game with 16 players, you can finish a game with 15 eligible players. Each League may establish a minimum number higher than 16, but once adopted, it must be kept for the entire season, including post-season bowl games. Each League shall have the option to determine whether or not a team which fails to dress the minimum number of players shall forfeit the game or whether the game shall be rescheduled. Any team which forfeits two successive games by reason of an insufficient number of players shall be investigated by the League for a determination as to whether to forfeit the balance of the season. Please note Pop Warner strongly recommends teams maintain 20-25 players.

RULE 9: PLACEMENT OF TEAMS IN DI/DII/DIII

Leagues & Regions will make best effort to assign teams to DI/DII/DIII in the various levels of play. Below is a list of criteria that will be used by Leagues/Regions to determine where to slot a team.

- Number of Teams at each level per Association
- Coaching Staff (returning/new)
- League Standings
- History in League, Region & National Play-offs
- Super Bowl Participation
- Any questions/issues regarding where to place a team will be decided by Regional & National Offices’.
- Teams must declare I/II/III by Sept. 15 in the PW Roster System. Once a team has been approved for I/II/III they cannot change divisions unless approved by your Region Director.

RULE 10: MANDATORY PLAY RULE

The following shall be the Minimum Mandatory Play Rule (MPR) for all Pop Warner teams. Each league may set a higher number of Mandatory Plays, but never less than the minimum set by PWLS. All MPRs should be based on eligible players at the time of the game.

Jr. Peeewe thru Bantam, **10u-14u:** Mitey Mites, **8u, 9u :**

16-25 players - 10 plays

16-25 players - 12 plays

26-30 players - 8 plays

26-30 players - 10 plays

31-35 players - 6 plays

31-35 players - 8 plays

Tiny Mites, 6u, 7u- See Rule 35; S12 for Participation

Requirements

- A. The plays must be from the line of scrimmage.
- B. Kickoffs, extra points, QB intentionally spiking the ball and free kicks shall not be used in fulfilling the MPR requirement.
- C. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed.
- D. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, take a knee, spiking the ball regardless of whether the ball is moved or not while substitutes are playing other positions, shall NOT be considered as active plays.
- E. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.
- F. Failure to adhere to MPR requirements will result in forfeiture of game in addition to enforcement policies outlined in Part IV S1.

Each League shall establish its own system for enforcing the MPR, and must print a simple handout describing its MPR in sufficient quantity so that a copy is made available to each coach throughout the entire League, before the beginning of the season. The Nationally preferred system is that used in the National games.

RULE 11: THE FIELD AND MARKINGS

- S1:** The home team is responsible for the preparation of the playing field and all required accessories for a game. All fields will be equipped and marked in accordance with high school standards. Lime and other caustics shall not be used.
- S2:** The bench area is reserved for players, coaches, and authorized team personnel only. The sidelines areas are reserved for the game physician and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press. Each League shall be permitted to determine on which side of the field the chain crew shall operate. In the absence of a League stated position, the local high school rules shall apply.
- S3:** The 80-yard field is permissible for Tiny Mites, 5/6, Mitey-Mites, 7/8, Junior Peeewe, 8/9/10 and Peeewe.

RULE 12: GAME BALL

S1: The ball shall be of a good grade leather, rubber or composite material with specifications in the area of:

Levels of Play	TM, 6u, 7u	JP, PW	JV, V, JRB	Bantam
	MM, 8u, 9u	10u, 11u	12u, 13u, 14u	
Manufacturer				
<i>Wilson</i>	Ball Size/Model Number			
<i>(Official Football of Pop Warner)</i>	<i>K2</i>	<i>TDJ</i>	<i>TDY</i>	<i>TDY</i>
Nike	Peewee	Junior	Youth	
Rawlings	ST5CPW	ST5CJB	ST5CYB	ST-5PRO
Spalding	Rookie	Junior	Youth	Youth

Wilson is the Official Football of Pop Warner and will be used during Regional & National Championships. Notwithstanding any other provisions in league bylaws, the Wilson/Pop Warner design ball is approved for all Pop Warner play as stated above.

Equivalent footballs may be used, but the specifications must fall within the range of those specified above for each division of play.

S2: The use of stick-um on the football or the application and use of such on any player's hands is **not** allowed.

RULE 13: PLAYER DESIGNATIONS

S1: Each player shall wear a number between 0 and 99 inclusive. Number "00" is illegal and shall not be worn. No duplicate numbers shall be permitted. Pop Warner does not follow NFHS rules for numbers; therefore any number between 0 and 99 can be worn for any position.

S2: During a game in which a PA system is used, the number of any player committing a foul shall not be publicly announced.

RULE 14: REQUIRED EQUIPMENT

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

- A. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet. This "Warning Label" is the same label that is furnished by all helmet manufacturers and quality reconditioners. Programs must follow manufacturer's guidelines for reconditioning and no helmet older than 10 years may be used per new industry guidelines. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.)
- B. Shoulder Pads-must be for Football not Lacrosse, Hockey etc..
- C. Pants: One Piece or Shell & must cover the entire knee cap
- D. Hip Pads: One Piece or Shell
- E. Tail Pads: One Piece or Shell
- F. Thigh Guards: One Piece or Shell

G. Knee Pads - must cover the entire knee cap

H. Jerseys - New Rule to take effect 2017

1. Players of the Home team shall wear jerseys meeting the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be dark.

2. Players of the visiting team shall wear jerseys meeting the following criteria: The body of the jersey (inside the shoulders, inclusive of the yoke of the jersey or the shoulders, below the collar, and to the bottom of the jersey) shall be light in color.

The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys

3. The numbers shall be clearly visible and legible using numbers 0-99 inclusive and shall be on the front and back of the jersey.

4. The numbers shall be centered horizontally at least 6 inches and 8 inches high on front and back, or the front number must meet a minimum of 75% of the back number

5. The color and style of the number shall be the same on the front and back. The body of the number shall be either:

(a) a continuous color(s) contrasting with the jersey color, or

(b) the same solid color(s) as the jersey with a minimum of one border that is at least ¼-inch in width of a single solid contrasting color.

I. Mouth guard: All mouth guards must have a keeper strap, and be attached to helmet face mask at all times.

J. Athletic Supporter or Compression Shorts (male players only)

K. Shoes: In all levels of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed a 1/2" in length. Special Kicking shoes are not allowed.

L. Eyeglasses: When worn, shall be of athletically-approved construction with non-shattering glass (safety glass) or contact lenses.

M. Any additional protective equipment worn by players shall be allowed with league approval.

N. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform.

O. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.

P. The Official Authorized Pop Warner Patch must be displayed on every uniform for games and competitions. Patches may only be placed on designated areas on the uniforms as communicated on the patch placement form on popwarner.com.

Failure to have any of the above required equipment during a game, shall subject the participant to be removed until such time as the required equipment has been repaired, replaced or added. The use of any altered equipment shall result in player disqualification if in a game. Eye black with Logos is permitted.

RULE 15:

BLOCKING AND TACKLING RESTRICTIONS

Both the National Federation and NCAA rule books contain

extremely strong language on blocking and tackling. It is the responsibility of every Pop Warner coach to be fully informed of, and abide by, all such rules of the governing body (National Federation or NCAA) under whose jurisdiction his state falls, and to review same every year. **In addition to other specific prohibitions in the National Federation and NCAA rule books, no butt blocking, chop blocking, clipping, face tackling or spearing techniques are permitted in Pop Warner. If such techniques or any others not in compliance with the National Federation or NCAA are taught and implemented by Pop Warner coaches, said coaches shall be removed immediately.** **There is no free blocking zone on the field in Pop Warner.** This applies to all Pop Warner programs regardless of whether you follow NCAA or NFHS Rules.

RULE 16: LENGTH OF PERIODS

Maximum length of periods by level of play are:

(Tiny-Mites, **6u, 7u** -See Rule 35)

Mitey-Mite, Jr. Peewee, Peewee, Jr. Varsity, Varsity, 8u, 9u, 10u, 11u, 12u, 13u, 14u.....10 minutes
Jr. Bantam, Bantam.....10 minutes

RULE 17: INTERMISSION LENGTH

Between 1st & 2nd; 3rd & 4th quarters.....1 minute
Intermission between 2nd & 3rd quarters.....10 minutes
Mandatory Warm-up period following Intermission.....3 minutes

RULE 18: TIME CLOCK

The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the home management's clock operator is not qualified.

RULE 19: TIME-OUTS

A team shall be permitted no more time-outs than are permitted by the rules of the current National Federation of State High School Associations or the current NCAA rule book, depending on which body governs a state or section thereof.

RULE 20: KICK OFFS

To start the game, half, after a TD, field goal or safety the ball will be placed on the 35 yard line. This will apply to the Tiny Mite, Mitey Mite, Jr. Peewee, Peewee, **6u, 7u, 8u, 9u, 10u, 11u** levels.

RULE 21: PLAYERS

- S1:** A free substitution rule is always in effect.
S2: It is **STRICTLY PROHIBITED** for a player or group of players to participate in any practice session or game with players from another division of play (i.e., Junior Varsity vs. Varsity, 10u vs. 11u).
S3: Injured player: Once removed by reason of injury, a player shall not re-enter the game without the approval of an official licensed

athletic trainer or medical professional who is not a parent/guardian of the player.

RULE 22: REGARDING INELIGIBLE PLAYERS

- S1:** There are five (5) unequivocal definitions of an ineligible player, from which there are no appeals. Further, these violations shall result in forfeiture of all games in which the ineligible player was a member of the team. There are no exceptions.
- A. Player certified while overweight or underweight
 - B. Player overage or underage
 - C. Player residing outside of legal boundaries without mutual agreement (waiver) of appropriate League(s) and/or Associations.
 - D. Falsification of any player certification/registration documentation. (Articles:6,10)
 - E. Participation in school tackle football program or any other non-affiliated football program and Pop Warner Football at the same time. If trying out for the school team, they may not practice with the Pop Warner team until they have been removed from the school team and show evidence of removal. Participants must be Rostered, Certified and playing on the Pop Warner team by the first Monday in October. All school players must meet all PW registration requirements. Any school participant who has been removed from practice, play or competition due to an injury or suspected concussion may not participate in Pop Warner activities until the participant has been evaluated by a currently licensed medical professional and receives written clearance to return to play from that licensed practitioner.

If a team is found to have an ineligible player participating in League playoffs or Championship game(s) that team is not eligible to move forward in post season. In the case of any other situation resulting in a player being declared ineligible, the result shall be removal of the player from the program, with no penalty against the team.

- S2:** Participation in Regional/National bowl games and Regional/National play-offs may also be prohibited upon recommendation of the League and approval of the Regional Director.

RULE 23: SCORING VALUES

Touchdown.....	6 points
Point after TD by run or pass	1 point
Point after TD by kick.....	2 points
Safety (awarded to opponent).....	2 points
Field goal.....	3 points
Forfeit (offended team wins by)	1-0

RULE 24: SCORES

S1-LOPSIDED/INTENTIONALLY RUN UP SCORES

- Any time a team goes up by 28 points or more, the following will occur:
- A. The official clock will become a running clock immediately when the 28th point is scored and once started can only be stopped for injury of a player or at the discretion of a referee. It cannot

- revert to a game clock operation for the remainder of the game.
- B. Once 28-point difference is obtained between the two opponents, the winning team cannot pass the ball or run sweeps outside the tackle. If the winning team fails to abide by this rule, each violation will be a loss of down and a 5- yard penalty. This is at the discretion of the game referee. If at any point during remainder of the game the point difference drops below 28 the clock will continue running; however regular rules would apply, i.e. teams would not be required to run between the tackles etc.. If a 28 point difference is reached again, PW Rule 22 stipulations i.e. running between the tackles etc.. would take effect.
 - C. There will be no Blitzing by either team once the clock becomes a running clock and the lopsided rule is in effect.
 - D. There will be no onside kicks at kickoff by the winning team.
 - E. The winning defensive team cannot advance a fumble or pass interception. The ball is blown dead immediately. The winning offense may start play from the spot of the turnover.
 - F. The winning team must make every effort to replace starting players with reserves. Failure to do so will call for an immediate investigation and possible one game suspension if found guilty.
 - G. The losing team's defense cannot have more than 4 players on the line of scrimmage with linebackers set at least 5 yds off the line of scrimmage and defensive backs must be at least 10 yds of the line of scrimmage.
 - H. Any coach who employs types of plays without the intent to maximize the action of play shall be in violation of this rule.
 - I. The teams are still required to complete the mandatory play rule.
 - J. An investigation will be conducted if a game ends with a score differential of 28 points or more.

S2-FULL INVESTIGATION

When the statements of the coaches are in disagreement, the League shall require the Head Coach and all Assistant Coaches of each team to submit written answers to the following questions:

- A. What in your opinion caused the lopsided score?
- B. Is there any ill will or animosity among the coaching staff of Team A toward the coaching staff of Team B?
- C. To your knowledge, have there been any threats between and among the children prior to the game?
- D. Has your team ever been involved in a lopsided score before?
- E. What actions were taken by the coaching staff of Team A to prevent the score differential from reaching 28 points after it reached 18 points?
- F. In retrospect, is there anything you feel could have been done to prevent the score differential from reaching 28 points? If so, what?

Based upon the answers to the foregoing questions, the League shall determine whether or not to conduct a hearing. The answers to these questions may not be used in any way at the hearing, unless presented at the hearing by one of the witnesses.

RULE 25: SIDELINE PERSONNEL

In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game. The total number of team support personnel, including coaches, in a team box shall not exceed 10.

RULE 26: RADIOS AND COMMUNICATION DEVICES

No radios or other communicative devices shall be allowed during game situations to relay information to the coaching staff on the sidelines or players on the field.

RULE 27 SCOUTING

Scouting football teams is permitted in the form of video tape, film and written reports. Scouting is only permitted during a game situation. Scouting any type of practice is strictly prohibited. Pre-season games/Scrimmages with officials and no coaches on the field may be scouted. Scrimmages with Coaches on the field may not be scouted.

S1: Drones and Unmanned Aircraft are prohibited from being used during practices and games.

RULE 28: NO TAXI SQUADS

No team is permitted to run a “taxi” or “reserve” squad.

RULE 29: PRACTICE

In addition to the requirements for practice in Article 15, the following also apply:

S1-PRE-SEASON

In all Leagues, the first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however, helmets shall be permitted. Leagues may add more time beyond this required first week for the conditioning period.

S2-WARM WEATHER PRECAUTIONS

Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- E. A fifteen minute break is mandatory in the middle of each practice, not to be counted against practice time.

S3-MANDATORY BREAKS

A mandatory 10 minute break after each hour of practice shall be

required. Break time is not counted against the hours per week or per day allowed practice time. Water breaks should be given as needed and/or when requested by participants

S4-FULL PROTECTIVE EQUIPMENT REQUIRED

At all practices, pre-season or in-season, where person-to-person or person-to-dummy contact takes place, each player must be dressed in the full complement of protective equipment described in Rule 14, "Required Equipment."

S5-CONTROLLED INTER-SQUAD SCRIMMAGE

After the first week of practice in pads (contact) has occurred (which cannot be any earlier than the second full week of practice-the first week being conditioning), teams are permitted to engage in joint practice sessions with other teams in what are called controlled inter-squad scrimmages.

In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that:

- A. Coaches will be permitted on the field.
- B. Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
- C. Coaching staffs may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defense and vice-versa.
- D. Officials can be present during scrimmages.
- E. Game score is not kept; scoring is not the primary goal.
- F. No official time is kept other than to assure the practice maximum is not violated. A mandatory ten minute break is taken at the end of one hour, said break not to be counted against the allowed practice time.
- G. No player or team is permitted at any time to engage in a controlled scrimmage or any form of contact drills involving a player, players, or team from a different Age/Weight level of play.

S6-CONTACT

- A. No full-speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (You may have two linemen in stances immediately across the line of scrimmage from each other. You may have full-speed drills where the players approach each other at an angle, but not straight ahead into each other.) Intentional head-to-head contact is forbidden.
- B. Coaches must limit the amount of contact (Live/Full/Thud) at each practice prior to Labor day to a maximum of 30 minutes per day and 120 minutes total for the week. After Labor Day contact is limited to a maximum of 22 minutes per day and 65 minutes total for the week.
- C. In this context, Live/Full/Thud contact" means any drill or scrimmage in which players go Live/Full-speed or Thud with contact –e.g. one-on-one blocking and/or tackling drills; line vs. line full-speed drills; and/or scrimmages.
- D. Thud - By definition, involves initiation of contact at full speed with no predetermined winner, but no take-down to

the ground. Initial contact, particularly with linemen, is just as physical with “Thud” as with “Live Action.”

RULE 30: SCHEDULES

S1-SCHEDULED GAMES

- A. The chart in sub-section B summarizes the number and types of games teams may play during a season by each Age/Weight level.
- B. A League may schedule a maximum number of total season games as shown in Column D. The maximum number of each type of game permitted by level of play is shown in columns A, B, and C. A League may schedule fewer regular season games than the maximums shown in column B, but must play a minimum of six (6).

	Regular Pre-Season Exhibition (Max.) (A)	Total Season Schedule (Max.)* (B)	Post Season/ Bowl Games (Max.) (C)	Num. of Games (Max.) (D)
Division:				
TM, 6u, 7u	1	8	1	10
MM, 8u, 9u	1	10	2**	13
JP, 10u	1	11	2	13
PW, 11u	1	11	2	13
JV, 12u, 13u	1	11	2	13
V, 14u	1	11	2	13
JB	1	11	2	13
B	1	11	2	13*

Regular Season Schedule includes any League playoffs.

In any level, a team may play any combination of games in columns A, B, and C (up to the maximum in each column), but shall not exceed the total number of games in Column D. Pre-season exhibitions (Column A), league playoff games (part of Column B), and post-season bowl games (Column C) are not required to be played. Regional/National playoffs and championships are not included in any of the above.

Bowl Games are defined as post season games between teams of different leagues. Teams may play post season games within their league as long as the maximum number of games is not exceeded.

** Mitey Mite, 8u, 9u teams are only permitted to play (2) post-season games either in their own league/conference or in another league/conference upon written approval of both leagues/conferences and the Region Director.

S2-SCHEDULING PROHIBITIONS

- A. Under no circumstances will a team be allowed to play a game, scrimmage, or practice against a team of another level (i.e., Junior Varsity vs. Peewee, Varsity vs. Jr. Bantam, etc.).
- B. No team may schedule a game against a team whose ages and weights are not FULLY in compliance with those printed in this rule book, unless both teams have identical approved Variances.

S3-COMMON REQUIREMENTS - ALL SCHEDULING

The following requirements apply to all scheduling beginning with practice and ending with post-season bowl games:

- A. No team, on its own, may arrange a game. All games, regardless of type, must be arranged through or with the sanction of the League of which the team is a member.
- B. Prior account will be taken of all local and state laws pertaining to the scheduling of athletic contests.
- C. A period of at least four (4) full days (96 consecutive hours) will elapse between the end of any game for a given team and the beginning of the next game for pre-season exhibitions, regularly scheduled league games, post-season and bowl games. A League shall be permitted to waive the four (4) full days (96 consecutive hours) to 2 1/2 days (60 consecutive hours) ONLY to permit the conclusion of the regularly scheduled season.
- D. The League schedule officially begins with the first regular season game. All eligible teams must be certified as outlined in A;10 prior to the first League regular season game.

RULE 31: POST-SEASON & BOWL GAMES

- S1: Teams from all levels are permitted a maximum of two (2) post season Bowl Games with the exception of the **Tiny Mites, 6u, 7u. Tiny Mite, 6u, 7u teams not participating in League Championships may participate in 1 post-season game within their league.**
- S2: For a team to be eligible for bowl game participation, the following conditions must be met:
 - A. All requests for Bowl Game participation must be made through the Region Director or their designee.
 - B. The team's League must be represented at its Annual Region Meeting.
 - C. The team's League must have paid any Region Dues by October 15.
 - D. All rosters from its League must be approved and in the Pop Warner Roster System by the first Monday in October.
 - E. Requests to participate must be made by the designated League official only.
 - F. All bowl game contracts shall require the written approval of the Leagues involved.
- S3: Strip weights are not required, but there shall always be official weigh-ins in accordance with Pop Warner's standard weigh-in procedures as outlined in Part V, Rule 3.
- S4: All special criteria such as fees, etc., shall be immediately sent to a team expressing interest in playing the game.
- S5: The applicable state standard (NCAA or National Federation) and the Pop Warner National Rule book will be the only rules in effect at all bowl games, and Regional or National Championships.
- S6: Any League or team that arranges a bowl game(s) without approval from the Region Director or his designee, will be subject to disciplinary action, which could include a fine not to exceed \$500.00, as decided by the Region Director.
- S7: Regional Championships may be held in the following divisions: MM, JPW, PW, JV, **8u, 9u, 10u, 11u, 12u, 13u, 14u.**

- S8:** National Championships are held in the following divisions: JPW, PW, JV, 10u, 11u, 12u, 13u, 14u.
- S9:**
- A. All teams must register Game Jerseys with Region prior to Region & National Championships via photographs.
 - B. Region Directors will police jerseys at Region Level. All jerseys to be worn at Region & National Championships must be approved by the Region.
 - C. Violation of the Jersey rule will result in suspension of Head Coach from that Game. This rule applies to incorrect color or any other condition which renders the Jersey illegal.
 - D. If a team is in violation, the Game will start with a 15 yd unsportsmanlike penalty against the team in violation.
 - E. The Number "0" will be allowed beginning 2022, the number "00" is NOT permitted
 - F. Home Teams are required to wear Dark and Visiting Teams are required to wear a White jersey beginning 2024.
 - G. All other jersey rules will continue to follow Federation Jersey Rules.

RULE 32: TIE BALL GAMES

- S1:** In the Tiny Mite, 6u, 7u levels, all regular season games ending in a tie shall stand as ties with the exception of League Championships or Bowl Games. In the other levels, Pop Warner strongly recommends Leagues break ties in all regular season games using the established high school tie-breaker for the state in which they reside.
- S2:** Ties must be broken in League playoff/championship games using the "ten yard overtime procedure" tie-breaker as outlined in National Federation High School Rules.
- S3:** Ties during regular season games are allowed to stand as ties. However, if as the result of any regular season tie, a situation develops whereby two or more teams are tied for first place and one team has to be selected to represent its League in the League playoff series, there are two options to determine which team(s) advance -a special tie-breaking game (1 extra game) will be played during mid-week between the last regularly scheduled game and the first playoff round or Leagues can utilize the National High School Rules "ten yard overtime procedure" to determine which team(s) advances into the playoffs The provisions of Rule 29, S3: "Common Requirements to All Scheduling," will apply.
- S4:** In all Regional/National Championship Games, the "ten yard overtime procedure" tie-breaker as outlined in National Federation High School Rules will be used without exception.
- S5:** **Sudden Death tie-breakers are prohibited.**

RULE 33: CONTACT WITH OFFICIALS

If a player or adult should strike (hit) a game official, the offender shall be subject to suspension and/or being permanently banned from Pop Warner activities.

RULE 34: REGIONAL/NATIONAL CHAMPIONSHIP ELIGIBILITY

- S1:** Must be declared League/Conference Champions by or prior to first weekend in November. If a team is found to have an ineligible player participating in League playoffs or Championship game(s) that team is not eligible to move forward in post season.
- S2:** Must have filed a certified roster with the Region and National by the specified cut-off date.
- S3:** It is highly recommended that football teams competing be accompanied by the corresponding spirit teams at all games, except when the region cheer championships are being held at the same time.
- S4:** All teams must be accompanied with a copy of the certified roster, league registration forms with photo identification, birth certificates, medical release forms, and scholastic eligibility forms.
- S5:** An absentee sheet for any participant absent from a certified roster must accompany said team.
- S6:** All fees (Regional & National) must be paid prior to participating in post season. Failure to do so may result in disqualification.
- S7:** Championships are held in the following divisions if there are enough teams: JPW, PW, JV, **10u, 11u, 12u, 13u, 14u.**

RULE 35: TINY MITES, 6U, 7U

Although the game is serious to the kids, from the adult viewpoint, Tiny-Mites, **6u, 7u** are strictly a training level, completely free of any pressure to win, with a total emphasis on learning. **Scores may be kept & a local championship is permitted.** The following are specific rules that must be followed for the Tiny Mite, **6u, 7u** levels.

- S1:** Players: Maximum 28, Minimum 16
- S2:** Field Length: **can be 80 or 100 yards.**
- S3:** Scholastic Fitness: Report card from school or letter from parent.
- S4:** Coaches: Two coaches from each team are permitted to be on the field with the team. Once the team breaks from huddle, coaches must stay back 10 yards from the line of scrimmage.
- S5:** If associations have more than one team, age groups must be equally distributed across team roster. If one team, associations cannot stack by age group.
- S6:** No Kickoffs or punting. Game will start on 35 yd. line. On 4th down, a team has the option of (a) running or passing the ball from scrimmage (b) move the ball back to opponent's 35 yard line and start offensive play from there.
- S7:** Penalties: Major penalty 10 yards. Minor penalty 5 yards.
- S8:** Game Time and Time Outs: Each half is 22 minutes. Game will consist of two (2) halves. Half time will be 10 minutes. All games will have a running clock except for clock stoppages on time outs, change of possession and injuries. Each team is allowed two (2) time outs per half.
- S9:** **Scores may be displayed on scoreboard. Tie breakers are permitted in League Championship and/or Bowl Game.**
- S11:** Ball will be blown dead if fumbled behind the line of scrimmage. However, ball will be live if fumbled beyond the

line of scrimmage.

- S12:** Playing Time: All players must play a minimum of 15 plays per game. It is recommended that a 2 platoon system (offense/defense) be utilized to help teach the game. Each team must have three (3) captains per game. Every player on the team must be given an opportunity to be a captain.
- S13:** Offense: All offensive backs must be lined up behind the offensive line in some type of formation. You will be allowed, however, to split one offensive back no more than five (5) yards outside the tight end. Offensive line must be in a 2 point stance.
- S14:** Defense: No defensive player can be placed directly over the center. Player must be three (3) yards off the center. Defensive line must be one (1) yard back from the offensive line and in a 2 point stance. Defense must run 6,4,1 set. No more than six (6) defensive players can rush the ball. No blitzing.
- S15:** Game ball should be the Wilson K2 size.
- S16:** Pop Warner Official Rule Book, Tiny Mites Same as Mitey Mite (Rules) plus R-1: S-3A.
- S17:** Teams not participating in League Championships may participate in 1 post-season game within their league. Teams may play a combination of 10 total games; a maximum of 1 pre-season game and 8 regular season games and 1 post season game within their league for a season total of 10 games.



PART VI-6, 8, AND 9-MAN TACKLE PLAYING RULES

All Pop Warner Rules and Regulations apply to 6, 8, and 9-man football except for those differences outlined in the National Federation Rules. Certain modifications to the Federation Rules will be used to suit the philosophies of Pop Warner Football.

These options are available to all programs across Pop Warner. The goal is to provide various opportunities and entry points into the game of Football for all.

ARTICLE 1: AGES & WEIGHTS

Without exception, the same ages and weights apply to 6, 8, and 9-man football as are used in all Pop Warner 11-man tackle programs. (See Rule 1, S6)

ARTICLE 2: ROSTER SIZE

	<u>minimum</u>	<u>maximum</u>
6-Man Football	10	15
8-Man Football	12	18
9-Man Football	14	20

ARTICLE 3: POST-SEASON PLAY

Post-season play is allowed in 6, 8, 9-man Pop Warner Football. Post-season play must be against chartered Pop Warner League 6, 8, 9-man football teams of similar ages and weights.

Under no circumstances may 6, 8, 9-man Pop Warner teams be merged to play against 11-man teams at any time. Further, 11-man teams may not drop players to permit playing a game with 6, 8, 9-man Pop Warner teams.

ARTICLE 4: “SLAUGHTER” RULE

When one team is 36 or more points ahead at the end of the first half or it takes this lead during the second half, the game is ended at that point.

ARTICLE 5: 6-MAN RULE DIFFERENCES

6-man tackle football can be played on a 100-yard field. However, if available, the 80-yard field should be used. If necessary, a 100-yard field can be converted to 80-yards with special markings, such as pylons. The smaller field is 80 yards between goal lines and 40 yards wide with 15-yard side zones. The location of the goal posts will remain the same.

11-man rules are used for 6-man football with these modifications:
Rule 1: The offense must advance the ball 15 yards instead of 10 in four downs.

Rule 2: At least 3 offensive players must be on the line of

scrimmage.

Rule 3: There will be no direct running of the ball across the line of scrimmage.

Rule 4: The ball may be advanced across the line of scrimmage in the following ways:

A. Kick

B. Forward pass

C. Clear pass (lateral) behind the line of scrimmage, e.g., the receiver of the snap (quarterback, tailback, etc.) must execute the clear pass (lateral) to another player before the ball can be advanced beyond the line of scrimmage.

Rule 5: If a fumble occurs before a clear pass (lateral) and if an offensive player recovers it, he may not carry it beyond the scrimmage line.

Rule 6: If a passer catches his own forward pass, it is incomplete.

Rule 7: All players are eligible to catch a forward pass except the passer.

Rule 8: Kickoffs are made from kicker's 30-yard line.

Rule 9: On an 80-yard field, the ball is snapped after a touchback and is free kicked after a safety from the 15-yard line.

ARTICLE 6: 8-MAN RULE DIFFERENCES

If available, the 80-yard field should be used for 8-man football. If so, the same field restrictions apply to the 8-man field as for 6-man football.

11-man rules are used for 8-man football with these modifications:

Rule 1: At least 5 offensive players will be on the line at the snap.

Rule 2: Only players at the right and left ends of the line are eligible pass receivers.

Rule 3: All backs are eligible pass receivers if they are legally behind the line of scrimmage at the snap. The passer cannot catch his own pass.

Rule 4: Direct running is allowed in 8-man football.

Rule 5: On the 80-yard field, the ball is snapped after a touchback and is free kicked after a safety from the 15-yard line.

ARTICLE 7: 9-MAN RULE DIFFERENCES

The 100-yard field will be used for 9-man football.

11-man rules will apply to 9-man football with these modifications:

Rule 1: At least three receiving team players will be within five-yards of their free kick line.

Rule 2: At least five offensive team members will be on the scrimmage line at the snap of the ball.



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PART VII-POP WARNER CHALLENGER, FLAG & ROOKIE TACKLE FOOTBALL RULES AND REGULATIONS

INTRODUCTION

In addition to the general regulations found in Parts I-III, the following Pop Warner Flag rules govern all participants playing Pop Warner Flag Football (PWFF). **Please contact Pop Warner for MORE SPECIFIC Challenger Division Rules & Spring Flag programs. All Spring Flag and 7 on 7 programs must be completed by July 15.** Rookie Tackle from USA Football is another option for local Pop Warner programs. Rules are available for download on the Pop Warner Website. If you have any questions, please reach out to your Region Director.

Membership is open to any legitimate sponsor, such as recreation departments, YMCAs, Boys Clubs, PAL, and so forth. Requests for flag leagues to operate in chartered Pop Warner tackle league territories will be considered by the National Football Commissioner.

Flag leagues become members of Pop Warner Little Scholars, Inc. If sponsoring PWFF, tackle leagues (already members) do not gain a second membership. Separate registration fees are charged for flag membership.

ARTICLE 1: ORGANIZATION

The League is the basic unit of organization which consists of a minimum of four (4) teams in the same age division.

ARTICLE 2: REGISTRATION

Each league must conform to the insurance provisions found in Part 1 National Remarks.

ARTICLE 3: DIVISIONS OF PLAY

S1: League age cut-off date is July 31st of the current year and shall be the participants' league age for the coming season.

S2: There are no height or weight restrictions on players.

<u>Division Name:</u>	<u>Ages:</u>
Cat	5 - 6
Cub	5 - 6 - 7
Bobcat	8 - 9 - 10
Wildcat	11 - 12 - 13
Panther	14 - 15 - 16
Challenger	5-18

S3: Spirit Teams shall follow the overall age and division of play referenced in S2 above. In addition, all flag spirit teams must follow Pop Warner Spirit Guidelines as outlined in the spirit section of this rule book.

S4: Ages shall be verified by methods outlined in Part III, Article 6, S-3.

- S5:** If a player starts a season in one division, he must finish in that division.
- S6:** A player is ineligible if he is a member of a school tackle program or if he is playing Pop Warner tackle football. He is also ineligible if he is competing in another flag football program (unless as part of school curriculum).
- S7:** A player shall furnish a written consent to play from either a parent or legal guardian.
- S8:** A signed statement from a Licensed State Medical Practitioner that the candidate is physically fit and there are no observable conditions which would contra-indicate playing football or cheering. Note: If regular school medical examination results are releasable to parents, a copy of such report, if not older than January 1st of the current year, may be used in lieu of a new examination.

ARTICLE 4: FLAG FOOTBALL RULES

RULE 1: PLAYERS

- S1:** A game is played between two teams consisting of eight (8) players each.
- S2:** Each team roster shall have a maximum of 24 players, and a minimum of 10 players. A forfeit will result when the minimum is not met.
- S3:** Only players appearing on the official team roster in the PW Roster System are to be counted as players. The Roster is completed and active in the PW Roster System before the first game of the season and verified by the league in a process called "certification."
- S4:** The offensive team must have five (5) players on the line and three (3) in the backfield. The defensive team may choose any formation except in kicking situations.
- S5:** Mandatory Play Rule: All players will play a minimum of 10 plays. Failure to abide by this rule will result in forfeiture of that game.
- S6:** A team will have 30 seconds to put the ball in play after the ready signal.

RULE 2: PLAYING FIELDS

- S1:** The field shall be rectangular with lines and zones and shall conform to either of the two designs mentioned below.
- A. 100-yard field: This field measures one hundred and twenty yards in length, divided into 5 zones of twenty yards each between two end zones of ten yards each. It is 53 1/3 yards wide.
- B. 80-yard field: This field measures one hundred yards in length, divided into 4 zones of twenty yards each between two end zones of ten yards each. It is 40 yards wide.
- C. Goal Posts are unnecessary as points after TD (conversion) are made only by passing or running and there are no field goals kicked.
- D. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline.
- E. A kickoff area will be marked (usually by an "X") as follows:

1. 100-yard field: from the 40 yard line.
2. 80-yard field: from the 30 yard line (middle of second zone and equal distance from the sidelines).

S2: The following field equipment will be used:

- A. A Down Marker will be used to indicate the number of the down.
- B. A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line).
- C. Corner Flags with flexible staffs will be placed at the four sections of the end zones and the sidelines. Soft pylons may be used if flags are unavailable.

RULE 3: EQUIPMENT

S1-GAME BALL

Each PWFF league will determine which ball will be used during its games.

S2-FLAGS

- A. Each player must wear a belt with the number of flags designated as “standard” by the league, which will be either 2 or 3 flags.
- B. The flags will be attached to a belt and extend or hang from each side of the player’s body. When using three flags, the third will hang from the rear of the player’s body.
- C. Flags will be 14-20 inches long and a minimum of 2 inches wide.
- D. The belt must be tight to prevent being turned around during a de-flagging.
- E. The home team will wear light flags and the visitors will wear dark flags.
- F. The securing of flags to the body, waist or belt, other than provided by S-2-B, is illegal.
- G. Jerseys cannot be worn over flags.
- H. If a player’s flag is inadvertently lost, he is ineligible to handle the ball.
- I. Flags are to be of contrasting colors, different from game uniform. Definitions of uniform shall be game pants and/or jersey.

NOTE: The flags will be attached to a belt made for that purpose. Such a belt has equal resistance at the point of attachment of flags, thereby ensuring an equal effort necessary to de-flag a player.

S3-GAME UNIFORMS

- A. All team members must wear the same color jersey.
- B. All uniforms must have the Official Authorized Pop Warner Patch displayed in the designated areas as determined by National.
- C. All jerseys will be numbered, front and back.
- D. Any type of pants may be worn provided said pants have no front or side pockets.
- E. Jerseys will be tucked in at all times.
- F. Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes are allowed. No other footwear is acceptable.

S4-EYE GLASSES

Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety glass).

S5-MOUTH GUARDS

Mouth guards are required and keeper strap is not necessary.

RULE 4: PROHIBITED EQUIPMENT

- S1:** Spiked or street shoes.
- S2:** Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets.
- S3:** Hard metal or any other hard substance on a player's clothing or person.
- S4:** Anything that conceals the flags.
- S5:** Slick or sticky substances such as grease or glue.
- S6:** Any equipment, in the opinion of the referee, that will endanger or confuse players.

RULE 5: REFEREES

- S1:** There will be at least two (2) referees.
- S2:** The league may assign more than two referees for a game.
- S3:** There shall be at least three (3) referees for a sanctioned PWWF playoff or championship game.
- S4:** Each game official will carry a handkerchief and drop it whenever an infraction occurs.

RULE 6: THE RULES OF THE GAME**S1-PLAYERS**

The free substitution rule is always in effect and a player may enter the game any time the ball is dead.

S2-TEAM CAPTAINS

- A. Each team will have at least one captain on the field at all times during the game.
- B. The captain will address the referees only on matters of interpretation and to obtain information.

S3-TEAM COACHES:

One coach for each team will be permitted on the field in the Cub and Bobcat Divisions only.

S4-TIME

There will be:

- A. Two 15-minute running clock halves for the Cub, Bobcat and Wildcat divisions.
- B. Two 20-minute running clock halves for the Panther division.
- C. Three (3) time-outs per half.
- D. Ten (10) minutes between halves.

S5-KICKOFFS

Each half will start with a kickoff.

- A. The 100-yard field kickoff will be from the 40-yard line.
- B. The 80-yard field kickoff will be from the 30-yard line. (Although this yard line is not diagrammed, the kickoff line will be marked with an appropriate symbol, usually an "X".)

- C. There shall be no on-side kickoffs permitted, and the kicking team shall not be permitted to recover the kickoff under any condition.
- D. When a kickoff goes out of bounds the receiving team shall have the option of:
 - 1. Taking the ball at the point where it went out of bounds
 - OR
 - 2. Accept a five (5) yard penalty and re-kick the ball.
- E. There will be no kickoffs in the Cat flag division. Ball will be placed on 30 yard line.

S6-PUNTING

- A. The offensive team may punt at any time.
- B. A punt is always a free kick.
- C. Punting intentions are announced to the referee by the captain, or acting captain.
- D. Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.
- E. Free Catch-There shall be a free catch of a punt. The receiver shall signify his intentions for a free catch by waving his hand clearly over his head.
- F. There will be no punting in the Cat flag division. Teams take over where down ends.

S7-DOWNS (First down and zone to go)

- A. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
- B. Once a team enters into the next zone, it is a first down and a new series of downs begins.
- C. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- D. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- E. A down will be repeated if provided for by the rules (See Rule 13.)
- F. When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
- G. At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines-not on a hash mark).

S8-DE-FLAGGING

- A. There shall be no tackling of the ball carrier, passer, or kicker.
- B. The player carrying or having possession of the ball is down when the flag is removed from his waist (deflagging). The defensive player shall hold the flag above his head and stand still.
- C. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.

- D. A defensive player may not run over, push, or pull a blocker away from him. He may push him sideways if he gets past him, but he cannot push the blocker down.
- E. A defensive player must go for the passer's flag. He cannot touch the passer's arm.

S9-BLOCKING

- A. A blocker must be on his feet at all times while blocking. All linemen, except the center, must not assume the three point stance or otherwise spring from a coiled or crouching start. Instead, they must simply stand at the line of scrimmage and await the snap. The center, though crouching, if he is to block, must first stand straight up.
- B. Cross body and roll blocking are not permitted.
- C. A blocker cannot use his hands.
- D. Blocking shall be done with the arms and body in the form of shoulder and brush blocking only.
- E. A defensive player cannot block or push a ball carrier out-of-bounds.
- F. Butting, elbowing or knee blocking is not permitted.
- G. There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- H. Blocking a player from behind is not permitted (clipping).
- I. There will be no interlocking blocking.
- J. A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.

S10-BALL CARRIER

- A. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- B. The ball carrier cannot lower his head to drive or run into a defensive player.
- C. Stiff-arming by the ball carrier is illegal.
- D. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags.
- E. He may run in any direction until the ball is declared dead.

S11-CENTER (also see S9:A)

- A. The center must snap the ball between his legs.
- B. He must have both feet on the scrimmage line with no part of his body beyond the forward point of the ball.
- C. He may adjust the long part of the ball at right angles to the scrimmage line for one time only.

S12-PASSING

- A. All backfield men are eligible passers.
- B. Passing will be attempted from behind the line of scrimmage only.
- C. A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass.
- D. A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.

S13-RECEIVING

- A. All players are eligible to receive forward passes.
- B. A receiver may catch a ball even if he steps out-of-bounds or out of the end zone as long as he comes down with one foot in bounds.
- C. Two or more receivers may touch a ball in succession resulting in a completed pass.
- D. If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- E. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass.

S14-DEAD BALL

All balls touching the ground are immediately dead (except kickoffs and punts). For example, the ball is declared dead at the following times:

- A. When the ball carrier touches the ground with his body, other than hands or feet.
- B. When the ball carrier's flag has been pulled.
- C. If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- D. Following a touchdown, safety or touchback.
- E. When the ball goes out-of-bounds for any reason.
- F. If the center snap hits the ground before reaching a backfield man.
- G. When the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES IN PWFF!**
- H. If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- I. If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
- J. When a player on the kicking team touches a punt before a player on the receiving team.
- K. A free catch (cannot be advanced).

S15-GAME TERMINATION

When one team is 30 or more points ahead at the end of the first half or it takes this lead during the second half, the game is ended at that point. **THIS RULE ALSO APPLIES TO TOURNAMENT PLAY.**

RULE 7: SCORING VALUES

Touchdown	6 points
Safety	2 points
Points after touchdown:	
Passing	2 points
Running	1 point
Forfeit (offended team wins by)	1-0

RULE 8: TIE GAME

- S1:** Tie games will go into the record as such and will not be played off in regular season play.

S2: All Tournament Games:

- A. Ball will be placed in the center of the field. The referee will toss a coin in the presence of the two team captains. The winning captain will have the option of putting the ball in play at mid-field.
- B. Each team will have four (4) consecutive downs and the winner will be the team gaining the most yardage in its series of downs (penetration).
- C. Penalties will count as plus or minus yardage.
- D. Intercepted passes will count as incomplete passes.
- E. If the yardage is still the same at the end of each team's four down series, the series will be repeated.

RULE 9: INJURED PLAYERS

Once removed from a game because of injury, a player must sit out at least one down, and may not re-enter the game without the approval of attending medical personnel.

RULE 10: PRACTICES

S1: In the USA, practice cannot begin until August 1.

S2: Practices are limited to three days per week, not to exceed 1-1/2 hours each practice, while school is in session, and when school is not in session, practices are limited to four days per week, not to exceed 2 hours duration.

RULE 11: SCHEDULES

S1: Maximum number of games per season shall be as follows for each division of play:

	Pre-Season	Regular Season	Tournament
Division			
Cat	0	8	No
Cub	0	8	Yes*
Bobcat	1	8	Yes*
Wildcat	1	10	Yes*
Panther	1	10	Yes*

*Whatever number needed in the tournament program is allowed.

RULE 12: TOURNAMENT PLAY

S1: If a league decides to enter tournament play, it must have all its rosters approved in the PW Roster System.

S2: Teams for which a tournament team roster has not been approved in the PW Roster System will be declared ineligible by the Tournament Director.

- A. Each team arriving at the tournament site brings its tournament roster.
- B. This roster will be matched against the approved roster in the PW Roster System, which a copy is sent directly to the Tournament Director.

S4: All divisions are allowed to enter Pop Warner Flag Tournaments upon approval of their leagues.

S5: Tournament teams will be allowed to play as many games as it takes to win at a tournament level, but may not play more than two (2) games in one day.

S6: PWWF Tournaments will consist of not less than two (2)

nor more than four (4) teams per division of play in either a single or double elimination tournament. NOTE: Tournament Director must notify all participants of type of tournament at least one week in advance.

- S7:** PWWF Playoffs or Invitational Tournaments are played only as post-season games.
- S8:** Tournament teams will be selected by any method the league chooses.
- S9:** Players competing in tournament play must be listed on league and tournament rosters and must have played in at least one-half (1/2) of the team's regularly scheduled games prior to the start of tournament play.
- S10:** Particulars regarding Playoff and Invitational Tournaments will be available each year from the National Football Commissioner.
- S11:** Awards for PWWF Tournaments
- A. Each participating team shall receive a trophy for its place of finish in the tournament. Awards will be furnished by the host site.
 - B. Participant awards for individual players will be left to the discretion of the host league.
- S12:** The host league shall determine which of the two standard PWWF playing fields will be used. The Tournament Director will inform all participants of same at least one week in advance.

RULE 13: PENALTIES

Since two football field sizes can be used, penalties are adjusted accordingly. The 100-yard field will be assessed the standard fifteen (15) and five (5) yard penalties. The 80-yard field will be assessed ten (10) and five (5) yard penalties. With this in mind, references to penalties will be given as (15-10) and (5-5) in the following listings.

S1-KICKOFFS

If either team is offside on the kickoff, the penalty will be (5-5) and the ball will be kicked over again.

S2-LINE OF SCRIMMAGE-Centering

- A. Offside, defensive or offensive (5-5)
- B. Illegal snap (5-5)
- C. Failure to observe 30 second rule (5-5)
- D. Illegal motion-more than one backfield man in motion (5-5)
- E. Illegal formation, offense (5-5)

S3-PUNTING

- A. Failure to announce to the referee-(5-5) and punt is repeated, or the receiving team may take the ball at the spot where the ball is declared dead.
- B. If the kicking or receiving team enters the neutral zone before the punt-(5-5) from the spot where the ball is declared dead after the kick.
- C. Less than five players on the line of scrimmage for the offensive or defensive team-(5-5) from where the ball is declared dead after the kick.

- D. De-flagging a receiver after a fair catch signal-(15-10) from the spot of the foul.

S4-PASSING

- A. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5-5).
 B. Passer crosses the line of scrimmage-(5-5) and loss of down.
 C. Intentional grounding-(5-5) and loss of down.
 D. Offensive pass interference-(15-10) from line of scrimmage and loss of down.
 E. Defensive pass interference-first down from spot of infraction for the offensive team.

S5-DELAY OF GAME

- A. Continuing to play after the ball is dead-(5-5) from spot where the ball is dead.
 B. Recovering a fumble or falling on the ball (5-5).
 C. Advancing a fair catch (5-5).
 D. Unnecessary delay of game for any reason (5-5).

S6-FLAG WEARING AND DE-FLAGGING

- A. Tackling (15-10).
 B. Wearing the flags illegally (5-5).
 C. Ball carrier using his hands to prevent a defensive player from de-flagging (15-10).
 D. Holding, pushing, or hitting the ball carrier while de-flagging - (15-10).
 E. Leaving one's feet while de-flagging-(15-10) from spot of foul.
 F. Wearing one flag (5-5).

S7-ILLEGAL HAND-OFF

- A. If the ball is handed forward beyond the scrimmage line-(5-5) and loss of down.
 B. Handing or snapping a ball to a lineman (5-5).

S8-ILLEGAL SUBSTITUTIONS

- A. More than eight (8) men of the field (5-5).
 B. Substitution(s) while the ball is in play or before it is declared dead (5-5).
 C. Disqualified player entering game (15-10).

S9-BLOCKING

- A. Leaving feet to block (15-10).
 B. Cross body blocking or roll blocking (15-10).
 C. Illegal use of hands by blocker (15-10).
 D. Holding a defensive player (15-10).
 E. Defensive player blocking or pushing the ball carrier out of bounds (15-10).
 F. Butting, elbowing or knee blocking (15-10).
 G. Defensive player using hands illegally (5-5).
 H. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5-5).
 I. Clipping (15-10).
 J. Interlock Blocking-(15-10) from spot of foul.

S10-BALL CARRIER

- A. Stiff arming-(15-10) from spot of foul.
- B. Lowering head to drive or run into defensive player (15-10).
- C. Use of head (15-10).
- D. Use of hands or arms to protect flags (15-10).
- E. Spinning or hurdling (5-5).

S11-UNNECESSARY ROUGHNESS

- A. Offensive and Defensive (15-10).
- B. Disqualification of guilty player or players if repeated.

S12-UNSPORTSMANLIKE CONDUCT

- A. Fighting (15-10)-offenders ejected from game.
- B. Defensive player pulling offensive player's flag to make him ineligible for play (15-10).
- C. Insulting and abusive language (15-10).
- D. Interference with progress of the game by coaches or any other team personnel (15-10).
- E. Illegal play (15-10).
- F. Team leaving field before game is completed (15-10). Failure to return-Forfeit. Win for team remaining on the field.
- G. Failure of home team to control players or fans (15-10).
- H. Forfeit if not controlled.

RULE 14: PROTESTS

- S1:** Only protests involving rules' interpretations or the eligibility of a player shall be considered-never the judgment of an official in calling a play.
- S2:** Protests are decided at the local level in accordance with the administrative procedures of the league.

RULE 15: SPRING 7 ON 7 RULES

- S1:** Minimum number of players: 8. Maximum number of players: 16
- S2:** The season starts in January. It can end no later than July 15th.
- S3:** Each play must be run within 30 seconds after the ball has been reset.
- S4:** Each team is allowed up to two games per week.
- S5:** Each team must complete six hours of practice before playing their first game.
- S6:** Each team is allowed up to three two-hour practices a week. A week goes from Monday to Sunday.
- S7:** The playing field will be 40 yards in length, plus a 10 yard end zone.
- S8:** There will be two divisions of play: Warner Division – 10, 11, 12 year olds. Tomlin Division – 13, 14, 15 year olds.
- S9:** Warner Division uses the Pop Warner Junior size ball. Tomlin Division uses the Pop Warner Youth size ball.
- S10:** The player's "play age" is how old the player will be on July 31st of that current year (i.e. the same registration age as a Fall Tackle Player).
- S11:** All teams must have insurance approved by Pop Warner. Rosters must be submitted and approved through the PW Roster system.
- S12:** All competition is within your conference. Any travel outside of your conference must have an approved event request form.

- S13: The goal of this program is to provide a safe learning environment for players to build their skills while having FUN!
- S14: 4 Quarters of play: 10 minutes running clock each quarter. 10 minute halftime.
- S15: 2 time-outs per half. Clock stops for time-outs. Time-outs are 90 seconds each.
- S16: Each player must play a minimum of 12 plays per game.
- S17: You can have playoffs but they must not exceed two rounds of play.
- S18: Each team may have up to three (3) coaches. The head coach must have PW football certification.
- S19: All coaches/volunteers must fill out the volunteer application and have a current passing background check.
- S20: Each play ends when a “defensive” player touches the receiver with one hand below the neck or the pass falls incomplete.
- S21: The quarterback has five seconds to pass the ball across the line of scrimmage or the play is blown dead and it is a loss of down. A defender can’t cross the line of scrimmage until the quarterback passes the ball.
- S22: Only one first down per series is possible, achieved when reaching the 20 yard line within four downs.
- S23: No running plays are allowed. All players are eligible receivers.
- S24: This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Referee’s decision is final on all plays; there will be no tolerance for arguing and only a coach may ask for a rule clarification. All rules in the Pop Warner Member/Adult Codes of Conduct will apply.
- S25: If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/coach is finished for the summer season and may be subject to additional sanctions that carry over into the Fall Tackle season.
- S26: All passes must be forward. No laterals.
- S27: All possessions will start at the 40 yard line.
- S28: No punting or field goal attempts.
- S29: No protests. The decision of the game officials is final.

SCORING

- Touchdown scores 6 points.
- 1 extra point attempt. Attempt will be from the 10 yard line.
- Interception is a dead ball and the intercepting team takes over on Offense at the 40 yard line.
- No fumbles, the ball is dead if it touches the ground.

PENALTIES

OFFENSE

- A. Blocking or Holding: 10 yards from line of scrimmage, ejection for
flagrant contact violation
- B. Illegal Motion/False Start: 5 yards
- C. Offensive Pass Interference: 10 yards from line of scrimmage
- D. Delay of Game: Clock stops, 10 yards from line of scrimmage.

DEFENSE

- A. Tackling or Holding: 10 yards from line of scrimmage, ejection for
flagrant contact violation
- B. Offside: 5 yards from line of scrimmage

C. Pass Interference: 10 yards from line of scrimmage

D. Illegal Rushing of the Quarterback: 10 yards from line of scrimmage

E. Delay of Game: Clock stops, 10 yards from line of scrimmage





Pop Warner Cheer and Dance

**Program Management:
Organization Responsibilities for Spirit Events,
Practices & Game Day Participation**

(PAGES 67 - 99)



PART VIII - POP WARNER CHEER & DANCE RULES

Pop Warner Little Scholars, Inc. has established one (1) set of Cheer & Dance rules for all Cheer and Dance participants. In addition to the general regulations found in Parts I-IV in this book, which is the Cheer and Dance Coaches' responsibility to read and adhere to, Pop Warner Cheer and Dance Teams shall follow the rules outlined in this section. This section incorporates the current rules of YCADA (Youth Cheer and Dance Alliance) and existing Pop Warner rules/limitations. No rules will be added after August 1st unless for safety reasons.

YCADA

JAMZ, as Pop Warner Little Scholars' Development Partner, is the original developer of the Youth Cheer and Dance Alliance (YCADA) which is an organization dedicated to helping grow the Youth Cheer and Dance market and provide structure to youth organizations at a national level. For further details see www.YCADA.org.

CHEER & DANCE VOLUNTEER ORGANIZATION

S1-REGION LEVEL - Region Cheer and Dance Coordinator

- A. Each Region shall have a Cheer and Dance Coordinator who is a voting member of equal status on the Region Board.
- B. All Region Administrators must be at least 21 years of age.
- C. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.**
- D. Complete the online YCADA Coaches' Competitive Edge Program to better understand YCADA - Pop Warner skill levels and scoring guidelines. Highly Recommended.
- E. Reporting Relationships:
 - a. The Cheer and Dance Coordinator reports to the Region Director
 - b. The Cheer and Dance Coordinator reports to the National Cheer and Dance Commissioner.
 - c. Liaison for the Association/League Coordinators to the Region Board.
- F. The Cheer and Dance Coordinator is responsible for the following:
 - a. Delegate to the National Meeting and National Cheer & Dance Meetings.
 - b. Chair all Region Cheer & Dance meetings, often held separately from the football meetings.
 - c. Reporting and Forms
 - i. Certify Cheer and Dance Rosters – Absentee Forms

- in Team Book.
- ii. Reconcile Category Declaration Page Summary to the Certified Roster in Roster Software.
- iii. Region Championship –Scores Reporting Form to National at close of Region event.
- iv. Event Request Form (RCDC completes this form for region events “other than” the Region Championships).
The RCDC is responsible for approving all Association/League or Region events “other than League/Region/National Championships” by means of Event Request Form.
- d. Coordinate formation of “Cheer/Dance without Football” Teams, Associations and/or Leagues.
- e. Provide Coordinators/Coaches with information on managing teams and skill declarations.
- f. Enforce Pop Warner and YCADA (Youth Cheer and Dance Alliance) Rules and Regulations.
- g. Liaison between National Partners and the Region events to provide guidance on Coaches Clinics, Athlete Camps, Association/League/Region Meetings.
- h. Review recruiting/media/social media, retention and loss procedures annually.
- i. Administer Region Cheer and Dance Championships
 - i. Secure Facilities: Admission/Ticket Sales, Concessions, Spectator Seating/Restrooms, Sound System/Emcee, Electrician, Trainer/Ambulance, Parking, Security, and Maintenance/Housekeeping.
 - ii. Purchase Awards/Trophies
 - iii. Hire/Provide Entertainment Decorations/Backdrop.
(1) Provide Timeline, Order of Performance, Practice Schedule, Music Upload/Order Perform, Event Script.
 - iv. Secure Matted Surface for Warm-up and Performance Areas.
 - v. Secure Approved PWLS Approved Licensed Vendors for Concessions Area.
 - vi. Select Volunteer Job Responsibilities in each area of the event.
 - vii. Hire YCADA Trained Judges to include Head, Rules, Point, Panel, Tabulation, Timers and Spotters. Trained Judges/Staff have successfully completed the YCADA Judges’ Education Course and participate in YCADA Judge Webinars.
 - viii. Confirm Eligibility, Audit Book Check
 - ix. Release Event Date, Location and Event logo on Region Website and Social Media Outlets, October 1st.
 - x. Communicate Pertinent Information (including Order of Performance) to Officials, Coaches, Parents and Athletes.
 - xi. Coordinate and Release Score Sheets to Head Coaches on Event Day.
 - xii. Communicate Advancement Procedures for PWLS National Event.
 - xiii. Post Placements (First to Last) on Region Website listing scores of Top Five Placements Only.

S2-LEAGUE LEVEL - League Cheer and Dance Coordinator

- A. Each League shall have a Cheer and Dance Coordinator who is a voting member of equal status on the League Board.
- B. All League Administrators must be at least 21 years of age.
- C. All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.
- D. Complete the online YCADA Coaches' Competitive Edge Program to better understand YCADA - Pop Warner skill levels and scoring guidelines. Highly Recommended.
- E. Reporting Relationships:
 - a. The Cheer and Dance Coordinator reports to the League Director
 - b. The Cheer and Dance Coordinator reports to the Region Cheer and Dance Coordinator (League to Region to National)
 - c. Liaison for the Association Coordinators and Coaches to the League Board.
- F. The Cheer and Dance Coordinator is responsible for the following:
 - a. Delegate to the Region Meetings and Regional Cheer & Dance Meetings.
 - b. Chair all League Cheer & Dance meetings, often held separately from the football meetings.
 - c. Reporting and Forms
 - i. Certify Cheer and Dance Rosters – Absentee Forms in Team Book.
 - ii. Reconcile Category Declaration Page Summary to Certified Roster in Roster Software, Summary to the Region Cheer and Dance Coordinator.
 - iii. League Championship – Scores Reporting Form to National at close of event.
 - iv. Event Request Form (LCDC completes this form for league events “other than” the League Championships The LCDC is responsible for approving all Association events “other than League Championships” by means of Event Request Form).
 - d. Coordinate formation of “Cheer/Dance without Football” Teams, Associations and/or Leagues.
 - e. Provide Coaches with information on managing teams and skill declarations.
 - f. Enforce Pop Warner and YCADA (Youth Cheer and Dance Alliance) Rules and Regulations.
 - g. Liaison between National Partners and the League events to provide guidance on Coaches Clinics, Athlete Camps, Association/League Meetings.
 - h. Review recruiting/media/social media, retention and loss procedures annually.
 - i. Administer League Cheer and Dance Championships
 - i. Secure Facilities: Admission/Ticket Sales, Concessions,

- Spectator Seating/Restrooms, Sound System/Emcee, Electrician, Trainer/Ambulance, Parking, Security, and Maintenance/Housekeeping.
- ii. Purchase Awards/Trophies
- iii. Hire/Provide Entertainment Decorations/Backdrop. **(1) Provide Timeline, Order of Performance, Practice Schedule, Music Upload/Order Perform, Event Script.**
- iv. Secure Matted Surface for Warm-up and Performance Areas.
- v. Secure Approved PWLS Approved Licensed Vendors for Concessions Area.
- vi. Select Volunteer Job Responsibilities in each area of the event.
- vii. Hire YCADA Trained Judges to include Head, Rules, Point, Panel, Tabulation, Timers and Spotters. Trained Judges/Staff have successfully completed the YCADA Judges' Education Course and participate in YCADA Judge Webinars.
- viii. Confirm Eligibility, Audit Book Check
- ix. Release Event Date, Location and Event logo on League Website and Social Media Outlets, September 1st.
- x. Communicate Pertinent Information (including Order of Performance) to Officials, Coaches, Parents and Athletes.
- xi. Coordinate and Release Score Sheets to Head Coaches on Event Day.
- xii. Communicate Advancement Procedures for PWLS Region/National Events.
- xiii. Post Placements (First to Last) on League Website listing scores of Top Five Placements Only.

S3-ASSOCIATION LEVEL - Association Cheer and Dance Coordinator

- A. Each Association shall have a Cheer and Dance Coordinator who is a voting member of equal status on the Association Board.
- B. All Association Administrators must be at least 21 years of age.
- C. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.**
- D. Complete the online YCADA Coaches' Competitive Edge Program to better understand YCADA - Pop Warner skill levels and scoring guidelines. Highly Recommended.
- E. Reporting Relationships:
 - a. Cheer and Dance Coordinator reports to the Association Director
 - b. Cheer and Dance Coordinator reports to the League Cheer and Dance Coordinator (League to Region to National)
 - c. Represent each age division for all cheer and dance teams

in their respective associations.

d. Liaison for the Coaches to the Association Board.

- F. The Cheer and Dance Coordinator is responsible for the following:
- a. Delegate to the League Meetings and League Cheer & Dance Meetings.
 - b. Chair all Association Cheer & Dance meetings, often held separately from the football meetings.
 - c. Reporting Forms
 - i. Category Declaration Page to the League Cheer and Dance Coordinator.
 - ii. Maintain rosters with an update of add/drops to the League to include Age Division, Skill Level & Cheer Size.
 - iii. Event Request Form (ACDC completes this form for events “other than” the League/Region/National Playoff Competition System). Permission to participate in an event (i.e., Tournament, Bowl Game, Competition, Parade, NFL Halftime participation, etc.) is granted only if it is in writing, in advance, and approved by the League, Region and National Office.
 - d. Coordinate formation of “Cheer/Dance without Football” Teams, Associations.
 - e. Provide Coaches with information on managing teams and skill declarations.
 - f. Enforce Pop Warner and YCADA (Youth Cheer and Dance Alliance) Rules and Regulations.
 - g. Liaison between National Partners and the Association events to provide guidance on Coaches Clinics, Athlete Camps, Association Meetings.
 - h. Review recruiting/media/social media, retention and loss procedures annually.

S4-TEAM LEVEL, CHEER/DANCE VOLUNTEER ROSTERED STAFF

A team’s coaching staff is in complete charge of the team whenever it is together at practice or on the playing field, traveling as a group to and from practice sessions, games and competitions, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach; other coaches are called Assistant Coaches. The following applies to all coaches:

All Rostered Cheer & Dance Staff must successfully complete the YCADA (Youth Cheer and Dance Alliance) online Coaches’ Education and Testing including but not limited to the Head Coach, Assistant Coaches, Coach Trainee, Student Demonstrator, Coordinators, etc. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.** All Rostered Cheer and Dance Staff must have their YCADA Training Certificate

in the Team Book for Book Certification.

- A. The staff positions for a Cheer & Dance team are as follows:
1. The Head Coach of each Cheer & Dance team must be 21 years old by the start of the season, August 1. The Head Coach can only be rostered as the Head Coach on one roster.
 - a) The Head Cheer & Dance Coach has final responsibility for his/her actions, those of his/her assistant coaches, Cheer & Dance participants, staff and parents.
 - b) The Head Coach will determine the assignments of the Assistant Coaches.
 - c) Every team shall have at least one adult volunteer as head coach (21 years old or older). After the first 12 participants (including mascots) there must be an assistant volunteer coach (18 years old or older) for every 12 participants. The number of adult volunteers shall, therefore, determine the maximum team size (one 21 year old or older head coach –maximum 12 participants; 13-24 participants must have one 21 year old or older head coach and one 18 year old or older assistant volunteer coach, etc.).
 - d) Head Cheer/Dance Coaches must complete the online YCADA Coaches' Education and Testing as listed to be eligible to coach. Head Cheer/Dance Coaches who fail to pass the YCADA online course will be immediately removed from coaching until successful completion of online course. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.**
 - e) It is highly recommended that Head Cheer/Dance Coaches complete the Coaches' Competitive Edge program to better understand YCADA-Pop Warner skill levels and scoring guidelines.
 2. An Assistant Coach must be at least 18 years of age. A team may have a maximum of four (4) assistant coaches.
 - a) Assistant Cheer/Dance Coaches must complete the online YCADA Coaches' Education and Testing as listed to be eligible to coach. Assistant Cheer/Dance Coaches who fail to pass the YCADA online course will be immediately removed from coaching until successful completion of online course. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season.**

- b) It is also recommended that the Assistant Coach complete the Coaches' Competitive Edge program to assist Pop Warner volunteer coaches with skill levels and scoring guidelines.
3. In the absence of a specialized, trained person affiliated with the team in the medical area (physician, paramedic, specially trained volunteer) one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and First Aid or its equivalent or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportsafety.org) or their equivalent.
 4. Teams are permitted to carry a maximum of 3 Coach-Trainees, who must be a minimum of 16 years of age and a maximum of 17 years of age.
 - a) All coach trainees must be certified in the same manner as all other minors participating in Pop Warner Football, Cheer and Dance i.e., parent permission, physical, proof of age, scholastic eligibility, photo ID. (Refer to guidelines as specified in Article 6-Registration.)
 - b) Coach-Trainees must also follow the guidelines for a student demonstrator listed below in 5, b through h.
 - c) Coach Trainees must complete the online YCADA Coaches' Education as listed. **All Certifications in the Y100 Series are now valid for One Year Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season. Coaches' Education and Testing as listed.**
 5. Each team is permitted to carry up to four Student Demonstrators. Please follow all guidelines listed below:
 - a) A Student Demonstrator must be at least 15 years old or 14 if on the High School Cheer & Dance Team.
 - b) A Student Demonstrator for a Cheer & Dance team must have had at least two seasons prior Cheer&Dance experience.
 - c) The Student Demonstrator must only work with teams that are younger than his/her current age. The oldest girl on the team that the student is assisting must be at least two years younger.
 - d) A rostered cheerleader may not also serve as a Student Demonstrator.
 - e) Student Demonstrators must be under the direct supervision of the Head Cheer/Dance Coach.
 - f) Student Demonstrators must be rostered as part of the coaching staff of the team with which they are volunteering.
 - g) All Student Demonstrators under the age of 18 must be certified in the same manner as all other minors participating in Pop Warner Football, Cheer and Dance i.e., parent permission, physical, proof of age, scholastic eligibility, photo ID. (Refer to guidelines as specified in Article 6-Registration.) The Student Demonstrator may be used to demonstrate moves, techniques and may teach words to cheers. He/she is

not allowed to coach or conduct a practice.

h) Student Demonstrators must complete the online YCADA Coaches' Education and Testing as listed. **All Certifications in the Y100 Series are now valid for One Year**

Only. Once coaches have completed the Y101 & Y102, they will then rotate between the Y103 and Y102 (until such time when other courses are created). This is to ensure all coaches are current on any rule changes/updates that are made each season of certification. All coaches who took the Y101PW2020 course must re-certify and take the Y103PW2022 for the 2022 season. All coaches who took the Y101PW2021 course must take the Y102PW2022 Refresher Course for the 2022 season. Coaches' Education and Testing as listed.

- 6.** A team is allotted a total of 4 Student Demonstrators/ Coach Trainees combined (i.e., 1 Coach Trainee and 3 Student Demonstrators 2 Coach Trainee and 2 Student Demonstrators, 4 Student Demonstrators and 0 Coach Trainee, etc.).
- B.** Coaches are to be selected by methods approved by League rules and/or by-laws.
 - C.** Each League shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries. Further note: All participants and/or mascots must be placed in an age appropriate division.
 - D.** Coaches do not make team or League policy, they carry it out. However, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
 - E.** Reference Members' Code of Conduct – Beginning of PWLS Rule book; Coaches shall not receive any payment, in cash or in kind, for services as a coach in Pop Warner Cheer & Dance. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status. (Further clarification- The PWLS program (i.e. participants, coaches, volunteers, parents, board members, etc.) is not permitted to pay for choreography.)
 - F.** Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same League approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association and/or League.

FORMATION OF TEAMS

S1: The following requirements are taken from Part III, Article 7 as follows: Tryouts of any kind within Pop Warner Cheer & Dance Teams are not permitted. Tryouts are defined as any means used to ascertain the level whereby a participant is placed on a team, including assessments, evaluations, or any other method used to place a participant in Pop Warner. Not more than 35 participants shall be assigned to a team at the start of pre-conditioning on August 1st or the later starting date of the association, whichever comes first.

REGISTRATION

A candidate cannot begin practice with a team until he/she has officially registered. Registration consists of completing and submitting items (Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness) in addition to any/all local required forms. The sign-up fee, if any, may be collected at this time.

ROSTERS and DECLARING DIVISIONS

Associations & Leagues will make best effort to assign teams in appropriate age divisions for Cheer and Dance Divisions: Below is a list of criteria that will be used by Associations/Leagues to assist the Head Coach with determinations:

- YCADA Skill Progression Sheet
- Returning Number of Athletes from Prior Season
- Coaching Staff (returning/new)
- Prior Year League/Region/National Standings
- History in League, Region & National Championships

Any questions/issues regarding where to place a team will be decided by Region Cheer & Dance Coordinator.

Teams must declare by Sept. 15 in the PW Roster System. Once a team has been approved, they cannot change divisions (age/size) unless approved by your Region Cheer and Dance Coordinator.

HEAD COACH DECLARING TEAM SKILL LEVEL

The Head Coach determines the skill level of the team based on the category descriptions listed in the YCADA portion of the Cheer and Dance Section of the Rule Book, ability of the team following proper progression and past championship performances.

The Head Cheerleading Coach is required to submit the Skills Progression Sheet / Declaration Checklist to the Association Cheer and Dance Coordinator. Once approved, the Skills Progression Sheet/Declaration Checklist is a required document in the Team Book. The Association Cheer and Dance Coordinator then completes the Declaration Form for all Association Teams. **This applies to Age Divisions: Challenger, Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity and Bantam.**

- Declarations for Primary Cheer Teams include Core Cheer, Show Cheer PW 1, PW 2, PW 3, PW 4. **(Show Cheer PW 1 LTD Junior Tiny Mite, Tiny Mite Only)**
- Declarations for Primary Dance Teams include Pom Performance, Theme Dance, Hip Hop.
- Once rostered/declared Primary Cheer or Primary Dance, teams are permitted to select a second performance or routine. This applies to Age Divisions: Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam.**
- Teams participating in two routines, Primary and a Second Routine, will receive two additional practice hours per week from Sept.1 leading up to the Pop Warner National Championships or to the last Pop Warner Championship while participating/advancing in two routines.

- Show Cheer PW 1, 2, 3, 4 Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Sideline Performance Cheer.
- Core Cheer Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Sideline Performance Cheer.
- Dance Teams can participate in the following Second Routines: Pom Performance, Theme Dance, Hip Hop, Core Cheer, Sideline Performance Cheer.
- Team Book Check - Document Audit: The procedure where by each participant's mandatory documents are reviewed to ensure that the documents are accurate and comply with the standards established by Pop Warner National Rules, per Article 6 "Registration" in the Official Pop Warner Rules.
- **Team Book Document Order**
 - 1 I.D. Cards/Standard Player Contract (i.e., if Contract is laminated /sealed on back of ID Card)
 - 2 Proof of Age
 - 3 Physical Fitness & Medical History
 - 4 Participant Contract & Parent Consent
 - 5 Proof of Scholastic Fitness
 - 6 All Rostered Staff - YCADA Training Certificate
 - 7 For Cheerleading Teams Only: Skill Progression Sheet / Head Coach Declaration Checklist

S2-POP WARNER CHEER & DANCE TEAMS

- A. TEAM** – Referenced from Part II, S3 Pop Warner Structure A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given Age division. Each football team may have a maximum of three rostered Cheer & Dance teams. For all purposes, the Pop Warner Cheer & Dance season shall be defined as August 1st to July 31st.

Situation: If a football team folds before October 1, can the Cheer/Dance team continue? Yes, if all of the guidelines are met that are referenced below under "cheer/dance without a football team".

Situation: If a football team folds after October 1, can the Cheer/Dance team continue? Yes, with written approval from the League, Region and National Office.

PRIMARY CHEER TEAM

Cheer Skill/Age Division Options:

1. YCADA Core: Cheer Age Divisions: **Junior Tiny Mite**, Tiny Mite, Mitey Mite, Junior Peewee & Peewee
2. YCADA SHOW CHEER PW 1 Age Divisions: Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam**. YCADA SHOW CHEER PW 1 LIMITED Age Divisions: **Flag, Mascots, Challenger, Junior Tiny Mite, Tiny Mite**.
3. YCADA SHOW CHEER PW 2 Age Divisions: Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam**.
4. YCADA SHOW CHEER PW 3, PW4 Age Divisions: Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam**.

Cheer Size Divisions: Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam: Mascots are not included in the team count.**

1. **Cheer Small:** Minimum 5 – Maximum 10 Participants;
2. **Cheer Medium:** 11 – 20 Participants;
3. **Cheer Large:** 21 – 35 Participants;
4. **Core Cheer (JTM, TM, MM, JP, PW):** 5 to 35

Participants

Cheer Size Divisions: Flag, Challenger: Mascots are not included in the team count.

1. Up to 35 Participants;

PRIMARY DANCE TEAM

A primary team may elect in August to be a Dance team and be rostered as a Dance team, and only dance during games and halftimes. They cannot and will not perform any stunts or any other activity limited to cheer teams with the exception of crowd participation sidelines/chants.

Dance Age/Skill Options:

1. **YCADA Pom Performance:** Flag, Mascots, Challenger, Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam.**
2. **YCADA Theme Dance:** Flag, Mascots, Challenger, Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam.**
3. **YCADA Hip Hop:** Flag, Mascots, Challenger, Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Bantam.**

Dance Size Divisions: Junior Tiny Mite, Tiny Mite, Mitey Mite, Junior Peewee, Peewee, Junior Varsity, Varsity **and Banatm: Mascots are not included in the total count.**

1. Minimum 5 – Maximum 35 Participants;

Dance Size Divisions: Flag, Challenger: **Mascots are not included in the team count.**

1. Up to 35 Participants;

PRIMARY TEAMS WITHOUT A FOOTBALL TEAM

Any Association Cheer and Dance teams that cannot be affiliated with a corresponding football team in any particular division during the playing season, and has other Cheer/Dance teams matched with football teams within the same association, may form a Cheer or Dance team provided the following requirements:

- a) The team must be age eligible for that division.
- b) The Cheer/Dance team must perform during the association's football games at another level's assigned games.
- c) Additional Insurance is required per participant.

PRIMARY TEAMS "WITHOUT A FOOTBALL PROGRAM" Association or League

Any League and/or Association that cannot be affiliated with a corresponding football program during the playing season, may

initiate a newly formed Cheer or Dance Association or League to provide continued opportunity for Cheer/Dance participants not affiliated with a Football Program.

The Association:

Association status would apply to those Cheer/Dance Teams that currently participate with a Pop Warner Football Program whereby the football teams are no longer members of our program. This proposal will allow those teams to form a new Cheer/Dance Association within the existing league/boundaries to continue under the name of Pop Warner in the same manner that a PWLS Football Association would exist.

The League:

League status would apply to those spirit programs that would like to form under the current Pop Warner League guidelines in areas where there is not an existing Pop Warner Football Program. Current Program Cheer/Dance Participants are prevented from moving to a new league from an existing league.

REGION RECEIVERSHIP

Teams/Associations Register under Region Receivership. Region Holds Teams/Association in place until Association or League can be determined.

Note for all Choices Listed: If there are no Football Teams available to participate with on Game Day, the Cheer/Dance Program(s) registers as Cheer/Dance without Football. If, at a later date, Football teams form, Region/National to discuss best options to bring two programs together under one Name/Organization or continue with two programs, Cheer/ Dance retaining Cheer/Dance operations.

Organization Set-Up:

Follow all guidelines currently in place under the guidance of the National Cheer and Dance Commissioner.

- Follow all guidelines as outlined in the Pop Warner Rulebook. Attend and participate in all planning meetings for League, Region and National Programs under the guidance of the RMT.
- Submit rosters and administer participant certification process.
- Participate in the Pop Warner Championship Program, League, Region and National. Participate in Pop Warner Scholastic Program under the current guidelines.
- When possible, teams will cheer at football games per season.
- Teams within an association will cheer for their association's games.
- Newly formed league's teams may cheer for leagues when practicable.

CHALLENGER TEAMS - Pop Warner offers Challenger Division Cheer and Dance Teams. Please contact PWLS for more specifics on guidelines or starting a Challenger Division.

- A. The Challenger Division includes all children ages 5 to 18 with physical or mental disabilities who are currently enrolled in school.
- B. All participants including Coaching Staff and Helpers must

be rostered.

1. Rostered Team Helpers are a minimum of 13 years of age, max 18 years of age, to assist.
- C. The Challenger Division follows Pop Warner Cheer & Dance Rules following proper progression under direct supervision.
- D. YCADA routine guidelines recommend that Challenger Exhibition Performances' be one minute thirty seconds. Performances may include Cheer and Dance.
- E. Teams are permitted to cheer for one football game per week.

ADDITIONAL CHEER/DANCE COACHES' RESPONSIBILITIES

- A. The Head Coach, Assistant Coach(s) or Association Cheer & Dance Coordinator must be 21 years or older in order to supervise at all practices, games and functions. (Clarification: at least one rostered coach must be 21 years of age supervising at practices games and functions.)
- B. The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches should develop an emergency plan for dealing with injuries at practice/games. Participants should be made aware of these procedures.
- C. Coaches should remain up-to-date on all new techniques, progressions and safety regulations by attending conferences/clinics and rules meetings. The staff includes the head coach, assistant coaches, coach trainees, student demonstrators and a specialized, trained person affiliated with the team in the medical area (i.e., physician, paramedic, specially trained volunteer/athletic trainer).
- D. The coach should approve all cheers, chants, posters, music and other spirit activities of the team. Inform team that all new skills must first be reviewed and approved by the coach prior to performing them.
 - a.) Music Appropriate Reminders- Mixed with Choreography and Facials - Teams are reminded that they must incorporate music and movements in their routine that are appropriate for "family viewing". Teams are further reminded that choreography and music incorporated with facials and movements should also be appropriate for family viewing.
- E. The coach should not permit a team member to participate if in the judgment of the coach, the participant does not conform to PWLS rules.
- F. All team personnel including coaches, coach trainees and student demonstrators and any other staff adhere to the same safety guidelines that the participants are held to (i.e., appropriate hair, nail length, etc.)
- G. It is highly recommended that the rostered coaching staff does not stunt with the team or an individual member during a game or performance. It is the team's time to shine and enjoy working with each other as a group.
- H. The coach cannot make it mandatory to participate in camp, clinic, classes, etc.
- I. The coach must establish a line of communication within the association's Cheer & Dance teams, the football personnel and the League Cheerleading/Dance Coordinator.
- J. Reporting Form: Event Request Form (Head Coach completes

this form for events “other than” the Pop Warner League/Region/National Championships). a) Permission to participate in an event (i.e., Tournament, Bowl Game, Competition, Parade, NFL Halftime participation, etc.) is granted only if it is in writing, in advance, and approved by the League, Region and National Office. CONSEQUENCES: It is recommended that the League create a policy for their Pop Warner coaches that take a Pop Warner team and/or its participants to a competition or camp/clinic without submitting prior written approval/Event Request Form.

CHEER AND DANCE SEASON

Season: August 1, 2022 to July 31, 2023

Rosters: August 1, 2022 roster accepted until July 31, 2023. Print Roster prior to year-end 12/31/22.

Adds: For second half of the season, athlete additions can take place January 1, 2023 to March 31, 2023.

Drops: For the second half of the season, if not enough athletes to continue the season, combine teams within an Association and create a new roster.

If an association creates a new roster, all athletes must fall within the 8/1/2022 age range. Reminder: Athletes can only roster on one team.

If teams within an Association do not compete January 1, 2023 to July 31, 2023 and an athlete wants the opportunity to compete, an athlete under the approval/supervision of the LCDC can participate on another Association’s team from January 1, 2023 to July 31, 2023. The parent must sign league/association forms acknowledging that they will return to their local association on August 1, 2023. If an athlete moves to a Non-Pop Warner Cheer Dance team on January 1, 2023, Drop the athlete from roster at the time of the move, re-assign upon return on August 1, 2023.

Skill Level: Continued Progression using Skill Progression Sheet

Practice Hours: Follow “After Labor Day” practice hours as a Max guideline (6 hrs/2 per day)

Competitions: No Minimum/Maximum Number of events from January 1, 2023 to July 31, 2023. Please complete an event request form for all events.

Comp. Restrictions: Teams (First Place, Second Place) at 2022 PW League Championships and do not advance to 2022 Region National Championships, Competition season is complete. These teams can participate in all other activities: i.e., Practice Fundraising/Community Events/ Parades/Bowl Games, etc.

Teams (First Place, Second Place) at 2022 PW Region Championships and do not advance to 2022 National Championships, Competition Season is complete. These teams can participate in all other activities: i.e. Practice/Fundraising Community Events/Parades/Bowl Games, etc.

Camps: Follow Current Rulebook regarding Camps

AGE DIVISIONS

S1: Age Divisions for Cheer and Dance teams are selected from the PWLS Age Schematic below;

POP WARNER AGE SCHEMATIC FLAG AGE SCHEMATIC

<u>Division Name</u>	<u>Ages</u>	<u>Division Name</u>	<u>Ages</u>
Jr. Tiny Mite	3-4 Pilot		
Tiny Mite	5-6-7	Cat	5-6
Mitey Mite	7-8-9	Cub	5-6-7
Junior Peewee	8-9-10-11	Bobcat	8-9-10
Peewee	9-10-11-12	Wildcat	11-12-13
Junior Varsity	10-11-12-13	Panther	14-15-16
Varsity	12-13-14-15-16	Challenger	5-18
Bantam	14-15-16-17		

S2: Divisions are determined by Association Registration, Budget, Equipment, etc. reviewed /approved by the League each season.

S3: The ages of the Cheer & Dance teams should correspond to the playing ages of the football team with which they are associated. Teams should match as close as possible in age to insure a football sideline schedule. For exceptions and or information on Cheer without Football teams, contact your Region Cheer and Dance Coordinator in writing with your request.

S4: The participant's age on July 31st of the current year shall be the participant's age for the coming season August 1 to July 31.

2022 Pilot Program offers a Junior Tiny Mite Age Division (ages 3 and 4) under the supervision of the LCDC/RCDC.

- Junior Tiny Mite Teams meet/practice one time per week – no more than two hours - following a 4 or 8 week program.
- This Division may declare one Primary YCADA PW Cheer Division: Show Cheer 1 Limited, Core Cheer 1 Limited OR one Primary YCADA PW Dance Division: Pom Performance, Theme Dance or Hip Hop.
- In Year 1, The JTM Division will offer teams Game Day Appearances upon availability. At the close of the 4 or 8 week program, teams have the opportunity to participate in an exhibition performance at League/Region Championships/Showcase.

S5-MASCOTS

- A. The use of mascots is at the discretion of the League.
- B. However, within Leagues that permit mascots, the following shall apply:
 1. There shall be no tryouts for mascots.
 2. A mascot must be at least five (5) years old. The youngest age for a Cheer & Dance participant is five years of age in the Cat/Cub division of Flag Football or five years of age in the Tiny-Mite division of Tackle Football.
 3. A participant can only be certified as a mascot if they are not old enough to be certified as a Cheer & Dance participant for any division of play in the League or Association, with the League's permission (i.e., if the League does not have a flag "Cub" or tackle "Tiny-Mite" Division, then the participant may only be rostered as a mascot in the lowest age division.) Example, An 8 year old participant can only be rostered as a "mascot" in the Peewee Division if the Association does

not have a Junior Peewee Division. Or, a 5 to 7 year old participant may only be rostered as a “mascot” in the Junior Peewee Division if the Association does not have a Cub or Tiny Mite Division.

4. A participant, once certified as a mascot, cannot advance to Cheer & Dance participant status during the season.
5. A mascot must be certified and associated with only one Cheer & Dance team.
6. The number of mascots permitted per team shall be left to the discretion of the League. However, a team cannot consist solely of mascots. A team may not have more than 50% of its members rostered as mascots.
7. A mascot cannot and will not perform any stunts or any other activity limited to cheer and dance teams with the exception of crowd participation sidelines/chants. The safety concern caused by the variance in age, maturity and skill level between the mascot and the rostered participants limits the mascot in their activities. Crowd participation sidelines or chants are small Cheer & Dance segments (i.e., PWLS, Let’s Go! or P W L S, Yell It, P W L S!) that entice the crowd to participate in supporting the football team. A mascot can perform these segments of cheer and dance on the sidelines or as part of the halftime routine but cannot perform any stunts or other activity limited to cheer and dance teams. In most instances, a mascot is a participant at the beginner level of cheer/dance and needs to learn the basics of Cheer & Dance leading, safety and supporting the team.
8. All mascot Cheer & Dance rules also apply to mascots for flag Cheer & Dance teams.

S6-ARTICLE 8-MANDATORY CUTS

Any participant must be cut who:

S1: is found to have signed up as a result of parental pressure or tells team management he/she does not really want to play/cheer/dance.

S2: refuses or cannot furnish the 4 required items-Parental Consent, Medical Examination, Proof of Age, and Scholastic Fitness.

S3: is a member of any other organized Pop Warner football/spirit team or non-Pop Warner football/spirit team. **Exception for spirit teams: Participants who tryout and make a school team of the current season and are members of a Pop Warner Team will be permitted to simultaneously participate in Pop Warner and school programs administered and coached by School District employees.**

S4: attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.

S5: is a recurring discipline problem (and then, only with the concurrence of the League).

REGARDING INELIGIBLE PLAYERS

S1: There are four (4) unequivocal definitions of an ineligible Cheer & Dance participant from which there are no appeals. Further, these violations shall result in forfeiture of all competitions in which the ineligible player was a member of the team. There are no exceptions.

A. Participant overage or underage

B. Participant residing outside of legal boundaries without mutual agreement (waiver) of appropriate League(s) and/or Associations.

C. Falsification of any participant certification/registration documentation. (Articles:6,10)

D. Participation in any other non-affiliated, non-school Cheer & Dance

program and Pop Warner in the same season.

In the case of any other situation resulting in a participant being declared ineligible, the result shall be removal of the participant from the program with no penalty against the team.

PRACTICE

S1: The following practice requirements are taken from Part III, Article 15 as follows:

- A.** To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or Cheer & Dance participants, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:
1. Viewing of fundamentals film
 2. Group conditioning
 3. Individual skills sessions
 4. Group skills sessions
 5. Cheers, sidelines, chants, dance, music, etc.
 6. Stunting, Jumps, Gymnastics, etc.
 7. Camps/Clinics

As can be seen, a so-called “party” at a coach’s home, where films are shown, or where football or Cheer & Dance teams are talked about, can be deemed a practice session, as can a “party” at a parent’s home where one or more coaches are present. Use of a football field is not required to satisfy the definition of a “practice session.” Each League is directed to establish a policy with respect to home videos and/or films of games or competitions and the viewing thereof.

Pop Warner strongly recommends that Leagues/Associations discourage “parties/practice sessions” at coaches’ homes. All the activities/practice sessions that are referenced in S1 above, must include a minimum of (2) two coaches in attendance the entire session.

- B.** Pre-season practice shall not begin until August 1st (or later). The actual date will be determined in accordance with climate and other factors determined by the League in establishing a common starting date for all teams within its jurisdiction.
- C.** All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or its equivalent, if not by a volunteer physician or EMT (such as a parent of one of the participants).
- D. BEFORE LABOR DAY:** No team may schedule more than 10 hours of practice per week before Labor Day. A week is defined as Monday-Sunday. Not more than 2-1/2 hours of practice may be scheduled on any one day. Note: Practice is up to 10 hours per week. It is not mandatory for a team to practice the full 10 allotted hours. (8/1 to Labor Day)
- E. AFTER LABOR DAY:** Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as Monday-Sunday. Practices after Labor Day weekend are not to exceed 2 hours per day. Note: Practice is up to 6 hours per week. It is not mandatory for a team to practice the full 6 allotted hours. (Labor Day to 7/31)
- F. BREAKS:** Break time is not counted against the ten (10) or six (6) hours per week or 2-1/2 or 2 hours of allowed practice time. Water breaks should be given as needed and when requested by participants.
- G. CONDITIONING:** After the first week of practice (10 hours) for

conditioning, and after the second week of practice (10 hours) for conditioning, performer readiness evaluation and/or camp/clinic the team may engage in regular practice sessions and/or pre-season games. (The Second Week may include basics in Warm-Ups, Conditioning for Jumps & Tumbling, Arm Motion Drills, Progressions in Stunting, Conditioning, etc.)

So as to avoid any misinterpretation, 20 hours of “practice” is required for all Pop Warner Cheer & Dance teams before the team may engage in regular practice sessions and/or pre-season games.

- H. Any Cheer & Dance participant added after a team has formed and/or after the season has started must be subject to the initial 20 hours of conditioning/practice as mentioned in this article.
- I. All Cheer & Dance teams should develop a conditioning and strength-building program.
- J. **WARM-UP & WARM-DOWN:** At least 10 minutes of warm-up exercises (to stretch and to limber-up) shall be included prior to Cheer & Dance practice, with a maximum of 30 minute warm-up period prior to games and competitions. Warm-up and stretching should precede and conclude all practices, games, performances and competitions.
- K. No additional practice for post-season play shall be authorized beyond the hours of practice per week currently authorized by these rules.
- L. No practice, or participation at games/competitions, shall be permitted without the minimum number of adults specified in Cheer/Dance Staff Requirements.
- M. All practice sessions should be held in a location suitable for the activities of cheerleaders/dancers, i.e., use of tumbling mats is highly recommended, away from excessive noise and distractions, free from obstruction, etc. Stunts (pyramids, tosses and tumbling) shall be modified to be appropriate to the performing surface/area. The Cheer & Dance surface, location, and weather conditions should be taken into consideration before engaging in physical activity.
- N. Advisors/coaches must recognize the entire team’s particular ability and limit the team’s activities accordingly.
- O. Participants may individually enroll in non-Pop Warner affiliated instructional classes. However, a participant may not be officially enrolled in another cheer or dance team that is not a School affiliated program. All-Star and other Recreational cheer and dance team participation is not permitted during the Pop Warner season.

WARM WEATHER PRECAUTIONS

The training regimen of any team practicing under high heat and/or humidity conditions must:

- A. Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
- B. Schedule practices for early evening, after sun is low in sky.
- C. Give participants all the water they want to drink, when they want it. Do not substitute soft drinks for water.
- D. Each coach must keep an eye on all participants and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
- E. A fifteen minute break is mandatory in the middle of each practice, not to be counted against practice time.

EMERGENCY PLAN

S1: An emergency plan is a necessary tool in preparing your Cheer & Dance teams for the upcoming season. All Head Coaches are required to

submit a general emergency plan in writing to their staff. The Head Coach should then discuss and review these procedures with assistant coaches, participants, volunteers and parents. The following are a few suggestions:

- A. An Emergency Medical Authorization Form should be on hand for each participant at all times.
- B. Prepare a list of local emergency numbers in addition to calling 911: Rescue Unit/Ambulance, Fire Department, Police Department, Hospital, etc.
- C. Prepare and appoint specific roles for each staff member or volunteers in case of emergency. The following are a few emergency duty suggestions: Assess the injury, remove the remaining team, secure the area, contact emergency numbers and parents, assist emergency personnel in preparation of transportation to medical facility, travel to facility with patient, prepare an incident report, etc.
- D. Practice your plan at the beginning of the season and review periodically. (i.e. Location of exits, location of readily available emergency phones, directions to the nearest hospital, etc.)
- E. Injured player/participant: Once removed by reason of injury, a player/participant shall not re-enter the game or competition without the approval of an official licensed athletic trainer or medical professional who is not a parent/guardian of the player/participant.

CAMPS/CLINICS

S1: Please refer to Part III, Article 16. JAMZ is the endorsed camp/clinic provider for Pop Warner.

- A. Camps Must Be Open To All Ages And All Participants In A Given League/Association. All Camps Must Be Approved Through The Event Request Process with appropriate camp insurance.
- B. No Pop Warner Organization Or Personnel Associated Within, Shall Require Or Mandate That A Pop Warner Football Or Spirit Team, In Part Or In Whole, With Or Without Coach(s) To Attend A Spirit Camp. There Shall Be No Exceptions. However, A Pop Warner Spirit Team, In Part Or In Whole MAY Attend A Camp If They So Choose To, Providing The Following Conditions Are Met:
 - a. Coach Or Other Team Affiliated Personnel Does Not Make It MANDATORY.
 - b. Camp Provides As Part Of Its Services An Accident Insurance Plan For Camp Participants.
- C. Any Camp, Whether It Be For Players Or Spirit Participants, Shall Not Be Endorsed Or Sponsored By Any League, Association, Or Team, Which Does Not Provide As Part Of Its Services, An Accident Insurance Plan For The Camp Participants.

S2: Clinics are generally a 1 Day Event and Camps are generally 3 to 4 day Event (Consecutive Days)

- A. Pre-Season Clinic Camp permitted in June or July.
- B. In-Season Clinic Camp permitted, counted towards practice time. (Season 8/1 to 7/31)

S3: Competition Choreography Clinics/Camps are Not Permitted.

S4: Recruiting events are permitted with no skills or demonstrations, meet and greet only (i.e., classroom/PPT Presentation style) with event request approval.

S5: A Recruiting Camp/Clinic is permitted with event request approval and appropriate camp insurance. Recruiting Camp/Clinic events are permitted on behalf of an Association. Clinics are generally a 1 Day Event and Camps are generally 3 to 4 day Event (Consecutive Days)

PRACTICES, GAMEDAY, SUPER BOWL & BOWL GAMES RULES & REGULATIONS FOR CHEER & DANCE TEAMS

- S1.** It is highly recommended that football teams competing be accompanied by the corresponding Cheer & Dance teams at all games, except when the Region/National Cheer & Dance championships are being held at the same time.
- A.** All Cheer & Dance Divisions including **Junior Tiny Mites**, Tiny Mites, Mitey Mites, Flag, Challenger and Mascots can participate with their Cheer/Dance team at Pop Warner League, Region and National Football Games.
- S2.** Twisting (mounts/dismounts and transitions) and basket tosses cannot be performed on the field unless a mat is in place.
- S3.** Additional Coaching Responsibilities for Football Games
- The Coaching Staff should supervise the team at an appropriate/safe distance as permitted by field guidelines. Coaches must supervise the team on and off the field.
 - Check the team environment: Learn the dimensions of the playing field as well as terms that may apply to the team and their location on the field. Position the team at a safe distance away from the football team.
 - Head Coach should provide a staff checklist to close the game (i.e., team meeting, store equipment, clean up, exit to parents, etc..)
 - Skills should be appropriate to the performing surface and follow the guidelines/skill level set in the current Pop Warner Rule Book.
 - Skills should be visual, clean and include Stunts that have been mastered/approved in practice.
 - Skills should be easy to follow, structured in a way to lead the crowd.
 - Skills should utilize as many members of the team as possible.
 - Game Day Routines and Skills should be FUN!
 - Gloves may be worn at games and/or practices provided no stunting is involved.
 - **Game Day Coaching Attire** shall consist of Business Casual or Game Day attire Khaki pant and a polo (with Pop Warner Logo and/or Team/Association/League name and/or logo), or Team Sweat Suit/Athletic Sneakers with Pop Warner Team logo, etc.). The following items are not acceptable: Jeans, flip flops and/or tank tops. Coaching staff consists of rostered staff to include Coordinator, Coaches, Coach Trainee, Student Demonstrators, etc.

POP WARNER GUIDELINES

Uniform & Equipment

S1: Participant Apparel - PW Authentic (www.pwauthentic.com) is the Official Uniform Provider of PWLS.

Participants shall wear apparel (uniform, costume, shoes, etc.) that is appropriate for the activity involved. Uniforms should be properly fitted to each participant. Appropriate undergarments should be worn at all times. Please use discretion in judgment in selection of uniforms. When standing at attention, cheer and dance apparel must cover the midriff. While during the athletic competition a teams' uniform may rise up but teams should plan and provide uniforms that give complete coverage during the majority of a teams' routine regardless of the athletic activity. The midriff is considered the middle section of the bodice, front and back. Cutouts and Mesh below the top of the bra line are not permitted. Also, note that nude body suits are not acceptable; the intent of the rule must be obvious to everyone.

The Uniform items listed below are the “General Uniform Policy for Pop Warner Cheerleaders/Dancers.

Any coaches or athletes needing a variance of the General Uniform policies should contact the Region Cheer and Dance Coordinator.

A MALE CHEERLEADER / DANCER*:

1. Top- Sweater, Shell, T-shirt, Polo, Etc.
2. Bottom- Short, Pant, Dance Pant*, Sweat Pant
3. Sneakers, Soft-Soled Shoes*, Socks

B FEMALE CHEERLEADER / DANCER*:

1. Top- Sweater, Shell, Dance Wear*, T-shirt, Polo, Etc.
2. Bottom- Skirt, Briefs, Short, Dance Pant*, Sweat Pant
3. Tights*
4. Sneakers, Soft-Soled Shoes*, Socks
5. Bow/Ribbon

*Dance specific

S2: Patch Placement – Required Equipment (Reference Article 20 – Part III)

- A. A Cheer & Dance participant must have a Pop Warner patch on the cheer or dance uniform in order to participate in football games and League, Region and National Championships. A patch must also be displayed on the uniform for all events, Pop Warner and Non-Pop Warner events, and approved on the Pop Warner Event Request Form.
1. If the patch placement is on the top/shirt/sweater/shell, then it should be 2” from bottom of top towards the left front.
 2. If the patch placement is on the skirt, then it should be 2” from the bottom centered on the middle of the left leg.
 3. If the patch placement is on the pant, short, etc. then it should be 2” below the belt on the front left side or 2” below the belt on the left side.
 4. For dance teams only, if the above patch placements do not display the patch due to costuming, please contact your Region Cheer & Dance Coordinator for more options.
- B. PWLS Cheer & Dance patches may be sewn, ironed, glued or attached with Velcro. They may not be stapled or pinned to the uniform.

S3: Other Uniform

- A. For Cheer Teams, Bow/Ribbon, Socks and Briefs must be uniform to the entire team. All participants wearing the same item/color(s). All team members shall wear their hair and Hair Ribbons/Bows pulled back and away from the face.
1. A Cheerleading team is not required to wear a bow or ribbon.
 2. Here are a few bow examples for cheerleading teams: Glitter Bows, Sequin Bows, Rhinestone Encrusted Bows, Prints, Tailless bows, designer fabrics, personalized bows, sublimated bows.
 3. There are no attachments to the cheerleading bow, (i.e., sometimes called 3D), just the bow or the ribbon. The reason is for safety and so that all teams have a scholastic uniform image. Attachments to bows can be a potential safety hazard to athletes with sharp edges, hard/metal pieces and attachments that may be haphazardly attached and likely to come off during a performance.
 4. Cuffs, Pony Tail Cuffs, Scrunchies are reserved for Dance Teams.
 5. Hair Beads are not permitted for Cheer & Dance participants. The beads may interfere with the safety of other team members while performing in practice, games and competitions.

- B. Glitter that does not readily adhere to hair face, body and uniform or costume is not permitted. Glitter may be used on signs and props if laminated or sealed. Participants must cover any visible body art/body tattoos (i.e., band-aide).
- C. Eyeglasses MUST be secured by a sport band while performing to ensure safety (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band). Note: Eyeglass bands must not be knotted or have beads on it.

All of the above items (S 1-3: A to C) pertain to all Pop Warner and Non Pop Warner events (i.e., football games, jamborees, performances, competitions, etc.) and they are exceptions to YCADA Guidelines. For Pop Warner Championships, noncompliance on the performance floor will result in a 1.5 point deduction.

S4: Other Uniform Guidelines

- A. Athletic closed-toe shoes are required for all participants.
- B. Dancers must wear soft soled dance shoes (jazz boots, jazz shoes, etc.). No Bare Feet.
- C. Jewelry of any kind (i.e., post earrings, friendship bracelets, watch, necklaces, rings, pins, body piercing, etc.) will not be worn at practices, games or competitions, except religious or medical medals, which must be secured to the body (without a chain) with tape under the apparel. Piercings may not be covered with any type of tape.
- D. Sequin letters on a uniform must be securely placed on the uniform. They must be used as the team letters (i.e. PWLS) or striping by all team members and not used as a prop in competitions.
- E. Knee socks are permitted for cheer and dance teams.
- F. Teams are permitted to place a mascot on the briefs/bloomers/tights as long as everyone on the team has the same item (same paw print etc.), it is uniform and more importantly age appropriate. The team or individual should not display the mascot rather it should only be visible from natural movement in stunting or tumbling.
- G. Tattoos, face paint, temporary hair color/mascara for the entire team etc. are not permitted for cheer teams. However, a transferable temporary Mascot Tattoo applied to the face is permitted during games and competition for cheer and dance teams.
- H. Make-up is permitted. It is the responsibility of the Head Coach to advise the participants on appropriate use of make-up for a youth team.
- I. Nail Polish is permitted in neutral or team colors.
- J. For Pop Warner championships, a deduction will be taken if the following occurs: 1) a participant loses a shoe and that lost shoe causes an execution error that directly endangers a participant 2) a base loses a shoe and stunts without a shoe on 3) a participant tumbles without a shoe on 4) a flyer flies without a shoe on. This 1.5 deduction may only be taken once per team.

All of the above items (S4: A to J) pertain to all Pop Warner and Non Pop Warner events (i.e., football games, jamborees, performances, competitions, etc.) and they are exceptions to YCADA Guidelines. For Pop Warner Championships, noncompliance on the performance floor will result in a 1.5 point deduction.

COMPETITIONS

S1: Pop Warner Cheer & Dance Teams may enter competitions ONLY as follows:

A. A PWLS Championship event sponsored by a Pop Warner organization, which occurs during the accepted Pop Warner season and follows all Pop Warner safety rules.

1. A Pop Warner Championship Event is a Pop Warner League, Region and/or National Championship. These events are approved for YCADA Use and follow Pop Warner safety rules/guidelines. A Championship Event or qualifier is an event that is on the path to the Pop Warner National Championships. PW League Championship Events are held in October, PW Region Championship Events are held in November and the PW National Championship Event is held in December.

2. Any other Pop Warner “Competition/Awarded” events (other than the above noted Championship and Qualifying Events) must be first Pop Warner National Approved and then shared with YCADA for proper use of scoring resources. Submitted immediately following annual Region Meeting for approval for the upcoming season.

B. A competition or event sponsored by a non-Pop Warner organization if it follows all Pop Warner safety rules, occurs during the accepted Pop Warner season, and if permission to participate is granted in writing, in advance, by the League, the Region, and the National Cheer & Dance Commissioner.

1. A team must participate in the Pop Warner League, Region and National Cheer & Dance Championships, if qualified, in order to be approved for a non-Pop Warner event or competition. Each League, Region will enforce this rule and shall have authority to place sanctions on any league, association or team that violates this rule up to and including sanction for the next season or longer.

2. With regard to non-Pop Warner affiliated cheer competitions, if permitted in their rules and regulations, music may be used for the entire choreographed routine, not to exceed (2:30) two minutes and thirty seconds.

S2: There shall be no individual competitions.

S3: Competition among teams shall be limited to teams from the same division of play competing against one another.

S4: There shall be no cutting from the regular season roster for competition, nor shall substitutions be permitted, unless there is a written medical reason. In addition, note that the Drops and Adds, Article #12 applies, no Cheer & Dance participant may be added to any roster after the first Monday of October of the current season. Therefore, no substitutions may take place after October 1st.

S5: No team shall engage in more than one (1) competition per week; said competition shall count as one practice or as the game for that week.

S6: The sponsoring organization of an open competition may not limit the size of the teams invited to said competition. Note: This does not imply financial responsibility of the sponsoring organization for an unlimited number of Cheer & Dance participants.

S7: Pop Warner Cheer & Dance Teams may accept a team award for their achievement in a competition.

S8: For Second Routine/Performances: Teams must compete in Primary Cheer or Primary Dance at the League Championships in order to compete in a Second Routine. A team can advance to Region/National in one or both routines in the respective division(s).

C. POP WARNER LEAGUE CHAMPIONSHIP – CHEER/DANCE

The league championship/competition must be registered and approved by PWLS no later than August 1, 2022.

completed by the LCDC.

S1: Tiny Mite Division Options

A. YCADA Show Cheer

1. Skill Divisions: PW 1 LIMITED
2. Size Divisions: Small, Medium, Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
3. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
4. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

B. YCADA Core Cheer PW 1 LIMITED

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

C. YCADA Pom Performance, Theme Dance, Hip Hop

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

S2: Mitey Mite Division Options

A. YCADA Show Cheer

1. Skill Divisions: PW 1, PW 2
2. Size Divisions: Small, Medium, Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
3. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
4. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

B. YCADA Core Cheer PW 1

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

C. YCADA Pom Performance, Theme Dance, Hip Hop

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship

upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

D. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

S3: Junior Pee wee, Pee wee Division Options

A. YCADA Show Cheer PW 1, PW 2, PW 3

1. Size Divisions: Small, Medium, and Large – Based on Roster Count First Monday in October
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

B. YCADA Show Cheer PW 4

1. Size Divisions: Refer to PW 4 Guidelines Below.
2. All PW 4 Teams that participate in League/Region Championships will be permitted to advance to the Region/National Championships.

C. YCADA Core Cheer PW 1

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

D. YCADA Dance Pom Performance, Theme Dance, Hip Hop

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

E. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your

particular regional program will be made available as the season progresses.

S4: Junior Varsity, Varsity, Bantam Division Options

A. YCADA Show Cheer: PW 1, PW 2, PW 3

1. Size Divisions: Small, Medium, and Large – Based on Roster Count First Monday in October
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

B. YCADA Show Cheer: PW 4

1. Size Divisions: Refer to PW 4 Guidelines Below.
2. All PW 4 Teams that participate in League/Region Championships will be permitted to advance to the Region/National Championships.

C. YCADA Dance Pom Performance, Theme Dance, Hip Hop

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

D. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the Region Championship.
3. The Third Place team may advance to the Region Championship upon regional invitation. More specific details regarding your particular regional program will be made available as the season progresses.

S5: Flag and Mascots are not eligible to compete in League Competitions with their team that is being scored. They can participate in an exhibition performance at Pop Warner League Championships within their age appropriate category.

S6: Cheer/Dance teams from Alaska, Hawaii must send a video of their final championship routine directly to the RCDC prior to the respective Region Championship for advancement to the National Championship.

LEAGUE, REGION AND NATIONAL CHAMPIONSHIPS – PW 4 CHEER DIVISION

If there are less than 4 teams in the PW 4 Level, there is no size placement and all teams, within the age division (i.e., PW 4 Varsity Division) will compete in one division.

If there are 4 or more teams in the PW 4 Level, the following process applies:

- A. There will be no pre-set number of team members to determine

- their placement in a SMALL or LARGE Division.
- B. After team rosters are final on October 1, the number of members on each team are “set”.
 - C. PW 4 Teams may then be split into SMALL and LARGE Divisions as determined by the natural break.
 - D. Natural break is calculated by finding the average number of participants per team in the division.
 - E. The average number will be the largest team size in the SMALL Division.
 - F. A minimum of two teams must clearly fall within the SMALL and LARGE break.
 - G. Changes/Drops after October 1 will not be considered during placement in Small and Large Divisions on the Final Schedule.
 - H. Teams that were “Large” at the League Championship may be “Small” at the Region Championship, depending upon the Natural Break.
 - I. The natural break will be determined prior to each Championship event by the League, Region and National Cheer/Dance Coordinators.

Please Note: All PW 4 Teams that participate in League and Region Championships will be permitted to advance to the Region/National Championships.

REGION CHAMPIONSHIPS - CHEER / DANCE

S1: Tiny Mite Division Options

- A. YCADA Show Cheer: PW 1 LIMITED
 1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
 2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.
- B. YCADA Core Cheer PW 1 LIMITED
 1. Size Divisions: 5 to 35 Participants
 2. Advancement: Each Age Division will advance two teams (First and Second Place) to the National Championship.
- C. YCADA Pom Performance, Theme Dance, Hip Hop
 1. Size Divisions: 5 to 35 Participants
 2. Advancement: Each Age/Skill Division will advance two teams (First and Second Place) to the National Championship.

S2: Mitey Mite Division Options

- A. YCADA Show Cheer: PW 1, PW 2
 1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
 2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.
- B. YCADA Core Cheer PW 1
 1. Size Divisions: 5 to 35 Participants
 2. Advancement: Each Age Division will advance two teams (First and Second Place) to the National Championship.
- C. YCADA Pom Performance, Theme Dance, Hip Hop
 1. Size Divisions: 5 to 35 Participants
 2. Advancement: Each Age/Skill Division will advance two teams

(First and Second Place) to the National Championship.

D. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.

S3: Junior Pee wee, Pee wee Division Options

A. YCADA Show Cheer PW 1, PW 2, PW 3

1. Size Divisions: Small, Medium, and Large – Based on Roster Count First Monday in October
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.

B. YCADA Show Cheer PW 4

1. Size Divisions: Refer to PW 4 Guidelines Below.
2. All PW 4 Teams that participate in League/Region Championships will be permitted to advance to the Region National Championships.

C. YCADA Core Cheer PW 1

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the National Championship.

D. YCADA Dance Pom Performance, Theme Dance, Hip Hop

1. Size Divisions: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First and Second Place) to the National Championship.

E. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.

S4: Junior Varsity, Varsity, Bantam Division Options

A. YCADA Show Cheer: PW 1, PW 2, PW 3

1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship.
3. More specific details regarding the national program will be made available as the season progresses.

B. YCADA Show Cheer: PW 4

1. Size Divisions: Refer to League Region National Championships PW 4 Cheer Division Above.
2. All PW 4 Teams that participate in League/Region Championships will be permitted to advance to the National Championships.

D. YCADA Dance Pom Performance, Theme Dance, Hip Hop

1. Size Division: 5 to 35 Participants
2. Advancement: Each Age Division will advance two teams (First

and Second Place) to the National Championship.

E. YCADA Sideline Performance Cheer

1. Size Divisions: Small, Medium, and Large
 - a) Small: 5 to 10 Participants
 - b) Medium: 11 to 20 Participants
 - c) Large: 21 to 35 Participants
2. Advancement: Each Age/Skill/Size Division will advance two teams (First and Second Place) to the National Championship

S5: Flag and Mascots are not eligible to compete in Region Competition with their team that is being scored. They can participate in an exhibition performance at Pop Warner Region Championships within their age appropriate category.

S6: Cheer/Dance teams from Alaska, Hawaii must send a video of their final championship routine directly to the RCDC prior to the respective Region Championship for advancement to the National Championship.

LEAGUE/REGION/NATIONAL CHAMPIONSHIP RULES & REGULATIONS

S1: The teams performing in the Pop Warner Championship Program(s) must abide by the following guidelines.

- A. Must be declared League champion or qualifier as outlined in Regional/National Championships General Information listed below.
- B. Must have a certified roster with the Region and National by the specified cut-off date, the first Monday in October.
- C. All teams must be accompanied with a copy of the certified roster, league registration forms with photo identification, birth certificates, medical release forms and scholastic eligibility, YCADA Certificate for rostered staff members and for Cheer Teams Only: Skills Progression Sheet/Declaration Checklist.
- D. An absentee sheet for any participant absent from a certified roster must accompany said team. Absentee Forms must be processed prior to competition. PWLS reserves the right to penalize or disqualify a team, in advance or at the event, due to a significant lack of participation from its Cheer & Dance leaders. All participants must be current and officially rostered members of their regular Pop Warner team.

For PW Championships: **Tiny Mite and Mitey Mite** Teams are competitive divisions at the Pop Warner League, Region and National Championships. They are also invited to compete in YCADA Globals with YCADA scoring procedures administered by YCADA.

With the exception of the above listed Pop Warner Championship performances, these training divisions may perform at community functions (with skill restrictions to performance surfaces) under the approval of the RCDC (parades, community walks/races, festivals, HS Football Game, NFL Football Game, Bowl Game, etc). Cheer/Dance Mitey Mites may compete or exhibit in any other non-affiliated events. Cheer/Dance Tiny Mites may exhibit in local community competitions.

- F. Spirit Teams participating in the Championships (League, Region and National) must have at least five (5) active participants rostered (and on the performance floor) on the first Monday in October.
- G. Team size status is based on your roster count as of the first Monday in October. Please note that the number of actual cheerleaders determines size (Small, Medium or Large). Since mascots cannot

participate in competitions, they do not count on the team numbers (even though listed on the roster for registration and insurance purposes.)

- H. Rostered Cheerleading Teams with more than 2 male participants (3 or more) will be placed in a Co-ed Category within their age division for Pop Warner Competitions, League/Region and National.
 - I. Safety - In concentrated efforts to reduce the risk of injury to participants, every regional/national event will use every possible means to obtain performance mats for safety, as well as to secure professional spotters.
 - a) The use of mini-tramps, spring boards or any apparatus used to propel a participant is not permitted.
 - J. All fees (Regional & National) must be paid prior to participating in post season. Failure to do so may result in disqualification.
 - K. Failure to provide any of the above or falsification of any documents may result in forfeit of player/participant and or team.
 - L. Pop Warner Championships (League, Region and National)
- Event Judges:

1. All Pop Warner Judges (Head, Rules, Panel) must complete the online YCADA Judges' Training and Testing to judge League, Region and National Championships. Valid for two Pop Warner seasons.
2. Pop Warner Volunteers are not permitted to judge Pop Warner events. Pop Warner Judges with past affiliations to Pop Warner are not permitted to judge an event with affiliated teams and must be in writing in advance for approval by the RCDC.

S2-LEAGUE/REGIONAL/NATIONAL CHAMPIONSHIPS GENERAL INFORMATION

- A. Proper roster, competition, and scholastic forms must be submitted in accordance with national requirements in order to participate.
- B. Competition Forms include:
 1. Pop Warner Championships: The Head Coach for each advancing team from League Championship to Region/National Championships will be asked to submit a Statement of Acceptance. The Statement of Acceptance will include basic team information for registration and media purposes. By completing the Statement of Acceptance, a team commits to participate in the Region Championship and advance to the National Championships if placement in Region Championships is First or Second (includes Primary and/or Second Routines).
 2. YCADA-Pop Warner Score Sheet Package is distributed to the Head Coach immediately following the event and includes Panel Score Sheets and a Point - Legality Deduction Sheet.
 3. PILOT Region Championship Advancing Option for All Divisions – Teams Placing 3rd, 4th, 5th may advance to the National Championships if they fit the following criteria: Final Region Score 80 and above AND within 5 Points of First Place.
 4. PILOT Region Championship Advancing Option for Show Cheer PW 1, PW 2 - Use of Natural Break at the Region Championships to Create Competition at every level. Natural Break is decided by the number of athletes on the roster as of first Monday in October. If < 4 teams in an Age Skill Division (Small Medium Large) then all compete in one division (i.e., Junior Peewee PW 1 Small, Medium and Large).

If > 4 teams < 10 teams then there is a Natural Break Application into Small Large. If > 10 teams then there is a Natural Break Application Small Med Large. Every division will advance two to National as in the rulebook. There is no Minimum Score Requirement.

5. Use of these Pilot Programs by the Region Championship (RCDC) must be declared to the National Cheer and Dance Commissioner no later than October 1st.

EVENT GUIDELINES

A. ROUTINE TIMING

1. Each cheer team will perform a choreographed routine not to exceed (2:30) two minutes and thirty seconds.
2. Each dance team will perform a choreographed routine not to exceed (2:30) two minutes and thirty seconds.
3. Second Routine: Sideline Performance Cheer. A Cheer or Dance teams may perform a crowd interactive routine not to exceed (1:30) one minute and thirty seconds.
4. Core Cheer Routine Please reference www.ycada.org/popwarner

B. PERFORMANCE AND WARM-UP AREA

1. The matted competition area for national competition will be approximately 54' x 42' deep (9 Panels). It is highly recommended that an auxiliary gym is in place to serve as the warm-up area just prior to performance. This area is secured from non-participants and spectators, and includes a matted surface for tumbling and/or stunt warm-up. (54' x 42' Matted Surface Recommended).

C. INTERRUPTION OF PERFORMANCES

1. Interruption of Performances, Prior to Taking the Floor - If an interruption of a team's order of performance occurs prior to taking the floor (i.e., athlete suddenly ill or an injury occurs prior to taking the floor in warmups) then a team will be placed at the earliest possible time in the next available spot taking into consideration a team's need to regroup. The team must perform and take the floor before the last team competes in their division. Once a team's division is complete/closed a team will NOT be allowed to perform and be judged. Note: Once removed by reason of injury/illness, a participant shall not re-enter the competition without the approval of an official licensed athletic trainer or medical professional who is not a parent/guardian of the participant.
2. Interruption of Performances, Injury on the Performance Floor - If an interruption of a team's performance occurs on the floor which requires the stoppage of the routine (i.e., injury that needs immediate medical attention or routine is stopped due to a medical emergency) then a team will be allowed to return and complete their routine. A team must perform the entire routine from the beginning in its entirety "full out" but will only be evaluated by the judges on skills performed in the routine after the occurrence of the injury. The team must perform and take the floor before the last team competes in their division. Once a team's division is complete/closed a team will NOT be allowed to perform and be judged. Note: Once removed by reason of injury/illness, a participant shall not re-enter the competition without the approval of an official licensed athletic trainer or medical professional who is not a parent/guardian of the participant.
3. Interruption of Performances, Music – Coach or Venue - If an interruption of a team's performance occurs on the floor due to

a music or venue malfunction it will be determined by the event director if the malfunction was due to a coach's error or technical/venue error. Malfunctions that occurred due to a coach's error will not be allowed to perform again and must complete their routine after the malfunction immediately. A team's timing will not be stopped during the malfunction and as a consequence a team may incur an overtime violation. If it is determined by the event director that the malfunction was due to a technical/venue error then a team, at the discretion of the event director (due to schedule and timing) may be allowed to re-perform and complete their routine. A team must perform the entire routine from the beginning in its entirety "full out" but will only be evaluated by the judges on skills performed in the routine after the occurrence of the malfunction. The team must perform and take the floor before the last team competes in their division. Once a team's division is complete/closed a team will NOT be allowed to perform and be judged

D. COACHING

1. Coaching during the performance is not permitted (e.g., yelling instructions or motioning directions to team members). Cheer & Dance crowd response, however, is welcomed from any and all fans, including members of the coaching staffs.
2. **Proper Championship coaching attire** shall consist of Business, Business Casual or Game Day Attire in the form of a dress, suit, Khaki or dress pants and a polo (with Pop Warner Logo and/or Team/Association/League name and/or logo), or Team Sweat Suit/Athletic Sneakers with Pop Warner Team logo, etc.). The following items are not acceptable: Jeans, shorts, flip flops and/or tank tops. Coaching staff consists of rostered staff to include Coordinator, Coaches, Coach Trainee, Student Demonstrators, etc.

E. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of the competition's "Articles of Understanding" may be disqualified from the championship and automatically forfeit any right to any prizes or awards, and may also forfeit the opportunity to participate in regional and/or national championships.

F. HOW TO HANDLE PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the championship will be handled exclusively by the head coach of the team and will be directed to the competition coordinator. (i.e., League / Regional / National Cheer & Dance Commissioner)

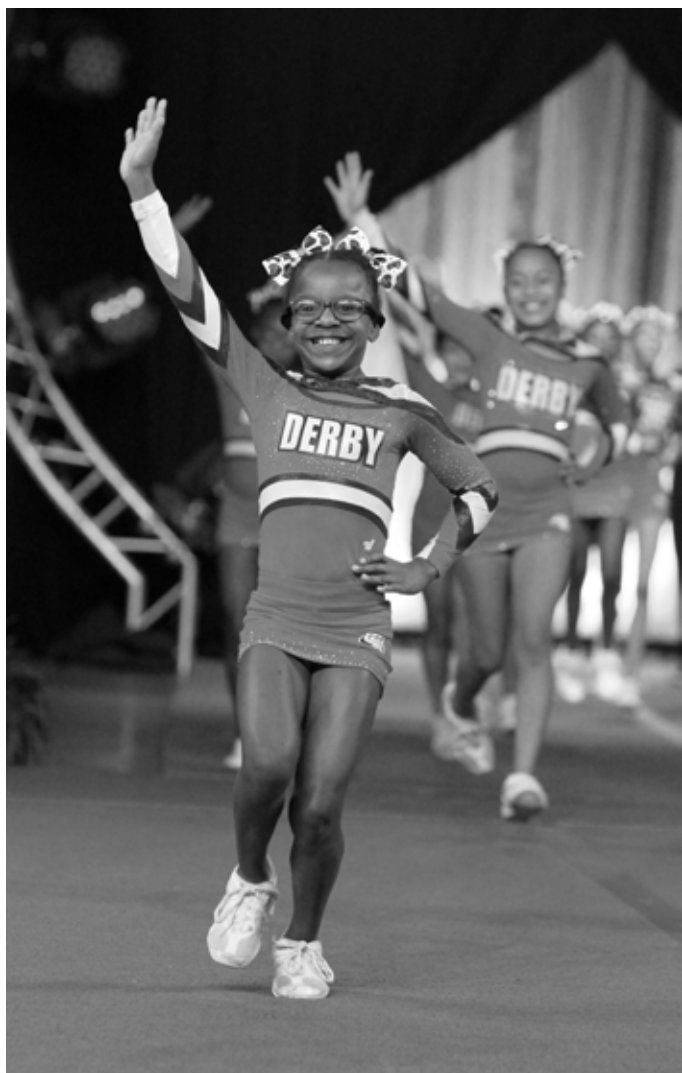
G. FINALITY OF DECISIONS

1. By participating in a competition, each team agrees that decisions by the judges and officials will be final and will not be subject for review. Each team acknowledges the necessity for the judges and officials to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.
2. For Interpretations: The Rules Committee for competitions will consist of the Event's Cheer & Dance Commissioner (League/Region or National), the Head Judge, and the Rules Judge(s) to speak on specific matter(s).
3. All decisions of judges, including mandatory Rules Judge(s) are final.

H. COACHES' TECHNICAL/STUNTING QUESTIONS

As a coach, it is important to be current on the YCADA-PWLS Safety Guidelines. If you have questions concerning any safety guidelines or questions regarding specific stunts, pyramids and/or dance skills, please follow these steps. This will insure that you receive a timely and accurate response to your questions.

1. All questions must be in written form due to the differences in interpretation and terminology. No phone calls will be accepted.
2. The above requests may be submitted online at <https://www.emailmeform.com/builder/emf/ycada/rules-question-form>. You will be requested to copy your Region Cheer & Dance Coordinator. All requests must be received at least two weeks prior to the event (PWLS League, Region and National Championship) in order to be reviewed.
3. Please include your name, address and daytime contact number on all requests.



YCADA - POP WARNER GENERAL SAFETY GUIDELINES

JAMZ, as Pop Warner Little Scholars Development Partner, is the original developer of the Youth Cheer and Dance Alliance (YCADA). JAMZ is also the first company to test and adopt its skill levels, rules and scoring guidelines. Through participation in YCADA, JAMZ and Pop Warner have helped to grow the Youth Cheer and Dance market and provide structure to youth organizations at a national level. For further details see www.YCADA.org.

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SHOW CHEER LEVEL 1 LIMITED RULES GRID

OPEN TO JR. TINY MITE/TINY MITE ONLY
Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the teams overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.**

STANDING & RUNNING
TUMBLING

Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, **running or hurdle** position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to:

- Front/Back Rolls
- Cartwheels & Roundoffs
- Handstands & Handstand Forward Rolls
- Ground Up Bridges (provided the performer returns to the ground/laying position)

Prohibited Skills (include but are not limited to):

- Handstands that fall to Bridge position
- One Arm Cartwheels,
- Front/Back Walkovers
- Front/Back Handsprings
- Flips in any body position
- Tumbling into a load in stunt
- Dive Rolls.

STUNTS

Allowable Skills:

- Two leg stunts at prep level and below (exception: Extended V-Sits are prohibited)
- Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands)
- Single leg stunts at knee stand level and below
- **Stunts MAY NOT move/turn during any portion of the stunt sequence. This includes during a Sponge/load-in or once the stunt is complete.**

Prohibited Skills (include but are not limited to):

- Transitional stunts that involve changing bases
- Front/Back/Side Tension Rolls
- Single based Split Stunts
- Swing Up Stunts
- Tumbling into a load in stunt
- Show and Go Stunts
- Extended V-Sits.

INVER-
SIONS

ALL INVERSIONS ARE PROHIBITED

DISMOUNTS

Allowable Skills:

- Shove Wrap
- Step Off the Front/Back
- Bump Down

Prohibited Skills (include but are not limited to):

- All Cradles

SHOW CHEER LEVEL 1 LIMITED RULES GRID

	SHOW CHEER LEVEL 1 LIMITED RULES GRID
RELEASE MOVES	ALL RELEASE MOVES ARE PROHIBITED
TOSSES	ALL TOSSES ARE PROHIBITED
PYRAMIDS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules • Allowed up to 2-high



SHOW CHEER LEVEL 1

	SHOW CHEER LEVEL 1
	<p>Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.</p>
STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level or below • Single leg stunts below prep level • Bases may move/turn while in a load in position, during a ¼ transition, and/or once the building of a stunt is completed (exception: Bases may move during a traveling Double-Based T-Lift that does not exceed a 1/4 twist). • Stunts where the arms of the bases are fully extended, but the flyer's body is horizontal or in a seated position (classified as prep level stunts) • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Twisting during load in/stunt transition (limited to ¼ rotation by the flyer and/or bases combined) • Non-release single based stunts (provided they follow group stunt allowances) <p>Prohibited Skills (include but are not limited to): Freestanding extended stunts, Leap Frogs, Stepping Stone transitions, Superman transitions, Front/Back/Side Tension Rolls, Single based Split Stunts, Swing Dance & Swing Up Stunts</p>
INVER- SIONS	ALL INVERSIONS ARE PROHIBITED
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Pop Offs are limited to 1/4 Turn • Cradles from all group stunts prep level and below are limited to Straight and 1/4 turn only (exception: single based stunts may not cradle). <p>Prohibited Skills (include but are not limited to): Cradles from extended stunts, single trick non twisting Cradles, Cradles to different bases & Fireman Catches</p>

SHOW CHEER LEVEL 1	
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. <p>Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts or bracers standing on the ground. Contact must be made to the required bracer(s) PRIOR to the flyer passing above prep level. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Single leg stunts at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level, below prep level stunt, or a participant on the ground that is not involved in the prep level single leg stunt. Single leg stunts with hand/arm contact on one side and hand/foot contact on the other side provided they are braced on both sides (clarification: the hand/arm contact must be made to the required bracer(s) PRIOR to executing the single leg stunt at prep level. Contact must be maintained until the upward motion of a dismount, Retake/Sponge, or stunt returns to a prep level two leg or below stunt). Moving/walking pyramids <p>Prohibited Skills (include but are not limited to): Extended single leg pyramids, extended two leg stunts that brace any other extended two leg stunts.</p>



SHOW CHEER LEVEL 2 All skills allowed in Level 1 are legal for Level 2	
	<p>Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1 are legal for Level 2. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.</p>
STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single Front/Back Handspring • Single Back Handspring Step Out <p>Prohibited Skills (include but are not limited to): Front/Back Handspring series, Dive Rolls, and flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg extended stunts. • Single leg stunts at prep level or below. • At least one base/continuous spotter must maintain contact with the flyer during transitions. • Stepping Stone transitions provided at least one base maintains continuous hand/arm connection to the flyer during the entire transition. • Twisting during transitions is limited to a 1/2 twist by the flyer and/or bases <ul style="list-style-type: none"> * During 1/2 twist transitions from stunts to a cradle position, the flyer and at least one base/back spotter must maintain contact throughout the transition and an additional spotter is required at the head/shoulders of the flyer to catch the Cradle). * Stunt transitions from an upright stunt to a prone catch may not twist. * 1/2 twist transitions from a below prep level prone position to a cradle position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. * 1/2 twist transition from cradle to prone position do not require a spotter at the head/shoulders provided a spotter at the flyer's feet maintains contact with the flyer throughout the transition. <p>Prohibited Skills (include but are not limited to): Leap Frogs, Single based Split Stunts, Swing Up Stunts, and twisting Superman transitions.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright load in/stunt below prep level to group based Stunts (2 bases, 1 back spotter) provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. • During transition from the inversion, at least 2 bases/spotter must have contact with the flyer with one at the head/shoulders. <p>Prohibited Skills (include but are not limited to): Forward Suspended Rolls & inversions to prep level and above.</p>

SHOW CHEER LEVEL 2 All skills allowed in Level 1 are legal for Level 2	
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Cradles are limited to Straight, ¼ turn, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick.) • Group based Swedish Falls may perform a ½ twist Cradle. • Single based stunts MUST be caught in a group cradle. <p>Prohibited Skills (include but are not limited to): Pop Offs from extended level, ½ twist Cradles, dismounts that land in prone position, dismounts to different bases, Fireman Catches, and single based dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single full twisting Barrel Rolls with a spotter at the head/neck of flyer that start and end in a Cradle position with no other trick during the skill • ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to a Straight Body position only. <p>Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, or twisting tosses.</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Flyers must maintain contact with at least one base at all times and may not lose contact with bracing prep level stunts during transitions. Flyer in a Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. • Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt, or an individual on the ground. Contact must be made at or below prep level and prior to performing the extended single leg. • Braced release moves to a cradle provided (1) the flyer is continuously braced on both sides by a prep level or below stunt, with hand/arm contact only, (2) flyer does not intentionally travel during the release move, (3) does not twist. <p>Prohibited Skills (include but are not limited to): Full release braced Switch Ups, Ball Ups, and Tic Tocs, connected Superman stunts and single leg stunts braced by hand/foot connection only.</p>

SHOW CHEER LEVEL 3 All skills allowed in Levels 1 & 2 are legal for Level 3	
	<p>Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1 & 2 are legal for Level 3. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.</p>
STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Series Handsprings • Dive Rolls (provided they are not in a Swan or Laid Out position). • RUNNING TUMBLING Flips only in the following specified body positions with the following restrictions: <ol style="list-style-type: none"> 1) Side Aerial provided no tumbling is performed after the flip 2) Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series 3) Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/ after a front tuck is allowed). <p>Prohibited Skills (include but are not limited to): Standing flips in any body position, standing single/series Back Handsprings to a flip in any body position, running tumbling flips in any positions other than the allowable skills listed above, twisting in any flips, Cartwheel Step in Tucks.</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Single leg extended stunts. • Transition stunts where at least one base/spotter maintains contact with the flyer. • Transition stunts where the flyer moves to new bases • Swing up Stunts provided the following: they begin below prep level, the flyer is face up and does not become inverted, two bases have contact with the flyer, and a spotter is in place. • Twisting during the load in/stunt transition is limited to 1 full twist and can only occur to/from prep level or from prep to prep level. • Superman transitions are limited to 1/2 twist. <p>Prohibited Skills (include but are not limited to): One full twist to extended level & Forward Flipping Leap Frogs.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a non-inverted upright/prep level stunt provided: <ol style="list-style-type: none"> 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) During the transition from the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. • Inversion exits to Back Walkover from a cradle position. • Non-twisting Forward Suspended Rolls provided: <ol style="list-style-type: none"> 1) The flyer begins in a non inverted position prep level or below 2) The flyer maintains hand/hand contact throughout the transition with TWO original bases, TWO new posts, or BOTH hands to the back spotter 3) The bases/back spotter/posts are not involved with any other choreography 4) The flyer lands in a double based Cradle to the original bases or on the performance surface (may not land in a load in position). <p>Prohibited Skills (include but are not limited to): An inversion exit from a prone position (Front Walkover or Forward Roll).</p>

SHOW CHEER LEVEL 3 All skills allowed in Levels 1 & 2 are legal for Level 3	
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pop Offs from extended level • Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation • Non-twisting two trick cradles only from Extension Prep. • Only Straight and 1/4 turn Cradles from extended single leg stunts • Single based stunts may perform Straight Cradles provided the required spotter is in place. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. • Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Full release Helicopters and dismounts that land in prone position. Bases may not free toss a flyer to all new bases.</p>
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flyer limited to single trick, non-twisting toss skills <p>Prohibited Skills (include but are not limited to): Full Twist tosses</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Braced release moves to an upright body position provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only 2) The flyer does not intentionally travel during the release move 3) It incorporates no more than a 1/2 twist by the flyer • Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. • Braced release moves to a cradle provided: <ol style="list-style-type: none"> 1) The flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only 2) Flyer does not intentionally travel during the release move 3) Does not twist. <p>Prohibited Skills (include but are not limited to): Ball back release moves, release moves that travel over the legs and/or core of the bracer's body, braced front/back flips, and connected Superman stunts.</p>

SHOW CHEER LEVEL 4 All skills allowed in Levels 1,2 &3 are legal for Level 4	
	<p>Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1-3 are legal for Level 4. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.</p>
STANDING & RUNNING TUMBLING	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Flips are allowed in any body position provided: <ol style="list-style-type: none"> 1) They do not exceed one flipping and one twisting rotation 2) There is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front flip or Arabian is allowed) • Dive Rolls provided they are not in a Swan or Laid Out position. <p>Prohibited Skills (include but are not limited to): Forward 3/4 Flips to the seat, Toe-Pitch Flips, Double Fulls, Whip Backs to Back Handsprings or flips</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 1 1/2 twists during load ins or stunt transitions (may change bases and at least one base/continuous spotter must remain with the flyer during transitions). • Superman transitions with up to 1 full twist <p>Prohibited Skills (include but are not limited to): Double Ups</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Inversions as an entry to a transition up to an upright extended level position, provided: <ol style="list-style-type: none"> 1) The inversion occurs at ground level 2) The inverted participant is in contact with the performance surface 3) At least one base/spotter maintains contact with the flyer throughout the entire inversion 4) A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level. • Downward inversions as an exit from a group Cradle or a waist level prone position provided: <ol style="list-style-type: none"> 1) At least 2 of the original bases/back spotter assist the inversion 2) The flyer has both hands in contact with the performance surface prior to the inversion being executed <ul style="list-style-type: none"> * Back Walkover out of a group Cradle * Forward Roll/Front Walkover from waist level prone position • Forward Flipping Leap Frogs provided: <ol style="list-style-type: none"> 1) The back spotter/post and flyer maintain hand/hand contact throughout the transition 2) The inversion is in continuous motion from original bases to a NEW set of STATIONARY catchers (2 catchers minimum) who must be in place prior to the dip of the transition) 3) The transition starts at or below prep level and is caught in a double based cradle 4) The skill does not twist or travel • Forward Suspended Rolls with up to 1 full twist (must originate from prep level or below and be caught in a cradle by the original bases). <p>Prohibited Skills (include but are not limited to): Skills where the flyer moves from a stunt to an inverted position.</p>

SHOW CHEER LEVEL 4 All skills allowed in Levels 1,2 &3 are legal for Level 4	
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • 1 1/4 Twist Cradles • Non-twisting two trick cradles only from an Extension or prep level stunts • Two Trick cradles that include a twist provided: 1) They originate from prep level stunts 2) Incorporates no more than 1 full twist • Single based stunts are limited to straight and ¼ turn cradle from all single leg stunts and single twist cradle from two leg stunts, with the required spotter. • Cradle dismounts to different bases that originate from prep level (bases must be in place and not involved in other choreography prior to the start of the dismount). <p>Prohibited Skills (include but are not limited to): Cradles that land in a prone position, and all 2 twist cradle dismounts.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Freestanding release moves provided: <ol style="list-style-type: none"> 1) Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) 2) Does not exceed 1 1/2 twists 3) Returns to a stunt/load in. • Full release non-twisting Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Twisting full release Helicopters</p>
TOSSES	<p>Allowable Skills: Flyer limited to perform two tricks and may not exceed 1 ¼ twisting rotations</p> <ul style="list-style-type: none"> • Kick Full Basket Toss <p>Prohibited Skills (include but are not limited to): Double Full Basket Tosses, flipping tosses (front or back), tosses that intentionally travel and bases may not free toss a flyer to all new bases.</p>
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances:</i></p> <ul style="list-style-type: none"> • During a pyramid transition, a flyer may pass through up to 2½ high if the flyer is braced between two Extension Preps. • A FLYER may pass through an inverted position during a pyramid transition provided: <ol style="list-style-type: none"> 1) The flyer remains in contact with a base(s) that is in direct weight bearing contact with the performance surface 2) A spotter is placed both in front AND back of the flyer for inversions transitioning to extended level * (Example: Braced Roll) • Braced front and back flips provided: <ol style="list-style-type: none"> 1) The released flyer maintains hand/arm contact with two bracers in an Extension Prep 2) The transition must be in continuous motion to and from original group 3) Transition is caught in a Cradle position 4) Flyer does not perform any other skill during the inversion <p>Prohibited Skills (include but are not limited to): Twisting front/back braced flips</p>

SIDELINE PERFORMANCE CHEER LEVEL 1

	SIDELINE PERFORMANCE CHEER LEVEL 1
	Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in RED. Performing skills from a more advanced level will result in a 2.5 point deduction per occurrence.
STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, Flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Double leg stunts at prep level or below. • Single leg stunts below prep level in the Liberty body position ONLY. • Twisting during load in/stunt transition is limited to ¼ rotation. <p>Prohibited Skills (include but are not limited to): Extended stunts, prep level and above single leg stunts, Stepping Stone transitions, transitional stunts that involve changing bases, Superman transitions, single based Split Stunts, Show and Go Stunts that travel while building, below prep single leg stunts in any other body position (Heel Stretch, Arabesque, Scorpion, Scale).</p>
INVERSIONS	ALL INVERSIONS ARE PROHIBITED
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Assisted Pop Offs • Straight Cradles ONLY • Original bases MUST physically assist (re-catch the flyer to control/slow down descent) the flyer during any dismount to the performance surface. <p>Prohibited Skills (include but are not limited to): 1/4 turn cradles.</p>
RELEASE MOVES	ALL RELEASE MOVES ARE PROHIBITED
TOSES	ALL TOSES ARE PROHIBITED
PYRAMIDS	<p>Allowable Skills: <i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed below prep level.</i></p> <p>Prohibited Skills (include but are not limited to): Extended 2 leg stunts, prep level single leg stunts, connected stunts/pyramids prep level and above.</p>

YOUTH CHEER CATEGORIES

Category is defined by the type of performance you select.

Show Cheer: (Time Limit: 2 min 30 sec) This category is offered for the following levels: **1 Limited**, 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms, megaphones, signs, flags and banners are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances as well as the Pop Warner Rule Book.

Sideline Performance Cheer: (Time Limit: 1 min 30 sec) Cheer(s) of your choice. The focus of performance cheer is a crowd leading interactive sideline cheer with the performance of stunts, tumbling, and jumps as well as the use of signs, flags, poms, banners and crowd participation tools that a team would traditionally use on the sidelines at games. Audience participation, megaphones, signs, flags, banners, and poms are allowed and encouraged. Music or amplified sound is not allowed in this category. Failure to perform required skills will result in a 0. Please refer to the remainder of the cheer section for complete details on Sideline Performance Cheer routine requirements and allowances as well as the Pop Warner Rule Book.

Core Cheer: (Time Limit: 1 min 45 sec) Performance of a compulsory style routine that focuses on the technical and athletic components of cheer with the goal of creating a strong cheer skills foundation. The Core Cheer routine is provided by YCADA and includes the following skill categories: group stunts, pyramids, group jumps and motions. The Core Cheer music is also provided by YCADA in partnership with Power Music. Teams are evaluated on execution of the provided choreography and specific skills of the routine within a scoring system designed to focus purely on technical execution. Please refer to the remainder of the cheer section for complete details on Core Cheer routine requirements and allowances as well as the Pop Warner Rule Book

YOUTH CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Routine Guidelines, Categories, Penalty Info and Cheer Glossary for clarification of terms. Any violations from this section will be a **1.5 point deduction**.

(a) No jewelry (except medical/religious – taped down) or chewing gum will be allowed during performances. Jewels/rhinestones may not be adhered to the participant's body and/or face.

(b) Casts and Braces

1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.

(c) Athletic closed-toe shoes are required for all participants. A deduction will be taken if the following occurs: 1) A participant loses a shoe and that lost shoe causes an execution error that directly endangers a participant 2) a base loses a shoe and stunts without a shoe on 3) a participant tumbles without a shoe on 4) a flyer flies without a shoe on. This deduction may only be taken once per team.

(d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.

(e) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).

(f) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team's starting position is allowed. **Spirited entrances and exits are allowed but must not include tumbling or stunt skills.**

(g) Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. **Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!)** Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Coaches may not delay the start of the routine in order to fix formations. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).

(h) All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface).

(i) **Code of Conduct**

1. Routines must be appropriate for family viewing.
2. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
3. Tear away uniforms and/or removal of clothing is not allowed.
4. Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Actions taken will be under the discretion of an event official.
5. Items that may damage the performance surface are prohibited.

(j) **Poms and Props**

1. Props are limited to banners, flags, megaphones, and signs/light up signs.
2. All poms and props brought on the performing area must be used during the routine. Item must be off the mat to

ensure it is not in the way of participants.

3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
4. All poms and props must be within the performing area to avoid a boundary violation of 0.5 pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once poms or props are no longer needed, **they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.**
5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, dismounts and all stunt transitions that require the use of hands. Example: Extension Prep, Sponge to Extension Prep with poms in hands would be considered ILLEGAL, performing a Cradle with poms would also be considered ILLEGAL.
6. Once in a secure stunt, flyers may obtain and use poms/props/signs and then transition to another stunt that does not require the use of hands. Example: Once secure in an Extension Prep, poms may be handed to a flyer; the flyer may then transition to an extension with poms in hand. Exceptions are not limited to this example.
7. Bases/back spotters may not hold props in their hands if the hands are the primary support for the top person during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
8. Front spots may hand or be handed props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.

(k) Jumps:

1. Participants are permitted to jump over another participant on the performance surface **with or without contact.**
2. Partner assisted jumps are allowed provided the supporting base controls the jump and maintains contact from start to finish. **These assisted jumps do not count toward jump difficulty.**
3. Airborne skills that drop/transition directly to the performance surface and land in any of the following body positions are not allowed: supine, **(face up)**, prone position (i.e. push up), knee(s), or seated position. Prohibited skills include but are not limited to drops or Shushunovas directly to the positions listed above.

(l) Tumbling:

1. All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
2. Spotted, assisted, or connected tumbling is prohibited. **Athletes must complete rotation/inversion independently with no assistance from another athlete.**
3. Partner tumbling is prohibited.
4. Participants may **ONLY** perform a Handstand that is in

contact with individuals on the ground as choreography, provided the inverted participant initiates the handstand independently without contact from another athlete, until the participant is inverted.

5. Tumbling oriented load-ins to stunts, dismounts, and transitions (such as Cartwheels, Round Offs, and Walkovers) are permitted and are not considered tumbling, but part of the stunt choreography, provided the following conditions are met:

- (i) Must follow inversion rules
- (ii) When transitioning to a load-in for a stunt/stunt transition, the flyer must complete the tumbling skill (athlete no longer inverted and has at least 1 foot in contact with the performance surface) prior to the bases grabbing the flyer's foot/feet/legs.
- (iii) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.

6. 3/4 flips and 1 1/4 flips are prohibited.

7. Tumbling exception: tumbling with poms in hand is only permitted when executing a Forward/Backward Roll.

(m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. Stunts may not travel over another individual and/or stunt. (Exception: Double Based Vertical T-Lifts may travel over a single Nugget with or without contact to the Nugget.
2. Must never pass over, under or through other stunts and/or

pyramids. Individuals are permitted to jump over other participants on the performance surface.

3. Single leg extended stunts (i.e. Liberty, Stretch) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for further detail).

4. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.

5. (Levels 2, 3 & 4) Superman transitions cannot invert at any point, may not intentionally travel and may only originate from prep level or below stunts or the load in position.

6. Pendulum transitions must start from prep level or below and return to an upright stunt/load-in/ground position.

7. Stunts transitions must never be released to the prone position (face-down/stomach).

8. Stunts may not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).

9. Superman transitions may not be braced to any other stunt/transition.

10. May not cradle from any stunt in which the base(s) have a knee on the ground.

11. Release moves may not involve changing bases.

12. In pyramids involving release moves that require a bracer for legality (ball ups, braced flips, etc.), contact between the

flyer and the original bracer(s) must be maintained throughout the entire release move transition until the flyer makes contact with the original bases.

13. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt transition.

14. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid for that level. Example: Flyer in a ground level Handstand with contact on the performance surface is lifted upwards by the stunt group, temporarily losing contact with the performance surface, then returning their hands to the performance surface (i.e. double bounce) prior to executing the sponge/load-in = ILLEGAL.

15. All inversions require 2 bases and 1 spotter. The spotter is responsible for protecting the head, neck and shoulder area of the flyer.

16. Inversion skills where the flyer transitions from the inversion directly over the back spot to the load in position or directly from the inversion to a shoulder sit on the back spot, requires an additional spotter.

(n) Tosses (Levels 2-4)

1. May never intentionally travel.

2. Must be caught in a Cradle by the original bases and are limited up to 4 bases (total base count includes back and front spotters).

Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.

3. Must never become inverted at any point during the toss.

(o) Types of Required Spotters:

1. Must be in direct contact with the performance surface

Continuous Back Spotter

2. Not required for Knee Stands, Thigh Stands, Shoulder Sits, Double-Based Non-Extended V-Sits and Below Prep Level Stunts (Exception: Required for single based stunts in which the flyer performs a Rebound entry)

3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls

4. (Level 1 ONLY) All Extended V-Sits and Swedish Falls require an additional spotter who is not connected to the stunt.

5. Required for all stunts, release moves and tosses prep level and above (exceptions: may transition from/to back spot of a group-based stunt to Shoulder Sit, Flatbacks with at least 3 bases, vertical/horizontal T-Lifts).

6. Required for all below prep level stunts where the primary bases are not using their hands/arms to directly support the flyer (example: flyer standing on the backs of the bases).

Continuous Back Spotter

7. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer in prep level and below stunts.

8. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer's body (example: walk under and/or through a stunt).

9. (Levels 2-4) During 1/2 twist transitions from prep level or below to a cradle position, the flyer and at least one base or back spotter must maintain contact throughout the transition and an additional spotter is required at the head and shoulders of the flyer to catch the Cradle.

10. Must be positioned directly behind or to the side of the flyer

when the flyer is facing the backspot and stops in or power presses at a prep level or above stunt/stunt transition. (Example: Reverse Extension Prep180 to Extension Prep would require an additional spotter during the Reverse Extension Prep).

11. One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.

Spotter for Single Based Stunts

12. Required for a single-based partner stunts at prep level and above.

(i) **Must be positioned directly behind or to the side of the flyer**

(ii) Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes (exception: may place one hand under the foot with other hand on the ankle at prep level and below provided the spotter is positioned to the side of the flyer and they do not cradle).

13. **May not change roles between being a base and a continuous spotter.**

14. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

(p) Bases:

1. Must be in direct contact with the performance surface.
2. Must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
3. Two required (must remain stationary) plus two additional catchers (must remain stationary) 1 on each side of a Pendulum or stunt that moves away from the vertical axis (i.e. Shooting Star, Shoot Outs, etc.). Example: 2 bases under the feet of the flyer, 2 catchers one on each side of Pendulum. Pendulums falling in one direction (front or back require a total of 6 participants. Pendulums falling in two directions (front and back) require 7 participants.
4. Two required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).
5. Two bases required in all Split Stunts.

YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule. Please be aware that all YCADA rules are in addition to any specific rules in the Pop Warner Rule Book.

YOUTH CHEER PENALTY INFORMATION

RULES PENALTIES:

1.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the Youth Cheer General Safety Rules

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the requirements in the youth cheer levels grid.

Please refer to the Youth Cheer General Safety Rules and Levels Grid for specific skill allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

EXECUTION PENALTIES:

TUMBLING

Tumbling Touch - 0.25 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution

of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

Tumbling Fall - 0.5 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

STUNT SKILLS*

Stunt Bobble - 0.25 POINT (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in body-line and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

Stunt Fall - 1.0 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill and is lowered or dropped below its intended level and the flyers legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface.

Major Stunt Fall - 1.5 POINTS (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

**The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

BOUNDARY PENALTY:

0.5 POINT (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

TIME LIMIT PENALTIES:

1.0 POINT deducted from your total possible score if your routine goes 4 - 7 SECONDS OVER time requirements.

2.0 POINTS deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

3.0 POINTS deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be

assessed under the Youth Cheer General Safety Guidelines.

ADDITIONAL POP WARNER DEDUCTIONS:

Rules and violations of the Pop Warner Rule Book, which do not reside in the YCADA Rules & Scoring Packet would be subject to the deduction as listed in the Pop Warner Rule Book.

SCORE SYSTEM 411

YOUTH CHEER DIVISIONS

We take scoring to the next level! We challenge teams to “perform smarter”. By understanding YCADA’s scoring structure, coaches should already be able to estimate their ‘base’ technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, Levels Grid & General Safety Rules, Penalty Info and the Coach’s Cheat Sheet to ensure your routine maximizes its potential score.

HOW IS A ROUTINE SCORED?

YCADA has created separate scoring grids, criteria and score sheets for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? ‘Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. For example, if a Level 1 team performs a Front Walkover, that point value of the Front Walkover will be higher than if the Front Walkover were performed in Level 2. YCADA not only believes in the purpose of skills levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should be the percentage of points allocated to tumbling versus other parts of the routine.

WHAT ARE SCORING GRIDS AND CRITERIA?

SCORING GRIDS show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, and the amount of Scoring Criteria met within a point range the team executes or lack thereof.

SCORING CRITERIA will determine the team’s score within the listed scoring difficulty ranges. The following percentages equal the minimum number of athletes or groups required to score within a particular scoring range.

TUMBLING = 1/4 OF THE TEAM - CUMULATIVE SCORING

JUMPS = MAJORITY (50% + 1) NON CUMULATIVE SCORING

STUNT, DISMOUNT AND TOSS = MAJORITY (50% + 1) CUMULATIVE SCORING

Stunt groups will be calculated based on a total of 5 athletes.

PYRAMIDS = Teams will qualify for a particular pyramid range by performing any of the listed skills in a particular scoring range ONCE.

Example of Cumulative Scoring: 9 athletes performing the same skill twice = 18 times performed.

HOW ARE TOTAL SCORES CALCULATED?

Your Total Possible Score from each judge will be 100 possible points. Scores from all panel judges are added together, and then divided by the

total number of panel judges to find the average score. Any penalties and deductions received are then deducted to provide the Final Score. The Final Score is used to determine awards/ranking at that specific championship and Nationals Qualification.

For example:

Total Possible Score per Judge: 100 points

The team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together $(72.1 + 75.3 + 74.1) = 221.5$

Then divided by the number of judges $(221.5 / 3) = 73.83$

Average Score: 73.83 points

The team also received a penalty of 2.5 points.

The Average Score minus the penalty points $(73.83 - 2.5) = 71.33$

Final Score = 71.33 [used for awards/ranking & Nationals Qualification]

COACH'S CHEAT SHEET YOUTH CHEER DIVISIONS

HOW DO YOU USE YCADA SCORING GRIDS?

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

Example:

- If you are: Show Cheer - Level 1 (YL1)

- Then select: Youth Level 1 - Show Cheer Scoring Grid

2. LOOK AT EACH SKILL ELEMENT ON THE SCORING GRID. (ACTUAL NUMBERS MAY VARY)

Scoring grids are consistent with YCADA's score sheets and display point ranges teams may earn (scoring guidelines = score sheets).

For all skill elements, except tumbling, the performing team must perform/execute the listed skills by a MAJORITY of the team in order to score in the corresponding score range. For tumbling a team must perform/execute the listed skills by 1/4 of the team in order to score in the corresponding score range.

Example 1: One element on the Show Cheer level 1 scoring guideline is MOTIONS.

- Determine where your team falls

- If the MAJORITY of your team executes MODERATE motion technique. Moderate sharpness and controlled placement. Moderate pace/energy. Moderate variety with minimal transitions and level changes. Then you can expect to receive a score in the 13.5-13.9 range. (Remember the key word is majority - majority means executed by over half of the team).

- If the MAJORITY of your team executes EXCELLENT motion technique and placements. Strong and sharp motions with excellent control. Fast paced and high energy. Excellent variety and visuals with multiple transitions and level changes. Then you can expect to receive a score in the 15.0-16.0 range.

Example 2: Another element on the Show Cheer scoring GUIDELINE is TUMBLING- Tumbling skills must be performed by at least 1/4 or

25% of team members in order for a team to score in the corresponding scoring range

- What is the most advanced tumbling skill your team can perform?
 - Let's say it is a Back Walkover.
 - Is 1/4 of your team able to perform and execute this skill sequence?
 - If YES - by looking at the YOUTH LEVEL 1 - SHOW CHEER SCORING GUIDELINE you can expect your tumbling score to fall within the 4.0-5.0 range
 - If over 1/4 or 25% of your team performs a Forward Roll and only 10% of team members are able to execute the Back Walkover, then your team could fall in a range of 1.0 - 1.9.

WHAT ARE JUDGES LOOKING FOR?... Here's a quick checklist

- Were skills performed 'legal' for the level selected?
- Within the element range, what were the most advanced skills performed?
- Did the majority (50% +1 OR over half) of the team perform/execute (not attempt) the skill(s) or for tumbling did 1/4 of your team execute skill?
- Did the routine include variety?

Examples:

- Two or more tumbling sequences with different tumbling skills
- Pyramids containing pyramid transitions
- Different stunts - not the same stunt repeated
- Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
- How did the team execute the skills?
 - Strong level = higher score (mastery of skill, excellence of performance/skill, confidence in performance)
 - Weak level = lower score (inconsistent in skill, needs polish, lacks self confidence)
- Were there mistakes, falls, bobbles, etc.? Any mistakes in a technical category will effect the one point available for execution.
 - Strong level = higher execution score
 - Weak level = lower execution score



SHOW CHEER LEVEL 1 SCORE SHEET:

Choreography	_____	(15 points)
Performance/Use of Cheer (If included)	_____	(15 points)
Dance	_____	(15 points)
Motions	_____	(16 points)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(15 points)
Stunts Execution/Technique	_____	(1 point)
Dismounts Difficulty	_____	(5 points)
Dismounts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

SHOW CHEER LEVEL 2 SCORE SHEET:

Choreography	_____	(10 points)
Performance/Use of Cheer (If included)	_____	(10 points)
Dance	_____	(9 points)
Motions	_____	(10 points)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(15 points)
Stunts Execution/Technique	_____	(1 point)
Pyramids Difficulty	_____	(15 points)
Pyramids Execution/Technique	_____	(1 point)
Dismounts Difficulty	_____	(5 points)
Dismounts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
Tosses Difficulty	_____	(5 points)
Tosses Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

SHOW CHEER LEVEL 2 (Mitey Mite) SCORE SHEET:

Choreography	_____	(10 points)
Performance/Use of Cheer (If included)	_____	(10 points)
Dance	_____	(9 points)
Motions	_____	(16 points)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(15 points)
Stunts Execution/Technique	_____	(1 point)
Pyramids Difficulty	_____	(15 points)
Pyramids Execution/Technique	_____	(1 point)
Dismounts Difficulty	_____	(5 points)
Dismounts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

SHOW CHEER LEVEL 3 & 4 SCORE SHEETS:

Choreography	_____	(10 points)
Performance/Use of Cheer (If included)	_____	(10 points)
Dance	_____	(9 points)
Motions	_____	(10 points)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(15 points)
Stunts Execution/Technique	_____	(1 point)
Pyramids Difficulty	_____	(15 points)
Pyramids Execution/Technique	_____	(1 point)
Dismounts Difficulty	_____	(5 points)
Dismounts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
Tosses Difficulty	_____	(5 points)
Tosses Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

SIDELINE PERFORMANCE CHEER LEVEL 1 SCORE SHEET:

Choreography	_____	(10 points)
Performance	_____	(10 points)
Crowd Effective Material/Leading Skills	_____	(12 points)
Spacing/Formations/Synchronization	_____	(10 points)
Use of Signs/Poms/Flags/Megaphones	_____	(10 point)
Voice & Pace	_____	(10 points)
Motions	_____	(10 point)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(10 points)
Stunts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

CORE CHEER LEVEL 1 SCORE SHEET

Motion Execution/Technique	_____	(20 points)
Jumps Execution/Technique	_____	(20 points)
Stunts Execution/Technique	_____	(20 points)
Dismounts Execution/Technique	_____	(20 points)
Pyramids Execution/Technique	_____	(20 points)
TOTAL POSSIBLE POINTS = 100		

SHOW CHEER LEVEL 1 LIMITED SCORE SHEET:

Choreography	_____	(15 points)
Performance/Use of Cheer (If included)	_____	(15 points)
Dance	_____	(15 points)
Motions	_____	(16 points)
Jumps Difficulty	_____	(10 points)
Jumps Execution/Technique	_____	(1 point)
Stunts Difficulty	_____	(15 point)
Stunts Execution/Technique	_____	(1 point)
Dismounts Difficulty	_____	(5 points)
Dismounts Execution/Technique	_____	(1 point)
Tumbling Difficulty	_____	(5 points)
Tumbling Execution/Technique	_____	(1 point)
TOTAL POSSIBLE POINTS = 100		

YOUTH CHEER GLOSSARY

Reference guide for skills mentioned in the Youth Cheer Levels Grid & General Safety Rules.

1/4 Turn Cradle: A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

1/4 Up (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees.

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

360 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne: To be free of contact with a person or performance surface. **Specifically when referring to tumbling.**

Airborne Tumbling Skill: A tumbling skill involving hip over head rotation in which a participant uses their body and the performance surface to propel themselves away from the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position. **Cradle** examples include: Toe Touch, Tuck, Kick, Pike. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Alternate Flipping Body Positions (Tumbling): X-Out, Layout, Pike, Step Out, and Whip.

Alternate Non-Twisting Cradles: Dismount variations that do not include any twisting skills. Examples include Toe Touch, Tuck, Kick, Pike. Clarification: the arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Arabesque: A stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

Arabian: A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

Assisted Tumbling: A participant performing a tumbling skill on the performance surface that is supported at any point/time by a non-inverted participant who is also on the performance surface before the completion of the tumbling skill. Completion of a tumbling skill is defined as, participant is no longer inverted and has at last 1 foot in contact with the performance surface.

Back Handspring: See Handspring

Back Limber: Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

Back Limber to Back Walkover: Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

Back Spotter: See Continuous Spotter

Back Walkover: A non-airborne tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot at a time.

Ball Up: A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

Base: A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

Basket Toss: A type of toss with no more than 3 bases, 1 back spotter where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

Below Level Jumps: Jumps where the feet and/or legs of the jumper are below perpendicular.

Below Prep Level: Any skill that is below shoulder level of a base.

Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the their torso. The flyer's working leg is kept straight while reaching their free arm to a T motion through the space between their working leg and gripping arm.

Brace/Bracer: A physical connection that helps to provide stability to a top person. Bracers may not be a base or continuous spotter.

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with another top person(s). Types of Braced Flips include Braced Front flip and Braced Back Flip. Some of the body positions for the flipping top person of a braced flip include a Tuck and Pike.

Braced Roll: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

Building: See Stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/reload position in order to return the flyer to the performance

surface.

Cartwheel: A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

Catcher: One of the **persons** responsible for the safe landing of a top person during stunt entry, transition and/or dismount.

Chair: Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

Consecutive Front/Back Handsprings: See Handspring series.

Continuous Connected Jumps: The execution of two or more jumps in constant movement without stoppage of movement.

Continuous Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. **Does NOT need to have contact with the flyer/stunt group.**

Cradle: A dismount in which the bases catch the top person with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight. Also referred as an Awesome.

Dismount: A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. A skill in which the flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge/reload position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

Dive Roll: A Forward Roll where **the** feet leave the ground before **the** hands reach the ground.

Double Based: In reference to a stunt/stunt transition or dismount in which two bases are supporting the flyer.

Downward Inversion: A stunt or pyramid in which an inverted person's momentum is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet.

Eighteen Inches above Extended Arm /Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer.

Extended Level Stunts: A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads,

supported by the Base(s) fully extended arm(s).

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position. Therefore, true show and goes would be considered an extended position.

Extension: A two leg, extended level stunt in which the flyer's feet are being held/gripped by the base(s) in the extended position.

Extension Prep: A two leg, prep level stunt in which the flyer's feet are being held/gripped at shoulder level by the base(s).

Extension Prep Hitch: A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches/Two Leg Hitches are not considered single leg stunts.

Fallback: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Fireman Catch: See Fallback.

Flat Back: A stunt in which the flyer has both feet off of the **ground**, is lying in a horizontal face up position and is supported by **at least 3 bases**. Flatbacks can be performed with the bases' arms in the Extended Position; these are called Extended Flatbacks and are classified as prep level stunts.

Flip (stunt): See Braced Flip.

Flip (Tumbling): An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

Flip Body Positions: Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

Floorwork: Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

Footwork: The activity of moving from place to place, with full body movement, to create visual effects.

Flyer: A person who receives primary support from another person.

Forward Roll: A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine.

Forward Suspended Roll: A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot and lands in a cradle **to the same bases** or the

performance surface.

Front Aerial: An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

Front Base (Spotter): A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

Front Handspring: See Handspring

Front Limber: Gymnastic, non-aerial flexibility skill that originates on the hands (front), keeping both legs together and landing in a back bridge position.

Front Tuck: A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

Front Flipping Leap Frog: Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand/hand contact. Usually performed from a Sponge position.

Front Walkover: A non aerial tumbling skill where one rotates forward through an inverted position to a non inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

Full Twist: A 360 degree twisting rotation.

Full Up: A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

Group Based Stunts: A stunt using multiple bases for support.

Half: See “Extension Prep”.

Hand Support (Tumbling): When both hands make contact with the performance surface during a tumbling skill to support the tumbler’s weight.

Hand/Arm Connection: The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

Handspring: A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

Handspring Series: A tumbling term used to describe a participant’s performance of two or more consecutive handsprings.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Handstand Fall to Bridge: When a participant front limbers to a Bridge position from a Handstand.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg to mirror the Half High V motion of the opposite arm while keeping the working leg straight.

Helicopter: Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

Horizontal T-Lift: A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

Inversion/Inverted: When the athlete's shoulders are below his/her waist and/or both feet are above his/her head.

Inversion Entry: Inversion skill/stunt which originates from the performance surface.

Inversion Exit: Inversion skill/stunt which transitions to the performance surface.

Jump: An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.

Knee Stand Level: The execution of a stunt where the base is in a knee stand (one knee of the base must be in contact with the performance surface) or **on all fours**.

Layout: (Tumbling): An airborne tumbling skill that involves hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

Leap Frog: A braced flyer is transitioned from one set of bases to another or back to the original bases. The flyer must remain upright and stay in continuous contact with the base/back spotter while transitioning.

Liberty: A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

Limber: See Front Limber or Back Limber

Load in: A stunt position in which the flyer's foot/feet are in the hands of the base(s), base(s) hands are below prep level, and is typically in preparation to build a stunt or skill in between stunts. Common positions/terms: Sponge, One Foot Load In, Two Foot Load in.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Nugget: A position in which a participant is kneeling/crouching on the performance floor in a Ball position. May be performed face forward on the feet and hands or face down on the shins and forearms.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Partner Assisted Jumps: See Partner Pick Up

Partner Pick Up: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations. Partner Pick Up Skills include but are not limited to: partner assisted jumps.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Post: A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re extend.

Prep: See Extension Prep.

Prep Level: A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position.

Pretty Flyer: Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A belly down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth **are examples of a prop.**

Pyramid: Any type of physical contact between a stunt group to an indi-

vidual standing on the performance surface OR a stunt group(s). The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body. This physical contact may be made between flyers, between bases, flyer to base, flyer to individual on performance surface, base to individual on performance surface.

Quarter Turn Cradle: See ¼ Turn Cradle.

Quarter Up Stunt: See ¼ Up Stunt.

Release Move: A stunt transition or skill in which the flyer becomes free of contact with the base(s) (i.e. Tic Toc, Switch Up, Ball Up, Tic Up, Toss Hands).

Reload: Return to the loading position with both feet of the top person in the hands of the bases.

Round Off: The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as “running tumbling.”

Scale: A single leg stunt typically performed with the stunt facing the side while the Flyer’s chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area in a side stretch with the knee facing the crowd.

Scorpion: A single leg stunt typically performed with the stunt facing the side while the Flyer grips their foot/ankle with both hands pulling their working leg to behind their body to create a position that mimics a Scorpion’s tail.

Seated Position: Anytime a participant is bearing the majority of their weight on their seat.

Shove Wrap: A stunt dismount in which the Flyer’s feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

Show and Go: A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

Shushunova: A straddle jump or toe touch landing on the performance surface in a prone/pushup position.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Single Front/Back Handspring: A tumbling term used to describe a participant’s performance of one handspring.

Single Based Stunt: A stunt using a single base for support. Other terms

include: partner stunt.

Single Leg Stunt: A stunt where the flyer is free from contact from all bases on one of their feet. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

Single Leg Stunt Variations: Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss for a Cradle. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Single Trick Non-Twisting Toss Skills: Toss skill variations in which the flyer executes a single trick/body position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Split Stunts: Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

Sponge: A stunt/stunt transition in which the Base(s) bring the flyer from a stunt to the load In position (the Sponge) in transition to another skill. Also know as Smush.

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

Spotter: **Member of team** responsible for the head/shoulders of the flyer during a stunt. This person is not a base. They are be able to let go of the stunt and it remain in the air.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Step Off the Front/Back: A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

Step Out (tumbling): A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

Stepping Stone Transition: Transition in which a participant uses teammates as "stepping stones" to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

Stunt: Any skill encompassing a mount/load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, **dismounts** and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt). Other terms for stunt include: mount, building, stunt elevation

Stunt Elevation/Stunt Building: The degree in which the flyer's foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

Stunt Transition: See transitional stunt.

Superman transiton: The back spotter grips the flyer's ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level **or below** stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during this transition.

Supine: Lying face upward.

Supporting Leg: A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

Suspended Roll/Braced Roll: See Forward Suspended Roll

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by **3 bases**. **One base MUST** be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people, **where the base lifts the flyer and moves them up and down or side to side**.

Swing Up Stunts: A stunt, **with multiple bases**, using a swinging motion that uses the flyer's body in a **front to back or side to side** movement and swings up into a new stunt position.

Switch Up: A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on one or both feet.

T-Lift: A waist Level stunt in which the flyer with arms in a T motion is supported on either side by **at least** two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted position while being supported in the stunt.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Thigh Stand Level: The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.

Tic Tock: A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

Toe/Leg Pitch: A **prohibited** single or multi based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Top Person: See **Flyer**.

Toss Stunts: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

Transitional Stunt: Top person(s) **changing** from one **skill** to another thereby changing the configuration of the beginning stunt.

Tuck (Stunt): A body position in which the knees and hips are bent and drawn into the chest used during stunt skills/transitions. This may or may not involve hips over head rotation, however with hips over head rotation there is no contact to the performance surface or base(s) as the body passes through the inverted position.

Tuck (Tumbling): A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

Tuck Body Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

Turn: Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

Two High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

Two and One Half (1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt. Two and one half high pyramids are prohibited in the youth cheer divisions, however, passing through a two and a half high pyramid posi-

tion is allowed in Level 4.

Twist: Participant rotating around their body's vertical axis.

Twist Cradle(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: $\frac{1}{4}$ Twist, $\frac{1}{2}$ Twist, $\frac{3}{4}$ Twist, Single Twist/Full Down/Full Twist, 1 $\frac{1}{4}$ Twist, 1 $\frac{1}{2}$ Twist.

Twist (stunt): Participant rotating around their body's vertical axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first movement by the bases or flyer during the simultaneous twisting or building of a stunt inclusive of any bounces/dips that precede or follow the twisting stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

Up & Over: See Leap Frog.

Upright: When a participant is vertical with their chest and head in an upright position. Ex. Ball up, Switch Up.

V-Sit/V-Sit Variations: A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: **Prep Level V-Sit (waist level skill)**, **Extended V-Sit (prep level skill)**, **seated position variations (i.e. pike, hitch)**

Valdez: Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

Vault/Vaulting: A flyer using their hands as a means to get their body up and over another individual.

Waist Level: A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing. Other terms for Waist Level include Stomach Level and Belly Level.

Walkover: A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

Working Leg: A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

YCADA DANCE CATEGORIES

Category is defined by the type of performance you select.

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use

of poms may negatively impact the panel judges overall impression and/or score of the routine.

POM: The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.

JAZZ TECHNIQUE: Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

CHEER FUNK: This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.

POPPING: This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.

LOCKING: This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.

BREAKING: This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. *See **Tumbling, Gymnastics and Tricks under Dance General Rules for details.**

KRUMPING: This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.

WAACKING: This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.

TUTTING: This style of dance combines body and arm movements that are based on geometrical angles and shapes.

URBAN: This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete,** this routine develops a selected theme or era through music, costum-

ing, dance choreography and/or props. This routine should encompass and express one **predominate** theme and/or era. A proper theme dance should incorporate creative and **innovative** movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are **HIGHLY** recommended **and should be utilized throughout the routine to maximize score**. See Youth General Dance Routine Guidelines for prop specifics.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.

YOUTH DANCE ROUTINE GUIDELINES

Review all dance routine guidelines, general rules, categories, penalty info and dance glossary for clarification of terms. **ANY VIOLATIONS FROM THIS SECTION WILL BE A 1.5 POINT DEDUCTION**

ROUTINE GUIDELINES

(a) Time Limit: 2:30

(b) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling and/or stunting while entering

or exiting the floor is not allowed.

(c) Timing will begin with the first organized word, movement or note of music following the team taking the floor. **Teams may use a short count and a set prior to the start of the music/cheer.** (Example: "5,6,7,8 – Panthers!) Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.

(d) Timing will end with the last organized word, movement or note of music.

(e) Performance of tumbling skills after the completion of a teams routine/performance or during the teams entrance or exit of the floor is forbidden.

(f) Theme dance participants may not take any longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.

(g) Only registered participants of a team are allowed on the performance surface (exception: See Theme Dance).

(h) All participants with a hard cast (or full (medical) boot brace/walking boot) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.

(i) Code of Conduct

1. During an official function all teams should be supervised by a qualified advisor/coach.
2. All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over

the counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

5. Coaches and advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division and/or category may allow a skill that is more advanced than the capabilities of an individual or group. Coaches must consider the skill level of an individual and/or team prior to skill progression.
6. Proper warm up and stretching exercises should be performed prior to performance.
7. Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
8. YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

(j) Choreography, Music & Costuming

1. Dance teams may wear approved jewelry as part of their costume. Jewelry such as post stud earrings, hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
2. Music is required throughout this performance. Teams performing without music at any point in the performance will receive a 2.5 penalty. Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills outlined in the routine specifics.
3. Soled dance shoes (jazz boots, dance sandals, jazz shoes) are acceptable when competing. **Bare feet**, wearing socks and/or footed tights only is prohibited.
4. Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.

(k) Props

1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
2. Poms are required for at least half of the routine in the Pom category.
3. Items that may damage the performance surface are prohibited.
4. Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.
5. Standing props are only allowed in the Theme Dance category. Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).

YOUTH DANCE GENERAL RULES

The General Skill Requirements for Youth Dance Routine

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms. Any violation from this section will be a 2.5 point deduction.

(a) Tumbling, Gymnastics & Tricks

1. The following skills are the only gymnastic/tumbling skills permitted and may only be incorporated in to a routine as a dance maneuver.

ALLOWED SKILLS:

Forward/Backward Rolls	Round Offs	Front Handsprings
Shoulder Rolls	Back Bends	Headsprings
Stalls	Front/Back Walkover	Windmills
Handstands/ Headstands	Valdez	Side Aerials
Cartwheels	Kip Up/ Kick Up	

2. Airborne skills are not allowed (exceptions: SIDE Aerials, Headsprings and FRONT handsprings are allowed).
3. Tumbling while holding poms or props in hand(s) is not allowed in any category. Poms must be discarded from the athlete's hand(s)/body before any tumbling is executed. Exception: Forward and Backward Rolls may be performed while holding poms in hand(s).
4. Weight must first be borne on the hands or feet when dropping to the knee, thigh, seat, front, back, jazz split (hurdle) or split position when originating from a jump, airborne, or inverted position.
5. When originating from a standing position, lowering to the knee, thigh, seat, front, back, jazz split (hurdle), or split position does not call for hands to first touch the performance surface.
6. Athletes are permitted to tumble over another participants' appendages (foot, feet, hands, arms).

(b) Lifts & Partnering Skills

1. The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.
2. The supporting dancer must remain in constant contact with the elevated dancer **with** hand/arm/body contact throughout the duration of the lift/partnering skill **when the skill is above the supporting dancer's waist.**
3. The supporting dancer must maintain ultimate control over the elevated dancer (including but not limited to body position, momentum and change of body position) throughout the duration of the lift/partnering skill, **when the skill is above the supporting dancer's waist.**
4. Hip over head rotation is allowed only if the elevated dancer's

hips execute and complete the rotation at or below head level of the supporting dancer when the supporting dancer is standing upright on the performance surface (Clarification: Partner/back-to-back inversions are only allowed with a forward momentum, the lifting partner may not bend backward during the skill, and limited to one rotation).

5. Jumping from or tossing one dancer to another dancer is prohibited.
6. An elevated dancer may not be tossed to the performance surface by a supporting dancer.
7. An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below **shoulder** level of the supporting dancer when the supporting dancer is standing upright on the performance surface.
8. **The following cheerleading style stunts are permitted:** Pony Sits, Thigh Stands, Shoulder Sits and V-Sits. Extended V-Sit Lifts are allowed and require an additional spotter that is not in contact with the lift.
9. An elevated dancer's hips may go no higher than the supporting dancer's head in all dance lifts.

RULES PENALTIES:

1.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the YCADA Dance **Routine Guidelines**.

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the YCADA Dance General Rules.

Please refer to the **YCADA Dance Routine Guidelines** & General Rules for specific allowances and restrictions. A rules judge may never take a rules deduction where no rule is being violated.

TIME LIMIT PENALTIES:

1.0 POINTS deducted from your total possible score if your routine goes **4 – 7 SECONDS OVER** time requirements.

2.0 POINTS deducted from your total possible score if your routine goes **8 - 10 SECONDS OVER** time requirements.

3.0 POINTS deducted from your total possible score if your routine goes **11 OR MORE SECONDS OVER** time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography, costuming and music must be used. Penalties will be assessed under the YCADA Dance **Routine Guidelines**.

ADDITIONAL POP WARNER DEDUCTIONS:

Rules and violations of the Pop Warner Rule Book, which do not reside in the YCADA Rules & Scoring Packet would be subject to the deduction as listed in the Pop Warner Rules Book.

SCORE SYSTEM 411 YOUTH DANCE DIVISIONS

YCADA's scoring system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding YCADA's scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, Routine Guidelines, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

HOW IS A ROUTINE SCORED?

YCADA has created separate scoring criteria for EVERY style of dance! What does this mean? Points are allocated differently for each routine style! Why would we go to such great lengths to tailor our score sheets to each style? 'Cause we know that each style of dance demands different skill levels. For example, a Theme Dance demands different skills and a different performance than a Pom Performance routine. Theme Dance does not call for jazz skills/technique but it does call for a routine based on theme and entertainment. Therefore the score sheets for Theme Dance have a higher point value for the Performance Presentation while Pom score sheets have a higher value point value for difficulty. YCADA not only believes in the purpose of skills/performance levels, but also carries this mission throughout the scoring process. If the routine isn't demanding a certain skill or style, then fewer points will be allocated for this versus other parts of the routine.

WHAT ARE SCORING GRIDS?

Scoring grids show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, at what difficulty level the majority of the skills were performed, and the perfection of execution of the skills. For example in Pom Performance, having one participant execute a single pirouette while the rest of the members perform a front kick does NOT guarantee a scoring in the range of 4 - 5 in Incorporation of Jazz Technique /Performance Skills. Other factors must be considered. When entering a category that specifically calls for mandatory skills/styles, YCADA must ensure that the difference is recognized between teams who perform a sufficient amount of the required skills/styles vs. teams that have only included a limited amount. With perfection of execution and creative incorporation, that team may be able to achieve a score in the range of 4 - 5. As you can see, YCADA takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

HOW ARE TOTAL SCORES CALCULATED?

Your Total Possible Score from each judge will be out of 100 points. Scores from all panel judges are added together, and then divided by the total number of panel judges to find the average score. Any penalties and deductions received are deducted to provide the Final Score. The Final score is used to determine awards/ranking at that specific championship and Nationals Qualification.

For example:

Total Possible Score: 100 points

The team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together ($72.1 + 75.3 + 74.1$) = 221.5

Then divided by the number of judges ($221.5 / 3$) = 73.83

Average Score: 73.83 points

The team also received a penalty of 2.5 points.

Average Score minus the penalty points ($73.83 - 2.5$) = 71.33

Final Team Score = 71.33 (used for awards/ranking & Nationals Qualifications).

COACH'S CHEAT SHEET**Youth Dance Divisions****HOW DO YOU USE YCADA SCORING GRIDS?**

1. Find your team's scoring grid.

What is your Category?

Example:

- If you are: POM
- Then select: YOUTH - POM SCORING GRID

2. Look at each element on the Scoring Grid.

• Your team will be judged and scored on the criteria specified in your category and dance style scoring grid. Each scoring grid has its own point distribution and allotment.

• Scoring elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection and creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self confidence. Strong level = higher score.

• Scoring elements are judged based on majority vs. partial team execution. Teams will earn more points if the majority (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.

• Scoring Example: An element on the YOUTH - POM SCORING GRID is CHOREOGRAPHY FORMATIONS- Variety, Spacing and Transitions

• If the majority of the routine contains creative and seamless transitions between formation changes, great use of the floor with proper spacing, great variety in formations, formations and transitions enhance overall visuals, etc. ,Then you can expect to receive a score in the 11.0 - 12.0 range

• If the majority of the routine contains basic incorporation of formation changes, standard transitions, inconsistent spacing throughout routine, etc. Then you can expect to receive a score in the 9.0 - 9.9 range

WHAT ARE JUDGES LOOKING FOR?... Here's a quick checklist

- Were all skills performed 'legally'?
- Did the majority (over half) of the team perform/execute (not attempt) the skill(s)?
- Did the routine include variety?
- Was the routine executed with proper presentation and level of energy?
- Was it clean & exciting? Were there many timing errors?

Examples:

- Was choreography varied to hold audience attention? OR

did the routine become repetitive & monotonous?

- Did the performance have consistent energy throughout the entire routine? Or did the confidence and energy level drop half way through or towards the end?
- How did the team execute the skills?
 - Strong Level = Higher Score
 - Mastery of skill •Excellence of performance/skill
 - Confidence in performance
 - Weak Level = Lower Score
 - Inconsistent in skill •Needs polish •Lacks self confidence
 - Were there mistakes, improper execution of technique/tricks/ styles, timing errors, etc.?

DANCE - POM SCORE SHEET:

Routine Execution - Overall Impression_____ (10 points)
 Choreography -Creativity & Variety_____ (10 points)
 Choreography - Formations-Variety, Spacing & Transitions (12 points)
 Pom - Visual Effect _____ (12 points)
 Pom - Synchronization_____ (12 points)
 Pom - Motion Technique-Placement_____ (12 points)
 Pom - Motion Technique-Sharpness_____ (12 points)
 Jazz - Incorporation of Jazz Technique/Performance Skills_ (5 points)
 Jazz - Execution of Jazz Technique_____ (5 points)
 Routine Execution - Degree of Difficulty_____ (10 points)

TOTAL POSSIBLE POINTS = 100

DANCE - THEME SCORE SHEET:

Routine Execution – Overall Impression_____ (10points)
 Routine Execution - Team Uniformity_____ (10 points)
 Choreography - Creativity and Variety_____ (10 points)
 Choreography-Formations-Variety, Spacing and Transitions (10 points)
 Choreography - Visual Effect_____ (10 points)
 Theme Composition - Movements_____ (15 points)
 Theme Composition - Costuming and Props_____ (15 points)
 Theme Composition - Music_____ (15 points)
 Routine Execution - Degree of Difficulty_____ (5 points)

TOTAL POSSIBLE POINTS = 100

DANCE - HIP HOP SCORE SHEET:

Routine Execution – Overall Impression_____ (5 points)
 Routine Execution – Team Uniformity_____ (10 points)
 Choreography – Creativity & Variety_____ (10 points)
 Choreography – Formations – Variety, Spacing, Transitions_ (10 points)
 Choreography – Visual Effect_____ (5 points)
 Choreography – Difficulty_____ (12 points)
 Hip Hop Fundamentals – Interpretation of Hip Hop Styles_ (12 points)
 Hip Hop Fundamentals – Incorporation of Hip Hop Styles_ (12 points)
 Hip Hop Fundamentals - Execution of Hip Hop Styles_____ (12 points)
 Hip Hop Fundamentals – Musicality/Rhythm/Body Isolation(12 points)

TOTAL POSSIBLE POINTS = 100

YCADA DANCE GLOSSARY

Reference guide for all skills mentioned in the General Safety Rules.

Aerial: See Side Aerial

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid-air.

Back Walkover: A non-airborne tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Backward Roll: A non-airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Calypso: A turning dance leap, originating from chainé turns, in which the working leg is swept and held straight, while the back leg is held in the attitude position.

Cartwheel: A non-airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancers whose arms and/or wrists are interlocked.

The dancer flips with or without hand/arm contact.

Dance Lifts: See Lift

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an “X” position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non-airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non-airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid-air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one’s head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

Headstand: A position in which a dancer is inverted on one’s head while the hands are also on the performance surface to support his/her body weight.

Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

Hip Over Head Rotation: A movement where hips move over the head. Examples: Forward roll, Back walkover.

Inverted: When the dancers shoulders are below his/her waist with at least one foot above his/her head.

Jump: An airborne position not involving hip-over-head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lift/Partner Lift: A sequence of acrobatic movements in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.

Lifting Dancer: A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.

Liquid Dancing: Liquid like movements and gestured dancing that can sometimes involve pantomime.

Partner Lift: See Lift

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

Pirouette Turns (pir-o-et): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pony Sit: The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "Snap Shot Effect".

Prop: An object that a dancer can control and utilize throughout performance.

Pyramid: A grouping of connected stunts.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Round Off: The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll: Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.

Side Leap/Jeté a la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid-air before landing.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

Stall: A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.

Standing Prop: Any item(s) that bears the weight of the participant.

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid-air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancers thighs.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing.

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chaîné that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid-air before completing the skill.

Whack Back: A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

Weight bearing: A skill in which the dancers weight is supported by another dancer.

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.





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