

Pop Warner Specific Rules			
	7U	8/9U	10U-14U
Kickoff	X	X	KO
Start On	35	35	KO
Punt	*1	*2	YES
Blitzing	NO	NO	YES
Def Over Snapper	NO	NO	YES
Fumble	*3	LIVE	LIVE
Interception	LIVE	LIVE	LIVE
Point After Try	Not Live if a Kick	Not Live if a Kick	YES
Overtime	*4	YES	YES
Field Length	100	100	100
Field Width	FULL	FULL	FULL
Min # of Players to start	16	16	16
6U & 7U Defensive Alignment must be 6-4-1 NO BLITZING			
7U Offense Can Only Have 1 Split WR within 5 Yards of the offensive tackle			
*1 - On 4th Down, run a scrimmage play OR move the ball back to opponent's 35 yard line			
*2 - Punt is LIVE but Defenders cannot rush			
*3 - In Offensive backfield, ball is DEAD / on Defensive side ball is LIVE			
*4 - Tie breakers are permitted in League Championship and/or bowl game Only			
MPR Rule - 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.			
Failing to meet MPR requirements results in game forfeiture and potential disciplinary action.			
Lopsided Score Rules			
Running Clock Starts at a 30 Point differential			
Winning team can only run the ball, & must run the ball between the offensive tackles			
Neither team can blitz - Must Run 4-3-4 defense			
Winning Team may not advance fumble or INT			
Special Teams continue			
Game Ball Size - 9 & 10U -Peewee/K2, 10 & 11U			
- Junior/TDJ, 12U & Up - Youth/TDY			
**7U - 8 Minute Qtrs, 2 Time outs per Half, 5 & 10 Yard Penalties Only, 2 Coaches on the			
**8U - Coaches Off the field after week 4			

*Updated 2026