



Join the leader in youth football and cheer & dance.

2022

Industry Leadership

- Pop Warner is a name **synonymous with youth football**
- The **premier national** youth football and cheer & dance organization
- **Strength** and **stability**, with nearly a century of leadership in youth sports
- With **millions of alumni**, chances are that you, or someone you admire, participated in one of our programs
- Unparalleled commitment to making football **safer and better**; as well as advancing safety in cheer & dance
- **Emphasis on scholastics** separates us from other youth sports programs



Mission Focused

- **Everyone Participates:** Making sure each and every kid gets a chance to enjoy the sport
- **Focus on Fundamentals:** Teaching proper techniques relevant to each age level
- **Character Development:** Empowering role models to instill values, skill and knowledge into youth
- **Student First:** Emphasizing academic success, then rewarding it
- **Proper Governance:** Equipping grassroots organizations with proper guidance



Safer and Better

- Commitment to **parents and their kids** drives us to make sports better
- **Medical advisory board** drives evidence-based guidance on player safety rules
- **Extensive training opportunities** for football and cheer & dance coaches
- With our industry-leading rules changes and Heads Up Football program, **an 87% reduction in injuries over a three-year period**
- **Founding member of YCADA** to provide education and training for Cheer & Dance coaches



Member Benefits

- An **administrative manual** is available to help with league and association operations
- Take advantage of our **online roster program** to easily manage teams, association or league
- Access to competitive and **affordable insurance** plans to ensure your organization has great coverage
- Assistance with the process of conducting **background checks**
- Coaches and adult **codes of conduct** to help create a positive experience
- **Enforcement of boundaries** to ensure fair competition



Football Overview

- Programs offered in **tackle**, **limited contact** and **flag**
- **Several options** for league play, with age-based and age/weight divisions
- Forward-thinking rules structure to **ensure a bright future** for the sport
- On-field coaching encouraged **to help younger athletes**
- The only true national youth championship – **Pop Warner Super Bowl** – in the country
- Teams from eight regions need to advance to the national event through **regional playoff system**



Football Divisions

2022 Age-Based Divisions

Division	Ages	Inclusive Birthdays
6U	5-6	8/1/2016 - 7/31/2017
7U	6-7	8/1/2015 - 7/31/2016
8U	7-8	8/1/2013 - 7/31/2015
9U	7-8-9	8/1/2012 - 7/31/2015
10U	8-9-10	8/1/2011 - 7/31/2014
11U	9-10-11	8/1/2010 - 7/31/2013
12U	10-11-12	8/1/2009 - 7/31/2012
13U	11-12-13	8/1/2008 - 7/31/2011
14U	12-13-14	8/1/2007 - 7/31/2010

NOTES

A child's age on July 31 is his/her age for the season.

2-point stance for all 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.

*The asterisked provisions in each Age-Weight division allow the so-called "older but lighter" player to also qualify. The last year of eligibility falls under more stringent weight restrictions.

2022 Age-Weight Divisions

Division	Ages	Certification Weight (End of Season)
Tiny-Mite	5-6-7	35-80 lbs. (89 lbs.)
Mitey-Mite	7-8-9	45-105 lbs. (114 lbs.)
Jr. Pee Wee (older/lighter)	8-9-10 11*	60-120 lbs. (129 lbs.) 60-95 lbs. (104 lbs.)
Pee Wee (older/lighter)	9-10-11 12*	75-135 lbs. (144 lbs.) 75-110 lbs. (119 lbs.)
Jr Varsity (older/lighter)	10-11-12 13*	90-160 lbs. (169 lbs.) 90-135 lbs. (144 lbs.)
Varsity (older/lighter)	12-13-14 15*	105-185 lbs. (194 lbs.) 105-160 lbs. (169 lbs.)

2022 Flag Divisions

Division	Ages
Cat	5-6
Cub	6-7
Bobcat	7-8
Wildcat	7-8-9
Panther	14-16
Challenger	8-9-10

Divisions 1, 2 and 3

In an effort to achieve parity among all participating programs, each team declares a division that best represents them. Division 1 is the most-competitive division.



Cheer & Dance Overview

- Leader in youth **recreation-focused** cheerleading and dance experiences
- **Year-round program** provides several opportunities to participate
- There is a division for programs **of all sizes, disciplines and skill levels**
- **Established set of rules** consistent with YCADA, of which Pop Warner is a founding partner.
- Access to **online educational courses** for its coaches, administrators and judges on team skill levels.
- Marquee vents include both **regional and national championships**



Cheer & Dance Divisions

2022 Year-Round Divisions

Division	Ages
Tiny-Mite	5-6-7
Mitey-Mite	7-8-9
Junior Pee Wee	8-9-10-11
Pee Wee	9-10-11-12
Junior Varsity	10-11-12-13
Varsity	12-13-14-15-16
Bantam	15-16-17
Challenger	5-18

2022 Flag Divisions

Division	Ages
Cat	5-6
Cub	5-6-7
Bobcat	8-9-10
Wildcat	11-12-13
Panther	14-15-16

NOTES

A child's age on July 31 is his/her age for the season.

Cheer & Dance divisions are determined by Association Registration, Budget, Equipment, etc., and are reviewed and approved by league officials each season.

The ages of the Cheer & Dance teams should correspond to the playing ages of the football team with which they are associated. For exceptions, contact your Region Cheer & Dance Coordinator so we can address your situation.

Our Skill Divisions are set to standards set by our partners YCADA.

2022 Skill Divisions

Division
Core Cheer 1
Show Cheer 1
Show Cheer 2
Show Cheer 3
Show Cheer 4
Sideline Performance Cheer 1
Pom Performance
Theme Dance
Hip Hop

Small, Medium and Large

In an effort to achieve parity among all participating programs, each team will compete with others that are of similar size. We group teams as Small (5-10), Medium (11-20) and Large (21-35).



National Championships

- Season ends with a premier event in **sunny Orlando, Fla.**, each December
- Pop Warner Super Bowl held at the site of **Camping World Stadium**, with as many as 72 teams vying for a title
- Cheer & Dance Nationals draw about 500 teams to **Orange County Convention Center**
- The official lodging partner of Pop Warner is **Universal Orlando Resort**
- **Like Roller Coasters?** Join us for an exclusive event at Universal's popular theme parks



Scholastics

- Our **student first** emphasis rewards academic success
- Athletes are **required to maintain minimum GPA** to participate
- We celebrate **scholars in the top 2%** of all Pop Warner participants
- **All-American Scholars** program recognizes first team, second team and honorable mention scholars
- Senior Scholars are eligible for college scholarships; Pop Warner has rewarded **over \$1.75 million in scholarships** since 1993



Regional Structure

Pop Warner is supported by a regional management team to offer consultation to members on managing various facets of their grassroots programs, as well as to provide regional educational and event experiences.

- **Eastern** (NY, NJ, PA, MD, DE, DC)
- **New England** (MA, CT, RI, NH, VT, ME)
- **Mid-South** (AL, KY, NC, SC, TN, VA, WV)
- **Southeast** (FL, GA, AL, MS)
- **Mid-America** (IN, MI, IL, OH, MO, WI, NE, IA, ND, SD, MN)
- **Southwest** (AR, CO, LA, OK, NM, TX)
- **Pacific Northwest** (AK, CA, NV, WA, OR, ID)
- **Wescon** (AZ, HI, CA, NV, UT)



Pop Warner Authentic

- In 2020, Pop Warner launched a new venture to help create **more programs and services** for members
- Pop Warner Authentic makes **custom-designed uniforms** for football and cheerleading
- Offers grassroots a **simpler, more cost-effective and reliable** uniform ordering option
- This new initiative also includes **fanwear and lifestyle apparel** through Pop Warner Shop

See more at www.pwauthentic.com and www.popwarnershop.com.



**POP
WARNER**

LITTLE SCHOLARS



Learn more at
www.popwarner.com.



Interested in joining? Tell us more
about your organization. [Click here](#)