
San Diego Pop Warner Conference and Nationals

Policies & Procedures



2007 Season

Pop Warner Tackle Football and Cheer Program



“MAKING A POSTIVE IMPACT ON OUR YOUTH”

SDPW

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Section 1. Mission Statement

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

Goals and Objectives

The objective of the San Diego Pop Warner Organization is to inspire the youth regardless of race, creed, or national origin, to practice the ideals of sportsmanship, scholastic improvement, and physical fitness, while familiarizing all youth with fundamentals of football and cheer.

The San Diego Pop Warner Football and Cheer are committed to excellence; motivating and challenging participants through a partnership of players, cheerleaders, coaches, parents, and community. Success for our young people will be defined as the self-satisfaction in knowing they have done the best that they are capable of doing. Our program will always be about the players and cheerleaders, and not plays. We will create and nurture an atmosphere where our players and cheerleaders understand that a combination of hard work, positive attitude, and a little fun mixed in, are the keys to success. Our commitment to our community will be open and honest in our communication, practice, individual integrity, responsibility and good sportsmanship. We will treat each child, parent and community volunteer with courtesy, dignity and respect. **(SDPW / NATIONAL)**

Section 2. Introduction To the Rules

To all Associations, Head Coaches- both Football, Cheer, Assistant Coaches and Volunteer Staff
National Pop Warner has established one (1) set of football and spirit rules for all participants in the Pop Warner Little Scholars Official Rules Book. However, each conference and association can establish policy and procedures to assist in the administration of the National Rules.

This manual has been prepared solely for the benefit of all staff volunteers in order that they may better and clearly understand the playing conditions and required rules that shall be enforced during the upcoming season. The foregoing "Policies and Procedures Manual" has been adopted and approved by San Diego Pop Warner Association Presidents.

These SDPW policies are intended to supplement to the **National Pop Warner Rules and Regulations**. Other rules and policies that will apply to your function as a volunteer can be found in the **National Federation of High School Associations** for football and Spirit, your own Local Association Policies and **The Pop Warner Administrative Manual**.

These rules have been adopted to make football and spirit participation within the SDPW conference more competitive, safe, and enjoyable for all young people within the conference. The layout and format of this rulebook is to inform and make it easier to understand reference and find rules as they may apply to situations that may arise.

Other policy may also be implemented after the issue date of this manual. Although these will not be made part of this manual, they may still apply to the current season. Therefore, it is imperative that the local association boards create a good line of communication with their volunteers. This will insure that they are constantly kept up to date as the board of presidents (conference) approves these new rules and puts them into place.

In the event new rules are put into place after the current printing of this Policy Manual, an amendment sheet shall be issued to each association. It will be their responsibility to insure that copies are made and distributed for all those within their organization to attach to this manual.

EACH HEAD COACH, BOTH FOOTBALL AND CHEER, AS WELL AS THEIR STAFFS & ASSOCIATIONS PRESIDENTS AND CHEER COORDINATORS, are expected to read, understand, and sign and agreement to abide by all the stated policies in this manual, as well as all rules and regulations stated within **the National Pop Warner Rules and Regulations** handbook and the **National Federation of High School Associations**

SECTION 3 – STRUCTURE, OPERATION AND PERSONNEL

NOTE: All Adult Volunteers **MUST** fill out a Volunteer Application and submit a cleared background check.

State Sex offender Registry (SOR) minimum check has been raised. **2007 MINIMUM REQUIREMENTS** is that all Conferences and Associations **MUST** use another form of background checks if they are using only the state SOR. **National database, FBI fingerprints, State criminal background checks, etc.**

A. Defined Pop Warner Season

- For all purposes, the Pop Warner playing season shall be defined as July 30th through December 31st or the last *Pop Warner* game/competition, or which ever comes first. (SDPW/NAT)
- Conferences, administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of Pop Warner rules and regulations at any time during a stated playing season. (NAT)

B. Administrative Manual

1. The Pop Warner Administrative Manual is designed to keep each Conference and Association current on all administrative matters, as well as to facilitate the daily operational management of those local organizations. (NAT)
2. SDPW Conference shall provide each Association President a copy of the Administrative Manual. (NAT)

C. The Conference Board

1. The government of this conference shall be under the supervision of the Board of Presidents, the Conference Commissioner, Vice Commissioner, and Deputy Commissioner.
2. It shall be the duty of the Conference Commissioner, Vice Commissioner, and Deputy Commissioner to conduct all business of the Corporation under the direction and approval of the Board of Presidents. (SDPW BY-LAWS)
3. The Conference Commissioner and (1) Vice Commissioner are elected for a (4) year term by a majority vote of the Board of Presidents. The Cheer Commissioner and all Deputy Commissioners shall be appointed by the Commissioner and ratified by the Board of Presidents annually. (SDPW BY-LAWS)
4. The conference shall be the liaison between National Pop Warner and the Associations. (SDPW BY-LAWS)
5. The Conference shall be responsible for all scheduling, eligibility, rules and boundaries for associations. (SDPW BY-LAWS)
6. The Conference shall act as the Agent for payment of dues to National Pop Warner and the payment of insurance to cover all Associations. (SDPW BY-LAWS)
7. The Conference Treasurer shall deposit all monies of the corporation as directed by the Board of Presidents. The Treasurer shall prepare and present the complete financial statement annually and report the financial status of the Conference at each regularly scheduled meeting. (SDPW BY-LAWS)
8. The Conference Secretary shall be responsible to keep and maintain minutes of all Conference meetings. (SDPW BY-LAWS)

NOTE: *Please refer to the SDPW Conference By-laws for detailed information.*

D. The Association Presidents

Among other duties the association president or representatives thereof must:

1. Attend regularly scheduled Conference meetings.
2. The association President will be called upon from time to time to turn-in paperwork. (i.e.,) board lists, by-laws, financial statements, rosters, insurance information etc.
3. Report game scores to the conference by telephone or email no later than 12 noon on Sunday following any game day.
4. Pay team dues to SDPW Conference
5. Provide team information to the Conference Scheduling Commissioner when called for.
6. Communicate all applicable information to his/her association members in a timely manner.
7. Make certain that all his/her coaches receive a copy of all rulebooks, & policies.
8. Must inform all coaches and administrators of any current policy changes in a timely manner.
9. Make certain that all his/her coaches and volunteers attend all SDPW mandatory meetings.
10. Make certain that his/her association has adopted a Mission Statement.
11. Make certain that his/her association has adopted a Zero Tolerance Policy.
12. Every Association is **required** to have its own By-Laws. If a conflict arises between By-Laws of a Conference and a Association, the Conference By-Laws take precedence.
13. Each Association **must** keep a set of detailed financial records, prepare tax returns and keep the corporation information updated and pay the annual fees.
14. A team or association that uses the media to air controversial matters is subject to disciplinary action by the conference. However, a parent or parent group acting independently presents a different set of circumstances. An association **must** try to defuse parents, and to allow due process to take its course within the conference structure. Beyond this process, associations cannot control statements by parents.
15. Team rosters, contracts and volunteer applications shall be kept by each association for a minimum of two (2) years. (SDPW)
16. An Association **must** submit an event request for any team and squad participating in any non-Pop Warner events.(SDPW/NAT)

NOTE: *Please refer to the Pop Warner Administrative Manual for detailed information*

E. Other Key Members

1. In addition to the Administration Convention, **one mandatory** SDPW organized meeting will be scheduled for the association's **Little Scholar Representative, Player Agent, Flag Representative and Business Manager Representative** and **must** be attended by each or representatives thereof.
2. Cheer Coordinators will be required to attend meetings and clinics throughout the season. See the Spirit Manual for full details of job description.

F. Insurance

1. Each Association President shall submit to the Conference Insurance Commissioner, in writing, a list of all practice and game fields including the name and address. (SDPW)
2. Each Association President shall submit to the Conference Insurance Commissioner, in writing, a list of all business and public establishments to be used by that association as a place of congregation, fund-raising, etc. including the name and address.(SDPW)
3. No residence will be accepted. (SDPW)
4. The Conference Insurance Commissioner shall issue a certificate of insurance to the association before the intended use of the facility. (SDPW)
5. Make certain that his/her association has the proper insurance coverage for their board. (SDPW)

G. General Regulations

1. Administrators, coaches, and volunteers shall abide by all DMV regulations when transporting participants to any Pop Warner function. (SDPW)
2. Administrators shall verify that all drivers, who are transporting participants, have a valid driver's license and automobile insurance. (SDPW)
3. Coaches and administrators will not allow any child to ride in the back of a pick-up truck. (SDPW)
4. Administrators, coaches and volunteers are not permitted to go anywhere alone with a child other than their own, without written parental approval. (SDPW)
5. At no time shall the coaching staffs or volunteers of any SDPW Conference team or squad engage in the drinking of alcohol when the team gets together for a pizza party, swim party, birthday party, etc. (SDPW)
6. All volunteers have a duty to warn. Failure to warn is an act of negligence. As early as possible, warn parents that football is a contact sport and may be dangerous. (See the Pop Warner Administrative Manual).

H. Regular Scheduled Board of Presidents Meetings

1. SDPW Conference shall conduct at a minimum (1) one Board of Presidents meeting per month in the months January thru May. In the months June thru November a minimum of (2) two meetings per month shall be held. The month of December shall be reserved for the Annual Awards Banquets and elections.
2. It is mandatory that the President of each association (or a designee) attend every scheduled SDPW Conference Board Meeting.
3. Cheer Coordinators from each association may also be required to attend SDPW Conference board meetings, scheduled by the SDPW Cheer Commissioner. As well as mandatory meetings pertaining specifically to cheer issues.
4. Each association is entitled to one (1) vote. Proxy voting is not allowed. In the event of a tie vote the Conference Commissioner shall cast the deciding vote.
5. All Conference Commissioners shall have access to debate but shall have no vote.
6. An annual agenda listing the dates of all SDPW Conference board meetings shall be supplied in the month of February of the current year.
7. Official business of the conference may be conducted at a regular or special meeting of the conference, if a quorum of the Board of Presidents is present. A quorum shall consist of a simple majority to the total number of Associations Presidents in the conference. (SDPW BY-LAWS)
8. During the season sensitive matters may need to be discussed and an action taken. An Executive Session will be called to discuss and/or resolve these sensitive situations. In an Executive Session only the president or representatives thereof shall be allowed to take part in the meeting. All information discussed while in an Executive Session is to be held confidential and may only be discussed on a need-to-know basis. **This includes, but is not limited to discussing Executive Session information with your boards or coaches.**

I. Mandatory Meetings/Clinics

1. All Association Cheer Coordinators representatives thereof are required to attend meetings, which are classified as mandatory.
2. All Association Head Football Coaches, or representatives thereof, are required to attend the mandatory SDPW organized Head Coach's Rules and Safety Meeting. The Association President is highly encouraged to attend as well.
3. All Association Head Cheer Coaches, or representatives thereof, are required to attend the mandatory Head Cheer Coach's Safety/Rules Meeting. The Association Cheer Coordinator is highly encouraged to attend as well.
4. One mandatory SDPW organized meeting will be scheduled for the association's Little Scholar Representative, Player Agent and Flag Representative and **MUST** be attended by each or representatives thereof.
5. One mandatory SDPW organized meeting will be scheduled for the association's Business Manager from each team and **MUST** be attended by each or representatives thereof and the team's Head Coach.

J. Violations

1. Any Association that does not turn-in their required paperwork, or pay their team fees when due, **shall have their voting rights suspended and fined until the paperwork and/or fees are paid or turned in.**

K. Pop Warner Volunteer Application

1. 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 *Conference*. Annual background checks must be completed prior to the applicant assuming his/her duties for the current season, and should be submitted to the *Conference Commissioner* 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. (NAT)
2. Each *Conference* shall require and be responsible for enforcing all conference and association personnel to annually submit to the *Conference Commissioner* 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 *Conference* 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 *conference* shall also require and be responsible for enforcing that an Official of each member Association complete and submit an official Pop Warner "Association Conformation of Compliance with Background Checks" affidavit. Each *Conference* is required to file an official Pop Warner "League Conformation of Compliance with Background Checks" affidavit annually with the National office. All volunteer applications, Association affidavits must be maintained by the *conference* for a minimum of one (1) year. (NAT)
3. Each *Conference* shall require and be responsible for enforcing all conference and association personnel to annually submit to the *Conference Commissioner* 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 *Conference* 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. (NAT)

L. Mandatory Background Checks

State Sex offender Registry (DOR) minimum check has been raised. **2007 MINIMUM REQUIREMENTS** is that all Conferences and Associations **MUST** use another form of background checks if they are using only the state SOR. National database, FBI fingerprints, State criminal background checks, etc. (NAT)

1. Each *conference* shall also require and be responsible for enforcing that an Official of each member Association complete and submit an official Pop Warner "Association Conformation of Compliance with Background Checks" affidavit. Each *Conference* is required to file an official Pop Warner "League Conformation of Compliance with Background Checks" affidavit annually with the National office. All volunteer applications, Association affidavits must be maintained by the *conference* for a minimum of one (1) year. (NAT)
2. No *Conference* 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 *Conference* may prohibit any individual from participating as a volunteer if the *Conference* deems the individual unfit to work with minors, as long as the *Conference* applies the same criteria uniformly for ALL individuals seeking to volunteer. (NAT)
3. Each *Conference* must require that all volunteers are screened by conducting a search of the applicable government-operated statewide sex offender registry for the state in which the volunteer resides. If no sex offender registry exists in a state, the *Conference* must require a statewide criminal background check through the appropriate governmental agency, unless prohibited by law. *Conferences* may also perform a multi-state search of a national database, such as rapsheet.com, as long as that database includes the sex offender registry of the state wherein the applicant resides. 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 *conference* must immediately contact the applicable government agency to confirm the accuracy of the information. Upon conformation of a conviction for, or guilty plea to, a crime against or involving a minor, the *conference* must prohibit the individual from participating in any manner. (NAT)
4. Due to the fact that Pop Warner Little Scholars Inc. has no direct operational control over the selection of volunteers, each *Conference* 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 *conference* charter, the removal of *conference* and/or association volunteers, ineligibility for participation in regional and national play, and as well as significant legal liability. (NAT)

M. ID Badges

1. I.D. Cards are the property of SDPW Conference. (SDPW)
2. SDPW Conference shall approve the issue of **all** ID Cards for **all** association volunteers. (SDPW)
3. No one shall loan or borrow another person's ID card to enter the sideline areas. (SDPW)
4. Any rostered coach or staff member directing action **without a valid ID card** will receive a one game suspension for the next scheduled two games. (SDPW)
5. **Loaning or borrowing ID Card:** (SDPW)
 - a) Head coach shall surrender card to a board member to be returned to SDPW Conference.
 - b) Failure to surrender card will result in a 30-day suspension of the head coach.
 - c) Both persons loaning and borrowing the ID card will be suspended for the next 2 games.
 - d) Violations of the 2 game suspension by suspended personnel will result in a 30 day suspension of the head coach.

SECTION 4 – COACHES CODE OF CONDUCT & SPORTSMANSHIP CAMPAIGN

A. Coaches Code of Conduct

All coaches, football and spirit participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the Conference shall have the authority to impose a penalty. Coaches shall:

1. Not smoke and/or use smokeless tobacco on the field.
2. Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.
3. 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.
4. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
5. Emphasize that good athletes strive to be good students and that both are physically and mentally alert.
6. Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
7. Emphasize that winning is the result of good "teamwork".
8. Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.
9. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.
10. Not use abusive or profane language at any time.
11. 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.
12. Not receive any payment, in cash or kind, for services as a coach in Pop Warner Football/Spirit. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
13. Not permit or encourage "sweating down" tactics in order for a player to make the team weight.
14. Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
15. Not permit an ineligible player or spirit participant to participate in a game.
16. Not deliberately incite unsportsmanlike conduct.
17. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
18. 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.
19. Control their fans. Remember as a team coach, you are responsible for your team, and fan reaction will usually be in step with your reaction.
20. Uphold all rules and regulations, National and local, regarding Pop Warner Football, Cheerleading and Dance.
21. Refrain from engaging in any action which reflects negatively on, or causes embarrassment to, the Pop Warner Program.

B. General Regulations

1. The "Coaches Code of Conduct" applies to all volunteers, both coaches and administrators. (SDPW)
2. All coaches must sign and initial the Coaches Code Of Conduct form (SDPW)
3. Sweating down includes, but is not limited to, the use of steam rooms or cabinets, the use of diuretics (water pills), or any method that is injurious to the health of the player. (SDPW)
4. The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking or striking in any way with any part of the body or any physical implement. (SDPW)
5. The possession and/or use of alcoholic beverages and/or drugs shall be strictly prohibited at all games or practices and all team/association/conference organized functions where the participants are present. Parents shall be notified of this, in writing, prior to their child participating in any team function. (SDPW)

C. Violations

1. **At any Pop Warner event, practice or competition, any adult who:** verbally abuses; attempts to intimidate; is flagrantly rude, or, cannot control their language or action with an official, coach, or Pop Warner volunteer will be asked to leave the Pop Warner event.
2. He or she may receive a one year ban from all Pop Warner events. His/her child(ren) may be immediately removed from the Pop Warner event. (SDPW/NAT)
3. Any adult who physically assaults an official, coach or Pop Warner volunteer will be banned from Pop Warner and their child may be removed from the Pop Warner program for one year from the date of the offense. After one year, the parent may apply for re-instatement of his or her child. If the adult commits a second offense, he or she may be banned from Pop Warner and the child(ren) may be permanently removed from Pop Warner. (SDPW)
4. For Violation of any part of “**Coaches Code Of Conduct**” the penalty shall be: (*Depending on the severity of the violation*).
 - **First offense-** written warning.
 - **Second offense** - a one week (7days) suspension from practice and the next game.
 - **Third offense** - Suspension for the remainder of the season
 - **Major offense** - Minimum one year suspension. The suspension of the previous year does not count as time suspended. (SDPW)

SECTION 5 – COACH’S REQUIREMENTS

A. Eligibility

1. A Head Coach must be at least 21 years of age. A rostered adult representative (21 years or older) must be present for practices, games and functions. (NAT)
2. An Assistant Coach must be at least 18 years of age or a high school graduate. (NAT)
3. The minimum age requirement of the “additional support personnel” i.e. Business Manager, Equipment Manager and Trainer shall comply with the requirements for assistant coaches. (SDPW)
4. Teams/squads are permitted to carry a Coach-trainee, who must be a minimum of 16 years of age. They **must** also comply with player requirements, supplying all of the appropriate paperwork required for anyone under the age of 18 (NAT)
5. Head coach must have some knowledge of football. An assistant coach must have some knowledge of football. (SDPW)

B. Staff

1. The Head Coach will determine the assignments of the Assistant Coaches. (NAT)
2. A football team may have a maximum of four (4) assistant coaches, plus a maximum of one (1) Coach-Trainee, (1) Equipment Manager, (1) Trainer, (1) Team Parent and (1) *Business Manager*. A maximum of ten (10) are allowed on the team’s roster.
Please note: this applies only to Football. See Spirit section for squad coaching members. (NAT)
3. All rostered staff members must have an issued SDPW Conference ID card. (SDPW)
4. All Coaches must attend at least one coach’s clinic administered by SDPW.
5. All Coaches must attend a Trainer’s course administered by SDPW or Wescon.

C. CPR and First Aid

1. Even if there is a physician, registered nurse, paramedic or EMT affiliated with the team, **two** of the coaches of the team must be the holder of valid Red Cross certificates in community CPR and First Aid, or its equivalent, **before** practice starts. Each team is responsible for the attendance of at least **one** person qualified and marked with an * on the roster as heretofore described at every practice and game. (SDPW)
2. The Head coach **must** be one of the two coaches possessing a CPR/ First Aid Certificate. (SDPW)

D. General Regulations

1. A team’s or squad’s coaching staff is in **complete charge of the team** or squad 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. The following applies to all coaches: (NAT)
2. 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 the welfare of youth. (NAT)
3. **The Head Football Coach has final responsibility** for his/her actions, those of his/her assistant coaches, players, staff and parents. (NAT)
4. The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, spirit participants, staff and parents. (NAT)
5. Each Association shall establish its own rules regarding the placing of coaches with sons, daughters or siblings within its own boundaries. (NAT)
6. Coaches within SDPW Conference will set an example at all times to the players, spirit participants, parents and fans. (SDPW)
7. Remembering that you are a representative of SDPW Conference, coaching attire should be neat and clean for all practices and games. Proper shoes are required with closed toes to be worn at all practices and games. (SDPW)

8. Each football team and spirit squad head coach shall attend a SDPW Conference organized instructional clinic dealing with substance abuse, violence and child endangerment. (SDPW)
9. **EACH HEAD COACH AND STAFF MEMBER** are expected to read and understand all stated rules in this booklet, all rules and regulations stated in the National Pop Warner Rules and Regulations and the National Federation of High School Rule Book. (SDPW)

E. Coaches Interviews and Selection

1. All Adult Volunteers (over the age of 18) **MUST** fill out a Volunteer Application and submit a cleared background check.
2. Any applicant found to have been convicted of a crime of moral turpitude or controlled substance related offense would be barred from coaching. Any coach charged with a crime of moral turpitude or a controlled substance related offense shall be suspended temporarily from coaching pending the outcome of that charge. (SDPW)
3. Associations **must** submit Head Coach Applicants to be approved **without** their appearance before the Board of Presidents. (SDPW)
4. An Association's President or SDPW Conference board member **may** request **any applicant** to appear before the board of presidents that they take issue with. (SDPW)
5. Any staff member's interview **must** be conducted during an "executive session". (SDPW)
6. Each Association shall have one vote in the Head Coach and rostered staff selection process. (SDPW)
7. Each Head Coach **must** be approved by the Board of the associations before the first day of practice. (SDPW)
8. Once a head coach is selected, he then selects his coaching staff. **All coaching staff must be approved by the association's board of directors.**
9. Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same association 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. (NAT)
10. **To be a coach in Pop Warner is a privilege and is not a lifetime job**, i.e., just because the candidate has coached in previous years does not mean he will be given a coaching position for the upcoming season. (SDPW)

F. Violations

1. All Head Coaches must attend the Mandatory Head Coach's Rules and Safety Meeting. If they **do not** meet this requirement, they will lose their certification as a head coach and not be approved by the association's board. (SDPW)
2. **A Head Coach shall not participate in any practices until the above said requirement is satisfied.** (SDPW)
3. A penalty would be given if any association were using a "paid" coach/trainer who was not on the roster. The penalty would be no post-season games. (SDPW)

SECTION 6 - REGISTRATION

NOTE: Please see the SDPW Conference Registration & Certification Handbook for complete instructions on preparing the teams/squads books and rosters.

1. Each association shall require that the applicant provide the registration requirements set forth by the National Rule Book PRIOR to the FIRST DAY OF PRACTICE. (SDPW)
2. A candidate cannot begin practice with a team or squad until he/she has "signed up." To register, the candidate must sign a standard locally-supplied form approved by the league. 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. (NAT)
3. All candidates must furnish the following: SDPW registration form, SDPW Zero Tolerance and SDPW Physical Form. (SDPW)

A. Parental Consent:

A written statement from either parent or the legal guardian, stating that the child has his or her permission to play, cheer or dance. The league or team may supply a standard form for this. (NAT)

B. Medical Examination

1. A signed statement from any Licensed State Examiner; (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 him playing football or her cheer/dance. Note: If 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. (NAT)

2. **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 limb is no more dangerous to players than the corresponding human limb, and does not place an opponent at a disadvantage. (NAT)

3. All Physical forms must state the conference name on the form provided by SDPW (SDPW)
4. A player may not use the a Physical Form from the previous year. (SDPW)
5. A player will not be allowed to participate without a signed Physical exam/office stamp from a Physician. (SDPW/NAT)

C. 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. (NAT)

D. 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 case 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:** This rule as it relates to scholastic grades may not be made more stringent by any team, association, or *conference*, as other rules may be. No local team/squad may be allowed to participate in Regional/National sponsored championships or bowl games if it has not met the nationally published scholastic requirements. (NAT)

E. Priority Numbers

1. At the time of registration a priority number will be assigned to each applicant. All applicants will receive their priority number on a "**FIRST COME – FIRST SERVED**" BASIS. (SDPW)
2. Returning players who were on a certified roster in the prior year may be allowed priority over new players. An association may choose to assign one registration date for only returning players.(SDPW)
3. The priority number shall be assigned **ONLY** at the time of registration and recorded on **BOTH** the Contract and the Master Sign-in Sheet. (SDPW)
4. If the applicant fails to complete the original registration process or no longer desires to be registered the assigned priority number **shall not be re-used.** (SDPW)
5. The association shall keep record of all "dropped" players. (SDPW)
6. The association shall keep a master priority list. The following information is required on the Master Priority List: (SDPW)
 - PRIORITY NUMBER
 - DATE OF REGISTRATION
 - PLAYER'S NAME
7. A parent or legal guardian may register their child without the child being present at the time of registration. (SDPW)
8. A copy of the Master List shall be turned in to SDPW Conference with the preliminary rosters. (SDPW)

F Boundaries

1. A *conference* is responsible for the establishment of its own boundaries. However, it shall not infringe upon the territorial rights or boundaries of another chartered *conference*(*Palomar, Imperial Valley*)..(NAT)
2. SDPW has the right to change any boundaries. (NAT/SDPW)
3. **Transfer between Conferences:** Any team or association seeking to withdraw from one *conference* to join another *conference* may do so only with the prior written agreement of the *conferences* involved and with the written concurrence of the appropriate Regional Director. In the event the two *conferences* 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. (NAT)
4. *Conferences* 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 do so can result in revocation of charter. (NAT)
5. Associations seeking membership provided they meet all the conference requirements shall be admitted by a *two-thirds vote of the Board of Presidents.* (SDPW)
6. When a new Association is accepted into SDPW and their recognized boundaries now encompass an area that belongs to an established association, a participant shall enjoy the option of participating in the new association or remaining with the association the participant was with the previous year. Either situation does not require a waiver. (SDPW)

Current Boundaries

1. Mt Helix Runnin Rebels- 91977,91978, 91945,91941,91942,92020
2. Tierrasanta Cougars- 92124,92123,92111,92108
3. Alpine Mountaineers –91901,91903,91906,91916,91934,91935,91962,91905,92021
4. South San Diego Jaguars – 91932,92153,92154,92173
5. Valencia Park Hornets-92102, 92113, 92114 and 91950,92139
6. Scripps Ranch- 92131,92126,92121,92145
7. Lakeside Longhorns-92040,92020,92071,92021
8. La Jolla Torreys- 92019,92122,92037,92117
9. National City Diablos-,91950,92139
10. Rancho San Diego-92020,91935,92021,92019,
11. Alvarado-92018,92115,92116,92119,92120
12. Coronado-92178,92101

G. Ages and Weights

1. Each association shall determine the age/weight eligibility of each applicant using the National Pop Warner age/weight chart provided in the National Rule Book. (SDPW/NAT)
2. The player's age on July 31st of the current year shall be the player's age for the coming season. (NAT)
3. SDPW Conference shall field the following divisions for tackle football: Mitey Mite, Jr. Pee Wee, Pee Wee, Jr. Midget and Midget. (SDPW)
4. SDPW Conference shall allow the so-called "older/lighter age in the Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget divisions. (NAT +SDPW)

H. Operation of Schematic

The schematic provides a uniform series of three basic years of age qualification for each division 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. *No "older/lighter" for the Mitey Mite division is allowed.* (NAT)

Tackle Age/Weight Schematic

Division	Certification Weight	Ages
Mitey Mite	45 - 90	7, 8, 9
Jr. Pee Wee	60 - 105	8, 9, 10
*OL	60 - 85	11
Pee Wee	75 - 120	9, 10, 11
*OL	75 - 100	12
Jr. Midget	85 - 135	10, 11, 12
*OL	85 - 115	13
Midget	105 - 160	11, 12, 13, 14
*OL	105 - 140	15

I. Initial Weigh-In; First Practice

1. 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 the particular division. (NAT)
2. Those failing the initial weigh-in will NOT continue as eligible candidates for the team *if they are **over** 6 pounds or more of the maximum weight for the selected division of play. Or they weigh 3 or more pounds less than the minimum weight for the selected division of play.* (NAT)
3. The initial weigh-in is not the certified weigh-in and may be conducted on less than a medical quality scale. (NAT)

SECTION 7 - TEAM FORMATION

A. Preliminary Assignments of Players to a Division

1. At the time of registration, all players are assigned to a particular division, not a team. A division is one of six categories grouping ages & weights for different levels of play. An association cannot determine the number of teams it will form in a division until after the majority of the registration process has been completed. (SDPW)
2. Associations shall attempt to assign **ALL** first time players to the **LOWEST** age/weight **DIVISION** for which they **QUALIFY**. (NAT)
3. When a parent disagrees with the association's assignment and demands that their child be moved up to the next highest division, or down to the next lowest division, the association **shall require** the parent or legal guardian to sign a conference provided waiver in order to do so. (SDPW)
4. All team assignments are considered **PRELIMINARY** until after certification. (SDPW)

B. General Regulations

1. Associations **shall not draft teams**. (SDPW)
2. Not more than 35 players may be assigned to a single team. (NAT)
3. A minimum of 20 players are needed to field a team (SDPW)
4. Players on a waiting list **ARE NOT** eligible for **ANY** team activity. In the event a space becomes available the players on the waiting list shall be notified, beginning with the lowest priority number. No other method shall be used. (NAT + SDPW)
5. The priority number is the number that is assigned to an applicant at the time of registration. The number is meant to be the applicant's receipt of the order they signed-up in an association's program and assure that the "First Come – First Served" method will be used. **The priority number will be used for ALL APPLICANTS regardless of when they register.** (SDPW)

C. One Team Per Division

1. When an association has only one team in a division, each eligible player shall be placed on the appropriate team using **ONLY** the player's priority number (lowest to highest) and the Returning Player Status of any registered player until a maximum of 35 players per team is reached. (SDPW)
2. Any remaining players will be notified that they will be placed on a waiting list or assigned to an additional team. (SDPW)

D. Multiple/Expansion Teams

1. An Association has the right to form an extra team, after the 35 players needed has been satisfied for the first team. SDPW doesn't allow a draft or tryouts per team. The assigned number on the registration form will be the order the team shall be assembled by. No player will be allowed to move to another team. The player can move up to the next level (Ex. JM to Midgets). Never can a player move down. Once registered (not certified) at this team, the player is sole property of the registered team. If a player is dropped, the association must be notified. This will allow a player on the waiting list to take the position of the dropped player. No Coach has the right to cut a player.(SDPW)

H. Spirit and Dance

Spirit and dance participants will follow the policy provided within the Spirit section of this manual. (SDPW)

SECTION 8 - CERTIFICATION

Please see the SDPW Conference Registration & Certification Handbook for complete instructions on preparing the teams/squads books and rosters and certification procedures.

A. General Regulations

1. Certification is the process whereby the team or association will file with the *conference* of which it is a member, a complete roster of players and a complete roster of spirit participants for the regular season schedule. (NAT)
2. It is the responsibility of the *conference* board members to make sure that all candidates to be weighed in for certification will be in shorts and without shoes. This will ensure all weights recorded are stripped weights. A scale shall be used which has been certified within the current calendar year. (SDPW)
3. This certification process will include a typed numerical order roster for each team in the association, including the player contracts, Physical Form and the adult volunteer applications who will be associated with this team, i.e., head coach, coach trainee, team parents, etc. and the I.D. picture. (SDPW)
4. A certified copy of each roster will be forwarded by the *conference* to PWLS, the Regional Director (or his/her designee) by the announced deadline. This is a certified roster in that the *conference* has accepted the information at a pre-season session with its teams and spirit squads, based upon information submitted, and the teams and spirit squads are restricted to these participants for the balance of the season (except for allowed "Drops" and "Adds,"). (NAT)
5. This will be accomplished on the official Pop Warner Football or Spirit roster form, or on any form developed by a *conference*, providing that the form is approved by National Pop Warner Headquarters. (NAT)
6. Certification must be completed prior to the opening game of the regular *Conference* schedule. The process for accomplishing certification is discussed hereafter. To be certified onto a team or squad roster, a participant shall qualify under the following: (NAT)
7. Eligibility according to residence shall be decided by the *Conference* when the candidate resides in an area other than that authorized for the association by the *Conference* and on file at PWLS. (NAT)
8. Each association shall attempt to assign a first-time participant to the lowest age and weight division for which he/she is qualified. (NAT)
9. Once certified for a particular age/weight division, a participant shall not be permitted to recertify to a **LOWER** division of play during the current season under any circumstances, but based on the information available shall be permitted to approve recertification to a **HIGHER** division of play. (NAT)
10. Ages shall be verified by birth certificate as *specified above*. (NAT)
11. At certification, a photograph, no older than two (2) years shall be permanently taped to the designated area of the Contract. (NAT + SDPW)
12. A player shall meet the age requirements as specified on the applicable age/weight schematic. (NAT)
13. 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, may be moved to the other division as part of certification. (NAT)
14. A *Conference* shall not add the "in-season growth allowance to the certification weights as a means of upping the maximum weights. (NAT)

B. 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. (NAT)

C. Minimum Roster Size

1. A minimum of 16 players must be dressed and eligible to play at each game. Also, if you start a game with 16 players, you must maintain 16 eligible during the game and finish the game with 16 players. (NAT)
2. If a team fails to dress the minimum number, **it will forfeit the game** to its opponent. (NAT)
3. Any team that forfeits two (2) successive games by reason of insufficient number of players, may be disbanded. The remainder of its season shall be forfeited. (SDPW)

D. Final San Diego Pop Warner Official certification (Make-up Certification)

1. SDPW shall schedule a Final Certification day which will coincide with the Make-up certification date. The Final Make-up Certification Date, Time, and Locations shall be schedule as determined by SDPW. (SDPW)
2. Any player that has failed the weight certification twice **MUST** be dropped from the roster and cannot continue play in the current season.(SDPW)

E. Drops and Adds

1. A team or squad 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 or squad for any valid reason. (NAT)
2. Each Conference 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. (NAT)

F. 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. (NAT)

SECTION 9 – CUTS, RETENTION OF ELIGIBILITY & INELIGIBLE PLAYERS

A. Mandatory Cuts

1. Any participant must be cut who: (NAT)
 - 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.
 - Refuses or cannot furnish the 4 required items – Parental Consent, medical Examination, Proof of age, and Scholastic Fitness.
 - Is found to be simultaneously trying out for a school tackle football team, or who, once the season starts, is found to be participating on a school tackle football team or spirit squad. However, participation in a school flag football program, if required by the curriculum of the school PE programs, or participation in non-Pop Warner spirit squad tryouts only, during the Pop Warner season, is allowed.
 - Exception for spirit squads: Participants who tryout and make a school squad for winter sports programs of the current season and are members of a traditional Pop Warner squad will be permitted to simultaneously participate in Pop Warner and said school squad.
 - Is a member of any other organized Pop Warner football/spirit team/squad or non-Pop Warner football/spirit team/squad.
 - Attempts to intimidate fellow participants in practice by word and/or physical deed. No refund of fees shall be required.
 - Is an extreme discipline problem (and then, only with the concurrence of the *association*.)
2. All mandatory cuts must be made by the association's board. No team, coach, staff member, or individual may cut a player or cheer/dance participant for any reason. (SDPW)
3. In addition to those reasons *listed above for mandatory cuts*, any player **MUST** be cut who: (NAT)
 - Weighs 6 or more pounds **above the maximum** weight for the selected division of play, at the time of the initial practice session.
 - Weighs 3 or more pounds **less than the minimum** weight for the selected division of play, at the time of the initial practice session.

B. Voluntary Cuts

- A participant shall be considered a voluntary or "self-cut" participant when he/she simply no longer shoes up at practices or games of his/her own free will. (NAT)
- 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. (NAT)
- If a team or spirit squad 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 or spirit squad, and take whatever appropriate action may be needed. The results of this investigation shall be reported to the *conference* and the *conference* shall have final authority as to whether appropriate actions were taken. (NAT)

C. Retention of Eligibility

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

- Transfer policy in case of change of residence will be decided by the *Conference*.
- Retain parental consent.
- Maintain sound physical condition.
- Continue to maintain sound scholastic standards. In case of doubt, *an Association* shall have the right to require a written statement by the school administration, which shall be deemed final. (NAT)

D. Regarding Ineligible Players

1. Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions. (NAT)

2. There are six (6) unequivocal definitions of an ineligible player, from which there are no appeals: (NAT)

- **Overweight or underweight.** (NAT)
- **Overage or underage.** (NAT)
- **Residing outside of legal boundaries without mutual agreement of appropriate *Conference* and/or Associations.** (NAT)
- **Falsification of data concerning any of the above.** (NAT)
- **Participation in school tackle football or any other non-affiliated football program and Pop Warner Football in the same season.** (NAT)

NOTE: A participant may practice with a school team up until the first game, but not participate and/or be rostered with that school team once the first regular season game begins. Participants can only practice with school team or Pop Warner team, but not both simultaneously. If they are trying out for their school team they may not practice with the Pop Warner team until they are removed from the school team roster. (NAT)

- Failure to prove scholastic eligibility. (NAT)

3. Participation in Regional/National bowl games may also be prohibited upon recommendation of the Conference and approval of the Regional Director. (NAT)

4. All questions concerning eligibility/illegal player disputes shall be in writing to San Diego Pop Warner. The Conference shall forward such dispute to the Investigation Committee. Committee findings shall be reported to the Board of Presidents at the next Conference meeting. (SDPW)

5. All residency questions must be turned in to SDPW, in writing, within fourteen (14) days after the Association Presidents receive a roster showing violation. (SDPW)

SECTION 10 - PRACTICE

A. 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: (NAT)

- Chalk talk/skull session
- Viewing of fundamentals film
- Group conditioning
- Individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)
- Group skills session
- Dummies and other inanimate contact
- Play run through with equipment, but without contact
- Play run through with equipment, but without contact
- Intra-squad scrimmages with full pads and equipment

1. 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 *Conference* 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 *Conference/Associations* discourage “parties/practice sessions” at a coaches home. All the activities/practice sessions that are referenced must include a minimum of two (2) coaches in attendance the entire session. (NAT)

2. The viewing of home videos and/or films of a game or competition does not count towards practice time if viewed under the following conditions: (1) it is not made mandatory for **any** of the participants, (2) there are no instructions given during the viewing, (3) its’ purpose to be shown is strictly for entertainment. (SDPW)

B. General Regulations

1. **NO** Saturday or Sunday practices are allowed, unless approved by the conference commissioner for a special event. (SDPW)
2. In the event a pre-season or regular season game is scheduled on or before Labor Day weekend, all teams scheduled shall eliminate 1 day of practice (2 hours) during that week (one of the five days preceding the game). (SDPW)
3. The head coach shall make certain that **all** players are involved in practice sessions. (SDPW)
4. Every team (cheer, flag & tackle) **shall** have the player contract, which includes the medical release section, photo ID's and official roster with them at all times. This includes, but is not limited to practices, games, fund-raisers and any other team functions. (SDPW)
5. Attendance records **SHALL** be maintained and conditioning hours shall be tracked for each participant and must be continued to be tracked until all team/squad participants have completed their conditioning. These records shall be on hand and made available to any San Diego Pop Warner official that requests to review them up to the last available certification date. (SDPW)
6. Any participant, who has been checked by a doctor as a result of a Pop Warner activity, must have a written doctor's release in order for the participant to resume his/her participation with the football or spirit leading activities. (SDPW)
7. Team members with any type of casts cannot participate in practice or games, regardless of a physician stating that the child has been cleared by him to play. (SDPW)
8. All football practices must be attended by one team rostered staff member holding a Red Cross Community CPR and First Aid Certificate. (SDPW)
9. Pre-season practice shall not begin until July 30th (or later). The actual date will be determined in accordance with climate and other factors determined by the *conference* in establishing a common starting date for all teams within its jurisdiction. (NAT)
10. In all Conferences, the first week of practice shall be devoted entirely and exclusively to conditioning, not wearing pads; however helmets shall be permitted. (NAT)

C. Full Protective Equipment Required

1. At **ALL** practice, 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 "Required Equipment. (NAT)
2. Mouthpieces must be worn during the conditioning period. (SDPW)

D. Before Labor Day

1. No team or squad may schedule more than 10 hours of practice per week before Labor Day. A week is defined as seven (7) consecutive calendar days. Not more than 2-1/2 hours of practice may be scheduled on any one day. (NAT)
2. Dummy bags and footballs shall be allowed on the field during the first ten (10) hours of practice, but may be used for non-contact situations only (SDPW)
3. During conditioning, there shall be no physical contact with other players, coaches or equipment. (SDPW)

E. After Labor Day

1. Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as seven (7) consecutive calendar days. **Practices after Labor Day weekend are not to exceed two (2) hours per day.** (NAT)
2. 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 above*. (NAT)

F. Mandatory Breaks for All Practices

1. 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. (NAT)
2. Break time is not counted against the allowed 2-1/2 hours (*10 hour total per week*) before Labor Day and the allowed 2 hours (*6 hours total per week*) after Labor Day. (NAT)

G. Warm Weather Precautions

1. 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: (NAT)
 - Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons.
 - Schedule practices for early evening, after sun is low in the sky.
 - Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water.
 - Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.
 - At a minimum, a five (5) minute break is mandatory every 30 minutes of each practice, not to be counted against practice time. (NAT +SDPW)
2. The following exercises and drills are banned from all practices and pre-game warm-ups: (NAT)
 - Legs lifts
 - Neck bridges (sometimes referred to as neck rolls)
 - Bull in the ring.
 - **Note:** Leg lifts with knees bent are acceptable.
2. 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., Jr. Midgets vs. Midget). (NAT)

H. Controlled Inter-Squad Scrimmage

1. 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 (10 conditioning hours and 10 hours in pads) is required before inter-squad scrimmages may occur. (NAT)
2. A maximum of two (2) controlled scrimmages are permitted each tackle team prior to the start of the regular season. (SDPW)
3. Inter-squad scrimmages are considered Practice and are subject to all of the practice rules stated above including allowable practice hours. (Defined – if you have a Scrimmage scheduled for the Saturday of any week – you must have a ‘non-practice day’ during the week so that you do not exceed the weekly practice hours allowed.) (SDPW)
4. San Diego Pop Warner Conference and the Association president **MUST** be notified and approve all inter-squad scrimmages. Participation in a non approved/ notified inter-squad scrimmage will result in the one (1) week suspension of **BOTH** participating Head Coaches beginning the Monday prior to the first scheduled game, regardless of the reason. (SDPW)
5. Mandatory play rules do **NOT** officially apply to inter-squad scrimmages, however, due to the purpose and nature of these events – it is recommended that all eligible players be allowed to participate. (SDPW)
6. A weigh-in is not required before a scrimmage. However, it is recommended to insure that no participant weighs 6 or more pounds over the maximum allowed for that division or 3 pounds under the weight needed for Certification. (SDPW)
7. All inter-squad scrimmages **MUST** be approved/ recognized by San Diego Pop Warner Conference. Participation in a non approved/recognized inter-squad scrimmage will result in the one (1) week suspension of **BOTH** participating Head Coaches beginning the Monday prior to the first scheduled game, regardless of the reason. (SDPW)
8. In a controlled inter-squad scrimmage, there is prior agreement between coaching staffs that: (NAT)
 - Coaches will be permitted on the field
 - Long time-outs are taken between plays so that coaching staffs can instruct and critique their players.
 - 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.
 - Officials can be present during scrimmages.
 - Game score is not kept; scoring is not the primary goal.
 - 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.
 - 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, of team from a different Age/Weight division of play.

I. Violations

1. Any violation of the above listed conditioning/practice and/or scrimmage rules shall result in the minimum suspension of the Head Coach for a one (1) week period beginning the Monday prior to the first scheduled game. (SDPW)
2. All inter-squad scrimmages **MUST** be approved/ recognized by San Diego Pop Warner. Participation in a non approved/recognized inter-squad scrimmage will result in the one (1) week suspension of **BOTH** participating Head Coaches beginning the Monday prior to the first scheduled game, regardless of the reason. (SDPW)

SECTION 11 - CAMPS & CLINICS

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

- Coach or other team affiliated personnel does not make it **MANDATORY**.
- Camp provides as part of its services an accident insurance plan for camp participants.
- Any camp, whether it is for players or spirit participants, shall not be endorsed or sponsored by National Pop Warner, or by any Conference, Association, or Team, which does not provide as part of its services, an accident insurance plan for the camp participants. (NAT)

A. Rules & Guidelines for Pre-Season Clinics (SDPW)

Pre-season clinics can be arranged, planned, and organized by any Association within the San Diego Pop Warner Conference for the purpose of increasing sign-ups and helping fund-raising efforts provided the following mandatory criteria are followed:

- Clinics can be conducted up until July 30th of the current season.
- Local high school football players, former players, college players, professional players, or volunteering adults will conduct the clinics.
- Volunteering adults cannot be coaches (Head or Assistant) of any team affiliated with the hosting Association for the current season. League coaches (Head or Assistant) cannot participate in the clinic in any way.
- Local high school football players, former players, college players, professional players, or volunteering adults can be invited to talk to the children.

- Participants from any geographical area are invited to attend or participate. Participants can be from any other Association or Conference.
- Participants must be covered by insurance while participating.
- The physical activity of the Participants will be limited to stretching, minimal running, general athletic evaluations, etc. **No physical contact between the children is allowed.**
- The Participants will observe the clinic conductors demonstrating techniques and general concepts.
- San Diego Pop Warner approval has been obtained at least 2 weeks prior to the day of the clinic.
- Clinics must be open to all Pop Warner/SDPW recognized divisions of play (Mity Mite, Jr. Pee Wee, Pee Wee, Jr. Midget & Midget).

B. Non Conference (San Diego Pop Warner) Affiliated/Sponsored Clinics

Many other organizations/groups offer Football and Cheer clinics during the pre-season. Members are allowed to participate in these preseason clinics provided the following criteria are met: (SDPW)

- The clinic **MUST** be open to any and all youth participants.
- The organization/group sponsoring the clinic must either provide event insurance to all participants or limit participation to children that are covered by their own health insurance.
- The clinic must can be **NON-CONTACT OR CONTACT** and conducted without personal protective equipment of any kind – (i.e. – Helmets, Shoulder pads, etc.) – mouthpieces may be used.
- Volunteers conducting and or assisting in the curricula of the clinic **MAY** be San Diego Pop Warner affiliated Coaches (head or assistant) or staff members for the upcoming season with prior San Diego Pop Warner approval.

C. Violations

Any coach or staff member found to be in violation of this rule will result in him/her being deemed ineligible to become part of the staff for any San Diego Pop Warner affiliated Association/Team in the upcoming season. (SDPW)

SECTION 12 – IMPORTANT POINT - MEDICAL

1. 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 an 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 or its equivalent. (NAT)
2. Work together with your local EMT's to establish an emergency plan that fits your specific area and needs. Your emergency plan should include, but not be limited to, the following: (NAT)
 1. Introduce or identify trainer/health care provider to visiting coach;
 2. Home team/host organization review emergency plan with visiting team;
 3. Designated duties for coaching staff and or athletes;
 4. "How to call EMS" next to phone;
 5. Specific direction to your facility for emergency medical service (EMS);
 6. Emergency numbers;
 7. Injury report forms;
 8. Treatment authorization card (*contract*);
 9. List of administrators that the coach is required to contact.
3. 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. (NAT)
4. All team/squads are **REQUIRED** to have a staff member carry the entire team's medical release forms (*contracts*) 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. (NAT + SDPW)

SECTION 13 – IN-SEASON DETERMINATION OF WEIGHT

A. General Regulations

1. Weigh-ins will be conducted by the two opposing team business managers. No coaches will be allowed near the scales. In lieu of a business manager, Board Members from both Associations may conduct weigh-ins. (SDPW)
2. Business Managers may use one assistant to aid in the weigh-in procedure. This assistant must be either the spotter/checker for the day or a board member. (SDPW)
3. A Board Member associated with either team's staff **MAY NOT** conduct or assist the weigh-ins. (SDPW)

B. Prior to Weigh-ins

1. **NO** team shall be allowed to weigh-in without a certified roster, team book, and the Mandatory Play form filled out in numerical order by jersey number. (SDPW)
2. Photo ID's attached to the player's contacts **MUST** be checked prior to weigh-ins. (SDPW)
3. The certified rosters shall be exchanged prior to weigh-ins, the addresses and telephone numbers of the staff and the players may be blocked out on this certified roster. However, the date of birth and weight of the players **MUST** be visible. (SDPW)
4. Any roster changes, made after certification, shall be coordinated with the Commissioner or Deputy Commissioner and the Associations involved prior to the game. (SDPW)

C. Equipment to Be Inspected at Weigh-ins

1. The Business Manager or his/her assistant **MUST** check each player's cleats. (SDPW)
2. Jock Strap and helmets are **NOT** checked at the scales. (SDPW)
3. It is the Head Coach's responsibility to make certain that each of his players is proper equipped prior to each game. (SDPW)
4. All equipment **MUST** be legal and sanctioned by the Conference. (SDPW)

D. Weights

1. Players are weighed with required equipment, excluding helmet. Players must play with the same required equipment they were wearing at weigh-in. (example – players cannot change shoes, shoulder pads, or other required equipment after weigh-ins. (SDPW)
2. Players using non-required equipment (arm pads, rib protectors, etc.) **may either:** Weigh in with the extra equipment, or Remove the extra equipment prior to weigh-in, and put it on in front of the Business Manager after weighing in. (SDPW)
3. No required equipment may be altered or switched to aid any player at weigh-ins, i.e., different shoulder pads, rib pads, etc. (SDPW)

NOTE: Optional equipment, if attached to required equipment in a permanent manner (screws, bolts, etc.) – become part of the required equipment. If removed to make weight, it cannot be reattached to play the game. (example – a rib protector vest may be removed and is not attached – this is a separate piece of non-required equipment. One that has been attached to a set of shoulder pads by screwing or riveting on the straps is not intended to be removable and has become part of the shoulder pads. Attachment via 'quick disconnect' clips are not permanent). (SDPW)

4. Weigh-ins will be completed 30 minutes prior to the scheduled start of the game. (SDPW)
5. Any player arriving late may be weighed-in up to the game's scheduled starting time. (SDPW)
6. The acceptable method of in-season weight check with uniform and equipment allowance shall be used. (NAT)
7. A medical scale shall be used. If not available, a lesser scale may be used if its accuracy can be checked against a weight of known value. (NAT)
8. For judging a player's weight, all weights shall be rounded to the nearest full pound – i.e., a player weighing less than ½ pound above a full pound will be rounded down, while a player at or above ½ pound will be rounded up. (NAT)
9. The following weight allowances for wearing of equipment and full game uniform shall be used. All weights are without helmet. **Full game uniform includes all required equipment he will wear during the game:** (NAT + SDPW)

- Mitey Mite – 7 lbs.
- Jr. Pee Wee – 8 lbs.
- Pee Wee – 8 lbs.
- Jr. Midget – 9 lbs
- Midget – 9 lbs.

10. Weight maximums and minimums are calculated by adding strip weight plus the uniform/equipment allowance according to the approved weight schematic for the particular division of play. (SDPW)
11. Once weigh-ins have been complete, no player shall leave the playing/ practice/ warm-up area without a representative of the opposing team, an San Diego Pop Warner Commissioner or local Board Member. Please send your team to the rest room before weigh-ins. (SDPW)

E. In-Season Weight Increase

1. Weigh-in schematics that include incremental weight increases will be passed out to the head coach prior to the start of the season by their Association President. (SDPW)
2. The allowable increase in maximum weight for any division of play shall be calculated as follows, **beginning with the first regular season game**: (NAT)
 - 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. (NAT)
3. Teams advancing to the National Championships will be allowed a one (1) pound increase at the national weigh-in. (NAT)
4. Players whose weight falls outside the acceptable range may be retained by the opposing Business Manager for strip weight check after all players have completed their uniform weigh-in, if requested by the player and/or his Business Manager. (SDPW)
5. The purpose of the strip weight procedure is to determine the player's actual weight without equipment and uniform allowance. The player is to remove all clothing and football equipment (including shoes) except what would preserve his dignity, i.e., gym shorts, under-shorts, girdle. It is the home team's responsibility to provide a proper location to conduct this procedure. (SDPW)
6. If the player passes the stripped down weigh-in, he may play in full uniform, including any approved optional safety equipment. (SDPW)
7. Once a player **passes** the weigh-in, he cannot be challenged or re-weighed. (SDPW)

F. Failure to Pass In-Season Weigh-in

1. 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. (NAT)
2. Determination of the Weight Master (*Business Mgr.*) as to the weight eligibility of a player is final. (NAT + SDPW)
3. If the player **fails** the stripped down weigh-in, he shall be disqualified from participation in the game. He **MAY NOT** be re-weighed.

G. Violations

Violations of **ANY** of the weigh-in procedure may cause the immediate dismissal of the player involved, a hearing and possible dismissal of the coach involved. (SDPW)

SECTION 14 – MANDATORY PLAY RULE

A. The Head Coach's Responsibilities

1. Only the Head Coach, or in his absence the acting Head Coach, is responsible for insuring the implementation of this rule. (SDPW)
2. Each Head Coach is responsible to turn in to his Association President or Business Manager the signed Mandatory Play Rule forms and the opposing team's roster from his game at the **END OF EACH GAME DAY**. (SDPW)
3. Business managers, checkers and spotters are not allowed in the opposing team box during a game. (SDPW)
4. All MPR's are due to be turned into the conference no later than the end of the month. (SDPW)

B. The Business Manager's Responsibilities

1. The team Business Manager or the Official checker designated by the Business Manager will determine whether each player on the opposing team has played the mandatory number of plays by using the approved form and observing the opposing team from **OPPOSING TEAM'S** sideline.
2. The Business Manager must be prepared, at all times, to provide the Head Coach with the number of plays each player has completed. (SDPW)
3. The team checker **MUST** be at least **16 years of age**. (SDPW)

C. The Association's Responsibilities

1. Each Association shall also have the responsibility to implement and enforce this rule. (SDPW)
2. Presidents will collect all MPR forms and review for compliance with the rules. (SDPW)
3. If a player, coach, or member of the staff is ejected from the game, the President or designee must notify San Diego Pop Warner within twenty-four (24) hours. (This can be done when calling in the scores.) Ejection of the Head Coach or any member of his staff is considered a rule violation, subject to the suspension penalties. (SDPW)
4. All MPR forms will be turned in to the MPR review Commissioner at the next Conference meeting. **NO EXCEPTIONS! Non compliance may mean suspension of the head coach from coaching.** (SDPW)

D. The MPR Form

1. SDPW will supply all printed MPR forms to the Associations (SDPW)
2. Any San Diego Pop Warner Commissioner can monitor MPR rule compliance at any San Diego Pop Warner Conference Games. (SDPW)
3. Use only an "X" to designate a completed play. (SDPW)
4. Any player, coach, or member of the staff that has been ejected from the game must be clearly noted on the MPR form. (SDPW)

E. Minimum Mandatory Play Rule

1. The following shall be the Minimum Mandatory Play Rule (MPR) for all Pop Warner teams. All MPR's should be based on eligible players at the time of the game. (NAT)

JPW – Midg

- 16 – 25 players = 10 plays
- 26 – 30 players = 8 plays
- 31 – 35 players = 6 plays

Mitey Mite

- 16-25 players – 12 plays
- 26-30 players – 10 plays
- 31-35 players – 8 plays

- a) The plays must be from the line of scrimmage. (NAT)
 - b) Kickoffs, extra points and free kicks shall not be used in fulfilling the MPR requirement. (NAT)
 - 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. (NAT)
 - 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. (NAT)
2. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, while substitutes are playing the other positions, shall **NOT** be considered as active plays. (NAT)
 3. **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.** (NAT)
 4. Each player, except those players which are absent, disciplined or injured, shall play the appropriate number of plays. (SDPW)

F. General Regulations

1. At summer practice, explain the rule to all players, telling them that if a coach gets wrapped up in a game and loses track of playing time not yet given them, to politely remind the coach of this memory lapse. (SDPW)
2. At all parent meetings, verbally and if all parent communications in writing advise the parents of the MPR. Should the parent observe a lack of playing time given to his/her child, they are to bring it to the attention of the Head Coach first-after the game, and failing there, to report same to the President of the team's Association. (SDPW)
3. At games, when a PA system is in use, explain the MPR and its operation to the fans. (SDPW)

G. Violations

1. **Failing to start players in the fourth quarter who have not completed their minimum plays:**
 - a) Head coach will receive a suspension up through the following game.
 - b) If the violation occurs during post season play, that coach must address the San Diego Pop Warner Conference regarding this violation before he will be allowed to coach in the following year. The may game result in a forfeit.
2. Players who are **falsely listed as absent, injured or disciplined** shall also receive double the number of plays in the following game. (SDPW)
3. The **only** evidence that will substantiate the completion of the MPR will be the Minimum Play Form. Once the Head Coach signs the MPR, it stands as uncontested evidence. **The Head Coach cannot protest or ask for a hearing on an MPR violation, remember...it is uncontested evidence.** (SDPW)

These rules shall apply in ALL GAMES, pre-season, season, post-season and bowl games-even games with teams from other Conferences which have lower requirements. (SDPW)

SECTION 15- THE FIELD AND MARKINGS

A. General Regulations

1. On game day, the home Association should have one contact person on the field at all times to coordinate the needs of the referees. (SDPW)
2. Each Association is responsible for marking off both the home and visitor sidelines with ropes or barriers from end zone to end zone at least 10 feet back from the playing field or the player's bench (whichever is greater). Unless the game is played in a stadium or other configuration where participants are clearly separated from observers. (SDPW)
3. All goal posts must be padded. (SDPW)

B. Charging Admission

No mandatory admission shall be charged to participating players., spirit squads, or coaching staff members of a team playing any Pop Warner game, whether it be regular season game, post-season game, post-season bowl game, *Conference* playoff game, or Regional or national playoff game. *Donations may be solicited at the gate.* (NAT)

SECTION 16 – PLAYER'S EQUIPMENT AND UNIFORMS

A. Required Equipment

1. The following items shall be worn by players in all divisions beginning with physical contact in practice sessions: (NAT)
 - Helmet: Only helmets bearing the NOCSAE Seal or certification may be worn. All helmets must bear the current NOCSAE approved "warning Label" in a visible position on the outside of the helmets. This "Warning Label" is the same label that is furnished by all helmet manufactures and quality re-conditioners. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.) (NAT)
 - Shoulder Pads
 - Pants: One Piece or Shell
 - Hip Pads
 - Tail Pads
 - Thigh Guards
 - Knee Pads
 - Jerseys
 - Mouthguards (Keeper Strap required)
 - Athletic Supporter (male players only)
 - Shoes: In all divisions 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 ½" in length.
 - Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses.
 - Any additional equipment worn by players shall be approved by the *Conference*.
 - Jewelry of any type shall be prohibited, except religious or medical medallions, which **MUST** be covered by the player's uniform.
 - The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.
 - 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 determined by National.

B. General Regulations

1. Protective visors may be used only if they are clear and if they conform to the specifications indicated in the National High School Federation rule book. (SDPW)
2. Jersey number may also be worn on the helmet. (SDPW)
3. No individual player or team awards shall be allowed on the helmets. (i.e., no stars, hatches, footballs, etc.) (SDPW)
4. Player jersey numbers do not have to match the National Federation Rule Book positions. (SDPW)
5. Little Scholar and Championship patches may be worn on uniforms. (SDPW)
6. Player jerseys shall not be altered in any way. If jerseys extend below the top of the pants, they must be tucked in. (SDPW)
7. Only numbers and/or players actual names are permitted to be displayed on jerseys. **NO NICKNAMES** shall be visible on any equipment worn by the players during game or practice. (SDPW)
8. Each player shall wear a number between 1 and 99 inclusive. Numbers "0" and "00" are illegal and shall not be worn. (NAT)
9. Only **football** gear and safety equipment shall be worn. Gear from other sports is not allowed. (SDPW)

C. Patch Requirements

All Pop Warner participants, football, spirit and flag, must have the official Authorized Pop Warner patch displayed on every uniform for games and competitions in order to participate. Patches may only be placed on designated areas on the uniforms as determined by National. (*See the National Patch Placement Form*) (NAT)

SECTION 17 – GAME & SIDELINE REGULATIONS

A. National Federation Rulebook

1. Except as specifically modified for Pop Warner Football, all games are to be played under the state rules for varsity football of the applicable governing body – **The National Federation of State High Schools Athletic Associations.** (NAT)
2. San Diego Pop Warner Conference shall provide each Head Coach a current copy of **The National Federation Rulebook** at the Mandatory Head Coaches Meeting. (SDPW)

B. Blocking and Tackling Restrictions

Both the National Federation and NCAA rulebooks 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 rulebooks, no butt blocking, chop blocking, face tackling or spearing techniques shall be permitted.** If such techniques or any others forbidden by the National Federation or NCAA rulebooks are taught by Pop Warner coaches, said coaches shall be dismissed from the program upon being found guilty following a hearing. (NAT)

C. Special Mitey Mite Rules

1. Although the game is serious to the kids, from the adult viewpoint, Mitey Mite is strictly a training division, completely free of any pressure to win, with a total emphasis on learning. While scores are kept, no local championship may be declared. (NAT)
2. One (1) post-season game is permitted. This post-season game shall be played at any approved Mitey Mite jamboree. (NAT + SDPW)
 - a. There shall be a maximum of one coach permitted on the field during play who will be no nearer than five (5) yards behind the deepest offensive/defensive player once the line is set. (NAT +SDPW)
 - b. There shall be no rushing of punts, field goals or point after touchdown attempts. (NAT + SDPW)
 - c. There shall be no blitzing. A defensive player that is not on the line of scrimmage, and is not in a three or four point stance when the ball is snapped, cannot cross the line of scrimmage. (SDPW)

D. Medical Concerns and Injured Players

- Every team (cheer, flag & tackle) **shall** have the player contract, which includes the medical release section, photo I.D's and official roster with them at all times. This includes, but is not limited to practices, games, fund-raisers and any other team functions. (SDPW)
- Any participant, who has been checked by a doctor as a result of a Pop Warner activity, must have a written doctor's release in order for the participant to resume his/her participation with the football or spirit leading activities. (SDPW)
- Any player suspected of having been injured, who leaves the field under his own power, **may not** return to the game until at least one play has been completed. (SDPW)
- A player who is **unable to leave the field under his own power** by reason of injury, **shall not re-enter** the game without the approval of a physician, registered nurse, paramedic, or EMT. (SDPW)
- A player who re-enters a game without proper approval is considered an ineligible player. (SDPW)

E. Game Ball *(See National Rule Book)*

F. Awards

1. 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 or squad members. (NAT)
2. No game balls or cheer of the week or month awards (SDPW)
3. **Special Note for Players:** Awards for individual performances displayed on the helmets are prohibited (i.e., no stars, hatches, footballs, etc.). The only decal allowed is the team logo and/or an official Pop Warner logo. (NAT)

G. Player Designations

1. During a game in which a PA system is used, the number of any player committing a foul shall **NOT** be publicly announced. (NAT)
2. Team members with any type of casts cannot participate in practice or games, regardless of a physician stating that the child has been cleared by him to play. (SDPW)

H. Length of Periods

Maximum length of periods for Mitey Mite, Jr. Pee Wee, Pee Wee, Jr. Midget and Midget division of play are 10 minutes. (NAT)

I. Intermission Length

- Between 1st & 2nd; 3rd & 4th quarter.....2 minutes
- Between 2nd & 3rd quarter.....15 minutes (NAT)

J. 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. (NAT)

K. Time-Outs

A team shall be permitted no more than **three (3)** time outs per half. (This does not include official time outs.) (SDPW)

L. 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

M. Regular Season Tie Breaker

Ties will be broken during the regular season games in all tackle divisions except Mitey Mite using the "Ten Yard Overtime Procedure" as outlined in the local National Federation High School Rules, except the ball shall be placed on the 10 yard line instead of the 20. (SDPW)

N. Failure to Appear

1. Regular Season Game – Any team who knowingly and deliberately fails to appear to a regular season game, without prior permission from the current board of presidents, has less than 16 verifiable available to play, or has an unforeseen tragedy en route to their game:
 - The head coach shall serve a **2 week** suspension commencing at 12:01am of the following day. **All** "no-shows" shall be reviewed by the board of presidents for determining the reason for violation and to impose a penalty if applicable.

O. Lopsided/Intentionally Run Up Scores

1. Any time a team goes up by 28 points or more, the following will occur: (NAT)
 - The official clock will become a running clock 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.
 - 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.
 - There will be no blitzing once the clock becomes a running clock and the lopsided rule is in effect.
 - There will be no on sidekicks at kickoff.
 - The winning defense team cannot advance a fumble or pass interception. The ball is blown dead immediately. The winning offense may start play action from this point.
 - The winning team shall 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.
 - Any coach who employs types of plays without the intent to maximize the action of play shall be in violation of this rule.
 - The teams are still required to complete the mandatory play rule.
 - An investigation will be conducted if a game ends with a score differential of 28 points or more.
2. If an investigation is conducted pursuant to the National Rules because a game ended with a **28 point** differential, a coach, to be found **not guilty** of running up the score, **must**, at a **minimum** have complied with: the above described procedures. (SDPW)

P. Sideline Personnel

1. In addition to the coaching staff, a team may have additional support personnel positioned within a team box during the game. The total number to team support personnel, including coaches, in a team box shall not exceed ten (10). This includes the water-boy. (NAT + SDPW)
2. Personnel without ID cards cannot direct any action of rostered personnel on the sidelines. (SDPW)
3. Badges are to be worn on shirtfront or collar or from a lanyard. (SDPW)
4. Photographers and video tapers shall **NOT** mingle with the coaching staff during the game or at halftime. (SDPW)
5. Only **PARTICIPATING** rostered teams, Conference or league members who display the official Conference issued photo identification will be permitted within the perimeter of the playing field. This is to insure that parents and other spectators do not interfere with the game, i.e., distracting the coaching staff, players or causing a referee to question if this person is a member of the rostered staff when thinking about penalizing the sidelines. (SDPW)
6. Each team shall be authorized to have no more than one (1) team photographer who is authorized to be on the sidelines outside the twenty-five (25) yard lines. Team photographers must display a team ID card identifying them as approved team staff members by their associations. All photograph equipment on the sidelines must be of the hand-held type only (i.e. – no booms, carts, tripods, etc. are to be within the playing field or restricted sideline areas). The team photographers are **NOT** counted as part of the maximum 10 person staff as described by National rules. (SDPW)
7. Business managers, checkers and spotters are not allowed in the opposing team box during a game. (SDPW)
8. Board members are not allowed within the coach's box unless taking care of official business. (SDPW)

Q. Radios and Communication Devices

Cell phones two way radio transmitters (walkie-talkie) are illegal on the sidelines when used by coaches and other staff members of the team(s) engaged in the game. They are considered “game day scouting techniques”. (SDPW)

R. 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. (NAT)

S. No Taxi Squads

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

T. Players

1. A free substitution rule is always in effect. (NAT)
2. 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., Jr. Midgets vs. Midget). (NAT)

U. Violations

1. Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. There shall be no exceptions. (NAT)
2. Any rostered coach or staff member directing action without a valid ID card will receive a two game suspension for the next scheduled two games. (SDPW)

Violation A: Behavior resulting in ejection of athlete or coach from a game.

PENALTY: *Ineligibility for next game (league, non-league, tournament, invitational, play-off etc.)*

Violation B: 2nd ejection of athlete or coach from contest during one season.

PENALTY: *Ineligibility of athlete for remainder of season. Suspension of coach for remainder of season.*

Violation C: Illegal participation in next game by athlete ejected in previous contest.

PENALTY: *Athlete, ineligibility for remainder of season. Head Coach, 4 week suspension.*

Violation A-1: When two or more athletes leave the bench area or fielding position to begin a confrontation or to join an altercation.

PENALTY: *Ejection from the contest for those designated by the official, ineligibility for the next contest, and the team(s) and player(s) will be put on a probationary status for the remainder of the season. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). If one act occurs in end-of-season contest, team(s) that left the bench area will forfeit the contest, record a loss and be put on probationary status for the following season.*

SECTION 18 - SCHEDULING

A. Division Assignments (Division II)

1. SDPW is a designated Division II conference.

B. League Draws

1. No league draws SDPW is a designated Division II conference.

C. Scheduling General Regulations

1. All Association scheduling requirements information **MUST** be furnished to SDPW no later than the first conference meeting in July of the current season. (i.e. number of fields, (primary and alternate) and their availability, game time availability, field down times, special scheduling considerations, if fields have lights, etc.)
2. It is the goal of SDPW to publish a firm-fixed schedule to the associations no later than Sept 15th of the current season with an absolute minimum number of changes during the season based upon unforeseen/emergency circumstances. This cannot be achieved without strict adherence to #1 listed above.
3. It is the goal of the Scheduling Commissioner to schedule games, giving associations a balanced number of home games, providing conditions will allow. (i.e., number of teams and fields available).
4. The minimum amount of League games scheduled in any season shall be determined by the size of the league. All teams will play each team in their league at least once and will be known as a league game.
5. The Association President **ONLY** shall present **ALL** requests for schedule changes to the SDPW Scheduler, in writing at least 2 weeks prior to the requested change. Failure to comply with this notice requirement shall result in denial of the request.
6. Division Two teams will be scheduled to play only Division Two teams unless otherwise requested by **BOTH** association presidents. A scheduled bye game from another conference may include a Division 1 team.
7. The SDPW Scheduler shall give any schedule changes to the Presidents, in writing by either ‘hard copy notice or via e-mail. No phone calls or verbal confirmation will be accepted.
8. Game time changes, location changes, or cancellations shall only be made with concurrence of the Commissioner and the Scheduling Director.

D. Bye Games

1. It is SDPW's policy to attempt to fill "byes". **Coaches are hereby placed on notice** that they should anticipate that a "bye" in the initial schedule might be replaced by a scheduled game against a non-Conference opponent. Failure to fulfill that obligation is considered a rule violation, subject to the suspension penalties. Any cost incurred by either, the Conference or the opposing team, as a result of the cancellation, **will be billed to the offending team's Association**, and that team may not be permitted to travel at the end of the season.

E. No Shows/Failure to Play and Forfeits

1. Both Associations are responsible for contact of the schedule on the opposing teams. Prior to the Friday before each game, to verify time and location.
2. If a team has enough eligible players to play, but refuses to play them, either prior to or during a game, the Head Coach may be suspended, if a SDPW investigation so warrants. However, nothing shall preclude the Association President of the team refusing to play, or a Commissioner with personal knowledge of the incident, to issue a summary suspension pending the outcome of the investigation.
3. For any forfeit that results in the game not being played as scheduled, the forfeiting team shall be responsible for the referee fees, and a \$100.00 fine, which shall be collected by assessing the Association of the forfeiting team.
4. The team who does not forfeit shall be awarded the win.
5. The score for a forfeited game shall be recorded as 1 to 0 in favor of the winning team.
6. No forfeited game shall be rescheduled.

F. Cancellation of Games

1. A 72-hour notice of possible cancellation prior to a scheduled scrimmage, pre-season or post-season game shall be required.
2. Lack of said notice shall result in a \$250.00 penalty to be paid to the aggrieved team.
3. This notice shall be made to the Commissioner and Scheduler by the **Association President ONLY**.
4. The home team Association President shall have the authority to cancel all games on his playing field during or prior to the scheduled starting times if, in his judgment, either the weather or field conditions would be hazardous to the participants.
5. All cancelled games shall be reported to the Scheduling Director within forty-eight (48) hours prior to the normally scheduled playing time.

SECTION 19 - PRE-SEASON GAMES

1. A pre-season exhibition game is game that takes place before the season opens. Although it is a regular four-quarter game with officials present, and the game scored, the results of the game do not count in the W-L-T record developed over the course of the season. Pre-season exhibition games take place on the weekend immediately preceding the league-opening weekend and cannot be scheduled without the approval of the Conference Scheduling Director. (SDPW)
2. No game, whether exhibition, league, non league, post season or bowl games, shall be scheduled with a **Non Pop Warner team** without the prior approval of the SDPW Conference Commissioner and WESCON Regional Director. (SDPW)
3. No team, coach, or president of an Association, may on its' own, arrange or schedule a game. All games, regardless of type, must be arranged and scheduled through the Conference. No team or Association shall schedule a bowl game.(SDPW)

SECTION 20 - REGULAR SEASON GAMES

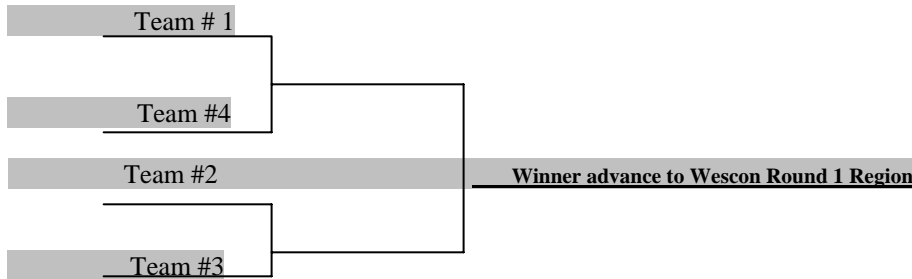
1. A minimum of three (3) officials shall be scheduled at each game. However, a game may be played if only two (2) officials are present. A game may not be played with less than two (2) qualified officials in attendance. (SDPW)
2. The maximum number of regular season games for MM-Midgets that can be scheduled for an Association's team in each division are ten (10). Fewer than the maximum number of games may be scheduled. (SDPW)
3. Only the Commissioner of SDPW Conference shall be permitted to waive the four (4) full days to three (3) full days (72 consecutive hours) only to permit the conclusion of the regularly scheduled season. (SDPW)
4. Each team will play a regular season, which unless otherwise determined, shall commence on the first (1st) Saturday after Labor Day. (SDPW)
5. The regular season will conclude in sufficient time to permit the appropriate number of play-off dates. (SDPW)
6. On those Saturdays, teams that fail to qualify for the first (1st) Round of the Play-offs will be scheduled to play an individual game against another non-qualifying team. The games will be scheduled at a site to be determined, and whenever possible, consideration will be given to similarity of record, prior opponents, assigned fields and scheduling requests. (SDPW)
7. On the Saturday following the First (1st) Round of Play-offs, in addition to another round of invitational games, and the Second (2nd) Round of the Play-offs, teams losing in the First (1st) Round of the Play-offs will be scheduled an invitational game or regular season game, if league is still participating on it's regular season. (SDPW)
8. All in post season league play games ending in a tie will be decided by the High School 10-yard line over-time procedure (CIF Tie Breaker). (SDPW)

SECTION 21 – SDPW PLAY-OFFS

A. Playoff Structure / Format

Only the following Divisions of Play participate in SDPW Playoff games:

- Jr. Pee Wee
 - Pee Wee
 - Jr. Midget
 - Midget
1. Separate SDPW Playoff tournaments shall be scheduled for Division II teams.
 2. Play-off game assignments will use the structure/format of that illustrated in the diagram referred to herein as the “Play-Off Ladder” or “Play-Off Ladders”).
 - a) All divisions will use the “4 Team - 2 Round Single Elimination” Play-Off Ladder.
 - b) The top 4 teams from each division will qualify in the SDPW playoffs (see Playoff bracket)
 - c) Teams will be seeded only once for all Play-Off Ladders, and said seeding shall occur only in Round 1, pursuant to the methods designated by these rules and as propriety demands.
 - d) The SDPW Scheduling Director shall administrate the Play-Off games schedules and Ladders
 - e) Should a team, for any reason, not be able to participate in a Round one (1) game then the SDPW Scheduling Director shall determine which team will take said team’s place in the playoff ladder by referencing the same ‘qualification’ criteria as listed below and selecting the next logically qualified team. Failure to participate in subsequent Rounds will result in a forfeit for that Round of play with the non-forfeiting team advancing to the next round.
 - f) Questions regarding a team’s placement in the Play-Off ladder shall be resolved by the Commissioner.
 3. Playoff games that end in a tie after regulation play is complete shall be decided in overtime by the CIF Tie Breaker system (except play shall begin starting from the 10 yard line).
 4. Play-offs games should be scheduled at sites that have lights, an operating scoreboard, including a clock, and appropriate personnel to operate the scoreboard. A scoreboard failure during any game, however, shall not be grounds to postpone that game or any other subsequently scheduled game for that day. Such sites shall also have goal posts, a freshly lined field for the games, an open concession stand, Board Members on duty, and sufficient personal to provide for a chain crew.
 5. All officials’ fees for play-off games and invitational games are to be paid by the two (2) Associations playing in the games, if games are played on a neutral or common field. The team having home field advantage will provide payment for the officials.
 6. A coin flip shall determine Home and Away teams during the Postseason SDPW Championship Games



B. Qualification for SDPW Playoffs

1. The following teams in each division, except Mighty Mite, qualify for playoffs: a) The League Champion b) Sufficient additional Wild-Card teams to complete a four (4) or eight (8) team field, depending upon the division.
2. League Champions and Wild Card teams shall be determined by league record.
3. Seedings are determined by league play record.
4. Only League games count on all records. Non- conference games aren’t included in the standings.

C. Tie Breakers:

1. In situations where two or more teams are tied in their League standings a play-off berth, the tie shall be broken as follows:
 - a) If the teams have played each other during the season, the winner of that game shall qualify above the other team.
 - b) If (a) does not apply, and it is a 2 way or more tie, strength of schedule will be used as a tie breaker.
 - c) d. If none of the above resolves the tie, a coin toss will be conducted.
2. Questions/issues as to a team’s qualification for Play-Offs shall be resolved by the Commissioner.

SECTION 22 - POST-SEASON GAMES

A. Championship Games

1. SDPW Championship Games shall be scheduled annually as determined by SDPW so as to be in concert with participation in Regional/National level playoffs/championships.
2. SDPW Championship Games shall be conducted for **Division II** brackets as applicable.
3. SDPW Champions will be required to advance to Regional level playoffs unless other arrangements are made through the board of presidents.
4. Division Championship games: The winners in each division will advance to the First (1st) Round of the Regional Playoffs at the site determined by Regional Officials.

B. SDPW Invitational Games

1. Invitational Games shall be scheduled annually as determined by SDPW.
2. *Associations that wish to participate in Invitational games must be eligible as defined throughout these rules and must make the request to the SDPW Bowl Commissioner in writing at least two (2) weeks prior to the scheduled date. Teams that fail to notify in a timely manner may end up not being selected to participate.
3. Saturday – Invitational games to be scheduled with other Conferences or between two SDPW teams, as circumstances dictate. Preference shall be given to teams from Associations not otherwise represented.
4. Sunday – Additional invitational games as desired.
5. All SDPW Sun Bowl games will be the responsibility of SDPW.
6. For inter-conference Invitational games – National playing rules shall apply
7. *All tackle teams JPW to Midgets teams in good standings with the SDPW the Conference may participate in a bowl game.

C. Sun Bowl Games

1. The Sun Bowl is the annual post-season bowl sponsored by SDPW Conference. The bowl consists of up to ten (10) games and can be scheduled on Saturday and Sunday of a TBA weekend (SDPW)
2. The location of the bowl shall be in one of the Conference member Association cities, which shall be responsible for providing the fields and for making all necessary arrangements following the SDPW Conference guidelines for hosting the Sun Bowl. (SDPW)
3. Only JPW, PW, JM & MID division teams are eligible to participate. (SDPW)
4. One (1) post-season game is permitted for the Mitey Mite division. This post-season game shall be played at an approved bowl game. (NAT + SDPW)

D. Bowl Games

1. The Association, and Head Coach are required to guarantee appearance of member teams, at bowl sites or the Association will pay the WESCON region established fine for failure to play the game. (SDPW)
2. All teams from Jr. Pee Wee division and higher are eligible for participation in bowl games except if in conflict with any other policy or penalty in place. Each association shall be given a choice for their teams in order of their place in the final standings until all of the available games are filled. (SDPW)
3. Associations who have not paid any and all penalty fees by the end of the regular season shall not participate in any post season game. (SDPW)
4. Not even by agreement between opposing teams, may Head Coaches allow over-weight or under-weight players to participate in a bowl game. No weight-disqualified player will be permitted to play, regardless of the distance traveled. (SDPW/NAT)

E. Regional Semi-Final Games

The Regional Semi-Final games shall be scheduled as dictated by the Annual Regional Convention by a vote of the Wescon Region's conferences and federations.

F. Regional/National Games

1. No local association team/cheer squad may be eligible to compete for, or win, their HLA Division Championship if their team Association, and specifically that team, has not participated in or met the published requirements of Scholastic Programming as set forth by the National Director of Scholastics. (SDPW)
2. Note: All participating teams must be prepared to travel to the Regional game site and to the National site the following week. At the National game site, teams may have to stay up to a week and play more than one game. Teams choosing to participate **must** commit to the entire championship playoffs and not just the Regional games. If a team cannot commit to the entire playoff, then they shall forfeit their position. (SDPW)

SECTION 23 – CUB FLAG FOOTBALL RULES

The Flag Football program shall follow all rules related to coaches requirements, registration, team formation, certification, etc. The SDPW Flag Football program shall follow the Pop Warner Flag Football Rules and Regulations, as contained in the National Rule Book.

A. Players

1. SDPW Conference shall field Flag Football in the Cub Division. The age requirement for this division is 5, 6 & 7 years. The cut-off date is July 31st of the current season. (NAT + SDPW)
2. The maximum number of players on a team shall be 24 and a minimum of 10 players. A forfeit will result when the minimum is not met. (NAT)
3. Only players appearing on the official team roster are to be counted as players. (NAT)
4. Only five (5) players are allowed to rush the defense. There are only (4) down linemen. The middle linebacker must two yards from the line of scrimmage and cannot rush until the center is in a standing position. (SDPW)

B. Mandatory Play Rule

1. All players will play a minimum of ten (10) plays. Failure to abide by this rule will result in forfeiture of that game. (NAT)

C. Playing Field & Game Ball

1. The playing field shall be the 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. (NAT)
2. Goal posts are unnecessary as points after TD (conversion) are made only by passing or running and there are no field goals kicked. (NAT)
3. A conversion line will be marked 3 yards from the goal line and at an equal distance from each sideline. (NAT)
4. No kick offs allowed the ball will be set on the 30 yard line. (NAT)
5. The following field equipment will be used: (NAT)
 - A.) A down Marker will be used to indicate the number of the down. (NAT)
 - B.) A Zone Marker will be used to indicate the distance to go for a first down (placed at the forward zone line.) (NAT)
 - 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. (NAT)
 - D.) A Junior or Pee Wee ball, of any approved manufacturer, shall be used for all Flag games. (PAL)
6. All teams will be responsible for officiating the flag division, unless a certified referee has been assigned to your game. (SDPW)

D. Equipment & Uniforms

1. **A pre-game check is mandatory. The business manager of the team, checks mouthpieces, cleats and flags. (Similar to the weigh-in process for the tackle program)** (SDPW)
2. Each player **must** wear a 2 flag belt (SDPW)
3. Standard ball and socket Flag Belt, containing two (2) flags, shall be used by both teams, with the flag extended down the outside of the players legs. Such sets shall be in contrasting colors, and shall also contrast to the color of the pants worn by each team. (SDPW)
4. Jerseys cannot be worn over the flags & **must** be tucked in at all times. (NAT)
5. All male players **must** wear an athletic supporter. (SDPW)
6. All players **must** wear a mouthpiece. (SDPW)
7. Mouthpieces shall not have keeper straps, or breakaway strings. Mouthpieces cannot be attached to the jersey in any way. (SDPW)
8. Football practice pants (without pads) are recommended to protect the knees of the players. A consistent team appearance is a **must**. (SDPW)
9. Pants shall not have any pockets whatsoever. (SDPW)
10. Cleats are required (no sneakers) and must meet the same requirements as those for the tackle division. (SDPW)
11. Eye glasses, when worn, shall be of athletically-approved construction with non-shattering glass (safety glass). (NAT)

E. Prohibited Equipment

1. Padding on the knees only may be worn. Youth kneepads (soft athletic kneepads or the type that fit into football pants) are the only padding that is permitted. (SDPW)
2. Anything that conceals the flags. (NAT)
3. Slick or sticky substances such as grease or glue. (NAT)
4. Any equipment, in the opinion of the referee, that will endanger or confuse players. (NAT)

F. Referees

1. Two referees are required at each game. (NAT)
2. Referees **must** be at least 16 years of age. (SDPW)
3. The association might be responsible for flag referees (SDPW)
4. All Flag referees must know *the National Rule Book for specific details for Flag Football* .

G. The Rules of the Game

1. The free substitution rule is always in effect and a player may enter the game any time the ball is dead. (NAT)
2. One coach for each team will be permitted on the field in the Flag and MM Divisions only. The coach on the field **must** remain 10 yards behind the deepest player. (NAT + SDPW)
3. If the kickoff goes out-of-bounds, the ball will be set for play on that yard line or the 20 yard line, whichever is a better benefit to the receiving team. (SDPW)
4. **NO** blitzing is allowed. The penalty for blitzing shall be a 10-yard penalty. (SDPW)
5. Blocking with the hands, inside the body frame as in the tackle divisions, is acceptable. (SDPW)

NOTE: *See the National Rule Book for specific details for Flag Football rules*

H. Game Time

1. Game time shall consist of two 20 minute halves with a running clock except for during kickoffs and 10 minute between halves.
 - **NOTE:** This means that the clock shall not be stopped for incomplete passes, out-of-bounds, or first (1st) downs. Referees may stop the clock to permit coaches and trainers to attend injuries. The clock shall be stopped for called time-outs, three (3) per half allowed and also after touchdowns and shall not start until the receiving team touches the ball during the ensuing kickoff.
2. When no scoreboard clock is available, the referees shall keep both teams apprised of the time left in the game. This shall begin at the four-minute mark near the end of both the first half and second half of the game. The referees shall indicate the time remaining at appropriate intervals during the last four minutes of the game as well. (SDPW)

I. Scoring Values

1. No statistics will be kept in the flag division. Standings will be kept.(SDPW)
2. The same penalties apply to coaches regarding a run-up score in the flag program to coaches in the tackle program.(SDPW)

J. Practices

1. Each team may participate in one (2) scrimmages
2. Practices are limited to three days per week, not to exceed 1 ½ hours each practice, while school is in session, and when school is not in session, practices are not to exceed 2 hours. (NAT + SDPW)
3. Since some programs are in cities with year round school schedules, no association may practice under the alternate two hour a day, four day a week program. (SDPW)

K. Schedule

1. The maximum number of games in the cub division per season shall be: 1 (zero) pre-season game, eight (8) regular season games. (SDPW)
2. Tournament play is allowed. (See the National Rule Book for details). (NAT)
3. All flag teams in good standings with the SDPW The Conference may participate in a Flag Jamboree game.(SDPW)

L. Violations

1. The same penalties that apply to coaches in the tackle division regarding the completion of minimum plays will apply in the flag program as well.
2. Failure to abide by Minimum Play rule will result in forfeiture of that game.
3. Any other violation within the National Rule Book or this manual that applies.

SECTION 24 – VIOLATIONS, PENALTIES, DUE PROCESS/HEARINGS & APPEALS

NOTE: It's recommended that the following Juvenile Offenses & Team/Association Offenses paragraphs be read to all football players and cheerleaders, and a copy be sent home to all parents. (SDPW)

A. JUVENILE OFFENSES

1. Penalties for the following situations shall be immediate ejection from the game, suspension from the team for the next week and game for the first offense, and immediate ejection from the game and suspension from the team for the balance of the season for the second offense. (SDPW)
 - a) Fighting or hitting, kicking, striking, or otherwise abusing opponents during the course of a game.
 - b) Verbal or physical intimidation of opponents outside normal talk across the line (of a non-profane nature).
 - c) Any act of disrespect for team, Association or Conference authority, game officials, or fans.
 - d) When a player is ejected from a game, the Association President shall notify the SDPW Commissioner in Charge, by phone, of the player's name and jersey number, by noon on Sunday. Ejection from a game for any reason will result in the player's suspension from the team for the following one (1) week and one (1) game. There shall be no appeal of an official's ejection. The player shall not practice with the team.
 - e) Performing, exhibiting, or condoning any other act or behavior, that in the opinion of SDPW, reflects in such a manner that is detrimental to the name and/or reputation of the Association, The Conference (SDPW), or the National organization.

B. TEAM/ASSOCIATION/ADULT OFFENSES

1. Fighting/Riot/Incitement to Riot: At games or scrimmages between different teams, any fight or riot between team members (as opposed to one-on-one altercations) shall be judged a team offense rather than an individual offense. An incitement to riot (which is defined as any team heckling or egging on of an opponent, in a manner, that may result in a fight or riot) shall result in forfeiture of the game upon the first offense and forfeiture of the season upon the second offense within the same season. (SDPW)
2. If any fights occur between teams, BOTH teams can be disqualified from participating in Play-offs, post-season invitational games and traveling. The game will be considered forfeit. Any subsequent fight involving either team will result in the immediate dissolution of that team. Team, for the purpose of this rule includes the players and cheerleaders, and the coaches, relatives, friends and spectators. Fight, for the purpose of this rule, does not include a single blow or punch by one individual, but does include any exchange of blows, punches, kicks, etc. by two or more individuals. (SDPW)
3. Performing, exhibiting, or condoning any other act or behavior, that in the opinion of a simple majority vote of the SDPW Board of Presidents, reflects in such a manner that endangers a child or is detrimental to the name and/or reputation of the Association, The Conference (SDPW), or the National organization may result in forfeiture of the game, forfeiture of the season, and/or dissolution of the team depending on the nature and severity of the violation. (SDPW)

C. Head Coach Violations

1. The first offense for any rule violation, unless otherwise specified, shall be suspension of the Head Coach for the next scheduled game and for the one (1) week of practice preceding the game. Any coach who is suspended shall be barred from attending any practice or game involving his team during the term of the suspension. (SDPW)
2. The second violation of the same rule shall result in the suspension of the Head Coach for a period of one (1) year, commencing on the date of the suspension, and depending upon the nature of the violation, the game may be forfeited. (SDPW)
3. Such suspension rules also apply to all Staff and Assistant Coaches. (SDPW)
4. If the Head Coach deliberately and flagrantly violates these rules, the Head Coach shall be suspended, if a SDPW investigation so warrants. However, nothing shall preclude the Association President of the team charged, or a Commissioner with personal knowledge of the incident, to issue a summary suspension pending the outcome of the investigation. (SDPW)

D. PENALTIES

1. Many of the rules defined within this manual also include clearly stated penalties for their violation within the stated rule. Some do not. It is important to note those rules that do include said penalties. (SDPW)
2. **The Head Football Coach of the team is the ultimate responsible party for the actions of his/her staff, team, individual players, and spectators.** In many instances, because of the nature of this responsibility, rule violations, though not accredited to the direct action of the Head Coach, will result in his/her suspension. (SDPW)
3. Suspensions – Under the SDPW recognized definition of suspension – Unless specifically stated otherwise in the terms of suspension, suspended members (Coach, participant, staff, Board Member, parent, guardian, etc.) shall be barred from attending any practice, game, or team function, or Association function, during the term of the suspension. Violation of these terms of Suspension will result in a continued one (1) year suspension and depending upon the severity of the violation, may be cause for the cancellation of membership. (SDPW)
4. Hearings and appeals shall be conducted in accordance with the Pop Warner Administrative Manual, and the section entitled "Hearings and Appeals" in this manual (below). (SDPW)
5. Due to situations that may arise within the scope of the administration of these Rules and Regulations, National Rules and Regulations, and any other rules and regulations and/or standard of behavior recognized by SDPW, it may become necessary for this organization to levy administrative penalties at the discretion of the majority of the SDPW Board of Presidents. These penalties may include censures, probations, suspensions, fines, etc. depending upon the nature and seriousness of the violations/behaviors. (SDPW)

E. HEARINGS AND APPEALS

1. Any individual, Football Coach, Spirit Coach, Parent, etc. that is summarily suspended shall have the right to a hearing within seven (7) days of the summary action in the name of “due process” and the right to a speedy hearing in addition to the mitigation of affects on individuals, teams, or the program as a whole. (SDPW)
2. The individual named in the summary action has the right to waive their right to a speedy hearing, if it is necessary to gather evidence in his/her defense. However, summary actions (i.e. suspensions) will stand until the hearing is held. (SDPW)
3. San Diego Pop Warner shall appoint a rotating Investigation Committee, consisting of three (3) association presidents, to be appointed annually. In addition to the preceding, the appointed Vice Commissioner shall act as the Chairman of the Investigation Committee, and act as an advisor to the members thereof. However, said Chairman shall vote only in the case of a tie. Should the Chairman have difficulty securing three (3) Presidents from the current panel to conduct an Investigation, the Chairman may elect to appoint Presidents or SDPW Commissioners, in such quantity, so as to fulfill the Investigation requirements. Such appointees shall have full voting rights during the course of the Investigation. (SDPW)
4. The Investigation Committee shall also consist of one San Diego Pop Warner Deputy Commissioner to act as secretary for the Investigation Committee. This Deputy Commissioner shall not have a vote, but may join in the discussion of the proceedings. (SDPW)
5. All complaints and protests shall be directed to San Diego Pop Warner, in writing, provided that all Association level remedies have been exhausted. The complainant shall notify San Diego Pop Warner of a pending complaint within twenty-four (24) hours of the incident. The complaint shall be delivered to San Diego Pop Warner within forty-eight (48) hours of the incident. At that time, San Diego Pop Warner shall turn the complaint over to the Chairman of the Investigation Committee for processing. It shall be the responsibility of the protester to provide the Association President with the appropriate information to dispatch the protest/complaint in sufficient time to comply with this rule. (SDPW)
6. If a suspension has been imposed and a meeting of the Investigation Committee cannot be coordinated within seven (7) days of San Diego Pop Warner’s receipt of a written appeal, the following shall go into effect: (SDPW)
 - The appeal shall be forwarded to the Investigation Committee Chairman.
 - The Chairman shall contact a minimum of three (3) Presidents currently serving on the Committee and apprise them of the complaint and statement of appeal.
 - Said Presidents shall be polled by the Chairman as to whether the suspension should be “stayed” until the Investigation Committee can be convened. A simple majority affirmative vote of the contacted Committee members shall stay the suspension.
7. Upon ruling of the Investigation Committee, the Chairman shall complete a Presidential Investigation Hearing/Appeal Report. Said Report shall be made part of the minutes of the next regularly scheduled San Diego Pop Warner meeting. Additionally, a copy of said Report shall be mailed to the defendant and/or plaintiff of the complaint. (SDPW)
8. Each Association, within San Diego Pop Warner, has the right and authority to enforce all rules within its own organization under the rules and guidelines established by its own By-laws, written Policies and Procedures, and manuals. Each Association, also, has the authority to impose any penalty it deems necessary, after the violator has been afforded due process of the rules. Whenever an Association finds that a member is in violation of any of the rules and imposes a penalty or takes action to enforce the rules, San Diego Pop Warner and its member Associations will automatically uphold and be bound by that Association’s actions. Any Association member who has been or is being disciplined by an Association has the right to appeal such disciplinary action to San Diego Pop Warner. (SDPW)
 - All appealing Association members shall direct their first appeal back to that member’s Association.
 - Once an Association member has appealed to his own Association, they may appeal to San Diego Pop Warner. The appealing member shall notify San Diego Pop Warner, within twenty-four (24) hours, of a pending appeal, once their Association has taken action.
 - The appealing member shall deliver to San Diego Pop Warner, within forty-eight (48) hours, a written request for an appeal hearing. The written request shall contain an outline of the appealing person’s defense of the appeal. San Diego Pop Warner shall then turn the appeal over to the Chairman of the Investigation Committee for processing.
 - The Investigation Committee will then follow the procedure defined in this section.
 - If the Investigation Committee finds that the Association has followed the proper rules and guidelines for due process then the matter will be upheld.
 - It is not the intent of San Diego Pop Warner to render judgment or to interfere in each Association’s right to police and enforce its own rules and regulations. The intent of this section in the rules is to afford the membership the right of appeal to any Association disciplinary action. And to insure the member’s rights under Association Rules, San Diego Pop Warner Rules and National Rules have been upheld.
9. All Associations, within San Diego Pop Warner shall honor disciplinary actions of any other Association against players, adults, and coaches, once all appeals are final or have been effectively waived. (SDPW)
10. Failure of any Association to render judgment and/or disciplinary action in a timely manner may result in San Diego Pop Warner taking appropriate action. (SDPW)

SECTION 25 - THE LITTLE SCHOLAR PROGRAM

A. Why do we have a Little Scholar Program?

Why do we have a Little Scholar Program? The following ideas and thoughts express the National Organization's tenets and some of the philosophies and concerns expressed throughout the WESCON Conference. They are to be used as a basis for establishing the All-American Scholar's program used by San Diego Pop Warner and its member Associations.

1. The concept of developing scholar-athletes is firmly embedded not only in the minds of the program's leadership, but also in the selection of the corporate name *Pop Warner Little Scholars, Inc.* The Pop Warner organization places strong emphasis on the value of education and the development of a well-rounded individual through athletic competition.
2. The Pop Warner Little Scholar Program offers a valuable added incentive for academic excellence outside of the educational community.
3. A program that emphasizes development of one's mental capabilities to the fullest, as well as exemplifies physical fitness and sportsmanlike behavior, can only provide a vital and positive contribution to the community for our youth.
4. Praising the good things children do provides more stimuli to continue to improve themselves.
5. Everyone, particularly children, needs to be given praise and shown appreciation for their efforts, even when they may not necessarily be the "greatest" or the "best".
6. A workable and understandable program needs to be developed so that both the volunteer adults and the youth of our Associations can support the All-American Scholar program with the least amount of misunderstanding. The San Diego Pop Warner program strives to eliminate unnecessary steps and procedures.
7. San Diego Pop Warner takes into consideration the fact that some member Associations has Association level scholar programs. Thus, the criteria used to select the San Diego Pop Warner Little scholar Team needs to be differentiated from the National and Association programs to assure that each level receives viable, academic recognition.
8. The dictionary definition of the word **SCHOLAR** is a person who has learned much through study.

B. Eligibility for Certification

1. Each participant shall be required to bring a copy of their **FINAL REPORT CARD** for the school year ending prior to their registration, or to August 1, of the current year (summer school report cards AND Progress Reports alone shall NOT be sufficient). Those participants that fail to submit a report card or a Scholastic Eligibility Form (3B) by August 1 or the first day of practice will NOT be allowed to take the field. **Proof of satisfactory scholastic fitness is a National rule (refer to Article 6 Registration, Section S-4 Scholastic Fitness in 2004 National rule Book).**
2. San Diego Pop Warner shall deem a player or cheerleader to be scholastically fit only if their overall numerical GPA is 70 or higher. Alternatively if a player or cheerleader does not meet the required 70% they then must submit a Scholastic Eligibility Form (3B) with written proof from the school they attended stating the player or cheerleader is academically fit to participate.

C. Submission of All-American Applications for the National Process

1. The SDPW Little Scholars Commissioner shall provide copies of the Little Scholars All-American Application, the All-American Addendum and the Scholastic Eligibility forms to each Association's president and to the Association's Little Scholar Representative. If these forms have not yet been made available to the Little Scholar Director, the forms are also made available on the National Pop Warner website- www.popwarner.com under scholastic forms and can be downloaded by the Association's Little Scholar Representative. Each player and cheerleader who is eligible for the National All-American process must be given the opportunity to complete the said forms. All forms should be given at the time of registration or soon after.
2. **All applications MUST be submitted to the San Diego Pop Warner Little Scholars Director NO LATER than TBD.** applications are then to be submitted by San Diego Pop Warner's Little Scholar Commissioner after the Little Scholar Commissioner verifies eligibility to WESCON in October. All applications **MUST** include the full year's report card for the previous year and **MUST** have at least one item listed on the All-American Addendum listed per National's rule **AND** the application **MUST** be signed by both the parent **AND** the participant. The addendum **MUST** be completed including the contact names and telephone numbers. National will **NOT** accept any incomplete applications and addendums.

D. Grade Point System

1. San Diego Pop Warner will follow the prevailing Pop Warner Little Scholars, Inc. (National) method for converting grades reported by schools to a standardized numerical scale representing a person's academic standing.

E. The National Selection Process

1. Submission of candidates to Pop Warner Little Scholars, Inc. shall follow the prevailing guidelines established by Pop Warner Little Scholars, Inc. for National recognition. The San Diego Pop Warner Little Scholars Director shall give said guidelines to the President and the Little Scholar Representative of each Association upon receipt of said guidelines from Pop Warner Little Scholars, Inc. It is then up to **National** to determine recognition.

F. San Diego Pop Warner Selection Process

1. A Little Scholar Committee will determine how the selection process will take place and the Little Scholar Director will provide written documentation to the president's for approval **PRIOR** to the selection.
2. Applications shall be scored by a point system based on the current Pop Warner Little Scholars scoring methodology for GPA.
3. Applications must be submitted on the current year's Pop Warner Little Scholars, Inc. All-American Application form.
4. There will be no limit to the number of nominees accepted from each Association.
5. Only applicants who have submitted report cards representing reporting periods for the **ENTIRE** prior school year shall be eligible for Little Scholar awards issued by San Diego Pop Warner

G. San Diego Pop Warner Little Scholar Committee

1. The San Diego Pop Warner Little Scholar Committee shall consist of the San Diego Pop Warner Little Scholar Director plus one (1) representative per member Association as appointed by each Association. All proceedings of the Little Scholar Committee shall be reported to the San Diego Pop Warner Board of Presidents.
2. The San Diego Pop Warner Little Scholar Director shall set meeting dates and places necessary to accomplish the objectives of the All-American Scholar Program.

H. San Diego Pop Warner Little Scholar Award Ceremony

1. An award ceremony is to be held annually for the express purpose of honoring the All-American Scholar youth for their scholastic achievements.
2. The ceremony should be held within the months of June, July or August for scholastic achievement reported in the prior season.
3. Every attempt will be made to keep the event costs reasonable and on a par with those expenditures for both the football and cheerleading programs.
4. Any Association that wishes to invite their local high school and city officials as their guests are encouraged to do so. Their attendance will be recognized on behalf of that Association's candidates.
5. Parents and family of each candidate should be encouraged to attend.
6. Usual costs are: plaques for the National All-American Scholars, First and Second Team, and awards to the SDPW Scholars; decorations, facilities, programs, postage, letterhead, envelopes, certificates, plaques, or any other awards, refreshments and dinners for speakers and special guests, when the event is a banquet.

I. Association Level Little Scholar Program

1. The criteria and standards suggested here are at the discretion of the individual Associations if they desire to implement a program. In no way are these suggestions a mandate from San Diego Pop Warner. They are provided as suggestions and guidelines for those Associations that choose to conduct a local recognition program for their Association All-American Scholars.
2. Any player or cheerleader who is accepted, as a National or San Diego Pop Warner honoree shall have met any criteria set at the National level.
3. Suggestions that an Association might take into consideration in establishing a local program:
 - a) Associations may use the San Diego Pop Warner Little Scholar application or a version thereof with their name and logo.
 - b) All candidates that met the Association criteria should be recognized as part of the Association scholar team and given a certificate of academic merit.
 - c) Grading period would be the same as San Diego Pop Warner and National.
 - d) One objective of an Association Little Scholar program should be to give recognition and encouragement to those youth who are doing creditable academic work, but who have not yet attained sufficient scholastic excellence to be considered at the National or San Diego Pop Warner level. The expectation would be to provide more youth an incentive to pursue academic excellence.

J. Examples of Association Recognition Programs

- Provide certificates of recognition for the Little Scholars during the team banquet at the end of the season, or any other appropriate event attended by the Association members.
- Establish plaques in your local schools. Update the plaques with the names of the scholars each year.
- If your Association has an Opening Day, plan recognition for your scholars from the past year.
- Approach your city council or mayor for a certificate or letter of recognition for your scholars. Ask the Mayor or City Council to proclaim a "Pop Warner Little Scholar Day" honoring their academic achievements.
- Provide patches for the Little Scholars honorees.
- Publish the Little Scholars from your Association in the local newspapers. Consider taking out an ad in your local newspaper recognizing the Little Scholar honorees.
- Consider raising funds to take your Little Scholars on a "special trip".

K. Wescon Region Scholarship Program

1. The purpose of a Wescon Scholar Program is to support and promote Pop Warner Little Scholars, Inc. ideal, that “*Academics And Athletic Go Hand-In-Hand*”.
2. San Diego Pop Warner Conference is a successful participant of this program and strongly encourages each association to follow the guidelines that will be given to each association’s Little Scholar Representative. There are two scholarships awarded per season, one (1) scholarship to a player participant and one (1) scholarship to a spirit/dance participant.
3. Each year, Wescon chooses a topic at the Wescon Region Convention for which the participant will write an essay. Said topic will be announced to the Association’s Little Scholar Representatives.
4. In order to be nominated/ considered, essay participants **MUST** presently be in the 8th grade or higher.
5. The essay participant **MUST** have properly completed and submitted the National All-American Application/Addendum (as required by National).
6. Submit a **FULL** year report card from the previous school year with a GPA of 96% or higher.
7. **MUST** have participated in the Pop Warner program for a minimum of two (2) years as verified by San Diego Pop Warner Conference. (This means having participated as a player or cheerleader.) This guideline is per the Wescon Region.
8. The essay **MUST** be received **NO LATER** than September 10th from the participant.
9. The Palomar Little Scholar Committee will review essays.
10. The Little Scholar Committee will nominate one (1) player and one (1) spirit/dance participant per the Wescon guidelines.
11. Essays will be submitted to the Wescon Scholar Coordinator **NO LATER THAN** October 10th.

NOTE: Although a Wescon player and/or a spirit/dance participant may be nominated for recognition/consideration each year of participation, from 8th grade and up an individual can only receive a Wescon scholarship one (1) time. (Per Wescon)

SECTION 27 – SPIRIT AND DANCE

A. INTRODUCTION TO THE RULES

The section is being duplicated in this spirit section to remind the cheer coaches to review and follow the rules, not only in this spirit section, but through-out this policy manual as it applies to all programs in Pop Warner. This pertains to both the San Diego Pop Warner Policy Manual and the Pop Warner National Rulebook.

National Pop Warner has established one (1) set of football and spirit rules for all participants published in the **Pop Warner Little Scholars Official Rules Book**. However, each conference and association can establish policy and procedure to assist in the administration of the National Rules. This manual has been prepared solely for the benefit of ALL staff volunteers in order that they may better and clearly understand the playing conditions and required rules that shall be enforced during the upcoming season. The foregoing “Policies & Procedures Manual” has been adopted and approved by the San Diego Pop Warner Conference. These San Diego Pop Warner policies are intended to be a supplement to the **National Pop Warner Rules and Regulations**. Other rules and policies that will apply to your function as a volunteer can be found in the **National Federation of High School Associations** for **Both** football and Spirit, your own **Local Association Policies and The Pop Warner Administrative Manual**. These rules have been adopted to make football and spirit participation within the San Diego Pop Warner Conference more competitive, safe, and enjoyable for all young people within the Conference. The layout and format of this Rule Book has been changed from previous years in an effort to make it easier to understand, reference, and find pertinent rules as they may apply to situations that may arise.

Other policy may also be implemented after the issue date of this manual. Although these will not be made part of this manual, they may still apply to the current season. Therefore, it is imperative that the local association boards create a good line of communication with their volunteers. This will insure that they are constantly kept up to date as the board of presidents (conference) approves these new rules and puts them into place.

In the event new rules are put into place after the current printing of this Policy Manual, an amendment sheet shall be issued to each association. It will be their responsibility to insure that copies are made and distributed for all of those within their organization to attach to this manual.

EACH HEAD COACH, BOTH FOOTBALL AND CHEER, AS WELL AS THEIR STAFFS & ASSOCIATION PRESIDENTS AND CHEER COORDINATORS, are expected to read, understand, and **sign** an agreement to abide by all the stated policies in this manual, as well as all rules and regulations stated within the **National Pop Warner Rules and Regulations** handbook and the **National Federation of High School Associations**.

B. Squad Formation

1. Placement onto a squad is **NOT DETERMINED** by the participant's grade level. Placement onto a squad will only be determined by the participant's age as of 7/31 of the current season and must correspond to the overall ages of the football division, for which they are participating.
2. Each Association shall attempt to assign a first-time participant to the lowest age level for which he/she is qualified.
3. In order to participate in the Regional, National the ages of the spirit squad must correspond to the playing ages of the football team with which they are associated.

C. Mascots

1. Mascots are **not** allowed in San Diego Pop Warner Conference.

D. Sportsmanship/Conduct

1. Associations should be consistent and all spirit participants (and their parent/guardians) should know what the policies are prior to the beginning of the season. A copy of said policy **MUST** be approved by the local Association Board of Directors and a copy must be submitted to the San Diego Pop Warner Conference Cheer Coordinator **by July 31 of the current year** for verification.

E. Practice

1. **After Labor Day:** practices are limited to **three (3) days per week** for a total of six (6) hours per week.
2. A week is defined as Monday to Sunday.
3. Pop Warner cheerleaders are required to attend all practices, games, fund-raising events, and special performances scheduled by the Spirit Coach and squad.
4. All practices must be held at a site approved by their local Board of Directors and must be on file with our insurance carrier.

Sunday Spirit Practices

1. Sunday practices will be approved to obtain **indoor gym time ONLY**. Sunday practices are not allowed to practice outdoors.
2. A request for Sunday Practices must be submitted to the San Diego Pop Warner Cheer Coordinator to include the following:
 - Dates of Sunday Practices
 - Location
 - Hours of Practice (Not to exceed 2 ½ hours)

Remember, you are giving up a weekday practice for an indoor practice.

You may **NOT** schedule a Saturday practice for indoor gym time if your cheer team has a game on that day.

- Please keep in mind that Sunday is a “Family Day” for most families. Sunday practices for indoor gym time can not be made mandatory for the Spirit Participants. I am sure most girls will be excited to get indoors for a practice; however, please realize some girls may not be able to make a Sunday practice due to family commitments

F. Flag Practice

1. Will follow the Flag Football practice guidelines:
2. Practices are limited to three days per week.
3. Practices are limited to 1-1/2 hours each, for a maximum of 4.5 hours per week.

G. Camps

1. Every effort should be made to encourage all spirit participants to attend cheer camps.

H. Pop Warner Safety

1. All San Diego Pop Warner Conference Head Spirit Coaches must attend our mandatory Coach's Clinic and all Assistant coaches (and other staff) are strongly encouraged to attend

I. Partner Stunts & Pyramids

1. Stunts permitted in Flag division are pony sit, thigh stand.
2. **Mitey-Mites** - As part of their training, Mitey-Mite spirit squads may receive instruction in stunting fundamentals. If provided, training must stress the importance of safety and teamwork in stunting and cover safety issues (i.e. proper spotting technique, personal appearance guidelines and stunting rules), required skills (lunge technique, grips, correct base and flyer positions, step-lock-tighten, etc.) and stunt terminology.
3. If a MM squad has demonstrated consistent safe and successful execution of the basic skills with knowledge and understanding of safety/spotting rules, the Head Spirit Coach may choose to provide instruction up to prep level with cradle dismount, 2 legged stunts.
4. All stunts at the Mitey-Mite level must maintain at least one continuous spotter.
5. All Mitey-Mite coaches must be knowledgeable in stunting fundamentals and techniques, progressions and safety regulations.
6. The Head Spirit coach must have attended the current year's San Diego Pop Warner Conference Coach's Clinic, including the stunting instruction portion. Coaching staff not attending must be instructed in the principles of safe stunting by the Head Spirit Coach.

J. Competitions

1. San Diego Pop Warner Conference Spirit Competition Rules will be distributed as soon as possible after all Associations have certified their rosters. SDPW will use the same guidelines as indicated in section S13 under Regional/National Championships General Information once we have certified rosters. (S13 either A or B).
2. All spirit & dance squad's local competition scores will be emailed to each association coordinator within seven (7) days following the competition.

K. 2006/2007 National Pop Warner Cheer Rule Updates

The following has been included to bring to your attention the rule changes in the National Rulebook for 2007. It is not intended that this be your only reference to the national rulebook, it is your responsibility to read the National Rulebook in its entirety. Making references to it throughout the season as needed.

Part VIII – Pop Warner Spirit Rules

S1- League Level

The League Cheer and Dance Coordinator must participate in a valid Pop Warner endorsed Spirit Coaches' Education Training Program.

S2 – Association Level

The Association Cheer and Dance Coordinator must participate in a valid Pop Warner endorsed Spirit Coaches' Education Training Program.

S3 – Coaches' Requirements, Squad Level

The Head Coach must participate in a valid Pop Warner endorsed Spirit Coaches' Education Training Program.

Please see rule book for additional rules for 2007.

It is highly recommended that all Assistant Coaches, Coach Trainees, Student Demonstrators participate in a valid San Diego Pop Warner endorsed Spirit Coaches' Education Training Program or a professional cheerleading organization that is approved by the National Cheer and Dance Commissioner.

Traditional Squad Options

5. Cheer/Dance Squads without a Football Team

H. Please note that **you can not have 2 cheer squads** for one football team. Each football team may have a maximum of 2 spirit squads, one primary cheer and one dance squad. (i.e., you can not roster one traditional cheer squad for the Midget Division and one Cheer without Football for the same team in that Midget Division)

Rule 3: Cheer Categories Defined

- Effective 2005, we have added the Level I Category for Tiny-Mite and Flag (Cub) divisions. Mitey Mite Cheer is permitted to follow Level I or Novice categories only.
 - Review SDPW Spirit Guidelines for Flag and Mitey Mite
 - Flag – Pony sits and Thigh stands ONLY
 - Mitey Mite – Pony sits, Thigh stands, and 2 leg prep level extensions ONLY

Rule 7: Competitions

- A squad must participate in the Pop Warner League, Region and National Spirit Championships in order to be approved for a non-Pop Warner event or competition. Any events after January 1, the squad must participate in the Pop Warner Year Round Program.

S11: Region/National Competition Rules & Regulations

- Tiny Mites, Mitey Mites, Flag Cheer and Mascots are not eligible to compete in League, Region or National Cheer & Dance Competitions with their squad that is being scored. They can participate in an exhibition performance at the League and Region Championships within their age appropriate category (i.e., exhibition with a squad of mascots, exhibition with a Mitey Mite squad).
- Tiny Mites, Mitey Mites, Flag Cheer and Mascots can participate with their spirit squad at League, Region, and National football games.

S12: Regional/National Championships General Information

A. **League Qualifiers/Small – Large Cheer**

- Tiny Mites, Mitey Mites, Flag Cheer and Mascots are not eligible to compete in League, Region or National Cheer & Dance Competitions with their squad that is being scored. They can participate in an exhibition performance at the League and Region Championships within their age appropriate category (i.e., exhibition with a squad of mascots, exhibition with a Mitey Mite squad).

G. **Entrances & Exits**

- There should not be an organized entrance prior to the official start of the routine that involve organized cheers or run-ons with jump, tumbling or stunts. Your routine entrance to the competition floor should be brief with the sole purpose of walking, running, etc., to your starting line-up position (i.e., Spirit On”, etc). Squads should enter the performance area in a timely fashion.

J. Cheer & Dance Routines

- Music selection should appeal to the audience to get them involved in the performance. Routines must be appropriate for family viewing and listening. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another), words or music will result in a 5 point deduction. Please note that removing improper language and replacing it with sound effects still constitutes inappropriate.

L. Performance and Warm-up Area

- The matted competition area for national competition will be approximately 54' x 42' deep.