

2026 Pop Warner Rule Modifications

Updated August 13, 2026

ALL DIVISIONS

- **NO TIES – all games must have a Winner.**
 - Ties will be broken in all tackle divisions 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.
 - Reminder: Pop Warner kicks for 2 points and regular plays are 1 point.
 - **Third overtime MUST kick at all levels.**
- **Blocking and Tackling Restrictions:**
 - See NFHS Rulebook: no butt blocking, chop blocking, clipping, face tackling or spearing techniques are permitted in Pop Warner
 - **There is no free blocking zone on the field in Pop Warner (This is from the National Pop Warner Rule Book)**
- **Mouth Guards must have a keeper strap and be always attached to helmet/face mask.**

FOR 8U/9U ONLY

- **No Kickoffs** - The ball will be placed on the 35-yard line to start the game, at the half, after a touchdown, a field goal or safety. **3-Point stance is now allowed.**
- **Coaches on Field (8U ONLY)**

Coaches on offense will be at or behind the referee and must be a minimum of five (5) yards behind the deepest offensive player. Defensive coaches must be a minimum of 10 yards behind the Line of Scrimmage. Coaches may not read the offense or defense and make adjustments to their players' position pre-snap or during play.
- **Players on Field**
 - No more than **six (6) defensive players** can be on the line of scrimmage. **Not allowed to lineup over the Center** (warning first time, then 15-yard penalty).
 - LB 3 yards from scrimmage
 - CB 5 yards from scrimmage
 - Safety 7 yards from scrimmage
 - There is **NO BLITZING**. A defensive player that is not on the line of scrimmage, when the ball is snapped, cannot cross the line of scrimmage. **With the exception of an end on either side of the line may cross to box in. Once the play develops, he may then pursue the play**
There is NO rushing of punts, field goals or point after touchdown attempts
- **Punt option**
 - A coach may opt to call punt at the completion of third down and the ball will be advanced 25 yards in the direction the Offense is advancing, where the ball is then turned over to the defense.
 - If the ball is at or within the **40-yard line** of the opponent, **the punt option is no longer available, you may either actually punt or run a play from scrimmage.**