



# Southern California Conference Youth Football & Cheer

## Game Day Field Guidance

Issued 08/25/2023



### Level Name Ages Rules to Follow

- 6u 5-6 Tiny Mite, 7u 6-7 Tiny Mite, 8u 7-8 Mitey Mite, 9u 7-8-9 Mitey Mite
- 10u 8-9-10 Jr. Peewee, 11u 9-10-11 Peewee, 12u 10-11-12 Jr. Varsity
- 13u 11-12-13 Jr. Varsity, 14u 12-13-14 Varsity

**\*\* 2 point stance for offensive and defensive linemen must be used in the following levels of play: 8u, 9u, 10u, 11u.**

### 8u, 9u Special Rules

Coaches may remain on the field at the option of the League. (If Coach remains on the field they must be 10 yds from Line of Scrimmage) A maximum of one (1) coach per team is permitted on the field except during punts. A. There shall be: 1.) No blitzing 2.) No rushing of punts, field goals or point after touchdown (while attempting a kick) in 8u, 9u play. 3.) No more than six (6) defensive players can be on the line of scrimmage or rush the ball, linebackers must be 3 yds off the line of scrimmage, corners must be 5 yds off line of scrimmage and safeties must be 7 yds off line of scrimmage. 4.) Defensive players on the line of scrimmage must be in a 2-point stance and may not line up over center. Penalty for violation of the above: First violation: Warning: Additional violations: 15 yards unsportsmanlike conduct. \* On offense the play is allowed to run through the A gap and on defense the players are allowed to line up in the A gap.

**RULE 8: ROSTER SIZE S1: S2: MINIMUM ROSTER SIZE** A minimum of 16 players must be dressed and eligible to start each game. Also, if you start a game with 16 players, you can finish a game with 15 eligible players. less than minimum number of players shall forfeit the game. 13 players are required to finish the game under forfeit.

**RULE 10: MANDATORY PLAY RULE** All MPRs should be based on eligible players at the time of the game.

10u-14u 16-25 players - 10 plays 26-30 players - 8 plays 31-35 players - 6 plays

8u, 9u 16-25 players - 12 plays 26-30 players - 10 plays 31-35 players - 8 plays

- A. All players shall be provided with their mandatory plays by participation in “active” plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, take a knee, spiking the ball regardless of whether the ball is moved or not while substitutes are playing other positions, shall NOT be considered as active plays. B. A play shall not count toward fulfillment of the MPR if the play results in a penalty which causes the down to be replayed. C. 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.

### Sidelines Staff

**S2:** The bench area is reserved for players, coaches, and authorized team personnel only. The sideline areas are reserved for the game physician and chain crew, with the balance of the sidelines kept clear except for the presence of medical and law enforcement personnel, and authorized members of the press.

**RULE 12: GAME BALL S1**

8u, 9u Rookie 10u, 11u Junior 12u, 13u, 14u Youth

**RULE 14: REQUIRED EQUIPMENT**

: A. Helmet: Only helmets bearing the NOCSAE Seal of Certification may be worn. All helmets must bear the current NOCSAE approved “Warning Label” in a visible position on the outside of the helmet. This “Warning Label” is the same label that is furnished by all helmet manufacturers and quality reconditioners. Programs must follow manufacturer’s guidelines for reconditioning and no helmet older than 10 years may be used per new industry guidelines. (Note: Regulations regarding chin straps and face guards are to be followed per the National Federation or NCAA regulations, whichever is applicable.) G. Knee Pads - must cover the entire kneecap I. Mouth guard: All mouth guards must have a

keeper strap, and be attached to helmet face mask at all times. J. Athletic Supporter or Compression Shorts (male players only) K. Shoes: In all levels of play: sneakers, molded rubber cleats (soccer style), or detachable rubber or plastic (football style) cleats are permitted. No metal cleats are permitted. Cleats may not exceed a 1/2" in length. Special Kicking shoes are not allowed. L. Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses. M. Any additional protective equipment worn by players shall be allowed with league approval. N. Jewelry of any type shall be prohibited, except religious or medical medallions, which must be covered by the player's uniform. O. The wearing of headgear containing knots, including beads and/or decorative hair ornaments is prohibited.

**RULE 16: LENGTH OF PERIODS** Maximum length of periods by level of play are: 8u thru 14u 10 minutes

**RULE 17: INTERMISSION LENGTH** Between 1st & 2nd; 3rd & 4th quarters - 1 minute Intermission between 2nd & 3rd quarters, otherwise known as halftime - 10 minutes Mandatory Warm-up period following Intermission - 3 minute.

**RULE 18: TIME CLOCK** The referee shall decide where the clock will be kept if the field is not equipped with a scoreboard timing device. In any event, the referee has final authority to have the clock kept on the field if, in his judgment, the home management's clock operator is not qualified.

## **Punts**

No rushing of punts, field goals or point after touchdown (while attempting a kick) in 8u, 9u play.

**RULE 20: KICK OFFS** To start the game, half, after a TD, field goal or safety the ball will be placed on the 35 yard line. This will apply to the 6u, 7u, 8u, 9u, 10u, 11u levels.

**RULE 26: SCORES S1: LOPSIDED/INTENTIONALLY RUN UP SCORES**

Any time a team goes up by 28 points or more, the following will occur: The official clock will become a running clock immediately when the 28th point is scored and once started can only be stopped for injury Part V: 11-Man Tackle Playing Rules Page 44 Pop Warner 2023 Rule Book of a player or at the discretion of a referee 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. A. Once a 28-point difference is obtained between the two opponents, the winning team cannot pass the ball or run sweeps outside the tackle. If the winning team fails to abide by this rule, each violation will be a loss of down and a 5-yard penalty. This is at the discretion of the game referee. If at any point during the remainder of the game the point difference drops below 28 the clock will continue running; however regular rules would apply, i.e. teams would not be required to run between the tackles etc. If a 28 point difference is reached again, PW Rule 22 stipulations i.e. running between the tackles etc. would take effect. B. There will be no Blitzing by either team once the clock becomes a running clock and the lopsided rule is in effect. C. There will be no onside kicks at kickoff by the winning team. D. The winning defensive team cannot advance a fumble or pass interception. The ball is blown dead immediately. The winning offense may start play from the spot of the turnover. E. The winning team must make every effort to replace starting players with reserves. Failure to do so will call for an immediate investigation and possible one game suspension if found guilty. F. The losing team's defense cannot have more than 4 players on the line of scrimmage with linebackers set at least 5 yds. off the line of scrimmage and defensive backs must be at least 10 yds. of the line of scrimmage.

**S9: WARM WEATHER PRECAUTIONS** Teams must guard against serious heat problems, which in extreme high school and college cases have occasionally resulted in death. Give players all the water they want to drink, when they want it. Do not substitute soft drinks for water. D. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue.

**RULE 35: TIE BALL GAMES S1:** Pop Warner strongly recommends Leagues break ties in all regular season games using the established high school tiebreaker for California.

**S2:** Ties must be broken in League playoff/championship games using the "ten-yard overtime procedure" tie-breaker as outlined in National Federation High School Rules.

**S3:** Ties during regular season games are allowed to stand as ties.

## **Overtime Rules**

[California](#) high school football follows an overtime structure similar to that of [College Football](#), meaning that in a given overtime period each team's offense is given the ball at the opponents 25-yard line. According to California Interscholastic Federation rules, "If a second overtime period is needed, a 2 point conversion must be attempted by the team scoring a touchdown." Thus, in order for this contest to stretch to three overtimes, the teams not only had to match each other touchdown for touchdown, but conversion for conversion.