

## CHEER & DANCE DIVISIONS & AGES:

## THE MISSION OF POP WARNER:

\*A participant's age on July 14 is his/her age for the season.

The Pop Warner Cheer & Dance season is from July 15th to July 14th.

Age Division:	Ages:
Junior Tiny Mite	3-4-5
Tiny Mite	5-6-7
Mitey Mite	6-7-8-9
Junior Peewee	8-9-10-11
Peewee	9-10-11-12
Junior Varsity	10-11-12-13-14
Varsity	12-13-14-15-16
Bantam	14-15-16-17-18
Challenger	5-18



The mission of Pop Warner Little Scholars is to enable young people 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 young people will use throughout their lives.

Pop Warner seeks to provide fun, athletic learning opportunities for children, while emphasizing the importance of academic success. Specifically, Pop Warner seeks to familiarize football players and spirit participants the fundamentals of football, cheerleading and dance.

Pop Warner strives to inspire youth, regardless of race, creed or national origin, to practice the ideals of sportsmanship, scholarship and physical fitness as reflected in the life of the late Glenn Scobie "Pop" Warner.



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# POP WARNER LITTLE SCHOLARS

**The Nation's Premier Youth  
Cheerleading & Dance Organization!**



**YOUR FUTURE BEGINS HERE**

[www.popwarner.com](http://www.popwarner.com)



## BUILDING A STRONG FOUNDATION:

Pop Warner remains the only youth sports organization to require academic proficiency as a prerequisite for participation. On the field or the performance floor, too, our commitment goes far beyond the quest for an award winning routine.

### WE STRIVE TO:

- *Ensure a safe and positive environment for all participants.*
- *Instill life-long values of teamwork, dedication and a strong work ethic.*

### IN SEEKING A POSITIVE EXPERIENCE FOR ALL PARTICIPANTS, POP WARNER:

- *does not hold tryouts, keep statistics or allow cutting of rosters.*
- *provides coaching for youth participants.*
- *enforces stringent mandatory equipment requirements.*
- *employs a full-time executive staff that supports the local organizations and maintains sound, equitable policies.*
- *offers payment plans or reduced/waived fees for hardship requests in many locations.*



## POP WARNER PROGRAMS:



### PROGRAM OVERVIEW:

The Cheer & Dance Program offers teams a wide range of opportunity for young athletes at all skill levels. Pop Warner has established one set of spirit rules along with JAMZ, the Pop Warner Education Development Partner and the original developer of Youth Cheer and Dance Alliance (YCADA). Together with YCADA, Pop Warner is able to provide online educational courses for its coaches, administrators and judges on team skill levels.

With continued education, the Pop Warner Coaching Staff provides basic instruction, training and conditioning for both football games and competition. Teams participate on the sidelines at football games for home and most away games. In addition to Game Day, teams participate in qualifying spirit events (*League & Region*) through to a Pop Warner National Championship.

The Pop Warner Cheer & Dance Nationals are held in December at the Charlotte Convention Center in Charlotte, North Carolina, in 2025, 2026 and 2027.



### CHALLENGER PROGRAM:

The Pop Warner Challenger Division, ages 5-18, brings the Pop Warner experience to children with physical or mental disabilities who are currently enrolled in school. The goal is to enable young people to benefit from participation in team sports and activities in a safe and structured environment.

### REGISTRATION OPTIONS:

- OPTION 1:** Teams Register with an Existing Pop Warner Association.
- OPTION 2:** Teams/Associations Register as a League in the Region.
- OPTION 3:** Teams/Associations Register under Region Receivership. *Region Holds Teams/Association in place until Association or League can be determined.*

**Note for all Choices Listed:** If there are no Football Teams available to participate with on Game Day, the Cheer/Dance Program(s) registers as Cheer/Dance without Football. If, at a later date, Football teams form, Region/National to discuss best options to bring two programs together under one Name/Organization or continue with two programs, Cheer/Dance retaining Cheer/Dance operations.

For more information, visit: [popwarner.com/CheerDance](http://popwarner.com/CheerDance)

## POP WARNER FACTS:

Founded in Philadelphia in 1929, the year of the Great Depression, Pop Warner began as a four-team football league to keep kids off the streets and out of trouble. Since that time, the organization has flourished in ways its originators could hardly have imagined.

### HERE ARE A FEW INTERESTING FACTS ABOUT TODAY'S POP WARNER PROGRAM:

- Each Pop Warner league receives a Charter Certificate and a League Championship Certificate for every competitive division - Jr. Pee Wee and older.
- Each league is furnished with administrative manuals and official rule books to help operate the program.
- Competition in football, cheerleading and dance is governed by a uniform set of rules and regulations.
- Pop Warner provides low-cost, high-coverage insurance that includes medical and general liability plans.
- Post-Season Region and National Championships are offered in Tackle, Cheerleading and Dance.
- Use of the Pop Warner name, marks, logos and non-profit tax-exempt status is included.

Grants are available to members for field refurbishment, equipment, uniforms, recruitment and general operations.

Through its partners, Pop Warner provides scholarships to its participants.

Pop Warner has 40,000+ coaches and one million volunteers, parents and fans that support the program each year.

Pop Warner volunteers are trained every year to offer the best and safest programs for our participants.

Additional online coaches training programs for Game Day through to Competitive Levels offered through YCADA.

Pop Warner programs nationwide are required to annually conduct a background check of Coaches, Board of Directors members and any other persons, volunteers or hired workers.



*Every season, local Pop Warner programs need help from the community to field many volunteer positions to include Team Parents, Concession Helpers, Fundraisers and much more. For more volunteer information on a location nearest you, please email [spirit@popwarner.com](mailto:spirit@popwarner.com) or visit [www.popwarner.com](http://www.popwarner.com).*