



Join the leader in youth football and cheer & dance.

Industry Leadership

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



Mission Focused

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



Safer and Better

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



Member Benefits

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



Promotional Videos | Pop Warner



Leave It All On the Field



Be Better PSA



It Starts With You



Be a Leader PSA



Football Overview

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



Football Divisions

2025 Age-Based Divisions		
Division	Ages	Inclusive Birthdays
6U	5-6	8/1/2019 - 7/31/2020
7U	6-7	8/1/2018 - 7/31/2019
8U	7-8	8/1/2016 - 7/31/2018
9U	7-8-9	8/1/2015 - 7/31/2018
10U	8-9-10	8/1/2014 - 7/31/2017
11U	9-10-11	8/1/2013 - 7/31/2016
12U	10-11-12	8/1/2012 - 7/31/2015
13U	11-12-13	8/1/2011 - 7/31/2014
14U	12-13-14	8/1/2010 - 7/31/2013

NOTES

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

2-point stance for all linemen must be used in the following levels of play: TM, MM, JP, PW, 6U, 7U, 8U, 9U.

No kickoffs permitted in the following levels: TM, MM, JP, PW, 6U, 7U, 8U, 9U.

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

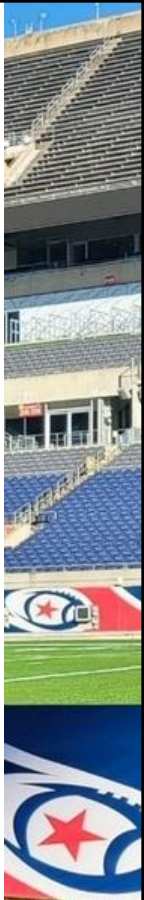
2025 Age-Weight Divisions		
Division	Ages	Certification Weight (End of Season)
Tiny-Mite	5-6-7	35-80 lbs. (89 lbs.)
Mitey-Mite	7-8-9	45-105 lbs. (114 lbs.)
Jr. Pee Wee (older/lighter)	8-9-10 11*	60-120 lbs. (129 lbs.). 60-95 lbs. (104 lbs.)
Pee Wee (older/lighter)	9-10-11 12*	75-135 lbs. (144 lbs.). 75-110 lbs. (119 lbs.)
Jr Varsity (older/lighter)	10-11-12 13*	90-160 lbs. (169 lbs.). 90-135 lbs. (144 lbs.)
Varsity (older/lighter)	12-13-14 15*	105-185 lbs. (194 lbs.). 105-160 lbs. (169 lbs.)

Divisions 1, 2 and 3

To achieve parity among all programs, each team declares a division that best represents them. Division 1 is the most competitive.

2025-2026 Flag Divisions	
Division	Ages
5U	12U
6U	13U
7U	14U
8U	15U
9U	16U
10U	17U
11U	18U
Challenger (5-18)	

Beginning with the 2026 spring season, Pop Warner will partner with NFL Flag for its flag programs.



Cheer & Dance Overview

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



Cheer & Dance Divisions

2025-2026 Divisions	
Division	Ages
Junior Tiny Mite	3-4
Tiny-Mite	5-6-7
Mitey-Mite	7-8-9
Junior Pee Wee	8-9-10-11
Pee Wee	9-10-11-12
Junior Varsity	10-11-12-13
Varsity	12-13-14-15-16
Bantam	14-15-16-17-18
Challenger	5-18



NOTES

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

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

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

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

2025-2026 Skill Divisions
Division
Core Cheer 1 (1, 1L)
Show Cheer 1 (1, 1L)
Show Cheer 2
Show Cheer 3
Show Cheer 4
Sideline Performance Cheer 1
Pom Performance
Theme Dance
Hip Hop

Small, Medium and Large

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



National Championships

- Season ends with a premier event in **Charlotte, N.C.** in December
- The Pop Warner Super Bowl to be held at **Sportsplex at Matthews**, with 88 teams vying for a title
- Cheer & Dance Nationals to draw about 500 teams to **Charlotte Convention Center**
- Charlotte boasts **several entertainment options** for the entire family
- An **easy-to-use booking engine** takes the stress out of planning



New Flag Event

- For the first time, a **Flag Football tournament** will take place in conjunction with Super Bowl week in 2025 and 2026
- Pop Warner is **partnering with NFL FLAG** for the 2025 Crown Classic for a max 96-team tournament
- Event is **open to all flag football teams**, inside and outside of Pop Warner
- An **easy-to-use booking engine** takes the stress out of traveling



Scholastics

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



Regional Structure

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

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





Learn more at
www.popwarner.com.



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