

ROOKIE TACKLE – 7 MAN (NFHS RULE BOOK) RULES GUIDE 7-20-23

FIELD DIMENSIONS: 40 YARDS LONG x 35 1/3 YARDS WIDE (INSIDE THE TOP OF THE FIELD NUMBERS)

- AFTER EACH PLAY THE BALL IS PLACED IN THE MIDDLE OF THE FIELD, HASH MARKS ARE NOT USED
- AT THE OFFICIAL'S DISCRETION THE PLAY CAN BE WHISTLED DEAD IF OFFENSIVE PLAYER RUNS BACKWARD PAST THE 50 YARD LINE INTO THE ADMINISTRATIVE ZONE IF COACHES, ADMINISTRATORS, OR PLAYERS FROM MULTIPLE FIELDS BECOME CLOSE ENOUGH IN PROXIMITY TO BE A SAFETY CONCERN.

GAME CLOCK TIMING: 10 MINUTE RUNNING CLOCK QUARTERS (1ST, 2ND, 3RD, 4TH)

- CLOCK STOPPED FOR TURNOVER (RESTARTED ON FIRST SNAP BY OPPOSING OFFENSE)
- CLOCK STOPPED FOR TOUCHDOWN (RESTARTED ON FIRST SNAP BY OPPOSING OFFENSE)
- CLOCK DOES NOT RUN DURING THE EXTRA POINT
- 2 MINUTE BREAK BETWEEN 1ST & 2ND AS WELL AS THE 3RD & 4TH QUARTERS, 5 MINUTE BREAK BETWEEN 2ND & 3RD QUARTERS
- NO OVERTIME IN REGULAR SEASON

COACHES ON THE FIELD: 2 COACHES ALLOWED ON THE FIELD TO HELP OFFICIALS WITH ALIGNMENT, ALL OTHERS MUST BE ON THEIR SIDELINE.

- ONCE HUDDLE BROKEN ONLY ALIGNMENT, NO ADDITIONAL PLAY INSTRUCTION, OR AUDIBLES, OR CHANGING PLAYS
- PRIOR TO THE SNAP COACHES MUST BE 10 YARDS BEHIND THE QUARTERBACK ON OFFENSE AND SAFETY ON DEFENSE
- IF COACH VIOLATES THE INSTRUCTION/AUDIBLE/CHANGE PLAYS OR THEIR POSITION 10 YARDS BACK IT IS 1 WARNING AND THEN A 5 YARD PENALTY EACH TIME AFTER THE WARNING

SCORING: TOUCHDOWNS - WORTH 6 POINTS;

- 1 POINT AFTER TOUCHDOWN – RUN OR PASS IN FROM THE 3 YARD LINE
- 2 POINTS AFTER TOUCHDOWN – RUN OR PASS IN FROM THE 5 YARD LINE
- CANNOT ADVANCE A TURNOVER (NO RETURNS FOR TOUCHDOWNS)
- NO SAFETIES FOR TACKLES IN THE ADMINISTRATIVE ZONE (BEYOND THE 40 YARD LINE)
 - o BALL PLACED BACK ON THE 40 YARD LINE, NEXT DOWN

SPECIAL TEAMS: NO SPECIAL TEAMS, NO KICKS (KICKOFF OR PUNTS)

PENALTIES:

- PENALTIES ON OFFENSE THAT ARE CALLED AND ACCEPTED ON OR BEHIND THE 40 YARD LINE RESULT IN A LOSS OF DOWN.
- PENALTIES ON OFFENSE CALLED BETWEEN THE 40 YARD LINE AND THE END ZONE IN WHICH YARDAGE IS LOST (EVEN IF LIMITED IN ENFORCEMENT BY THE 40 YARD LINE) ARE ENFORCED AS WRITTEN IN TERMS OF DOWN LOST OR REPLAYED.
- ALL PERSONAL FOULS REQUIRE AN IMMEDIATE SUBSTITUTION FROM THE FIELD FOR A MINIMUM OF ONE PLAY TO ALLOW COACHES TO ADDRESS MISCONDUCT AND PROMOTE GOOD SPORTSMANSHIP. ALL TARGETING ARE DISCRETION OF THE REFEREE AND NOT REVIEWABLE.
 - o NOTE: IF A TEAM CANNOT FIELD THE REQUIRED 7 PLAYERS FOR ANY REASON (REMOVAL, EJECTION, INJURY, ETC.) IT IS A FORFEIT
- ALL 15 YARD PENALTIES ARE MARKED OFF AS 10 YARD PENALTIES; ALL OTHER PENALTIES ARE CALLED AND MARKED AS-IS
- ALL PENALTIES (FALSE STARTS, OFFSIDES, HOLDING, FACEMASKE, ETC.) ARE CALLED

ALIGNMENT OFFENSE:

- NOTE: "THE BOX" INCLUDES THE OFFENSIVE LINEMAN (TE IF APPLICABLE 3-4 TOTAL) AND THE DEFENSIVE LINEMAN (2-3 TOTAL)
- EACH PLAY MUST INCLUDE 3 OFFENSIVE LINEMAN WHO IDENTIFY THEMSELVES AT THE START CANNOT CHANGE POSITIONS AND CANNOT BE THE FIRST TOUCH ON A PASS OR RUN THE BALL.
- THREE LINEMAN MUST INCLUDE ONE CENTER AND TWO GUARDS ON EITHER SIDE OF THE CENTER.
- GUARD MUST BE 2 POINT STANCE, CENTER MAY ONLY HAVE THEIR SNAPPING HAND DOWN.
- GUARDS MUST BE WITHIN 1 YARD OF CENTER
- QUARTERBACK EXCHANGE MUST BE DIRECT, PISTOL, OR SHOTGUN
- QUARTERBACK SNEAKS ARE PROHIBITED
- MUST HAVE NO MORE AND NO LESS THAN 4 PLAYERS ON THE LINE (CAN BE A TIGHTEND OR SPLIT END)
- NO TRIPS FORMATIONS (RUNNING BACK BEHIND THE GUARD DOES NOT COUNT AS A RECEIVER)
- MOTION IS ALLOWED BY BACKFIELD PLAYER AS LONG AS IT DOES NOT CREATE TRIPS.
- ALL BLOCKS BELOW THE WAIST ARE ILLEGAL IN ANY SITUATION

ALIGNMENT DEFENSE:

- EACH PLAY MUST INCLUDE 2 DEFENSIVE LINEMAN HEAD UP OR OUTSIDE SHADE OF THE OFFENSIVE GUARDS (CANNOT LINE UP IN A GAP).
 - o PLAYERS IN AN OUTSIDE SHADE MUST ALWAYS HAVE ONE FOOT ALIGNED INSIDE THE STANCE OF THE GUARD.
- DEFENSIVE LINEMAN MUST BE 2 POINT STANCE.
- IF THE OFFENSE INCLUDES A TIGHTEND, DEFENSE MAY ADD 3RD DEFENSIVE LINEMAN MUST BE HEADSUP OVER THE TE (NO SHADING), NOT REQUIRED.
- FOUR ADDITIONAL PLAYERS (LINEBACKERS & CORNERBACKS) CAN LINEUP ANYWHERE BUT MUST BE A MINIMUM OF 4 YARDS OFF THE BALL.
- ONE PLAYER (SAFETY) CAN LINEUP ANYWHERE BUT MUST BE MINIMUM OF 10 YARDS OFF THE BALL.
- NO BLITZES ARE ALLOWED, NATURAL FLOW ON A HANDOFF IS ALLOWED BUT PREDETERMINED PENETRATION TO A SPECIFIC GAP IS ILLEGAL
- PLAYERS WITHIN "THE BOX" AT THE SNAP CAN PENETRATE HOWEVER
- ON PASS PLAYS ONLY THE PLAYERS WITHIN "THE BOX" CAN RUSH THE PASSER, ALL OTHERS MUST BE IN COVERAGE UNTIL THE QUARTERBACK RUNS THE BALL
- DEFENSIVE PLAYER CANNOT "CUT" OR CONTACT THE OFFENSIVE BLOCKER BELOW THE WAIST AND IS ILLEGAL IN ANY SITUATION
- IF THE BALL IS AT OR WITHIN THE 4 YARD LINE, THE 4 NON-LINEMAN, NON-DEEP PLAYERS MAY ALIGN ON THE GOAL LINE. MUST HAVE THE SAFETY 10 YARDS
 - o NO BLITZING RULE STILL APPLIES, AND NO ADDITIONAL PASS RUSHERS ON A PASS PLAY.

Hill Country Pop Warner U8, U10 & U12 Hybrid Weight Overlay Rules 2023

1. Overview: The following rules and regulations are made by Hill Country Pop Warner as an overlay to the National Pop Warner U8, U10 & U12 rules and regulations. In the event the below rules are silent on a topic then the National Pop Warner U8, U10 & U12 rules will be enforced. If National Pop Warner U8, U10 & U12 rules and regulations are silent on a topic then the NCAA rules and regulations are to be enforced. In the event any team within HCPW plays outside of the league, then the below rules and regulations will not apply.
 - a. No Maximum weight limit for any player.
 - b. Maximum weight for ball carrier/receiver/skill (“Unrestricted”) player will be 110 Pounds for U8, 125 pounds for U10 and 140 pounds for U12.
 - c. No Minimum weight for any player.
 - d. Weigh in Guidelines
 - i. There will be one certification of strip weight at the beginning of the season which will be the weight basis for the entire season (no game day weigh-ins). Strip weight will be defined as shorts and shirt.
 - ii. 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.
 - iii. Players may attempt to qualify for weight a maximum of 2 times and must be certified no later than 7 days prior to the first game of the season.
 - e. X-Players will be required to wear a jersey number between 90 and 99 only. No Unrestricted player will be allowed to be assigned a number within the 90-99 range.
 - f. Each team may have a maximum of 6 x-players per team.
 - g. Ball size will follow PW guidelines.
 - h. Other notations:
 - i. Kickoffs are not allowed under HCPW hybrid rules.
 - ii. Three-point stances are allowed for U12 only.
2. Offense:
 - a. No more than 3 X players may be on the field at the same time.
 - b. All X players must play on the line of scrimmage inside the X-Man Blocking Zone (XMBZ). (See appendix III)
 - c. The X players must be set, but not necessarily in a three or four point stance if not U12, at the snap of the ball. X players will not be allowed to have a blocking assignment that would cause their first blocking responsibility to be anyone outside the FBZ at the snap of the ball when pulling, unless that player is lined up over the X-Players shoulder.
 - d. The furthest outside X player must be covered by a non X player.
 - e. No plays may be designed to have an X player carry the ball.
 - f. X player may advance a true fumble or tipped/batted pass.
3. Defense:
 - a. No more than 3 X players may be on the field at the same time.
 - b. All X Players must play on the line of scrimmage inside the X-Man Block Zone (FBZ) with their inside shoulder no wider than the outside shoulder of the last lineman on their side.
 - c. The X player must be set in a three or four point for U12 stance at the snap of the ball. U8 & U10 two point stance.
 - d. The X player may advance a fumble or interception as long as they are the original player with the ball. No laterals or hand offs to an X player are allowed.
4. Special Teams:
 - a. There will be no Kickoff and Kickoff Return.
 - b. Receiving team gets the ball on their 35 yard line.

- c. Punt and Punt Return will be considered offense and defense accordingly and thus follow the rules mentioned above.
 - d. The penalty for the misuse of an X player will be an Unsportsmanlike conduct penalty (15 yards) against the head coach.
5. Misuse:
- a. The first & second penalty for the misuse of an X player in formation will be an illegal procedure penalty (5 yards). The third infraction will be an Unsportsmanlike conduct penalty (15 yards) against the head coach. The Fourth infraction will be a second unsportsmanlike penalty (15 yards) against the head coach. With two unsportsmanlike conduct penalties head coaches are ejected from the game per PW rules.
 - b. The first penalty for the illegal use of an X-player in the development of a play will be an Unsportsmanlike penalty (15 yards) against the head coach.

Appendix III – FBZ Rule Clarification Free (X-Man) Blocking Zone Parameters: The definition of the free blocking for the purpose of X-Player Alignment and usage will use the basic dimensions of the FBZ now known here as the X-Man Blocking Zone. The Zone will be designated as 4 yards either side of the ball and close enough to the line of scrimmage to be determined on the line of scrimmage. The Zone will be a defined area at the snap of the ball and will remain a designated Zone. A player is in the X-Man Blocking Zone when any part of his body is in the Zone at the snap of the ball.

For the Purpose of Blocking Zone Play Designs: Free Blocking Zone or FBZ is defined as follows:-Blocking Zone - Legal Blocking Below the Waist, Legal Block in the Back Art.

1. The Free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.
2. Blocking below the waist is permitted in the free-blocking zone when the following are met:
 - a. All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
 - b. The contact is in the zone.
 - c. Chop blocking: blocking below the waist while the layer is in contact with another blocker above the waist is ALWAYS illegal.
3. Clipping is not permitted in the Free-Blocking Zone!
4. Blocking in the back is permitted in the free-blocking zone when the following conditions are met:
 - a. By offensive linemen who are on the line of scrimmage and in the zone at the snap.
 - b. Against defensive players who are on the line of scrimmage and in the zone at the snap.
 - c. The contact is in the zone.
5. The free blocking zone disintegrates and the exception for a player to block below the waist and/or the exception for an offensive lineman to block in the back is not to continue after the ball has left the zone.

U8

HYBRID RULES:

- See Hybrid Rules above for X-Player restrictions.

GAME BALL:

- K2 (Wilson), Rookie (Spalding) or Pee Wee (Nike/Under Armour).

OFFENSE:

- Line - 2 point stance.

DEFENSE:

- Line - 2 point stance.
- Line - No more than 6 on the line of scrimmage.
- Line - May not line up over the center.
- Line - Can attack the A gap.
- Linebackers - Must be 3 yards off the line of scrimmage.
- Corners - Must be 5 yards off the line of scrimmage.
- Safeties - Must be 7 yards off the line of scrimmage.

KICKING:

- No Kickoffs.
- No rushing of punts, field goals or point after touchdown.

COACHES:

- Maximum of 1 coach per team is permitted on the field except during punts.
- Must be 10yds from the line of scrimmage at ALL times.

NO BLITZING

NO CHOP BLOCKING

Penalty for violation of ALL of the above rules:

- 1st Violation: Warning
- Additional Violations: 15 yards unsportsmanlike conduct.

Mandatory Play Rule:

- 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.
- B. Kickoffs, extra points, QB intentionally spiking the ball and free kicks shall not be used in fulfilling the MPR requirement.
- 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.
- 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. 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.
- E. 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.
- F. Failure to adhere to MPR requirements will result in forfeiture of game in addition to enforcement policies outlined in Part IV S1.

RULE 23: 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

RULE 32: TIE BALL GAMES

- S1:** In the Tiny Mite & 5/6 levels, all tie games shall stand as ties. In the other levels, Pop Warner strongly recommends Leagues break ties in all regular season games using the established high school tie-breaker for the state in which they reside.
- 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. However, if as the result of any regular season tie, a situation develops whereby two or more teams are tied for first place and one team has to be selected to represent its League in the League playoff series, there are two options to determine which team(s) advance -a special tie-breaking game (1 extra game) will be played during mid-week between the last regularly scheduled game and the first playoff round or Leagues can utilize the National High School Rules "ten yard overtime procedure" to determine which team(s) advances into the playoffs. The provisions of Rule 29, S3: "Common Requirements to All Scheduling," will apply.
- S4:** In all Regional/National Championship Games, the "ten yard overtime procedure" tie-breaker as outlined in National Federation High School Rules will be used without exception.
- S5: Sudden Death tie-breakers are prohibited.**

S1-LOPSIDED/INTENTIONALLY RUN UP SCORES

Any time a team goes up by 28 points or more, the following will occur:

- A. The official clock will become a running clock immediately when the 28th point is scored 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.
- B. 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. If at any point during 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.
- C. There will be no Blitzing by either team once the clock becomes a running clock and the lopsided rule is in effect.
- D. There will be no onside kicks at kickoff by the winning team.
- E. 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.
- F. 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.
- G. 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.
- H. Any coach who employs types of plays without the intent to maximize the action of play shall be in violation of this rule.
- I. The teams are still required to complete the mandatory play rule.
- J. An investigation will be conducted if a game ends with a score differential of 28 points or more.

U10

See Hybrid Rules above for X-Player restrictions.

U10 is regular football with limited restrictions:

No Kick Offs – Ball placed on 35

Kicks are live when ball is snapped, Punts and PAT's. Defense can rush when ball is snapped. No 30 yard walk off. If you punt, then you punt the ball.

No special rules on distances for defenders.

No restriction on nose guard. (Except for PAT's and Punts)

Blitzing is allowed.

No limits on defenders on the line of scrimmage (Except Lopsided Rule when one team is 28 points or more see below).

No coaches on the field. Regular football.

For Lopsided Rule see Pop Warner Rule book. 28 point differential or more triggers a running clock until the end of the game regardless is the point differential narrows. The team winning can only run between the tackles and cannot pass. The losing team on defense is limited to 4 players on the line of scrimmage and linebackers need to be 5 yard plus back. No restriction on losing team on offense. Winning team cannot advance a fumble or interception. Ball is ruled dead.

U12

See Hybrid Rules above for X-Player restrictions.

U12 is regular football with limited restrictions:

No Kick Offs – Ball placed on 35

Kicks are live when ball is snapped, Punts and PAT's. Defense can rush when ball is snapped. No 30 yard walk off. If you punt, then you punt the ball.

No special rules on distances for defenders.

No restriction on nose guard. (Except for PAT's and Punts)

Blitzing is allowed.

No limits on defenders on the line of scrimmage (Except Lopsided Rule when one team is 28 points or more see below).

No coaches on the field. Regular football.

For Lopsided Rule see Pop Warner Rule book. 28 point differential or more triggers a running clock until the end of the game regardless is the point differential narrows. The team winning can only run between the tackles and cannot pass. The losing team on defense is limited to 4 players on the line of scrimmage and linebackers need to be 5 yard plus back. No restriction on losing team on offense. Winning team cannot advance a fumble or interception. Ball is ruled dead.