



Pop Warner Little Scholars, Inc.
586 Middletown Blvd. Suite C-100 ▪ Langhorne ▪ PA ▪ 19047
Phone: 215-752-2691 ▪ Fax: 215-752-2879
www.popwarner.com



Pop Warner 7 on 7 Passing League Rules

Administration

1. Minimum number of players: 8 Maximum number of players: 16
2. The season starts on June 1st. It can end no later than July 17.
3. Each play must be run within 30 seconds after the ball has been reset.
4. Each team is allowed up to two games a week.
5. Each team must complete six hours of practice before playing their first game.
6. Each team is allowed up to three two-hour practices a week. A week goes from Monday to Sunday.
7. The playing field will be 40 yards in length, plus a 10 yard end zone.
8. There will be two divisions of play: Warner Division - 10, 11, 12 yr olds. Tomlin Division 13, 14, 15 yr olds.
9. Warner Division uses Pop Warner Junior size ball. Tomlin Division uses Pop Warner Youth size ball.
10. The players “play” age is how old the player will be on July 31st of that current year (i.e. the same registration age as a Fall Tackle Player).
11. All teams must have insurance approved by Pop Warner. Registration for each 7on7 team is \$15. Rosters must be submitted and approved through League One Roster software.
12. All competition is within your conference. Any travel outside your conference must have an approved event request form.
13. The Goal of this program is to provide a safe learning environment for players to build their skills while having FUN!

Game Play

1. 4 Quarters: 10 minutes running clock each quarter. 10 minute halftime.
2. 2 timeouts per half. Clock Stops for Timeouts. Timeouts are 90 seconds.
3. Each player must play a minimum of 12 plays each game.
4. Playoffs can be played but must not exceed two rounds of play.
5. Each team may have up to three coaches. The head coach must have PW football certification.
6. All coaches/volunteers must fill out the volunteer application and have a current passing background check.
7. Each play ends when a “defensive” player touches the receiver with one hand below the neck or the pass falls incomplete.
8. The quarterback has five seconds to pass the ball across the line of scrimmage or the play is blown dead and it is a loss of down. A defender can’t cross the line of scrimmage until the quarterback passes the ball.
9. Only one first down per series is possible, achieved when reaching the 20 yard line within four downs.



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10. No running plays are allowed. All players are eligible receivers.
11. This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Referees decision is final on all plays; there will be no tolerance for arguing, and only a coach may ask for a rule clarification. All rules in the Pop Warner Member/Adult Codes of Conduct will apply.
12. If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/coach is finished for the summer season and may be subject to additional sanctions that carry over into the Fall Tackle season.
13. All passes must be forward. No laterals.
14. All possessions will start at the 40 yard line.
15. No punting or field goal attempts.
16. No protests. The decision of the game officials is final.

SCORING

Touchdown scores 6 points

1 extra point by passing from the 10 yard line

Interception is a dead ball and the intercepting team takes over on offense at the 40 yard line

No fumbles, the ball is dead if it touches the ground

PENALTIES

ON OFFENSE

Blocking or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation.

Illegal Motion/False Start: 5 yards

Offensive Pass Interference: 10 yards from line of scrimmage

Delay of Game: Clock stops, 10 yards from line of scrimmage

ON DEFENSE

Tackling or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation.

Offside: 5 yards from line of scrimmage

Pass Interference: 10 yards from line of scrimmage

Illegal Rushing the Quarterback: 10 yards from line of scrimmage

Delay of Game: Clock stops, 10 yards from line of scrimmage

If additional questions/clarifications are needed please contact the National Office at 215-752-2691 x115/116