



## Carson City Pop Warner 2024 Rules and Regulations Football



Since 1929, the Pop Warner Football program's philosophy has been: Academics and athletics go hand-in-hand. At every level, Pop Warner Football seeks to develop well-rounded young men and women who learn not only the fundamentals of football or cheerleading, but also the importance of education in an atmosphere conducive to developing sound mind, body, and character - and having a good time along the way!

In an effort to provide a safe, enjoyable and positive football experience for all those involved, it is important to establish a set of guidelines to ensure the full cooperation of all team members at all times. Working within an established set of guidelines and regulations not only provides the football players with a framework of acceptable behavior, but also serves to assist in building and implementing the program.

In any team sport, it is important to be consistent with the enforcement of rules. The following rules and regulations are designed to clarify preexisting rules, and further establish and standardize guidelines for all Carson City Pop Warner teams. Carson City Pop Warner will follow the age/grade placement established by the National Pop Warner guidelines, thereby eliminating any confusion as to where your child will be placed.

We recognize that the large majority of our football players, parents and family members will be committed to the football program and organization as a whole. It is our hope that all members have a positive experience while participating in the Carson City Pop Warner Association programs. The ultimate goal of the Carson City Pop Warner Association is to provide our children with a safe environment where they can develop new skills, learn teamwork and sportsmanship, make friends, and have fun. Nonetheless, as with any large organization, it is important to clearly set forth expectations and consequences so as to minimize misinterpretations should issues arise.

The following Code of Conduct, Rules & Regulations is intended to provide a set of ground rules. We understand that families new to the organization may feel a bit overwhelmed. However, please recognize that these rules are put in place for the few who choose not to follow them, not the majority that would do so under any circumstances. Should you have any questions or concerns, please never hesitate to contact the Athletic Director or another Board Member for clarification.

### Conduct:

The Carson City Pop Warner expects all football players to conduct themselves with the highest level of integrity and sportsmanship. Certain behaviors cannot and will not be tolerated by the Association.

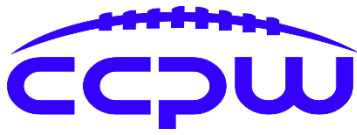
The first is any participant who engages in intimidation, bullying, attempting to intentionally harm another player (i.e. intentionally leading with the helmet repeatedly, intentional helmet to helmet contact, etc.), or disrespect for authority during practices, games, or off the field. These activities, when witnessed by CCPW staff, shall be disciplined.

\*The first offense is punishable by up to and including a suspension from a game by the head coach (the timing of this suspension shall be at the sole discretion of the head coach).

\* A second offense will result in a one-week suspension from the team and shall be at the discretion of the Football Commissioner/Vice President I.

\* A third offense will result in suspension from the team for the balance of the season at the discretion of the President of CCPW.

In addition to the above, the Association does not tolerate fighting. A fight is defined as a single punch or kick by one individual to another person (a second party). If the second party does not retaliate, they will not be disciplined unless it is determined that they provoked the fight in any manner. If a fight is witnessed by CCPW staff, both participating parties will be suspended for the remainder of the season without refunds of any kind.



Carson City Pop Warner  
2024 Rules and Regulations  
Football



General Rules:

1. This is a Pop Warner Association. Board Members, Team Moms and Coaches are volunteers who donate many hours to this organization. Parents, children, family members and guests are expected to communicate and interact with Board Members, Team Moms and Coaches in a respectful manner as more fully set forth in the Code of Conduct.
2. The Pop Warner season runs from August 1 to December 31.
3. Football & Cheer participants must maintain good academic standing of at least a “C” average.
4. Football & Cheer is a commitment and a team effort. The Coaches need each parent to cooperate with them at all times. Parents are expected to have their child at all practices, games and events dressed, on time, and ready to participate.
5. Each child is required to furnish the Association with a completed and signed current physical/medical form, Players Code of Conduct form, Parents Code of Conduct Players Packet, Copy of Birth Certificate, photo authorization form, a copy of last year’s final report card and any other paperwork required by National Pop Warner. ***YOUR CHILD CANNOT PRACTICE UNTIL ALL PAPERWORK IS SIGNED AND TURNED IN.***
6. Parents are encouraged to be present at all practices or make arrangements with another parent to be present. 6U and 8U are **REQUIRED** to have a parent present or make arrangements with another parent to be present at ALL practices.
7. Parents are not to leave their child unattended if unable to locate your team’s coach during practice and games. Please do not leave until you have verified a coach or team mom is on the field.
8. Parents must be prompt in picking up their children from practices/games. No child will be left unattended. If you are more than 15 minutes late picking up your child, and have not had direct communication with your coach, team staff has been instructed to contact the local police department for care and custody of your child. Parents should remain in close proximity to the fields and or game locations should the game or practice be called/ended early due to weather and/or emergencies.
9. The use of bad language, tobacco, alcohol, drugs, or criminal behavior will not be tolerated on or off the field. Any of these infractions will lead to disciplinary actions including game suspensions and/or dismissal from the team. Each football player should always work toward being a good example for others. Be proud to wear your uniform and make us proud to have you wear it.
10. Parents of a football player must call the head coach, their assigned coach, or team mom in advance if they will be absent from practice.
11. If your child misses the first day of practice and the coach was not notified of this absence, CCPW has the option to fill his spot on the roster and no refunds will be issued (Refer to Practices #1).
12. It is the parents’ responsibility to provide/arrange transportation for his/her child to and from all practices and games. Football players should always be on time and present for all games and practices. Other activities, with the exception of illness, scholastics, religion and emergency family obligations should not interfere with the football schedule.

13. If someone else is picking up the child other than the parent, the head coach, assigned coach or team mom must be notified. A child may only leave with a parent unless advance arrangements have been made.
14. A football or cheer participant may not be permitted to play if the coach feels that he is not prepared due to missed practices and/or games. Coaches will follow the CCPW practice attendance policy.
15. Repeated absences from practice/games may result in dismissal from the team.
16. It is the parents' responsibility to ensure that the participant has used the restroom before coming to practices and games. Restroom facilities may be limited at practice locations and sometimes not easily accessible during games.
17. **Parents are not permitted on the field or practice areas at any time.** This is for the safety of the children. All Board Members and members of the coaching staff have undergone a background check and have been cleared by Sagebrush Pop Warner.
18. While in attendance on Governors field or any other location, Parents, spectators and players must abide by all rules set forth by that park and or school. **(NO DOGS ALLOWED AT GOVERNORS FIELD)**
19. There is absolutely no drinking of alcoholic beverages, smoking or vaping any substance at any Pop Warner Event. If you are caught you will be asked to leave.
20. Rules are for everyone. Each parent and child must follow all of the rules in order to make this a successful program for everyone. You will be asked to sign an acknowledgment of having received and read these rules. Your child will not be able to participate unless this acknowledgment has been signed by both parent and football player and received by the Association.
21. If you have any questions during the season regarding actions that have been taken toward your child, please follow the proper chain of command. We encourage you to first speak with your head coach to resolve any questions or conflict. Should you be unable to do so, please communicate with the Athletic Director. We invite any questions or suggestions that you might have. The coaches are volunteering their time for the program. All volunteers involved in the program are open to your comments and suggestions; however, please remember that we must always look out for the best interest of your child and the TEAM.

#### Practices/Games:

22. Practices begin August 1, 2024, from 5:30 PM until 8:00 PM for the first two weeks. Practices will run Monday through Thursday, not to exceed 10 hours per week (Excluding water breaks) until Labor Day. The first 2 weeks of practice is for the purpose of conditioning. All players will be required to complete twenty (20) hours of conditioning. You **MUST** get approval from the Head Coach/Athletic Director if you are unable to begin practice on the designated date or miss any conditioning hours. In the event of a rain-out (weather) there may be a Friday practice scheduled. The practice schedule after Labor Day will not exceed 6 hours per week (Excluding water breaks) and will be held Tuesday, Wednesday, Thursday from 5:30pm-7:30pm.
23. Players are required to wear the gear issued at equipment pickup and are responsible for bringing their own **water** during practice (MINIMUM OF 32 ounces of water. **SPORTS DRINKS ARE NOT ALLOWED DURING PRACTICE**).

24. Parents are not to leave their child unattended if unable to locate your team's coach(es). Prior to the start of practice there is no supervision and, therefore, parents are responsible for the safety and welfare of their child.
25. For safety reasons, all jewelry, of all kinds shall be prohibited.
26. Long hair must be pulled back and out of players eyes.
27. CCPW considers both Football and Cheerleading a sport which requires physical conditioning and stamina. All players and cheerleaders will be required to participate in the exercise and conditioning portion of practice. In addition, all participants are expected to receive proper nutrition and hydration prior to practices and games to prepare for this physical conditioning.
28. Parents shall report any incidents with another player, coach or parent directly to the **head coach only**. This is so that one individual understands all that is occurring with the team and can determine if any trends are occurring that need to be addressed.
29. Parents will refrain from coaching their children from the sidelines during practices, water breaks and games.
30. Parents shall not pull their child from the practice field without notification from the Head Coach.
31. Games are generally scheduled on Saturdays (Some Fridays) and are mandatory. There will be home and away games. Regular season games may be played anywhere in the Northern Nevada area and will require travel. If games are canceled, make-up games may be scheduled on weeknights. Generally, games start near the first week of September and run through the end of October, with Championship games in November.
32. The Board Members and coaching staff cannot control delays in game time schedules, games starting early, field accommodations and parking at visiting fields.
33. Players are required to be on the field 1.5 hrs. prior to game time. This time will be spent for practice/warm- up. Adequate water shall be provided by the parents to the players during this time period.
34. We respectfully ask that parents not attempt to talk to their players during the game or halftime. The coaches need your players' full attention and your full support on this issue.
35. As parents if you are not pleased with the way the game is going or are frustrated with your player's participation, please do not approach the coaches during or after the game. Please hold your comments and speak to the Head Coach at the following **Practice** to discuss your concerns. The same holds true with regards to practices. If there is a concern, please speak to the Head Coach after or before practice begins.
36. Access to the playing field during games is limited. Only those adults with a current CCPW issued badge will be allowed on the playing field. Exceptions to this rule would be any parent serving in the volunteer positions of the chain gang. In addition, only those players that are currently playing or are warming up are permitted on the playing field or the surrounding area.
37. **Rain or shine, we play!** All football players must report to the field unless notified by the coaching staff. Players will only be released from a game if the referees call the game.

38. Important note: Saturday games are held during the day in the HEAT. Children need to be aware that it is very hot during these games and proper hydration precautions should be followed both during and before the games begin. Likewise, football players should have breakfast or lunch before arriving at the field to avoid illness.
39. At the end of each game, football players must remain with their coach until they are dismissed into the custody of their parent. If someone other than the parent is picking up the child, the coach or team mom must be notified in advance. A child may only leave with a parent unless advance arrangements have been made.
40. It is the responsibility of each player to maintain the football equipment issued to him and return all equipment at the end of the season. Failure to return equipment will result in your child becoming ineligible to play on any Sagebrush Pop Warner team. **EACH PLAYER UNDERSTANDS THAT ALL EQUIPMENT ISSUED TO HIM (THIS INCLUDES 1 MESH BAG, HELMET, CHIN STRAP, SHOULDER PADS, 1 PRACTICE JERSEY, (Players may keep their game jersey), 1 PAIR OF PRACTICE PANTS AND 1 PAIR OF GAME PANTS) IS THE PROPERTY OF CARSON CITY POP WARNER AND IT IS HIS RESPONSIBILITY TO RETURN ALL EQUIPMENT, OR AGREE TO REIMBURSE THE ASSOCIATION \$550.00, FOR THE COST OF THE EQUIPMENT.**  
***\*\*\*CCPW EQUIPMENT MAY NOT BE USED FOR ANY OTHER FOOTBALL PROGRAM.***

#### Required Equipment:

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

1. Helmet, Shoulder Pads, Practice or Game Jersey, Practice Pants or Game Pants, Chin Strap (all furnished by CCPW)
2. Mouth guard (CCPW will supply (1) one mouth guard (or you may use your own))
3. Shoes: non-detachable, rubber cleats
4. Eyeglasses: When worn, shall be of athletically approved or contact lenses.

#### MANDATORY Parental Involvement:

The success of our Pop Warner organization depends on the volunteerism of our Board Members, coaching staff and parents. It is mandatory for one parent of each football player to volunteer when asked.

Additionally, parents will be expected to assist in providing team snacks and/or drinks for practices and game days as coordinated by the coaching staff.

#### Adult Code of Conduct in Accordance with National Pop Warner Rules:

In order to uphold the goals of Pop Warner and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Pop Warner events, including but not limited to practices, competitions, and banquets, must behave in a respectful, courteous and sportsmanlike manner at all times.

Parents and other adults are expected to follow the CCPW Parent Code of Conduct. Parents will be required to sign the CCPW Parent Code of Conduct.

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 Pop Warner, including the Carson City Pop Warner, reserves the right to suspend and/or remove any individuals from the program for any violation of our Code of Conduct.

In closing, all CCPW football players are:

- Expected to follow all rules and regulations as more fully set forth above.
- Not permitted to chew gum; smoke or use smokeless tobacco or vapor cigarettes; drink alcoholic beverages; use foul language or in any way demonstrate disrespect for fellow team members or coaching staff.
- Expected to demonstrate a winning attitude and foster team spirit through cohesion and commitment to common goals.
- Expected to conduct themselves at games and team events in a manner that demonstrates team pride, positive attitude, and gracious behavior towards competitor teams. This behavior is EXPECTED AT ALL TIMES.
- Prohibited from intimidating a fellow team member, or participating in negative behavior by word and/or physical deed. ***This also applies to the use of social media and other online presence.*** Any such behavior will result in mandatory removal from the team per official Pop Warner Rule Book.

While in a CCPW uniform, the football Player or Cheerleader is prohibited from the use of social media, photography or live demonstrations that use inappropriate signs, gestures, behaviors, and displays of affection or other actions unbecoming to the CCPW image. Any such behavior may result in disciplinary action and/or removal from the team.

Any disciplinary actions taken by the administration of the school where the football player attends that results in out-of-school suspension or otherwise prohibits the child from being on school property will also result in the suspension of the child from the Carson City Pop Warner program for this same duration. Likewise, any other disciplinary actions taken by the school administration and brought to the attention of the CCPW Board shall be addressed and may result in the suspension of the child from the Carson City Pop Warner program.

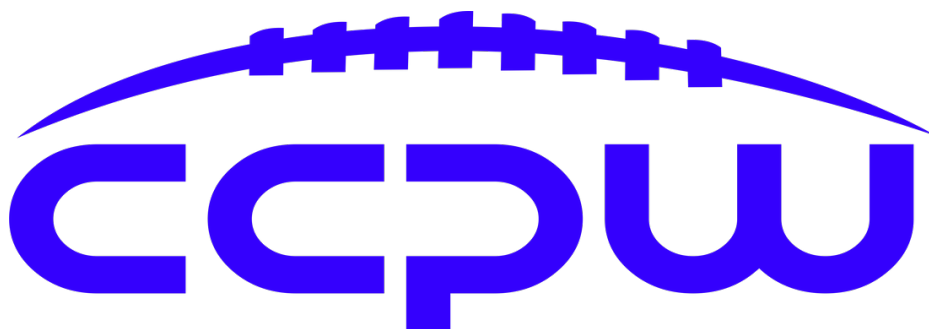
It is understood that these rules and regulations cannot possibly anticipate all circumstances. Therefore, any adjustments to the above repercussions shall be at the sole discretion of the CCPW Board.

LET'S HAVE A GREAT SEASON AND STRIVE TO BE THE BEST OF THE  
BEST!!!

We want playing football to be a rewarding experience for your child. In order to achieve this goal, we must insist on your cooperation, as well as your child. Pop Warner football is a 4 to 5 month commitment, requiring exercise, hard work, time and dedication. Football Players should want to be there for themselves not because their parents want them there. **Be prepared & fully committed to attend every practice and every game.**

Playing football is a rewarding experience that teaches many life skills. The Carson City Pop Warner program has made every effort to make this a successful season. With cooperation, hard work and dedication, everyone will be a WINNER!!

Good Luck Carson City Senators! Let's have a GREAT season!



The undersigned player, parent or guardian acknowledges that Carson City Pop Warner has adopted a Code of Conduct, Rules & Regulations for players, parents and guardians and that each of the undersigned has individually read, understands, and has agreed to adhere to such currently issued Code of Conduct, Rules & Regulations for Football.

The undersigned state that they clearly understand that violating the Code of Conduct, Rules & Regulations may cause the player to be suspended for a specified or indefinite period of time based on a review and ruling by the Carson City Pop Warner Board and that no refunds will be given.

**Player:**

I have read, understand, and agree to be held accountable for behavior contrary to the Code of Conduct, Rules & Regulations of the Carson City Pop Warner.

**Printed Name:** \_\_\_\_\_

**Player's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent or Guardian:**

I/we have read, understand, and agree to be held accountable for behavior contrary to the Code of Conduct, Rules & Regulations of Carson City Pop Warner.

**Printed Name:** \_\_\_\_\_

**Parent/Guardian's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_





CARSON CITY POP WARNER  
2024 EQUIPMENT  
REQUIREMENTS FOR  
FOOTBALL



As a part of registration, shoulder pads, helmets, chin strap, practice jersey, practice pants game jerseys, game pants and a mouthpiece will be provided. However, at a minimum, the following additional equipment will be required to be provided by each player:

- Cleats
- Athletic Cup (Optional)
- Any additional padding or equipment that is desired by the player (Must be approved by Pop Warner and CCPW)

**Parent or Guardian:**

I have read, understand, and agree to the above requirements and understand that supplying the above equipment, at a minimum, is the parent's and child's responsibility.

Printed Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_