



# FREQUENTLY ASKED QUESTIONS

We are making every effort to communicate our spirit updates to our parents and participants. It is our way of getting the information directly to the field so that they can properly enjoy the Pop Warner Football season.

If you have any questions that you would like to see covered on this FAQ's page, please contact your League Cheer Director at 714-873-4279 – Shawna.

## ***When does the season begin and end?***

- The Pop Warner season is defined as August 1<sup>st</sup> through December 31<sup>st</sup> or the last game/competition, whichever comes first.

## ***Mascot or Participant?***

- A mascot must be at least five years of age. The youngest age for a participant is five years of age in Flag Football division. A participant can only be certified as a mascot if they are not old enough to be certified as a spirit participant for any division of play in the League and/or Association, with the League's permission (i.e., if the League does not have a flag division, then the participant (at age 5) may only be rostered as a mascot in the lowest age division).

## ***What age division squad can a mascot participate?***

- A mascot can only be certified on the lowest age division in the Association due to maturity and safety issues. A squad cannot be made up of a majority of mascots (i.e., no more than 50%).

## ***Why is it required that parents attend registration in person?***

- **Practice hours before Labor Day:** No squads shall schedule more than 10 (ten) hours of practice per week. A week is defined as seven consecutive days. Not more than 2 ½ hours of practice may be scheduled on any one day. It is not mandatory for a squad to practice the full 10 hours per week.  
**Practice after Labor Day:** Limited to 6 hours per week. . A week is defined as seven consecutive days. Not more than 2 hours of practice may be scheduled on any one day. It is not mandatory for a squad to practice the full 6 (six) hours per week.

## ***Can our squad attend a local competition during the season?***

- Yes, a Pop Warner squad can participate in an outside competition with prior written approval on an Event Request Form from the Conference, Region and National Cheer Coordinators. The Head Coach must include the following:
  - The competition must follow all Pop Warner safety rules
  - The competition occurs during the accepted season
  - Permission in writing is granted in advance by the League, Region and National Coordinators.
  - The squad must register and identify themselves as a Pop Warner squad in the order of performance.
  - Competition is counted against practice hours for the week.
- **Note:** A squad must participate in the Pop Warner League, Region and National Spirit Championships in order to be approved for a non-Pop Warner event or competition. Any events after January 1, the squad must participate in the Pop Warner Year Round Program.

## ***Can our squad participate in a local competition after the Pop Warner Season?***

- A squad can participate in local competitions from December 31<sup>st</sup> to July 31<sup>st</sup> as long as the squad is registered and rostered with the National Office as a Year Round Squad by the deadline, February 1<sup>st</sup>. Once registered, all of the rules above on entering a competition must be followed.

### ***Dual Participation?***

- **Situation:** A rostered participant on a Pop Warner Dance Squad was participating on her High School Football Cheerleading squad at the same time. The parents did not understand that Cheer and Dance are both considered under the term "Spirit Squad" in Pop Warner. The dance squad is scheduled to compete at our League Championships. What should we do?
- **Response:** This situation is considered Dual Participation, participating on two spirit (cheer and/or dance) squads in the same season. The Pop Warner Dance Team member should be removed from the squad prior to the League Championship so that the squad can compete through to the Championships. The participant should continue with the High School Cheer Program, it is an honor to see that our kids are being promoted to the next level, high school.

### ***New Uniform Rules***

- When standing at attention, cheer and dance apparel must cover the midriff. (The midriff is the middle section of the body, from front to back.) Also, note that nude bodysuits are not acceptable; the intent of the rule must be obvious to everyone.

### ***Eyeglass Bands***

- Participants should secure eyeglasses with a sport band. The sport band should not have beads or a knot.

### ***What is my responsibility for Dance Routines on the field? Suggestive Moves, Suggestive Words***

- Music Selection should appeal to the audience to get the crowd involved in the performance. Routines must be appropriate for family viewing and listening. Any vulgar or suggestive movements, words or music should not be a part of a Pop Warner youth routine. Please note that removing improper language and replacing it with sound effects still constitutes inappropriate.

### ***How should I address my concerns?***

- You should first address your concerns by contacting the Head Cheer and/or Football Coach of the squad directly. If you are not able to express your concerns then the league can step in to assist. If you have any questions, concerning matters that cannot be addressed by first contacting your squad you may contact the Cheer Director at 714-873-4279.

### ***Can I change my squad size from Large to Small after October 1st?***

- No, squad size status is based on your roster count as of the first Monday in October. Please note that the number of actual cheerleaders determines "Large Squad" versus "Small Squad". Since mascots cannot participate in competitions, they do not count on the squad numbers (even though listed on the roster for registration and insurance purposes.)

### ***What are the National Championship dates?***

- The National Championship is held this December at Disney's <sup>TM</sup> Wide World of Sports Milk House. (For more information, go to the Pop Warner National Website, [www.popwarner.com](http://www.popwarner.com))