

MAKING
YOUTH
FOOTBALL
IN CALIFORNIA
SAFER





LET THE KIDS PLAY.

While we appreciate efforts to advance player safety in all sports, banning kids from playing football is not the answer. Making the game better is. And that's what we've been doing.

Millions of kids have played youth football for 100 years and they've grown up to be healthy, successful adults contributing to society in many ways, some as elected officials, physicians, judges, teachers, community leaders and parents.

We think the life lessons, experiences and memories from playing this great team sport far outweigh the risks.

We care about football but we care more about the kids who play it. So, Pop Warner offers Flag as an option, and we are making the game safer than ever before for those who want to play tackle.

PLAYER SAFETY FIRST

As the science behind sports-related concussions evolved, Pop Warner changed how football was played at the youth level. Today's youth football isn't the same as the sport adults played even 10 years ago.

- **Pop Warner player safety is guided by our Medical Advisory Committee** of neurosurgeons, neurologists, sports medicine professionals, pediatricians and researchers. They follow the science and advise us on ways to make football and cheerleading safer and better.
- **Pop Warner is the first national football organization at any level to eliminate the three-point stance**, changing how offensive and defensive linemen engage in contact after the ball is snapped. The move was introduced at Pop Warner's three youngest levels.
- **To teach kids how to better recognize if they or a teammate have suffered a concussion**, Pop Warner is providing access to CrashCourse, a video-based interactive learning experience developed with Stanford University's leading education, engineering & medical researchers.
- **Pop Warner offers multiple entry points to the sport, including Flag Football, 11v11 tackle and Rookie Tackle**, a modified game with a smaller field and fewer players. This allows young people and their parents to choose the option that's best for them.
- **In 2016, Pop Warner became the first national football organization to eliminate kickoffs**. The ban, now in effect for our four youngest age groups, is aimed at reducing the amount of full-speed, head-on impact in games.



- **Pop Warner coaches are mandated to take part each year in USA Football Coaching Certification**, where safer approaches to tackling and blocking are taught. Pop Warner started its partnership with Heads Up Football in 2013.
- **Pop Warner has a strict concussion protocol for our athletes.** Any Pop Warner participant who has been removed from practice, play or competition due to a head injury or suspected concussion may not return to Pop Warner activities until the participant has been evaluated by a currently licensed medical professional trained in the evaluation and management of concussions and receives written clearance to return to play from that licensed practitioner.
- **Pop Warner began limiting contact to just 25% of practice time in 2016**, a further reduction from its 2012 rule that limited it to 33% of practice time, which was lowest across the sport at the time.







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