

Contact: Gary Archie, President
Phone 775-690-4534
garchie2@sbcglobal.net

Sagebrush Pop Warner



Press Release

Safer Than Ever

Pop Warner changes for safety and fun

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The Sagebrush Pop Warner executive Board recently met with the e-boards of all 12 member Associations to adopt a football player assignment matrix. The many recent changes made by Pop Warner including contact and practice limitations, game play and refereeing practices have made the Pop Warner football game safer than it has ever been. Given the many changes, it is now possible to safely modify how teams are established.

Pop Warner teams have always been established on the basis of age and weight to keep the athletes in similar size and age/maturity levels for safety. With new rules limiting the amount of contact practice time (22 minutes a day and 65 minutes a week after Labor Day), no full speed blocking or tackling lined up more than 3 yards apart, requirement that all coaches complete the USA Football course to be on a roster, and very strict protocols following illness or injury, changes are now able to be made.

The game is now coached, practiced, played, and refereed differently than ever before making it possible to match players on the basis of age, not weight. Pop Warner historically matched players on an age/weight matrix based on the Center for Disease Control actuarial tables. With the game having changed it possible to team up athletes based on age allowing for peer competition similar to what they will encounter in all other aspects of their lives now and in their future.

The new system consists of two year age increments beginning at 14 and under, then 12 and under, and proceeding down to 6 and under with 5 being the youngest, without any minimum or maximum weight limitations or administrative restrictions on position of play for any player.

This age matrix has been used successfully in pilot programs nationally and is an option to local Leagues. The Sagebrush League consists of Carson City, Dayton, Douglas, Fallon, Fernley, Hawthorne, North Tahoe, Reno, Silver Stage, South Tahoe, Sparks, and Truckee. Pop Warner is the oldest and biggest youth football program in the world now in its 90th year. Pop Warner works to provide knowledge and a love of the game while making it safe and FUN for its participants. Sign ups for 2019 beginning soon. Gary Archie, garchie2@sbcglobal.net for information.

For Immediate Release