

## **Hill Country Pop Warner U8, U10 & U12 Hybrid Weight Overlay Rules 2023**

1. Overview: The following rules and regulations are made by Hill Country Pop Warner as an overlay to the National Pop Warner U8, U10 & U12 rules and regulations. In the event the below rules are silent on a topic then the National Pop Warner U8, U10 & U12 rules will be enforced. If National Pop Warner U8, U10 & U12 rules and regulations are silent on a topic then the NCAA rules and regulations are to be enforced. In the event any team within HCPW plays outside of the league, then the below rules and regulations will not apply.
  - a. No Maximum weight limit for any player.
  - b. Maximum weight for ball carrier/receiver/skill ("Unrestricted") player will be 110 Pounds for U8, 125 pounds for U10 and 140 pounds for U12.
  - c. No Minimum weight for any player.
  - d. Weigh in Guidelines
    - i. There will be one certification of strip weight at the beginning of the season which will be the weight basis for the entire season (no game day weigh-ins). Strip weight will be defined as shorts and shirt.
    - ii. All weights shall be rounded to the nearest full pound. i.e., a player weighing less than ½ pound above a full pound will be rounded down, while a player at or above ½ pound will be rounded up.
    - iii. Players may attempt to qualify for weight a maximum of 2 times and must be certified no later than 7 days prior to the first game of the season.
  - e. X-Players will be required to wear a jersey number between 90 and 99 only. No Unrestricted player will be allowed to be assigned a number within the 90-99 range.
  - f. Each team may have a maximum of 6 x-players per team.
  - g. Ball size will follow PW guidelines.
  - h. Other notations:
    - i. Kickoffs are not allowed under HCPW hybrid rules.
    - ii. Three-point stances are allowed for U12 only.
2. Offense:
  - a. No more than 3 X players may be on the field at the same time.
  - b. All X players must play on the line of scrimmage inside the X-Man Blocking Zone (XMBZ). (See appendix III)
  - c. The X players must be set, but not necessarily in a three or four point stance if not U12, at the snap of the ball. X players will not be allowed to have a blocking assignment that would cause their first blocking responsibility to be anyone outside the FBZ at the snap of the ball when pulling, unless that player is lined up over the X-Players shoulder.
  - d. The furthest outside X player must be covered by a non X player.
  - e. No plays may be designed to have an X player carry the ball.
  - f. X player may advance a true fumble or tipped/batted pass.
3. Defense:
  - a. No more than 3 X players may be on the field at the same time.
  - b. All X Players must play on the line of scrimmage inside the X-Man Block Zone (FBZ) with their inside shoulder no wider than the outside shoulder of the last lineman on their side.
  - c. The X player must be set in a three or four point stance at the snap of the ball.
  - d. The X player may advance a fumble or interception as long as they are the original player with the ball. No laterals or hand offs to an X player are allowed.
4. Special Teams:
  - a. There will be no Kickoff and Kickoff Return.

- b. Receiving team gets the ball on their 35 yard line.
  - c. Punt and Punt Return will be considered offense and defense accordingly and thus follow the rules mentioned above.
  - d. The penalty for the misuse of an X player will be an Unsportsmanlike conduct penalty (15 yards) against the head coach.
5. Misuse:
- a. The first & second penalty for the misuse of an X player in formation will be an illegal procedure penalty (5 yards). The third infraction will be an Unsportsmanlike conduct penalty (15 yards) against the head coach. The Fourth infraction will be a second unsportsmanlike penalty (15 yards) against the head coach. With two unsportsmanlike conduct penalties head coaches are ejected from the game per PW rules.
  - b. The first penalty for the illegal use of an X-player in the development of a play will be an Unsportsmanlike penalty (15 yards) against the head coach.

Appendix III – FBZ Rule Clarification Free (X-Man) Blocking Zone Parameters: The definition of the free blocking for the purpose of X-Player Alignment and usage will use the basic dimensions of the FBZ now known here as the X-Man Blocking Zone. The Zone will be designated as 4 yards either side of the ball and close enough to the line of scrimmage to be determined on the line of scrimmage. The Zone will be a defined area at the snap of the ball and will remain a designated Zone. A player is in the X-Man Blocking Zone when any part of his body is in the Zone at the snap of the ball.

For the Purpose of Blocking Zone Play Designs: Free Blocking Zone or FBZ is defined as follows:-Blocking Zone - Legal Blocking Below the Waist, Legal Block in the Back Art.

1. The Free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.
2. Blocking below the waist is permitted in the free-blocking zone when the following are met:
  - a. All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
  - b. The contact is in the zone.
  - c. Chop blocking: blocking below the waist while the layer is in contact with another blocker above the waist is ALWAYS illegal.
3. Clipping is not permitted in the Free-Blocking Zone!
4. Blocking in the back is permitted in the free-blocking zone when the following conditions are met:
  - a. By offensive linemen who are on the line of scrimmage and in the zone at the snap.
  - b. Against defensive players who are on the line of scrimmage and in the zone at the snap.
  - c. The contact is in the zone.
5. The free blocking zone disintegrates and the exception for a player to block below the waist and/or the exception for an offensive lineman to block in the back is not to continue after the ball has left the zone.