

Football Safety

Datalys Institute's research data show that Pop Warner Rules and Heads-Up Football Training result in injury rate that has 87% fewer injuries than non-Heads-Up/non Pop Warner programs.

Rule Changes Regarding Practice & Concussion Prevention:

In our continuing efforts to provide the safest playing environment for our young athletes, and in light of developing concussion research, Pop Warner announced some important rule changes during the 2012 season that still stand today.

With these rule changes, Pop Warner becomes the first youth football organization to officially limit contact during practices. The changes can be found in the Official Pop Warner Rule Book and are a result of the advice of our Medical Advisory Board and the direct input of Pop Warner regional and local administrators and coaches.

Red Cross CPR and First Aid Certification:

Pop Warner rules require that "All practices must be attended by one person holding a Red Cross Community CPR and a First Aid certification OR National Center for Sports Safety PREPARE Certificate of Completion, or equivalent, if not by an EMT or volunteer physician."

Injury Prevention & Control: Concussions:

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Health care professionals may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.