



Consolidated Football Federation
CHALLENGER DIVISION
*A Pop Warner flag football and cheer
program for youth with disabilities*



Frequently Asked Questions

Where will the Challenger Division be available?

The Consolidated Football Federation (CFF) is a Pop Warner league with 15 associations: Apex, Capital City, Cary, Cleveland, Durham, Fayetteville, Garner, North Raleigh, Orange County, South Johnston, Tri-County, Wake County, Wake Forest, Wilders Grove. Team structure will be based on the number of participants. Currently, all participants meet together and are divided into teams on a weekly basis for intramural games. As the program grows, associations will be participating in the Challenger Division, either fielding their own teams or partnering with another association to form a Challenger Division team. All registrations will be collected by the Consolidated Football Federation which will determine where the teams will be fielded based on the number of registrations in the various geographical areas.

Who can participate?

According to Pop Warner Little Scholars national guidelines, participants with physical and/or intellectual disabilities ages 5 to 18 who are enrolled in school are eligible to participate. Each participant has to get documented physician approval to participate. Final decision of eligibility rests with the association/CFF, especially in situations where the safety of a participant or other participants is affected.

How do you register and how much does it cost?

Due to the generosity of the Carolina Panthers Charities, registration for the Challenger Division is free. To register, go to www.cff-popwarner.com and download the registration form and the physician statement. Mail the completed forms to CFF Challenger Division, 4500 Oak Park Road, Raleigh, NC 27612 or fax to 919-645-9587. If you have questions, call 919-306-3822 and leave a message and someone will get back to you within 24 hours.

When are practices?

Practices will be held in coordination with the games.

When and where are the games?

Games are played on Saturdays in September and October. The game time will vary from week to week. Games will be played at fields throughout the Consolidated Football Federation area. Note that an adult family member for each participant has to stay at the games.

Who can be a buddy? What does the buddy do?

Some kids with disabilities will need a “buddy” on the field. The buddy must be at least 13 years old and can be a parent, sibling or friend of the participant. The association will also have volunteer buddies for kids who need a buddy. Non-family members will have to complete a volunteer application and will be subject to a criminal background check. The buddy needs to be responsible and aware of everyone’s safety.

How are the coaches chosen? What kind of training do they receive?

We are looking for coaches who are patient, enthusiastic and have some knowledge of the sport. Often, parents sign up to coach the football and cheer teams. We have others in the community who also volunteer to coach. All coaches must complete the Pop Warner volunteer application and pass a criminal background check. One coach on each team must have current first aid and CPR certifications.

The coaches also have to have certification from one of the national programs recommended by Pop Warner (this certification program is generally offered online or in sessions provided by the Consolidated Football Federation). If you are interested in coaching, you can download the Pop Warner volunteer application from www.cff-popwarner.com and mail it to Challenger Division, 4500 Oak Park Road, Raleigh, NC 27612.

What accommodations are there for accessibility?

There is limited accessible parking at some of the associations. Most do not have accessible restrooms. Transportation is not provided to participants. Interpreters must be provided by the participants who need them.

What are the Challenger Division rules?

The Challenger Division follows Pop Warner flag football rules with modifications as noted in the rules. Some of the other rules that apply specifically to the Challenger Division are:

- All children ages 5 to 18 who are currently enrolled in school with physical or intellectual disabilities.
- Level of play based on size, age and skill level are recommended where numbers allow.
- Teams must roster a minimum of 10 and no more than 28 players.
- Games are played with a minimum of five (5) players on each side.
- No score is kept.
- Teams are permitted one (1) game per week.
- All players receive equal number of plays.
- Field may be standard 100 yards or programs may opt to use a 50-yard field.
- Team jerseys and flag provided for every participant.
- One coach permitted on the field at all times.
- Teams play two 25-minute halves with a running clock.

Where do I get more information?

The Consolidated Football Federation's Web site, www.cff-popwarner.com, provides information about the Challenger Division and the registration materials. You can also e-mail challenger@cff-popwarner.com or call 919-306-3822.

