

Powderpuff Flag Football



**Saturday, September 17, 2016
6:40pm-8:00pm, Babcock Field**

6:40 – 7:00: “Freshmen vs. Juniors” and “Sophomores vs. Seniors”

7:10 – 7:30: “Freshmen vs. Seniors” and “Sophomores vs. Juniors”

7:40 – 8:00: “Freshmen vs. Sophomores” and “Juniors vs. Seniors”

***The team with the best record or, in the event of a tie,
the team with the least points scored against them, will be named the champions.**

Shirts: All players must purchase a class shirt to be eligible to participate. Class t-shirts will be worn to promote friendly competition between the classes during the week of Homecoming. Points will be awarded to the winning team.

- **Freshmen:** Turn in t-shirt order forms to Mrs. Ortiz in Room 244. Cost is \$13.
- **Sophomore class shirts** will be on sale during all lunches from Tuesday, 8/30 through Thursday, 9/1. Cost is \$10. Shirts will be ready for pick-up on 9/16.
- **Junior class shirts** will be on sale during all lunches from Tuesday, 8/30 through Thursday, 9/1. See Mrs. Seaton, Mr. Zehr, or Mr. TenHaken for more information.
- **Seniors:** Check your school email for an email from Mrs. Keyes that contains the link you will use to order your t-shirts online.

Any other “common” clothing items (shorts, socks, headbands, etc.) to promote team comradery will be chosen at the discretion of the individual teams.

Permission Slips: All players and coaches must turn in a permission slip to Mrs. Stage (134) or Mrs. Ortiz (244) by 3:00pm on Thursday, 9/15. Students **WILL NOT** be eligible to practice or play without a signed and submitted permission slip.

Cost: The cost to play is \$3. Money must be turned in with your permission form. Proceeds will be evenly distributed among participating classes.

Coaches: Coaches will be approved and assigned to teams by Coach Crouch. No more than four coaches will be assigned to a team.

Practices: Each team will have one opportunity to practice on the football field prior to the event. All school-sanctioned practices must be supervised by a class sponsor.

- **Freshman Team Practice:** Saturday, September 17 from 6:00 to 6:40
- **Sophomore Team Practice:** Saturday, September 17 from 5:20 to 6:00
- **Junior Team Practice:** Saturday, September 17 1 from 4:40 to 5:20
- **Senior Team Practice:** Saturday, September 17 from 4:00 to 4:40

Remind: Class sponsors may choose to create a Remind group to communicate with coaches/players. In the case of inclement weather, the game may be postponed or cancelled. In the event that the game is cancelled, all money will be returned to participants.

- **Freshman PowderPuff Remind Group:** ----
- **Sophomore PowderPuff Remind Group:** Text @pwdrpuff to 81010
- **Junior PowderPuff Remind Group:** ----
- **Senior PowderPuff Remind Group:** ----

Powderpuff Football Game Rules

Powderpuff football follows the general guidelines of flag football. Flag football is designed to be a game of skill, speed, and ability. It is not meant to be a physical, pushing, and pounding game. It is of utmost importance that sportsmanship and fair play be exercised at all times by all involved.

Dead Ball: The ball is dead when it...

- goes out of bounds.
- is carried out of bounds by the ball carrier.
- touches the ground.

Pulled Flag: Upon being pulled, the flag is to be raised in the air immediately at the point pulled; it is then to be handed back to the offensive player. Failure to do so will result in unsportsmanlike conduct and will result in a 15 yd. penalty.

Scoring: An interception is 3 points for the defensive team. A touchdown counts as 6 points. Extra point is 2 points or 1 point.

Length of Game: The contest will consist of (3) 20-minute games with a running clock. The clock will not stop at any time except for an injury. Between each game there will be a 10 minute break. Time outs will not be allowed.

Start of Each Game: The choice of defense or offense is decided by the flip of a coin in the presence of captains and officials before the play starts.

First Downs: Possession of the ball is retained as long as the offensive team is able to continue obtaining first down. The team must cover 10 yards in four plays.

Fourth Downs: On fourth down, a team will be required to go for it – no punts.

Clock Stops: Clock stops will be allowed for injury to a player at anytime during the game.

Time Outs: Time outs are only between games – no time outs during games.

Players and Substitutions:

- **Offense** - 3 Lineman / QB / RB / 3 WR's
- You may put RB in a spot as the 4th WR
- QB is in shotgun with ball in hand To start play

- **Defense** - 3 Defensive Lineman / 2 LB's / 3 DB's
- LB's May Not Blitz / 2nd LB may leave the box to cover as an extra defender or to cover RB as 4th WR

Carrying the Ball: A ball carrier who has fallen to the ground without being legally tackled may not resume her run. At no time may the ball carrier pass the ball to herself.

Forward, Backward and Lateral Passes: one forward pass may be thrown from any place behind the line of scrimmage. Any number of lateral passes or backward passes may be attempted from any point on the field. Legal receivers are the two ends and the four backs. There must be no interference with the receiver of a forward pass.

Kicking: Prohibited

Interceptions: There is no punting; ball is reset at 35 with each change of possession. Interceptions are worth 3 points and possession of ball.

Tackling: Tackling shall consist of pulling flags without holding the ball carrier with the hand or any part of the body. A tackler who forces the ball carrier to the ground is guilty of aggressive tackling. Flags must be worn on the outside of all types of clothing and the entire flag must be exposed. Flags must be in place on either side of the runner, tucking your flags will result in a 5 yd. penalty. If a player with the ball loses her flag during play, the ball is dead at the point of the flag fall.

Blocking: Only screening of the defensive player is allowed. Use of arms, hands, legs, running over, cutting or pushing a defender is not allowed. (All these violations result in a 5 yd. penalty)

Penalties:

- **5-Yard Penalties:**

1. Delay of game (offensive team does not punt within 45 seconds).
2. Illegal use of flags
3. Off sides
4. Too many players
5. Offense not being set (judgment by officials)

- **15-Yard Penalties:**

1. Forcing the runner to the ground
2. Unsportsmanlike conduct
3. Straight-arming defense
4. Hacking at tacklers to protect flags
5. Clipping
6. Running over defenders
7. Blocking by pushing defenders
8. Defensive play that is characterized by pushing over or on offensive blockers.
9. Pushing the ball carrier out of bounds.
10. Swearing
11. Harassment of officials.

*If two of the these rules are broken by the same player it will result in suspension from the game

Equipment: No metal or screw cleats are permitted. Molded cleats are allowed. No device that may cause injury is permitted.

Officials: TBD

*One cannot protest a judgment call or the competency of an official.

Stressed Rules

- 1. Unnecessary violent behavior will result in the players' ejection from the game and may then be subject to further disciplinary action by the school.**
- 2. Flags must be worn correctly. NO rolling or tucking of flag in belts or pants.**
- 3. All jewelry must be removed.**

WCHS PowderPuff Flag Football Permission Form

Must be completed and returned to Mrs. Stage (134) or Mrs. Ortiz (244)
by 3:00pm on Thursday, September 15.

*Students may not practice or play without a signed and submitted consent form.

I, _____, have read and agree to the rules for WCHS Powderpuff Flag Football. I understand that WCHS is not responsible for any injury or accident that may occur by my participation in this activity.

I further understand that my failure to follow and abide by the designed rules may result in my expulsion from the game.

Team: ___ Freshman ___ Sophomore ___ Junior ___ Senior

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Parents and fans are encouraged to attend to cheer on the teams and to help kick off this year's Homecoming Week!



Paid \$3 Fee: ___ Yes