

POWDER PUFF

A. Rules

1. Field: 120 yd field, 40 yards wide, 2 10-yard endzones
2. Equipment: jerseys must be tucked in and 2 flags must be worn on each side of the waist
3. Players: Eight players on the field for each team, no more than 13 per team. Substitutes may enter on dead ball only
4. Offensive Line: must have 5 players (right-left end, right-left guard and a center)
5. Offensive backfield: can have 3 players (qb, right-left halfback)
6. Passing: all players are eligible, all forward passes must be thrown from behind the line of scrimmage and all catches must have 1 foot in bounds
7. Scoring: TD (run/pass) = 6 points, Conversion (ball on 3 yd line) run = 1 point, pass = 2 points; Safety = 2 points
8. Length of game: range from 8-12 minute quarters
9. Tie Games: coin flip to determine which team gets choice of first/second try to score in 4 tries from 20 yard line
10. Start of Game : team may put ball in play w/ punt, place kick or drop kick behind the 40 yd line, if kick-off is fumbled the ball is dead at spot of fumble, if ball goes out of bounds it is placed at the point it crossed side line, if it hits the ground- it's dead at that spot, and if it goes over end line- the ball is brought out to the 20 yd line
11. Downs: Four to score or cross zone line
12. Scrimmage play: defenders remain 1 yard off ball until snapped and offensive must be on line of scrimmage
13. Punting: a punt must be announced before play, no crossing of line of scrimmage until kick is made
14. Ball Carrier: player is down when one flag is taken or knee touches ground, may not be pushed, blocked or tackled, may not use any part of body to shield flag from being pulled (lowering head, stiff-arm, etc)
15. Blocking: the elbows of blocker must be inside the shoulders, no outward motion/extension of arms is permitted, no 3-point stance is permitted, blocking from behind is illegal
16. Illegal Play: In order to protect the Center no running plays are allowed w/in one yard on either side of the center

B. Penalties

1. Offensive

A. 5 yard penalties (Loss of Down)

1. Off Sides (no) - previous spot
2. Motion (no)- previous spot
3. Intentional Grounding (yes)- previous spot
4. Illegal Procedure (no) - previous spot
5. Flag guarding (yes)- mark off from spot of foul
6. Illegal Forward Pass (no)- previous spot
7. Delay of Game (no)- mark of from spot of foul
8. Hurdling/diving (no)- mark off from spot of foul
9. Illegal Blocking (no)- mark off from spot of foul
10. Failure to avoid deflagger (yes)- previous spot

B. 10 yard penalties (Loss of down)

1. Holding (yes) - previous spot
2. Clipping (no) - previous spot
3. Kicking/Pushing (yes) - previous spot

2. Defense

A. 5 yard penalties (Loss of Down)

1. Off Sides (no)- previous spot
2. Illegal Procedure (no) **
3. Intentional deflagging of non-ball carrier (no) **

B. 10 yard penalties (Loss of Down)

1. Holding (auto first)- mark off from spot of foul
2. Passing interference- mark off from spot of foul
3. Kicking (no) **
4. Tackling, knocking ball from ball carrier (no) **

** From previous spot if behind the line of scrimmage; from spot of foul if beyond the line of scrimmage

C. Additional rules/expectation/activity procedures will be shared with you upon arrival