

Rules and Regulations – Powder Puff Football

1. Visitor Team – White Jerseys
Home Team – Dark Jerseys
2. 6 Offensive players and 6 Defensive players
3. Referee counts to five (5) and yells ‘go’ allowing defense to rush
No Blitzes
4. Absolutely no blocking – hands have to be behind back
5. Ball is dead when it hits the ground or when the player’s knee touches the ground
6. If player catches the ball and does not have a flag, ball is dead at that spot
7. No stiff-arms when running with the football
8. Two (2) timeouts per half
9. Running clock until 2:00 minutes in the half or game – then clock stops
10. One (1) running play must be run per set of downs but no more than one (1)
11. Spin moves are allowed when running
12. Cleats or turf shoes are allowed (non-metal)
13. No tackling or grabbing waists and hanging on
14. After touchdown: 1 point conversions from 5 yard line
2 point conversions from 10 yard line
15. No field goals
16. Offensive team will have four (4) downs to advance 20 yards (or nearest cone)
17. Play clock will run 40 seconds. If the ball is not snapped within 40 seconds, there will be a penalty assessed
18. Two (2) 25 minute halves with a five (5) minute intermission
19. No kickoffs
20. Punting:
21. All girls must be wearing appropriate athletic attire. No midriffs or exposed stomachs.
22. No altering of flags will be permitted
23. Contrast the color of flags with the uniforms
24. No jewelry
25. Field dimensions: regular field
26. Penalties and Yardage:

Easton-Pburg Powder Puff 2010

Monday, November 22th, 20010 @ 6:00 – Moloney Stadium

- Gate Workers/Ticket Sellers must report at 3:45 pm
- Admission - \$3 Adults
\$2 Students/Senior Citizens
(No prior sales – only sold at gate)
- Gate profits will be split evenly

- Preliminary Game – 5:00 PM – P'Burg Police vs. Easton Police
- All school policies will be in effect. Any violators will be asked to leave the school grounds and escorted out by security.
- Officials will work both games, will have no affiliation with either school, and will be faxed rules prior to the game.
- Adult announcer must have knowledge of the game, be impartial, and review all Powder Puff rules during game
- Both teams will provide rosters (in numerical order), which will include the player's name, number, and position one week prior to scheduled game.
- The previous year's winning team will bring the trophy to the game. This year's winner will be responsible for getting it engraved.
- All players and cheerleaders must be seniors.
- Contrast the color of flags with uniforms.
- The game will be played rain or shine.
- All teams and cheerleaders must have adult supervisors at all times. (One adult for football and one adult for cheerleaders.)
- At halftime, there will be a cheerleading competition with the visiting team going first and the home team going after. The routine should be no longer than 5 minutes and should be safe and fun. Judges will score the squads and announce the winner after the game.

Responsibilities (of Home team)

1. Flags: 2 different colors coordinated with uniforms – 24 of each
2. Football
3. Cones for field
4. Water/Cups
5. Tickets: 2 colors
6. Ticket sellers
7. Ticket collectors
8. Announcer
9. Scoreboard operator
10. Officials who will work both games
11. Trainer/Emergency Squad
12. Playing of the National Anthem
13. Press Release
14. Security