

Powder Puff

Rules and Regulations

Rule 1: The players

1. The team may have as many players (female) as it wishes. Each player must be academically eligible and sign a permission slip.
2. Each team shall consist of 11 players on the field. All players must wear flags on each side of the hip. No player shall wear dangerous equipment including casts, jewelry, etc.
3. All players must wear a mouthpiece.
4. Unsportsmanlike conduct or rough play will not be tolerated, resulting in the dismissal from a game at the discretion of the referee. Any inappropriate language and/or gestures will result in dismissal from the game.
5. Each team shall have at least 5 cheerleaders (male). They are required to be appropriately dressed and must perform a half-time show.

Rule 2: The game

1. The game shall consist of 2 – twenty minute halves. There will be overtime only in the case of a tie.
2. Each team must arrive on time. If a team is over ten minutes late they will forfeit the match.
3. Each team is allowed two timeout per half. The clock will only stop for scores, timeouts, and injuries.
4. A team scores six points for a touchdown and two points for a run or pass conversion.
5. To down the ball carrier, players must pull and deflag the ball carrier. The ball carrier is down if her knee touches the ground. If one of the flags comes off accidentally during play, downing must be accomplished by a two-hand touch.
6. There will be four downs to reach the first down marker. There will be no punts during the game.
7. For overtime games a coin toss will determine first possession.
8. The game will be played in Wildcat Stadium on the whole field.

Rule 3: The coin toss

1. A coin toss determines first possession.
2. The team that wins the toss may choose to receive the ball or “kick-off”.

Rule 4: The offense

1. The offense must have five players on the line of scrimmage and no more than 3 players in the backfield (including the QB).
2. The offense has four plays to advance the ball 10 yards.
3. The ball carrier must try to elude the tackler rather than creating contact.
4. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
5. The quarterback is not allowed to run the ball.
6. The offensive line has to go foot to foot and only one can go on route (you must have 3 and only 3 lineman).
7. The OL must have their arms crossed when blocking.

Rule 5: The defense

1. No tackling is allowed. The flag must be pulled by the defensive player.
2. A defensive player may not intentionally hold, block, trip, or push the ball carrier out of bounds to stop the play.
3. Defensive players may not physically stop a runner in order to pull the flag.

4. Once the ball has been handed off all defensive players are eligible to rush.
5. The QB can only be rushed by one defensive player.

Rule 6: The kicking game

1. There will be no kick-offs or punts.
2. The receiving team after the coin toss or a score will start on their own 40 yard line.
3. If the offense fails to score the opposing team will begin where they left off.
4. There will be no safeties. If a safety occurs the opposing team will be given the ball on the 10 yard line going in.

Rule 7: Passing

1. Interceptions change the possession of the ball at the point of the interception.
2. Incomplete passes return to the line of scrimmage.

Rule 8: Receiving

1. All players are eligible to receive passes.
2. A player must have at least one foot in bounds when making a reception.

Rule 9: End of a play

1. The play will be ruled “dead” when the ball carrier has their flag pulled, the ball carrier steps out of bounds, a touchdown is scored, or a pass is incomplete.

Rule 10: Penalties

1. There will be 4 referees (no students).
2. Offensive penalties will result in a “do over”.
3. Defensive penalties will be marked at the point of infraction.

Rule 11: Sportsmanship

1. Foul play will not be tolerated. An unsportsmanlike act can include any acts of intentionally tackling, elbowing, cheap shots, fighting, flagrant actions, or any act intending to cause harm.
2. Ten yard penalties will be given to a team engaging in unsportsmanlike conduct.
3. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
4. Fighting will not be tolerated.
5. The ball carrier cannot place their hands in front of the flags or slap an opponent’s hand to prevent deflagging. If this occurs the play will be blown dead at the point of infraction.
6. The ball carrier must run “straight up” and not bury their head.

Rule 12: Penalties

1. Off-sides: offense starts early
2. Encroachment: defense starts early
3. Pass interference
4. Tackling or tripping
5. Holding
6. Personal foul
7. Hand-slapping (flag)
8. Shirt over the flag

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Rules and Regulations for Cheerleaders

As a powder puff cheerleader I agree to the following conditions:

1. Dress will be appropriate and will follow the guidelines set forth in the WHS student handbook.
2. The cheers will be school appropriate.
3. Bad language will not be tolerated.
4. The cheers will be geared towards your respective class and its motto, not the other classes.
5. The stunts and routines will consist of appropriate material.
6. You will not interfere with the other classes routines and/or halftime performance.

Failure to follow the above rules will result in removal from the powder puff cheerleading squad and the appropriate disciplinary action. Remember, this is a school sponsored event that will include students, teachers, the community, and parents.

PRINT NAME

SIGNATURE

ROCKLIN UNIFIED SCHOOL DISTRICT – WHITNEY HIGH SCHOOL

PARENT PERMISSION SLIP AND MEDICAL AUTHORIZATION FORM

Student's Name: _____

Birth Date: _____

Address: _____

My son/daughter has permission to participate in the following activity: **The Powderpuff football**
practices and game

Parent's Name: _____

Parent's Phone: _____

Phone where parent may be reached in case of emergency: _____

If unable to reach parent, other authorized adult: _____

Relationship: _____

Phone: _____

Physician's Name: _____

Phone: _____

Insurance carrier's name and policy #: _____

Special medical considerations regarding my student: _____

In the event of an emergency, when a parent or guardian is unavailable, I authorize school personnel to make arrangements for my child to receive medical or hospital care, including necessary transportation, in accordance with their best judgment. I authorize the physician named above to undertake such care and treatment as is considered necessary. In the event said physician is unavailable, I authorize such care and treatment to be performed by a licensed physician or surgeon. I agree to pay all costs incurred as a result of the foregoing.

I understand that by signing below I am giving permission for my student to participate in the activity and I am giving medical authorization.

Parent/Guardian Signature

Date

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Roles

1. Coordinator - _____
2. Announcer - _____
3. Referees - _____

4. Scoreboard - _____
5. Music - _____
6. Snackbar - _____
7. Front gate supervision - _____
8. Crowd supervision - _____
9. Freshmen Coaches - _____
10. Sophomore Coaches - _____
11. Junior Coaches - _____
12. Senior Coaches - _____
13. Field Set-up - _____

14. Field/Stadium Clean-up - _____

15. Freshmen Head Cheerleader - _____
16. Sophomore Head Cheerleader - _____
17. Junior Head Cheerleader - _____
18. Senior Head Cheerleader - _____

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Timeline

Monday October 19th

- 5:30 pm Set-up field, scoreboard, and speakers
- 5:45 pm Meet with workers
- 6:00 pm Open gates (stamp all those who enter)
Start music playlist for pre-game
- 6:30 pm Introduce 9th grade team w/ music (East side - visitors)
Introduce 10th grade team w/ music (West side - home)
Start 9th vs. 10th grade game
- 6:55 pm Halftime – clear field
9th grade cheerleaders
10th grade cheerleaders
- 7:05 pm Second half of 9th vs. 10th grade game
- 7:30 pm End of game
- 7:35 pm Introduce 11th grade team w/ music (East side - visitors)
Introduce 12th grade team w/ music (West side - home)
Start 11th vs. 12th grade game
- 8:00 pm Halftime – clear field
11th grade cheerleaders
12th grade cheerleaders
- 8:10 pm Second half of 11th vs. 12th grade game
- 8:35 pm End of game
Clear stadium
Clean-up

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Things to do...

1. **Print permission slips and run announcements**
2. **Order uniforms**
3. **Take sign-ups and money**
4. **Fill roles**
5. **Pass out uniforms and practice schedules**
6. **Take down tables for snackbar and t-shirt sales (3 total)**
7. **Set-up crew to film and take pictures**