

**PARENT/GUARDIAN WAIVER**

(Waiver must be signed and returned before student can participate)

My daughter, \_\_\_\_\_, has my permission to attend Bordentown Regional High School Powder Puff Football Tournament. I understand that her participation is voluntary. I also understand that the Bordentown Regional School District or any of its employers or members of Student Council are not liable for any injuries that occur during the tournament.

Parent Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Emergency Contact Person:**

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

Team name \_\_\_\_\_ Check here if you need to be put on a team \_\_\_\_\_

Grade \_\_\_\_\_ \$ 5 per player (Paid) \_\_\_\_\_

Teams must report to the field for attendance and a review of the game rules by 5:30 p.m. on Thursday, September 27<sup>th</sup>. Games will begin no later than 6:00 p.m.

Each player must **return** this form to Mrs. Ditto in room 235 or Mrs. Ochoa in room 268 **no later** than Monday, September 24<sup>th</sup>. The tournament is on September 27<sup>th</sup>.

One member from your team must attend a rules meeting.

\_\_\_\_\_ (nominated captain's name)

Teams may be made up of any seven female students.

There will be water provided for all players.

# Powder Puff Team Sign-Up Sheet



Team Captain: \_\_\_\_\_

(Please select your team captain wisely for she will also be the contact person!)

**Thursday, September 27, 2012**

**Game Time: 6:00 pm**

Player #	Print Name	Paid \$5 Fee	Signed Contract
Captain			
2			
3			
4			
5			
6			
7			
Sub			
Sub			
Team Color Choice (Will be honored on a 1 <sup>st</sup> come 1 <sup>st</sup> serve policy):			

Please return this form with your team's money and contracts to  
Mrs. Ditto in room 235 or Mrs. Ochoa in room 268 A.S.A.P  
 but NO LATER than Monday, September 24<sup>th</sup>!

### Powder Puff To Do List

- Get 4 referees and two score keepers
- Tournament style; several games going on at once
- Girls make their own teams and team shirts. Color choice is first come first serve (must have entire teams money and signed contracts before allowing them to pick a color)

**Make sure the teams understand that their team color must be approved before they start making/ordering their own team shirts so that no two teams have the same color!**

- Advisors need to reserve fields and gym (incase of rain) locations
- Advertize event
- Sign-up sheets for teams and student council helpers
- Rules
- Contacts
- \$ 5 per girl
- Equipment: cones, timers, whistles, score boards, flags, etc.
- Make a game schedule (double elimination bracket)
- Email the referees the rules, team rosters and schedules prior to the event
- Hold a meeting with teams to review rules prior to the event and provide them with copies
- Order trophies
- Set up water cool and cups

# BRHS Powder Puff Football Rules

## **Powder Puff game follows the general guidelines of flag football:**

Flag football is designed to be a game of skill, speed, ability and cunning. 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. All players who are members of a team are expected to play.

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

1. goes out of bounds
2. the ball carrier goes out of bounds
3. when the ball touches the ground (except in an exchange by a kick)

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. (If this is not done, such action can be termed unsportsmanlike conduct and a 15 yd. penalty may be assessed).

**Safety:** The team scoring the safety shall receive the ball on the 35 yd. line to start play as usual.

## **Scoring:**

A safety counts 2 points for the defensive team.

A touchdown counts 6 points.

Extra Point is 2 points.

## **Length of Game:**

The game will consist of 1, 8 minute period with a running clock.

**Start of Each Game:** The choice of goal, kickoff or receiving is decided by the flip of a coin in the presence of captains and officials before the play starts.

**Downs:** Possession of the ball is retained for four downs. The fifty yard line is an automatic first down.

**Fourth Downs:** On fourth down, a team must indicate whether they intend to PUNT or go for it.

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

## **Time Outs:**

A time out is taken when a captain requests a suspension of play.

The time out is not to exceed 1 minute.

**Players and Substitutions:**

There shall be 7 players on a team.

Substitutions: Any number of substitutions can be made without reporting when ball is dead.

**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.

There must be no interference with the receiver of a forward pass.

**Interceptions behind the Goal Line:** If a defensive player, while standing behind her own goal, intercepts a forward pass and is tackled in the end zone, a touchback results.

**Kicking:** The kicking team must inform their opponents that they intend to punt. A kick must be fielded cleanly or it results in a dead 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, failure to do this results in a five-yard penalty from the line of scrimmage.

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 (Failure of the offensive team to put the ball into play within 45 second.)
2. Illegal use of flags
3. Off sides
4. Too many players
5. Offense not being set (judgment of officials)

**15 Yard Penalties:** Two of these penalties by any one player in any combination will result in suspension from the game:

1. Forcing the runner to the ground.
2. Unsportsmanlike conduct
3. Straight-arming defense
4. Hackling 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 lockers.
9. Pushing the ball carrier out of bounds.
10. Swearing
11. Harassment of officials.

**Stressed Rules:**

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

# Powder Puff Equipment List



	<b>Equipment (4 Consecutive Games Set-Up)</b>	<b>Check Off</b>
<b>1</b>	16 Cones	
<b>2</b>	4 Timers	
<b>3</b>	1 Score Board	
<b>4</b>	4 Whistles	
<b>5</b>	50+ Pinnys (used in place of flags)	
<b>6</b>	Cups	
<b>7</b>	2 Water Jugs	
<b>8</b>	Score Sheets	
<b>9</b>	4+ Football	