



## **Powderpuff Football Rules**

**Each participant is responsible for presenting a current BAKER ID at game time.**

### **Teams**

- Teams must field a minimum amount of nine (9) players to play the game.
- Only nine (9) players per team allowed on the field at a time
- Substitutions are allowed at any time after previous play is completed.

### **Regulation game**

- Game will be conducted with two (2) 20-minute long halves with a running clock.
- Teams will have 30 seconds to start play. Failure to start in 30 seconds results in loss of 5 yards.
- During the final 2 minutes of each half, the clock stops for:
  - Incomplete pass – starts on snap.
  - Out-of-bounds – starts on snap.
  - Safety – starts on snap.
  - Team time-out – starts on snap.
  - First down – dependent on previous play.
  - Touchdown – starts on snap (after Try).
  - Penalty and administration – dependent on previous play (EXCEPTION: Delay of game – starts on snap).
  - Referee's time-out – starts at his/her discretion.
  - Touchback – starts on snap.
  - Team A is awarded a new series – dependent on previous play.
  - Team B is awarded new series – starts on snap.
  - Team attempting to conserve time illegally – starts on ready for play.
  - Team attempting to consume time illegally – start on snap.
  - Inadvertent whistle – starts on ready for play.
- Overtime
  - Overtime will go back to a coin flip. First team to score wins the game.
- Each team has one time out per half (the clock continues to run during the time out)
- Only nine players per team allowed on the field at a time
- All coaches and fans are not allowed on the field at any time

### **Possession of Ball**

- Possession at beginning of game will be determined by coin-flip. 2<sup>nd</sup> half possession will be given to the team who did not start the game with the ball
- Possession can be turned over by fumble recovery by opposite team, interception, or 4 downs without gaining 10 yards
- Possession will begin on the opposing teams 20 yard line

## **Tackling**

- This is flag football; tackling is prohibited
  - 15 yard penalty will be granted for tackling
  - Reoccurring or excessive tackling will result in disqualification of team member and possibly team
- You will be allowed to blitz after 3 seconds of play on each play

## **First Downs**

- First downs will be granted every 10 yards as in regular football

## **Penalty's**

- Standard football penalties will be enforced (off-side for 5 yards, ineligible receiver for 5 yards, holding for 5 yards, encroachment for 5 yards, passing interference for spot of foul, Unsportsmanlike conduct for 15 yards).
- No player shall:
  - Punch, strike, strip or attempt to steal the ball from a player in possession. Note: A player who controls a pass gains possession of the ball when the first part of the person touches the ground.
  - Trip an opponent.
  - Contact an opponent who is on the ground.
  - Throw the runner to the ground.
  - Hurdle any other player.
  - Contact an opponent either before or after the ball is declared dead.
  - Make any contact with an opponent which is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand.
  - Deliberately drive or run into a defensive player.
  - Clip an opponent.
  - Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
  - Tackle the runner by grasping or encircling with the hands or arms and taking the opponent toward the ground as in tackle football. K carries an automatic penalty of disqualification of that player. All other, if deemed flagrant, will result in disqualification.
- Runners shall not flag guard by using the hands, arms or the ball to deny the opportunity for an opponent to pull or remove the flag belt. If a player is caught doing so, possession will be called at spot of foul.
- Flag guarding includes:
  - Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
  - Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
  - Lowering the shoulders in such a manner which places the arm over the flag belt.
- Tampering with a flag belt in any way to gain an advantage including tying, using foreign materials or other such acts is illegal.
  - 15 yard penalty will be assessed and player may be removed from game

## Forward Passes/ Lateral

- Forward pass is illegal:
  - If the passer's foot is beyond the line of scrimmage when the ball leaves his/her hand.
  - If a passer catches her untouched forward or backward pass.
  - If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
  - If there is more than one forward pass per down.
- Forward laterals are never accepted

## Scoring

- A touchdown shall be scored when any part of the ball penetrates the vertical plane of the opponent's goal line
- A touchdown is equal to 6 points.
- Teams may kick an extra point for 1 point if completed successfully
- Team may conduct a running or passing play for 2 points if completed successfully
- Teams may kick a field goal for 3 points
- Safeties will be worth 2 points
- It is a safety when:
  - A runner carries the ball from the field of play to or across his/her own goal line and it becomes dead there in his/her team's possession. EXCEPTION: When a Team B player intercepts a forward pass, fumble or backward pass, or catches a punt between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to Team B at the spot where possession was gained.
  - A player punts, passes, fumbles, snaps, muffs or bats a loose ball from the field of play to or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This included when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.
  - A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone.
  - After a safety, the ball shall be snapped by the scoring team at its own 14 yard line unless moved by penalty.