

Powder Puff Football Rules

A 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:

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

Flag Pulling:

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 deemed unsportsmanlike conduct and a 15 yard penalty may be given.

Safety:

The team scoring the safety shall receive the ball on the 35 yard 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 two fifteen (15) minute halves with a running clock.

The clock WILL stop during the last two minutes of the half.

One timeout per team, per half.

Start of Each Game:

The choice of end zone and kickoff or receiving is decided by the flip of a coin in the presence of captains and officials before the play starts. The kicking team then punts the ball from the 30 yard line.

First Downs:

Possession of the ball is retained as long as the offensive team is able to continue obtaining first downs. The team must cover 10 yards in four plays. At the end of four downs, the ball is turned over to the other team.

Fourth Downs:

On fourth down, a team may elect to punt or go for it.

Clock Stops:

Clock stops will be allowed for injury to a player at anytime during the game. During the last 2 minutes of the game, the clock will stop after a touchdown, safety or touchback or whenever the referee suspends play. Time begins when the ball is put into play. The referee may suspend play for reasons including but not limited to:

1. The ball goes out of bounds
2. The ball carrier goes out of bounds
3. A timeout

Time Outs:

A timeout is taken when a captain or a coach requests a suspension of play. The timeout is not to exceed 2 minutes.

Players and Substitutions:

There shall be 11 players on the field from each team at any given time.

The 11 players can be organized in any fashion.

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 resume her run.

A player is only down once her flag has been pulled. 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.

Legal receivers are the ends and the backs.

There may 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.

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. Any call of aggressive tackling is up to the referees' discretion.

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 player, 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. Players must block with the hands either held behind the back or crossed across her chest as if she were performing a sit-up. (All these violations result in a minimum 5 yard penalty)

Penalties:

5 Yard Penalties:

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

15 Yard Penalties:

(NOTE: Two of these penalties by any one player in any combination will result in game suspension.)

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.

Important Rules to Note:

1. Unnecessary violent behavior will result in the player's ejection from the game and may cause the player to 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.

Last but Not Least:

Have fun!