

Powder Puff Shirt Order Form and Player Permission Form

This form must be completed and turned in with shirt payment (\$15) by **Tuesday, September 12th at 3:30pm**. Bring signed forms and payment to Ms. Radanke or drop off at Ms. Tschida's desk in the attendance/athletic office. Late or incomplete forms will not be accepted and you will not be able to play. We are on a strict deadline - late applications can not be accepted for shirt orders also.

Check can be made out to Woodbury High School.

Please check one: _____ SENIOR _____ JUNIOR

Name _____ 4th hr teacher _____

Shirt Size: ____ small ____ medium ____ large ____ extra large ____ XXL

POWDER PUFF GAME: WEDNESDAY, SEPT 21st 7pm ROYAL STADIUM Football Field - WHS

Players need to arrive by 6:45. Come dressed and prepared to play. You will not be able to go inside to use the locker room.

PARENTS AND STUDENTS:

Please read the statement below along with the attached rules

We are looking forward to a fun and entertaining Powder Puff game. However, playing football is an athletic activity that carries a certain amount of risk. In order for your daughter to participate, they need your permission and understanding that they are doing so at their own risk and there is the potential for injury. We will take every precaution necessary to try to make sure no students are injured but we cannot make guarantees when it comes to sporting events. If you have any questions, please contact student council advisors, Hollie Radanke. This form must be filled out, signed and returned before your daughter will be able to participate in the game. Forms are due with payment for the t-shirt on Monday, Sept 12th at 3:30 pm. Girls must have on the official powder puff t-shirt in order to play.

Hollie Radanke: hradanke@sowashco.org 651-425-5474

By signing in the space below, students and parents are acknowledging that they have read the attached rules for the game and understand the risks involved. Parents, by signing you give permission for your daughter to participate in the powder puff game.

Student Signature: _____ Date _____

Parent Signature: _____ Date _____

Parent Contact Information: Name _____ Phone (_____) _____

Name _____ Phone (_____) _____

Any special medical conditions?

POWDER PUFF RULES

Playing Field and Equipment

- Field – 40 yards x 25 yards
- Equipment – mouth guards recommended, no other pads
- Shoes – no metal or hard spikes allowed. Athletic shoes or plastic spikes are allowed.
- Flags – a one-piece, three-flag belt is used for competition (provided at competition)

Game Time, Points and Roster Size

- Game Play – **6 vs. 6**
- Game Length – two, 18 minute running time halves (may adjust time at competition). Stop time the last two minutes of each half. Clock in second half remains running time if a team is ahead by 21 points.
- Stop Time – clock stops on all dead balls. Clock resumes at snap.
- Timeouts – 1 per half, 1 in OT
- Game Clock – 40 seconds in between downs
- First Possession – A coin flip determines first possession and teams chooses to receive the ball in the first half or second
 - Touchdown – 6 points
 - Extra Point - 5 yard line = 1 point, 10 yard line = 2 points (teams choose) - no field goal kicks
 - Safety – 2 points
 - Penalties – All penalties are 10 yards

Offense

- Possessions – All possessions, except interceptions, start from the 5 yard line. (no punting) Interceptions start from spot of interception.
- Downs – Four downs to pass mid-field, if a team reaches mid-field they will have four downs to reach the end zone.
- Start of Play – The ball has to be snapped by an offensive player on the line of scrimmage. No minimum number of players required on the line of scrimmage during the snap. The offensive player can snap either between the legs or sideways.
- Dead Ball Snap - if the ball is snapped and not caught then the play is dead and it is a loss of down. Next possession starts from the spot the ball was snapped.
- QB Running – QB cannot run with the ball across the line of scrimmage when being rushed
- No Running Zone – A player cannot run the ball 5 yards before midfield and 5 yards before the end zone.
- Blocking – Only screen blocks allowed, hands must be kept on the side of the body

Defense

- Rushing the QB – The defense waits at the line of scrimmage. Once the referee counts to five, the defense can rush the QB. The official will drop his/her hand when the defense can cross the line of scrimmage.
- Rushing a hand-off – Once the hand-off takes place anyone can cross the line of scrimmage.
- Possession Change – If a team is stopped on downs then the offense will start from their own 5 yard line.
- Interceptions – Cannot be returned, teams start from spot of INT (reverse field).
- Fumbles – No fumbles, If the ball is fumbled the play is a ruled dead and returned to the offensive team (unless 4th down then the ball is given to the defense on their own 5 yard line).

PENALTIES

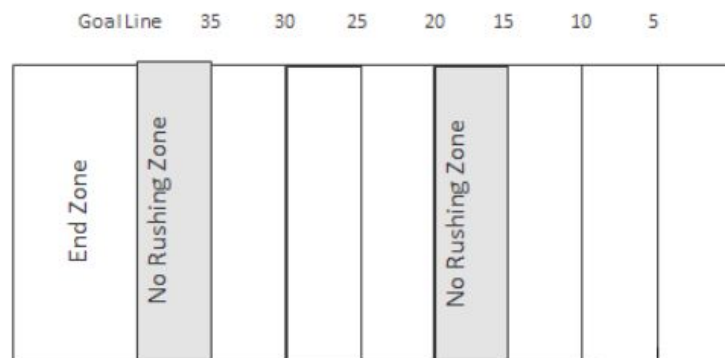
Offense Ten yards from the line of scrimmage and loss of down.

- Sportsmanship/Roughing – at official’s discretion (aka ‘unsportsmanlike conduct’)
- Illegal Motion - more than one player moving at the snap and/or moving forward at snap
- Offside - in neutral zone at snap, false start
- Illegal rushing play - inside No Rushing Zone
- Pass Interference - pushing or “picking” a defender
- Illegal Contact - holding, blocking, bumping, bull-rushing – running through someone
- Delay of Game - failing to snap within 40 seconds of ready

Defense Ten yards from the line of scrimmage and automatic first down

- Offside - in or beyond neutral zone at snap
- Pass Interference - pushing or “picking” a receiver
- Illegal Contact - holding, blocking, bumping, bull-rushing – running through someone
- Illegal Flag Pull - before receiver has the ball
- Receiver is eligible to catch the ball if their flag is pulled before they catch the ball. If the ball is caught they may choose the yard they caught the ball at or the 10 yard penalty.
- Illegal Rushing of Quarterback - violating the 5 second count

FIELD LAYOUT



All possessions go one direction. Possession changes always start at the 5 yard line.

The only possession that does not start from the five yard line is an INT. The team that intercepts the ball will still go the one direction but they will start from the point of INT (ex: ball intercepted at the 30 yard line the team will start at the 10 yard line).