

Powder Puff Football Rules

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.

Scoring:

- A touchdown includes extra point = 6
- Extra point = 1pt from 2 yd. line, 2 pt. from 10yd. line (untimed)

Length of Game:

- The game will consist of two (2) 20 minute periods with a running clock.
- The clock WILL stop during the last two minutes of the game.
- Halftime will be 6-8 minutes in length.
- Only two timeouts may be used for each team during the whole game

Start of Each Game:

The choice of goal, kickoff or receiving is decided by a coin toss at the beginning of the game; opposite team will have possession at the start of the 2nd half. Start at 2 yard line

Downs:

- 4 downs, 1st down at measured intervals
- Possession of the ball is retained as long as the offensive team is able to continue obtaining first down. The team must cover the distance in four plays.
- 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.
- 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.
- Keep huddles to a minimum

Time Outs:

A time out is taken when a captain requests a suspension of play.
The time out is not to exceed 2 minutes.

Players and Substitutions:

There shall be 7 players on the field for each team at a time. It is up to the Captain/coach to decide player rotation.

Dead Ball:

The ball is dead when it:

- goes out of bounds
- the ball carrier goes out of bounds
- when the ball touches the ground (except in an between center & QB)

Flags/Tackling:

- 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.
- 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.

Ball Snap:

- Center snaps to QB
- Defense can rush QB **AFTER** the count of “1 Apple, 2 Apple, 3 Apple, 4 Apple, 5 Apple”
- QB cannot rush unless rushed, but can hand off to someone who lines up behind or immediately next to them.
- **Defense is allowed one blitz per 4 downs**
- There are no fumbles, ball is dead if it hits the ground after possession is made (catching the ball);
- But if bad snap rolls, QB can pick it up and play resumes.

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.
- Double pass must go back before forwards.
- Lateral tosses by runners, once across the line of scrimmage, must also go backwards (normal football rules).

Turnover:

On turnover after 4th downs, the other team will get the ball at the place of the previous play.

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.

Punting:

- The punting teams forfeits possession and the receiving team assumes the ball at the starting spot at the opposite end.
- There is no actual punting of the ball.

Blocking:

- Only screening of the defensive player is allowed.
- Blocking is ONLY to get in the way of opposing player and they must be able to see you
- Use of arms, hands, legs, running over, cutting or pushing a defender is not allowed.
- Hands must be together at the chest, no deliberate contact or pushing.

Disputed Play or Foul:

Referees' calls are final.

Penalties:

5 Yard Penalties:

1. Delay of game (Failure of the offensive team to put the ball into play within 30 seconds.)
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. Pushing the ball carrier out of bounds.
4. Swearing
5. Harassment of officials.

Stressed Rules:

- Unnecessary violent behavior will result in the players' ejection from the game and may then be subject to further disciplinary action.
- Flags must be worn correctly. NO rolling or tucking of flag in belts or pants.
- Everything besides flags must be tucked in. No shorts with pockets.
- All jewelry must be removed.
- All players MUST wear a mouth guard!

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