

APU Flag Football and Powder-Puff Rules and Policies

-Official CIF rules for High School federation will be in effect except as noted below: Free substitution when the ball is not in play.-The playing field is 60 yards by 40 yards (between the insides of the numbers on the field).

Starting the Game

-Choice of goals and first possession: a coin flip, called by the higher class, will be used to determine choice of goals and receiving. The loser gets choice of the remaining options. The choices will be reversed at the half. -Putting the ball in play: the receiving team will start from their own 10 yard marker. This format will be used at the start of each half, and after any score.

Number of Players

-Eight players (8) on the field constitutes a full team.-While on offense five (5) players (no more or no less) must be on the line of scrimmage. Of those 5, all receivers must be properly lined up either on or off the ball. All the while maintaining that 3 linemen are always INELIGIBLE!!

Eligible Players

-Any student who has attended at least 2 of the 4 designated practices, is wearing the proper equipment, and has signed the emergency waiver form.

Player Equipment

-Shoulder pads, helmets, arm-guards, pads, etc. are not allowed.-Metal cleats of any kind and bare feet are not allowed.-All teams must have a team jersey or all the same color. This must be cleared through the director before the game starts. First come first serve for team colors.

Length of Game

-Two 25 minute halves with a halftime show (time may vary). Running time will be used for the entire game with the exception of the last two minutes of the game. These two minutes will be in stoppage time for all dead balls. -Each team is allowed two (2) one minute time-outs per half. The time-outs not used in the first half may not be used in the second half.

Yards and Downs

- The team with possession has four (4) downs to move the ball 10 yards. Any penalty that moves the line of scrimmage past the first down marker is a first down. Any penalty that moves it back behind the previous zone, the original first down zone remains.

Out of Bounds

-A player catching a pass on the sidelines must have one foot in-bounds and must have control of the ball. If a player is pushed out of bounds, it is up to the referee's discretion as to whether or not the ball was catchable.

Forward Passes

-All forward passes must be thrown from behind the line of scrimmage.-Only the backs and receivers are eligible. There should be three linemen on the field at all times that do not wear flags at all to eliminate any confusion.-Intentional grounding may be called if the receiver is more than ten yards away from the thrown pass; and or at the Referee's discretion.

Punts

-If a punt is to be made, the punting team must announce it to the officials and the opposing team. No fake punts. A team may elect to go for it on 4th down if they choose. If the team chooses to punt there will be no rush from the defense and play will resume where the kick lands, not where it rolls to. The punting team must hike the ball and if they fumble it will be a dead ball and the defense will take over on downs.

*NOTE: for all punts: If a kick lands in or carries out the back of the end zone in the air, the ball will be placed on the 10 yard line, 1st and 10 yards to go.

-If a kick carries out of bounds in the air on the sideline, the referee will mark the point it crossed the boundary plain and the receiving team will start from there

Running with the Ball

-Direct quarterback runs will not be allowed. A quarterback may only run the ball after the defense starts to rush (see defensive rushing rules). -It is a penalty for the ball carrier to stiff-arm, charge into, knee, kick, knock over, or intentionally run into a defender. It is the ball carrier's obligation to avoid defenders and he/she can be penalized for failure to do so. -It is a violation when the ball carrier jumps to avoid a defender from pulling his/her flags. The ball will be spotted from the point the player jumped and will receive a five yard penalty. **Runs up the middle: running plays may not go up the middle.** All running plays must be designed and executed to run to the outsides of the linemen. The play will be whistled dead and a ten-yard penalty will incur for the violation. In the event of a broken pocket, the quarterback may scramble up the middle only if there is not traffic. Any attempt by a team to design a play simulating a broken pocket so a player can run up the middle will be penalized 15 yards and will receive their only warning before disqualification of the game. This is at the referee's discretion.

Defensive Rush

The defense must wait three seconds before crossing the line of scrimmage. The only exception is if the ball is handed off to a running back. In this case as many defenders may pursue the ball carrier. A quarterback is only allowed to run the ball when the defense crosses the line of scrimmage. If the defense chooses not to cross the line of scrimmage after the 3 second delay the quarterback may not run the ball.

Blocking

-In all instances a player must have both feet in contact with the ground, during and after contact is made with the opponent.-Elbow leads, cross body blocks, chop blocks, leg sweeps, hands to the face,

clipping, and other such blocks are illegal.-A player may not block the opponent above the shoulders.- Down the field blocking is not allowed on pass plays until the ball is caught.-All blocks must be performed with hands on your sides or behind your back-Any block leading with the forearms or the elbows will be penalized five yards.-No player may block with the head or shoulder, this is a ten yard penalty and possible ejection.

Tackling

-A player is down when the flags are pulled.-If flags accidentally fall off of the ball carrier, the player is considered down.-Defensive players may leave their feet to block a pass or pull flags.-Actual tackling, tripping, kicking, shoving, or elbowing the ball carrier is a penalty.-Roughing the passer results in an automatic first down or upon a scoring play the offense may choose to decline the penalty. -Players MAY NOT grab the ball carriers waist in attempt to bring down the flag belt. This will be heavily enforced and a five yard penalty will incur for the violation. This is at the referee's discretion. - Any type of excessive physicality or intentional violence used while pulling flags (or any other time for that matter) is illegal and will be penalized 5-15 yards depending on the severity, as well as possible ejection of the game. -If a ball carrier is near the sideline or headed out of bounds, a player may not push him out of bounds as a means of stopping the play (5 yard penalty), he/she must attempt to grab his flags.

Fumbles

-Any ball fumbled by a runner is dead at the point the player dropped it.-In the event of a missed pitch, hand-off, or snap, the ball is dead.-The defense may not go after the ball in any circumstance there is not opportunity for turnover. If this is violated, the ball will be marked at the place the ball was lost plus five yards and no loss of down.-***Any player that dives for a loose ball will be penalized 10 yards and receive a warning of ejection.

Ball in Play

-A team is allowed 30 seconds to put the ball in play after signaled by the referees.

Sleeper Plays

-Teams do not have to huddle, but if the team does huddle, all players must be in the huddle.-If you want to push this with an idea you have, you might want to run it by the intramural staff and the referee's of the game before attempting it so there is no confusion among officials.

Flags

-All defensive players and all offensive players with the exception of three offensive linemen must wear flags at all times.-The flags are to hang down vertically along the side seam of the shorts and in the back.-Shirts must be COMPLETELY tucked in at all times for players wearing flags.-The flags must be buckled properly and worn on the outside of the shorts. Tucking flags into the shorts is illegal and will be penalized.

Player/Spectator Regulations

-Teams are responsible for keeping players and fans at least 5 yards from the sidelines on their half of the field. If this becomes a problem teams will start to be penalized. After a teams first warning, there will be a ten yard penalty assessed. Each additional violation will be a fifteen yard penalty.

Scoring

-Touchdown = 6 points -Extra point = 1 point from 3 yards out, 2 points from 5 yards out. -Safety = 2 points

Overtime Policy

-No overtime. Game ends in a tie.

Important Notices

-Only captains (4 max) can approach the referees with a complaint or argument. The first time this is violated it will be a 5 yard penalty, then ten, and then a possible team disqualification. Do not push this rule, it will be enforced. -While the games are being played, the referees have complete authority over the players, captains, and coaches. If the referee feels a player should be ejected, the referee's decision will stand. It is mandatory that all ejections be referred to the intramural director so that suspension or disqualification can be discussed further.

SUMMARY OF PENALTIES

Five yard penalties:

-Less than 5 players on the line -Delay of game -Illegal forward pass -Intentional grounding -Infractions of formation rules -Illegal motion -Illegal pitch -Offsides -Encroachment -More than 8 players per team on the field -Unintentional tackle (holding runner)

Ten yard penalties:

-Infraction while running the ball (stiff arming, etc.) -Illegal blocking -Illegal tackling -Failure to announce punt -Offensive pass interference -Defensive pass interference: intentional, place of infraction and first down, Incidental 10 yard penalty -Illegal use of the hands -Clipping -Protecting the flags or flag guarding

Fifteen Yard Penalties:

-Any block made in the areas above the shoulders or below the knees -Unnecessary roughness -Unsportsmanlike conduct including LANGUAGE and ATTITUDE and FIGHTING -Spearing, kneeling, kicking, and striking

Automatic First Down Penalties

-Roughing the passer, defensive pass interference

NOTE: Penalties may result in a first down.

Name: _____ Grade: _____

I am (select all that apply):

Player Coach Cheerleader Mascot

POWDER PUFF FOOTBALL PARTICIPANTS

I _____ (participant) have read the rules listed above and fully agree to play by these rules. I understand that the referees have the last word on calls made during the game. I understand that this is a school-sponsored activity and all school rules apply (including dress code). I understand that I must adhere to the proper dress code for the game (includes mouthpiece, plastic cleats, and the uniform designed by the individual teams). I understand that I must attend the class meeting to meet with the administration about behavior. The only activities outside of the school day that are school sponsored are practices and the game. All other activities are optional.

Signature of participant: _____

Cell: _____

I hereby grant permission for my child to participate in **Powder Puff 2010**. In granting this permission I hereby expressly waive my claim for liability against Pacific Grove High School, the Board of Education, including its employees and representatives, and release them from all liability in connection with Powder Puff Football. I assume full responsibility for any damage to persons or property caused by my child or ward.

In case of injury or emergency to my child or ward, I hereby authorize the school to act in the best interest of my child. I further consent and will be responsible for any medical or dental treatment that may be advisable at the discretion of any physician or dentist. I understand that I will be personally notified if it becomes necessary for my child or ward to be returned home and/or require health treatment.

Signature of parent: _____ Date: _____

Parent's names (Please Print): _____

Phone numbers: _____

Insurance company: _____

Policy number: _____

Emergency Contact (if parent cannot be reached):

Name: _____ Phone: _____