

POWDER PUFF RULES

GENERAL:

- Games are played on the quad, located East of the student center.
- Games are played consecutively on an 80 yard field.

TIME:

- Games will consist of 10 minute halves and a 5 minute intermission.
- Clock runs continuously.
- Teams have one 1-minute time out per half.

SCORING:

- 6 points are awarded per touchdown.
- Successfully converting an extra point from 5 yards out results in 1 extra point.
- A safety results in 2 points.
- There are no field goals.

PARTICIPANTS:

- Only full-time Regis students
- Up to 7 players on the field per team.
- Each team must have at least 7 players to play.
- No more than 12 players on a roster.
- Teams must wear readily identifiable jerseys, or use intramural pennies.
- Flags must be readily accessible at all times.
- No metal cleats allowed.

POSSESSION:

- Initial possession belongs to the home team, as decided by the schedule.
- Team that receives initial possession will kick-off after half-time.
- Kicking team may elect to kick off from a tee, punt, or throw.
- Kicking team lines up on the 20 yard line.
- Receiving team must have 5 people on the 40 yard line.
- Ball is dead at the spot that it hits the ground; there are no fumbles.
- Possession will change with a punt, an interception, or on downs.

OFFENSE:

- The offense must have three players on the line of scrimmage.
- Players may not line up in a three point stance.
- Players may block defenders only by interposing their body between that of the ball-carrier and the defender. Tripping, grabbing shirts, or tackling a defender is prohibited.
- Players may not block below the waist.
- There is no offensive motion. All offensive players must be set when the play begins.
- The quarterback cannot advance the ball until the defense has completed aloud a “five Mississippi” count.
- All offensive players are eligible to receive a forward pass.
- Receptions are made with at least one foot in bounds.
- Ball-carriers may not “flag guard,” straight-arm or otherwise use their arms to keep defenders at bay.
- Ball-carriers may not leap or jump over other players.
- Plays are over when the ball hits the ground, the ball-carrier’s flag is taken, the ball-carrier’s flag falls off, or the ball-carrier’s knee hits the ground.
- The offense has ONLY four plays to advance the ball over the first down markers, which are the 20 yard lines and mid-field (40 yard line). The offense will NOT be awarded another set of four new downs.

DEFENSE:

- The defense must have three players on the line of scrimmage. Defensive players on the line of scrimmage may not line up further than the outside shoulder of the outermost lineman.
- Players may not line up in a three point stance.
- Defenders must complete a “Five Mississippi” count prior to rushing the quarterback on a pass play.
- Defenders may not trip, grab, leap at, tackle, or “bull rush” offensive players.

PUNTING:

- Punts must be declared, there are no fake punts.
- Offense will have seven players on the line of scrimmage, defense will have six.
- There is no motion by either team until the ball is kicked.

PENALTIES:

Five yard infractions

- Off-sides
- Delay of game
- Flag tying
- Flag guarding
- Ball carrier hurdling another player