



# Powder Puff 2013

## INFORMATION PACKET

*Where class pride and bragging rights are on the line!*

**What is Powder Puff?** The senior class girls play the junior class girls in a game of **flag football**. Boys participate as cheerleaders for their class! This has been a high school tradition since the 1940s and always serves to be a fun event for players, cheerleaders, and spectators alike!

The Powder Puff football game is on Saturday, **September 14th leading up to the Battle of the Bay Week**. Warm-up/clinic will be 12:30 - 3:30 on the football practice field at NHHS and the game will begin at 6:30pm on the Stadium Field. Players/Cheerleaders will need to be at the field by 5:45. A informational meeting for all participants will be held at morning break on **Friday, September 6th in the gym.**

**Players (girls):** You do not have to be athletic or good at football to play! This is a friendly competition and players of all ability levels are welcome and needed. Coached by: Senior Football players and Junior Football players to be announced. Overseen by Coach Kris and Coach Kristen.

**Cheerleaders (boys)** will be coached by (juniors) and Coach Amanda (seniors) by Coach Alysia. as well as Junior and Senior Pep Squad Members. Your practice will be 1:00 - 3:00 on Saturday the morning leading up to the game.

**Participant is \$35 for Player or Cheerleader. (This includes your team t-shirt/uniform.)**

Checks made out to NHHS Pep Squad and thank you for supporting this Pep Squad fundraiser.

**Winning class** will donate \$400 to a charity of their choice and losers \$200.

**Spectators** are welcome! Tickets will be sold at the door prior to the game. The entry to the game will be \$6. Invite your family and lots of **underclassmen!**

-----Turn in by September 12th at 3:00-----

## Permission Form

I hereby give my consent for \_\_\_\_\_, a student at (Student's Name) Newport Harbor High School, to participate in the Junior / Senior Powder Puff Football game and all practices associated with it as a football player or cheerleader. As parent or guardian of the student athlete identified above, I agree to accept full responsibility for the cost of treating any injury the student athlete might suffer while participating in the game or any practices associated with the game.

As parent or guardian of the student athlete identified above, I agree to have the student athlete complete a Physical. I further agree to all terms stated in the rules and regulations listed on the reverse side of this paper. (\$35 check needed with paper work)

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
(Parent/Guardian Signature) (Date)

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
(Students Signature)

**PHYSICALS, PAYMENT AND FORMS ARE DUE BY THURSDAY, SEPT. 12TH AT 3:00 PM. PLEASE LEAVE IN THE ATHLETIC OFFICE OR SCHOOL OFFICE ATTN POWDER PUFF.**



# Rules- Regulations- Checklist

## Eligibility Requirements

Minimum 2.0 GPA

No outstanding disciplinary issues

## Players

All players must be female and in the same grade level as the team they represent

Players must meet all eligibility requirements

All players must sign, and obey the Powder Puff "Permission Form" and have a current physical on file at the Athletic office before the first practice

Players from each team may select a team captain, whose responsibilities include:

Communicating with class coach

Communicating with players

## Cheerleaders

Purpose of being a cheerleader is to support your team and fans

A maximum of 20 cheerleaders per class can be on the field at one time. Rotation is permitted.

Must meet all eligibility requirements

All cheerleaders must sign, and obey the Powder Puff "Permission Form" and have a current physical on file

Cheerleaders may elect a team captain, whose responsibilities include:

Cheerleaders must stay on their own side of the field the entire game. Exception would be participation in an organized half-time show.

## Powder Puff Football Game Rules 2013

**New Rule:** 9 on 9

**New Rule:** 6 offensive players need to be on the line of scrimmage and ALL players are eligible.

**New Rule:** Field Goals will be kicked 7 yds from the line of scrimmage.

**NO** rushing.

**New Rule:** Punting – the ball will be dead where it lands or is caught, but rewarding a team that catches a punt with an additional 10 yards from the spot of the catch. **NO** rushing.

Two – 25 minute halves

35 seconds per play

Keep a running clock, except the last 2 minutes on each half.

Each team will have 3 time-outs per half

Touchdowns are worth 6 pts.

Extra point attempts: 1 pt. from 3yds. 2 pts from 5 yds

The defense must line up 5 yds off the line of scrimmage

If the offense needs less than 5 yds for a 1st down, then the defense will be able to line up at the 1st down line

Every 20 yd is a 1st down

There are no fumbles. The ball is considered a dead ball when it hits the ground

Each team can have 1 coach in the huddle

No flag guarding

If a player does not have flags, they will be down on 1st touch.

All penalties are 5 yards except Personal Fouls are 15 yards

**NO BLOCKING!!** – You can only set screens

**NO PROFANITY!!**

**For additional information contact- Coach Kris at (949) 533-3594 or khigman@hotmail.com**