



Powderpuff Game Rules

- Students must wear appropriate footwear of sneakers or tied shoes. No crocs, sandals, flip flops cowboy boots, or bare feet.
- No tackling, blocking, shoving, pushing, or holding of any kind is allowed.
- No stripping the ball from a ball-carrier's possession.
- No contact with the "quarterback" above the waist.
- A ball-carrier is down when their flag is pulled, their flag falls off, they go out of bounds, or their knee touches the ground.
- No fumbles allowed. A fumbled ball is a dead ball.
- No flag guarding.

If the game starts to get rough the game will need to be forfeited or stopped immediately. Any player that is unable to follow the rules should be removed from play.