

# RULES AND REGULATIONS POWDER PUFF 2022

- Seniors must have 19 or more credits to participate. Juniors must have 12 or more credits. All participants must have a 2.0 grade point average and no major discipline violations. This is a county policy. All students wishing to participate will be checked prior to purchasing their uniform. If you do not qualify but you still want to participate, you must speak to Ms. Rivas-Cole.
- Each participant (male/female) must pay a fee of \$45 which includes a t-shirt and shorts. ***Payment can be made through MySchoolBucks beginning Wednesday, August 24 until Thursday, September 1 at midnight.***
- We will begin sign ups beginning Wednesday August 31 until Friday, September 2. In order to sign up you must **PRINT AND COMPLETE THE POWDER PUFF AGREEMENT FORM THAT IS IN THIS PACKET.**
- Sign ups can be done during both lunches in front of the gym and in Room 2-105 before and after school. In order to participate you must submit payment through MySchoolBucks, submit your SGA Waiver through the link ([bit.ly/SGAWAIVER](http://bit.ly/SGAWAIVER)), and bring your Powder Puff Agreement form to the sign up table.
- Incomplete forms will not be accepted.
- We are not responsible if your uniform does not fit. There will be shorts for you to check for size. Sizes begin at adult small (sorry no kid sizes). Please choose the correct size especially with your shorts. Shorts are running shorts.
- Girl practices will be held on **October 3-6 and 10th (please see attached schedule for times and locations)**. Boy practices will be held on **October 3-6 and 10th (please see attached schedule for times and locations)**. **The first practice is mandatory for participation for everyone.**
- Players and cheerleaders must pick up their uniforms on **October 10** during lunches. Announcements will be made. You must pick up your own uniform. Failure to pick up uniform eliminates a student's opportunity to participate in Powder Puff 2022.
- Proper behavior within school rules is expected at all times. Acts of vandalism and defacing property will not be tolerated.
- Yes, you may decorate your "jersey". No nicknames please. Last names only. Please no studs (round or pointed).

# GAME RULES AND REGULATIONS

1. Each team will have one head coach and at least one assistant.
2. No less than 40 players on a team.
3. A "running" clock will have four 12-minute quarters. Three time outs per half. Time outs do not carry over to the next half. During the last two minutes, clock will stop in incomplete passes, fumbles, and when the player with the ball goes out of bounds.
4. Players cannot tie flags or wrap around belt.
5. If flag falls off, you are down where the flag hits first. If the player catches the ball with no flag, it is an incomplete pass.
6. No tackling or unnecessary roughness.
7. No fumbles, the ball is dead when it first hits the ground.
8. No kickoffs. Receive the ball on own 40-yard line. Possessions go to the team who last had possession.
9. No rushing punts, field goals, or extra points.
10. Punts must be punted from a long snap or a shotgun formation.
11. On punts, the receiving team must have nine players within five yards of the ball. (Only two return players)
12. On punts, the punting team cannot run down the field until the ball is punted.
13. No fake punts, field goals, or extra points. The decision must be made known to the other team.
14. Regular high school rules: 10 yards for a first down, 11 players per team on the field at a time.

# Powder Puff Girls Practice Schedule

	<u>Dates</u>	
Oct. 3		3-5pm
Oct. 4		3-5pm
Oct. 5		3-5pm
Oct. 6		3-5pm
Oct. 10		3-5pm

Practice times are subject to change based on the discretion of the head coach.

***October 3 is a mandatory practice if you wish to participate in powder puff. If you want to play, you cannot miss this date.***

***Practices are NOT allowed without a Head Coach being present!!!***

**Seniors will be practicing behind the softball field.**

**Juniors will be practicing behind building 4.**

**Don't forget your Water!**

**Practices are mandatory in order to participate!!!**

Due to the short amount of practice, you are only allowed to miss ONE.

**If you are going to miss practice, you need to speak to your coaches.**

# Powder Puff Cheerleading Practice Schedule

## Bring your water!!!

**Place:**

**First practice – BOTH teams will meet in the multipurpose room. After the first meeting, groups will be split.**

***October 3 is a MANDATORY practice if you are going to participate. If you want to cheer, you cannot miss this practice!***

Due to the short amount of practices, you cannot miss any of the practices. You must attend them all in order to participate!

Practice times are subject to change based on the discretion of the cheer coaches and staff. Practice are NOT allowed without an adult cheer coach present.

### Dates & Times:

Oct. 3	5:00 – 6:30 pm
Oct. 4	5:00 – 6:30 pm
Oct. 5	5:00 – 6:30 pm
Oct. 6	5:00 – 6:30 pm
Oct. 10	5:00 – 6:30 pm

## Powder Puff Check List

Please make sure you have completed each step.

- Submit your SGA Waiver. Waivers can be found in the Junior Class and Senior Class IG descriptions as well as the Senior and Student Government pages on the school website.
- Pay the fee via MySchoolBucks. Reminder that you must be a senior or junior by credits and GPA per county policy.
- Print and fill out the Powder Puff Agreement form. You must bring that form with you when you sign up. All Powder Puff paperwork can be found where the SGA Waivers are.

If you have any questions, please see or email Ms. Rivas.

# **POWDER PUFF AGREEMENT**

There will be ZERO TOLERANCE for any type of bullying, fighting, or vandalism. If a student is involved in any of those, the Secondary Student Conduct and Discipline Code guidelines for Seminole County Public Schools will be utilized. Furthermore, the student's participation in Powder Puff will be terminated. This type of behavior will not be tolerated.

## **STUDENT AGREEMENT**

I, \_\_\_\_\_, will not bully or fight any student participating in Powder Puff before, during, or after the game. I will not vandalize or participate in the damaging of another's property or belongings. If I do, I am aware that I will no longer be able to participate in Powder Puff and no refund will be issued. I am also aware that charges may be pressed depending on the severity of the act and any/all consequences of the Secondary Student Council and Discipline Code (2022-2023) of Seminole County Public Schools will be enforced.

## **PARENT CONSENT**

I am fully aware that during Powder Puff bullying, fighting and vandalism are more likely to occur and, if I so choose, I may press charges against those who have violated my rights. If my child, \_\_\_\_\_, participates in any of those, then I am aware that the consequences of the Secondary Student Conduct and Discipline Code (2022-2023) of Seminole County Public Schools will be enforced and that his/her participation in the event will be terminated with no refund.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Are you playing or are you just getting the uniform (circle one)?**   **Playing**   **Just getting uniform**

**Shirt Size**

**Boxer Size**

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\*\*\*\* Note: Once sizes are submitted, there will be no changes!!