

Glassboro High School

Home of the Bulldogs

550 Joseph Bowe Blvd., Glassboro NJ 08028

856-652-2700 • GPSD.US

Bulldogs,

ARE YOU READY FOR SOME FOOTBALL? Below, please find the rules and regulations for this year's Powder Puff event. This event is being brought to you by your Student Government Association in conjunction with the GHS Administrative Team.

Glassboro High School's Powder Puff Rules

The Game

1. 1st game twenty (20) minute running clock. One (1) time out. The field is 50 yards.
2. 2nd game/Championship game, full-field (100 yards) 30-minute running clock/2 time outs
3. The last 60 seconds of the game will allow for a stoppage of the clock for a dead ball, a pass completion and/or out of bounds play.
4. Penalties are dealt with at the discretion of the officials
5. Coin toss for possession of the ball to start the game
6. The ball is placed on the 20-yard line to begin the game
7. When turnover on downs occurs, teams must go in the opposite direction.

***Dead ball** - in flag football, a dead ball occurs when: a player falls down, a fumble occurs, any out of bounds play, and an incomplete pass. No fumble can be picked up and advanced.

The Players

1. 8 v. 8
2. Every player must wear a set of flags (2), one on each hip.

Offense

1. Two (2) complete passes for a first down
2. Center has the option to snap from the side
3. All players are eligible to receive a pass
4. Touchdown is six (6) points
5. Handoffs are permitted. Once the ball is handed off, defense can rush.

Defense

1. Five Mississippi Rush - The quarterback may run after the fifth Mississippi
2. Once the ball is handed off, the defense may rush
3. No tackling
4. Holding is not permitted. Therefore holding and stripping of a flag is also not allowed.

SPORTSMANSHIP REQUIRED BY ALL

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Powder Puff Regulations (2020)

To adhere to social distancing guidelines but still allow us to carry on longstanding traditions at GHS, the following changes to Powder Puff have been made for this calendar year. While these regulations are not ideal, they will enable us to run the game safely. Please note, this is a student-only event (our “why” is to allow for more students to attend).

Date and Time of Game – November 9th @ 1 pm.

- ✓ **Stadium - Juniors vs. Seniors**
- ✓ **Practice Football Field – Freshmen vs. Sophomores**
- ✓ **WINNING TEAMS WILL PLAY IN THE STADIUM @ 2 pm**
 - ❖ Depending on numbers, all students might be asked to exit after the first game. This would allow only students from the winning teams to view the final game. Again, this will be based on the number of students in attendance.
- ✓ **Team Size – 16 Students (all students must be given an opportunity to play)**
 - While waiting on the sidelines, masks must be worn at all times
- ✓ **Cheerleaders – 10 Students – NO STUNTS OR FLIPS**
 - Masks must be worn at all times.
 - **Cheerleaders are to bring a class banner. Banners will be judged.**
 - **Time will also be allotted for class chants. Chants will be judged.**
 - **Points will be allotted for sportsmanship and adherence to guidelines.**
- ✓ **Game Officials – Mr. Dapp (Seniors/Juniors) + Mr. Struck (Freshmen/Sophomores)**
- ✓ **Announcers – Seniors/Juniors – Mr. Cusack, Freshmen/Sophomores – Mr. Lynch**
- ✓ **Security – GHS Security Team**
- ✓ **Class Supervision – Advisors/Guidance**
- ✓ **Spectators**
 - **Stadium – Up to 100 Students**
 - First game - Juniors and Seniors,
 - Second game – winners of 1st round
 - Stadium seating will be separated by grade level, and students will be required to sit 6ft apart.
 - **Practice Football Field – Up to 50 Students (Freshmen and Sophomores)**
 - Class groups must be on opposite sides of the field.
 - Ex – 9th grader players, cheerleaders, and spectators on one side of the field, 10th graders on the opposite side.

