**Powderpuff Rules and Regulations**

DUE MONDAY SEPT. 24TH BY 7:22AM TO ADVISOR

**EXPECTATIONS:**1) No complaining! No cheating, tackling, biting, scratching, name calling, hair pulling, etc.  
2) Flags must be visible and accessible at all times during the game.  
3) Mouth guards are required!!  
 -They can be purchased for less than $2.00 at Dick’s or Dunham’s  
4) Cleats or tennis shoes are required (no metal). No flip flops, sandals, etc.   
5) Students (I.e. football players) or teachers can coach your team; 3 coaches max.  
6) Opposing teams may not spy on each other or disrupt team practices.  
7) YOU MUST BRING OWN WATER CONTAINER; NO DISPOSABLE BOTTLES.  
8) Both teams must play all playing participants a minimum of 4 plays, a half.

\*\*\*If you wish, a handout will be given to you that include the rules of flag football.\*\*\*   
Please become familiar with these rules! You ARE expected to have a decent understanding in order to keep the game flowing smoothly. Otherwise, any questions can be directed to your coaches.  
  
**QUICK JERSEY INFO:**  
● Jerseys are $25.00 per person.  
 Seniors: Purple jerseys with black and purple writing  
 Juniors: Gold jerseys with black writing  
● If you choose not to purchase one or cannot afford a jersey, you MUST wear a t-shirt of your team's color with your name and number clearly printed on the back.  
--------------------------------------------------------------------------------------------------------------------------------  
Football Player Contract  
  
I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and agree to the rules and regulations provided. I am a  
 (Student’s Name)

also aware that school policies apply during this event. I am also aware of all the potential

physical demands and consequences of my actions.  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_  
 (Student signature) (Date)  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_  
 (Parent signature) (Date)  
  
**Please turn this contract in to your class advisor by 7:22 AM on Monday, September 24th**  
Senior Advisors: Ms. Cramer and Ms. Chrisman  
Junior Advisors: Mrs. Washington and Mr. Carson