**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.
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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.

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 (Student signature) (Date)

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 (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