

## **KTech Powder Puff Rules 2023**

- 45 yard field
- Only up to 2 coaches allowed on the field at a time (standing behind offense/defense players) All other coaches must remain on the sideline.
- Two 10 min halves for each game, with the championship being two 15 min halves (Games will have running clocks).
- 8 on 8 (every player on the team must be rotated in)
- Everyone is eligible to go out and catch a pass.
- There must be at least 5 offensive players on the line of scrimmage at the snap of the ball (including the center) and can have up to 3 off the line. The 5 can line up anywhere on line. (Ex. 4 players can line up on one side of the center, or 2 on either side)
- 4 downs to gain 10 yards for a first down.
- **No blocking (players can stand in the way of opposing players like a pick in basketball)**
- Ball starts on the 45 yard line for each team's new possession (instead of kickoffs)
- Immediately after a touchdown, a Ref. will pull on the player that scored belt/flag and make sure it can be easily removed. If the belt/flag doesn't come easily because of tucking, or it is tied/wrapped, or any means of holding the belt/flag illegally, the touchdown will not count and the down must be repeated. Any player that scores must run directly to a ref to be checked. (if they do not run immediately to a ref the touchdown will not count)
- Turnovers: Fumbles are dead balls. Interceptions can be returned for a TD (if not returned for a TD the ball will go to the 45 yard line) If the interceptors flag is pulled before the ball crosses the 45 yard line, then the ball is placed on the 45 yard line going in to the end zone.
- Extra points: 1 point conversion will be from the 3 yard line, 2 point conversion will be from the 5 yard line.
- 20 second play clock - 5 yard penalty and loss of down.

- 1 blitz or 7 second delay before rushing the Quarterback per set of downs
- One player allowed in motion at a time. 5 yd penalty and loss of down.
- Pass Interference - 10 yard penalty from line of scrimmage. If on offense it is a loss of down. On defense it is an automatic 1<sup>st</sup> down at spot of infraction.
- If opposing team is stopped on downs the ball is turned over to the opposing team at the 45 yard line.
- False starts and offsides are 5 yard penalties and loss of down.
- All penalties within less than the distance to the end zone will be assessed at half the distance to the end zone.
- Roughing by offense is 15 yard penalty and loss of down. If the roughing is committed by the defense it is 15 yds. and an automatic 1<sup>st</sup> down.
- Excessive Roughing or unsportsman like conduct may result in ejection from the game.
- Disrespectful behavior or arguing a call with referees may result in ejection from the game. Referee's will meet and decide on a final call.