

Powder Puff Information Packet

GAME DAY!

October 17th

4:30-6:30 PM

Football Practice Field

Freshman vs Sophomores || Juniors vs Seniors

ALL FORMS ARE DUE:

Wednesday, September 25th by 2:30 pm

What is Powder Puff?

Powder puff is a high-intensity game of flag football where the girls play football. Each class will fight for bragging rights while the boys will coach and cheer them on to victory. Powderpuff at HHS is a yearly tradition, and in 2018 the underclassmen game was introduced in order to include all students and make this event bigger and even better!

PAYMENT:

Payment **MUST** be made before you receive a T-Shirt.

- **Pay Online** via the school online payment portal. The online payment system will close on September 25th. No exceptions!
 - All girls participating **MUST** purchase a t-shirt in order to play.
 - Guys participating in powderpuff (as a coach or cheerleader) are **NOT** required to purchase a t-shirt. It is optional.
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Practices for ALL participants are as follows:

Monday Oct. 7th 2:30-3:30

Thursday Oct. 10th 2:30-3:30

Monday Oct. 14th 2:30-3:30

Wednesday Oct. 16th 2:30-3:30

All practices will be on Fields 3 and 4. (Lower fields where soccer team practices.)

What will you be doing?

Players

-Attending regular practices
(Note: If you cannot attend practice you are not guaranteed playing time.)

Coaches will decide how much playing time you get based on your attendance and work ethic, so be at practice!
-Learning plays made by coaches

-Play in the game on **October 17th**

Coaches

- Plan and attend practices
- Make lineups, plays, and workouts
- Coach at the game on **October 17th**

Cheerleaders

- Attend practices with the dance coaches
- Learn moves/dances created by cheerleading coaches
- Cheer at the game on **October 17th**

Cheerleading Coaches

- Make dances and moves for cheerleaders
- Train cheerleaders

What are the rules?

- 9 ON 9
- Punting - the ball will be dead where it lands or is caught, but rewarding a team that catches a punt with an additional 10 yards from the spot of the catch. NO RUSHING!
- Two- 25 minute halves
- Half field playing area
- 25 seconds per play
- Keep a running clock, except the last two minutes on each half
- Each team will have 3 timeouts per half
- Touchdowns are worth 6 pts
- Extra point attempts: 1 pt from 4 yards
2 pts from 8 yds
- The defense must line up 5 yards off the line of scrimmage
- If the offense needs less than 5 yds for a 1'st down, then the defense will be able to line up at the 1'st down line
- Every 20 yds is a 1st down
- There are no fumbles. The ball is considered a dead ball when it hits the ground
- Each team can have 1 coach in the huddle
- No flag guarding
- All penalties are 5 yards except personal fouls are 15 yds
- All players on the field must wear flags
- Flags must be visible at all times (i.e. around the waist and over the shirt)
- Referees will check the scorer's flag after each score - Illegal flags will result in a personal foul and loss of score
- NO HOLDING!!
- NO PROFANITY!
- ALL DECISIONS BY THE REFEREES ARE FINAL!!

Permission Slip and Order Form

Name: _____

Grade: (circle one) **Freshman** **Sophomore** **Junior** **Senior**

Phone: _____ **Email:** _____

1st per. Teacher: _____

Position: (circle one)

Player (T-shirt required) Coach Cheerleader Cheerleading Coach

T-Shirt Orders:

Price: Freshman and Sophmores: \$17 each
Juniors and Seniors: \$25 each (includes customization on back)

Size: S M L XL XXL

JUNIORS AND SENIORS ONLY - Name on back (Leave spaces blank):

Powder Puff Permission Form:

I hereby give my consent for _____, a student at Heritage High School, to participate in the Powder Puff football game and all practices associated with it as a football player, coach, or cheerleader.

As parent or guardian of the student identified above, I agree to accept full responsibility for the cost of treating any injury the student might suffer while participating in the game or any practices associated with the game by completing the Wake County Insurance form.

I also understand that there will be consequences set forth by the school if the student above does not follow the rules set forth in this packet.

(Parent/Guardian Name in Print) _____
(Parent/Guardian Signature) ____/____/____
(Date)

SGA use only

_____ paperwork entered T-shirt ordered _____ Yes _____ No Fr
So
Payment received _____ Jr
Sr

CERTIFICATION OF ACCIDENT INSURANCE

To parent/guardian:

The Wake county Public School system (WCPSS) does not carry accident or medical insurance to cover students' accidental injuries or illnesses. A student accident insurance policy is available on individual basis and covers accidental injuries that occur during school-sponsored activities. Application and purchase information can be obtained from your child's school. In addition, parents' insurance also may

provide coverage for injuries to their child(ren). Board policy (6720) addresses the insurance requirements for participating in specified activities.

6720.1 Every student participant in a student activity that requires accident insurance shall be required to:

- A. Furnish proof of membership in the student accident insurance program, or
- B. Furnish proof that compatible coverage is carried in another insurance policy.

6720.2 Student activities requiring student activity insurance coverage are:

- A. Interscholastic athletic programs
- B. Intramural athletic programs
- C. Marching bands
- D. School patrols
- E. Cheerleaders
- F. Groups making overnight trips or excursions

Your child has indicated an interest in participating in a student activity that requires accident insurance coverage. Please check A or B below to indicate the method by which the required coverage will be provided. This form must be signed by parent(s)/guardian(s) and returned to your child's school.

I hereby certify that _____
Name of Student

A. ____ is adequately covered by accident, health and/or hospital insurance policy that is in effect during the present school year. This coverage is through an insurance policy identified below:

Name of Insurance Company

Policy Number

B. ____ is enrolled in the WCPSS's voluntary student accident insurance program. I understand that my child is covered upon receipt of the completed application and receipt of the appropriate premium by the WCPSS. Policy provides maximum of \$5,000 payable for any motor vehicle accident and \$100,000 for Basic Coverage or \$250,000 for Standard Coverage payable for accident while on foot on a field trip.

Parent/Guardian _____ **Date** _____

Parent/Guardian _____ **Date** _____