

## Homecoming Powder Puff 2025 Rules

**Forms Due** - Friday, October 10

**Coaches Check In** - Wednesday, October 15

### *Grade Level Staff*

9th Grade - Mrs. Coss (Room 315)

10th Grade - Mr. Riccio (Room T-11)

11th Grade - Mrs. Hiltz (Room 409)

12th Grade - Mrs. Licata (Room 702)

**MUST CHECK SCHOOL EMAIL FOR ALL POWDER PUFF RELATED ACTIVITIES**

## Powder Puff Game Rules

### Matchups & Game Setup

- Freshmen vs. Seniors – Game 1
- Sophomores vs. Juniors – Game 2
- Championship: Winners of the first two games face off – Game 3
- Coin Flip: Determines possession (winner chooses to receive or defer).
- Teams will kick off from a tee at the start of each half.

### Game Length

- **First Round Games:** 2 halves, **20 minutes each**, with a **5-minute halftime**.
- **Championship Game:** 2 halves, **30 minutes each**, with a **5-minute halftime**.
- **Running Clock:** Kept by the referee; the clock does **not stop for timeouts**.
- Each team gets **2 timeouts per game** (1 per half, 1 minute each).

### Coaches and Captains

- **Football players** from each grade = team coaches.
- **Cheerleaders** from each grade = cheer coaches.

### General Rules

- Standard football rules apply, with the following changes:
  - **No tackling.** Players must pull the flag.
  - **4th Down Option:**
    - Go for it, OR
    - Punt (either actually punt OR move the ball back 30 yards).
  - **Field Goals:** Allowed anytime. If missed, the opposing team takes over from the spot of the kick.
  - **After a Touchdown:** Choose either a 1-point kick or a 2-point conversion.
  - **Players on Field:** Normally 11. May be reduced (minimum 8) if both teams agree before kickoff. *This is dependent upon participation.* **NOTE: ONLY 2 FLAG FOOTBALL PLAYERS ALLOWED ON THE FIELD AT AT TIME. 2 PER TEAM.**
  - **Flags:** Must be worn properly; no tampering.
  - **Shirts:** Must be tucked in.

### Conduct & Safety

- **Rough Play = Immediate Ejection.** No second chances.
  - Includes: excessive holding, grabbing, hair pulling, kicking, punching, biting, illegal blocks, clotheslining, or other unsafe actions (referee discretion).
- **Unsportsmanlike conduct** will not be tolerated.

## **Interceptions**

- Defensive players cannot advance the ball (they don't wear flags).
- Offense takes over at the **spot of the interception**.

## **Captains**

- Each team has **one captain on the field**.
- Only the captain and coach may speak to the referee about calls or concerns.

## **Penalties**

- **Unsportsmanlike Conduct:** 15 yards
- **Offside:** 5 yards (repeat down)
- **Holding:** 10 yards
- **Pass Interference:**
  - Defense = Spot of foul + 10 yards, automatic first down
  - Offense = 10 yards from line of scrimmage (or spot of foul) + loss of down
- **Illegal Flag Pull:** 5 yards, repeat down

## **Powderpuff Game Dress Code**

### **Players**

- **Shirts:** School-appropriate T-shirts or jerseys in your class color/design.
- **Bottoms:** Athletic shorts, leggings, or sweatpants. No denim.
- **Footwear:** Athletic shoes or cleats (no metal spikes).
- **Accessories:**
  - Flags must remain visible (tuck shirts in).
  - Hair should be tied back.
  - No jewelry (earrings, necklaces, rings, bracelets, etc.).
- **Face Paint:** no offensive words/images.

### **Cheerleaders**

- **Shirts/Uniforms:** School-appropriate tops (spirit shirts or class color).
- **Bottoms:** Shorts or leggings that allow for safe movement.
- **Footwear:** Athletic shoes only (no sandals, slides, or boots).
- **Accessories:**
  - Hair secured away from face.
  - Pom-poms and props allowed.
  - No jewelry.

### **Coaches**

- Dress in **school-appropriate athletic wear** (shirts, shorts, or joggers).
- **Closed-toe shoes** only.
- Spirit gear (whistles, hats, class color accessories) encouraged.

### **General Notes**

- All attire must follow school dress code standards.
- No crop tops, excessively short shorts, or clothing with inappropriate graphics.
- Safety comes first—wear clothing that allows for running and movement.
- Represent your class with pride and school spirit!

**Land O' Lakes Homecoming Powder Puff 2025**  
**Due: Friday, October 10**

**Student Information**

**Full Name:** \_\_\_\_\_

**Grade Level** \_\_\_\_\_

**Student Number:** \_\_\_\_\_

**Role Desired (circle one):**   **Player**                      **Coach**                      **Cheerleader**                      **Cheer Coach**

**Emergency Contact Information**

**Parent/Guardian Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

***I understand and agree to the the rules and guidelines of Powder Puff Participation:***

**Student Signature:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Powder Puff 2025 Timeline

Wednesday, October 22, 2025 - Class Games

Thursday, October 23, 2025 - Championship

2:30 PM

*\*Each semifinal game is composed of two, 20-minutes halves  
Championship game is 30-minute halves*

Day 1 – Class Games Wednesday, October 22, 2025	
2:30 – 3:20	Game 1 Freshman v. Seniors
3:30 – 4:20	Game 2 Sophomores v. Juniors
Day 2 – Championship Game Thursday, October 23, 2025	
2:30 – 3:45	Game 3 Winner G1 v. Winner G2



**DISTRICT SCHOOL BOARD OF PASCO COUNTY**  
**District and/or School Sponsored**  
**Events/Activities**  
**Parent Permission Form**

Pursuant to 1001.02(1), (2)(n), F.S., Pasco County Schools strives to protect the safety and welfare of all students and the fundamental rights of parents regarding school and/or district sponsored events and activities.

District/School-sponsored refers to any event or activity created for students to study or participate in while in the custody of the school district, including field trips, extracurricular activities or other supplemental programs and activities as defined in Rule 6A-10.085, F.A.C.

**Name of the event or activity:** Land O' Lakes High School 2025 Powder Puff Tournament

**Activity Description:** Flag Football Style Class Tournament

**Date of event or activity:** 10/22/2025 and 10/23/2025

**Time of event or activity:** 2:30 PM - 4:30 PM

**Location:** Land O' Lakes High School School

**Types of sponsors and or guests:** Teachers/Staff and Students

**Anticipated Number of Chaperones:** 15

**By signing and returning this form to my child's school, I formally state that I grant permission to the District School Board of Pasco County to allow participation in the above-described event or activity.**

Last Name of Student \_\_\_\_\_ First Name \_\_\_\_\_

Student # \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

**I understand fully the conditions set forth in this document.**

Name of Parent or Guardian (Please Print) \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_ Contact Phone Number \_\_\_\_\_

-----**\*\*\*For District/School Use Only\*\*\***-----  
**DISTRIBUTION:** Original - School or Department      Data Entry: Copy – Individual      Copy – Individual

**DISTRICT SCHOOL BOARD OF PASCO COUNTY**  
**PARENT/GUARDIAN AUTHORIZATION AND RELEASE**

This form must be completed in full prior to participation in the Homecoming powder puff football tournament. This form is a waiver, release, and hold harmless, which acts to release the District School Board of Pasco County, its individual members, personnel, employees, agents and assigns from any and all damages or injuries which may result in participation of the Homecoming powder puff football tournament.

I \_\_\_\_\_ (Parent/Guardian) understand that on Wednesday, October 22<sup>nd</sup>, 2025 and Thursday, October 23, 2025, a Homecoming powder puff football tournament will occur at Land O' Lakes High School. I hereby authorize the student named below to participate in the aforementioned event. I agree to hold the District School Board of Pasco County, its individual members, personnel, employees, agents, and assigns (hereinafter collectively referred to as "School Board"), harmless for any injuries or damages, whether to me or the student listed below, arising out of participation in the aforementioned event, regardless of whether such injuries or damages arise out of the accidental, negligent or reckless acts of School Board, or some third party. I understand that participation not only includes playing in a flag football game, but also encompasses all other acts that may occur while the persons named below are on School Board property, or under School Board supervision or care, as a result of the above-referenced event. I agree to indemnify, pay, and reimburse the School Board for any and all judgments, attorney fees, costs, payments, and medical bills incurred by the School Board resulting from the below named student's participation in the subject event, or any claims arising out of such event.

I agree that should any portion of this form be held invalid under controlling law, then the remainder of this form shall remain intact and in force, to the extent that it is not invalid under controlling law.

I hereby authorize the School Board to seek medical treatment, and incur expenses for medical treatment, for the below named student, and I agree to pay and reimburse the School Board for the same.

\_\_\_\_\_  
Printed Name of Parent/Guardian

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Address

\_\_\_\_\_  
Parent/Guardian Home Phone Number

\_\_\_\_\_  
Parent/Guardian Business or Cell Phone Number

\_\_\_\_\_  
Student ID Number