

How to Play Powder Puff Football

Powder puff football is essentially a version of traditional American football in which there is less contact and more emphasis on offense. Powder puff football is a fun game that incorporates many of the rules of its more violent counterpart.

Things You'll Need

- Football
- Field of play
- 10 players (max) on each team



Instructions

1. Locate a field large enough to play the game. You will need at least 100 yards of open space. The best place is a football field, but feel free to improvise - the beach, a big back yard, a local park - wherever you can run around and have fun!
2. Assemble enough players to field a team. Both teams must have a minimum of five players and a maximum of ten. It is always a good idea to have some players on the bench, in case of injury or if any player gets tired.
3. Select a captain for each team.
4. Obtain a football to use in the powder puff game. Any regulation football will suffice.

5. Establish the defensive rules of the game. The rules are essentially the same as traditional American football with a few exceptions:
 - There is no tackling in powder puff. Instead a player is down when a defender touches them with two hands.
 - The defense can only rush the passer after a five-second count.
 - A tackler may not shove or clip an offensive player.

6. Institute the offensive rules for the game:
 - For example, the quarterback may run the football until five seconds after the snap.
 - The offense has four plays at the end of which they either score or give the ball to the other team.
 - The ball carrier must try to run around a defender and not through or over him.

7. Flip a coin to establish which team gets to choose the opening possession. The winner may either receive the football or choose a goal to defend and receive the football in the second half.

8. Determine the time allotment for the game. In powder puff football, the clock does not stop but you will need to decide how long each of the four quarters is going to be. Most commonly, each quarter is 10 minutes in length. Some teams choose to play two twenty-minute halves rather than four ten-minute quarters.

9. Kick or throw a deep ball off to start the game and have some fun!