

**Punt, Pass & Kick Competition Rules**

*The following rules will govern the event.*

1. **Equipment**
   1. Competitors are required to use the balls and tees provided by the Campus Recreation Intramural Sports Program.
   2. Men will use a regulation sized football; women have the option of using an intermediate sized football.
   3. Special kicking shoes may be worn provided the use of such shoes does not delay the contest.
   4. Athletic shoes and rubber cleats are permitted. Shoes with metal spikes are not permitted.
   5. Competitors may not practice with the Campus Recreation equipment, but may bring their own equipment for practice.
2. **The Event**
   1. Each participant may use any combination of the following three (3) events:
      1. Punt: Competitor drops the football and punts the ball prior to the ball hitting the ground for distance and accuracy.
      2. Pass: Competitor throws the football overhand for distance and accuracy.
      3. Kick: Competitor kicks the football off of a “kick-off” tee (or has a staff member hold the ball on the ground if no tee is available) for distance and accuracy.
3. **The Attempt**
   1. The Competitor is allowed 10 seconds to attempt each event element when the IM Staff Assistant blows their whistle.
   2. Competitors are permitted three (3) attempts at each element. If the competitor attempts the punt or kick and misses the ball completely, it shall not count as an attempt.
   3. Competitors are required to stay behind the start line for each event element.
   4. If a competitor’s foot, steps over the line before releasing the football or prior to making contact with the ball, they will be penalized (5) yards.
   5. If both of the competitor’s feet cross the start line, they will be disqualified from that event element.
   6. Competitors may step over the line after making contact with the ball on the punt and kick elements or release on the pass element.
   7. Competitors may not use more than a three (3) step approach for all event elements.
4. **Scoring**
   1. Scores are based on distance and accuracy: 1 yard = 1 point.
   2. Scores are determined by where the ball first makes contact with the ground. Bounces and rolls do not count.
   3. Referees will measure the distance punted, passed or kicked, and subtract the distance laterally from the centerline based on where the ball landed. Example: if a competitor passes the ball 50 yards and the ball lands 8 yards away from the centerline, the competitor will receive a score of 42 for the pass element (deduct 8 from 50).
   4. The minimum score a competitor can receive is zero (0).
   5. The competitor with the highest score combination of punt, pass, and kick will be the winner(s). The top female and top male will each receive a StanReC intramural Championship shirt.

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