

Punt Pass and Kick Rules

- Each team will have one participant in each men's and women's divisions.
- Each participant will get 2 attempts in each of the Punting, Passing, and Kicking rounds.
- Measuring will be based on distance and accuracy. The distance away from the measuring tape will be subtracted from their distance to give them their final score.
- Each punt, pass, and kick will be measured from where the ball hits the ground. You will not get extra distance for bounces or rolls.
- The participant cannot cross the starting line at any time during their punt or pass attempt. If they cross the starting line, a penalty of five (5) feet will be assessed to that attempt.
 - The kicking round is the exception. The kicking tee can be placed on top of the starting line and participants may cross the line on their follow through.
- If the participant misses and does not make contact with the ball on a punt or kick, that attempt does not count and will get to try again.
- The person with the highest total distance of their best punt attempt, pass attempt, and kick attempt will be the winner.