UNIVERSITY OF MASSACHUSETTS
INTRAMURAL SPORTS

PUNT, PASS & KICK RULES

The following rules will govern the event.

For the full list of intramural policies and procedures, please read the Intramural Participant’s Guide.

I. EQUIPMENT
1. Participants are required to use the balls and tees provided by Intramural Sports.
2. Men will use a regulation size football; women have the option of using an intermediate size 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.

II. THE EVENT
1. Each participant may participate in any combination of the following three (3) events:
2. Punt: Participant drops football and kicks the ball prior to hitting the ground for distance and accuracy.
4. Kick: Participant kicks football off of “kick-off” tee (or have a staff member hold the ball on the ground if no tee is available) for distance and accuracy.

III. THE ATTEMPT
1. The participant is allowed 10 seconds to attempt each event element from when the event official blows their whistle.
2. Participants are permitted one (1) attempt at each element. If the participant attempts the punt or kick and misses the ball completely, it does not count as an attempt.
3. Participants are required to stay behind the start line for each event element.
4. If a participant’s footsteps over the line before releasing the ball or prior to making contact with the ball, they will be penalized five (5) yards.
5. If both of the participant’s feet cross the start line, they will be disqualified for that event element.
6. Participants may step over the line after making contact with the ball on the punt and kick elements or release on pass element.
7. Participants may not use more than a three (3) step approach for all events.

IV. 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. Event officials will measure the distance thrown and subtract the distance laterally from the centerline based on where the ball landed. Example: If a participant passes the ball 50 yards, and the ball lands 8 yards away from the centerline, the participant will receive a score of 42 for the “Pass” element. (Deduct 8 from 50)
4. The minimum score a participant can receive is zero.

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