Punt, Pass, & Kick Rules

A. Entries
No advance entry is necessary (enter on site), but participants should allow enough time in order to get through the three stations.

B. Equipment
All game equipment will be provided by Campus Recreation. Participants must use the balls and tees provided. Men will use a regular size football and women will be able to check out an intermediate size football. Special kicking shoes may be worn provided the use of such shoes does not delay the contest. Participants may not practice with game equipment but may bring their own equipment for practice.

C. General Rules
1. Each participant will be allowed 2 trials at each event. S/he will be required to punt, pass, and kick down a straight line. The best score (distance from release point) from each of the 3 disciplines will be added for a total score.
2. Participants will be expected to retrieve the footballs and help with the administration of the contest.

D. Eligibility
1. UNL students and faculty/staff members are eligible to participate.
2. Participants are required to present a current UNL photo ID on site.

E. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals participate in intramural sports at their own risk.

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