



UNIVERSITY OF WYOMING

Intramural Sports

PUNT, PASS, and KICK RULES

Punt Contest

- Each participant will punt 3 times from a designated spot on the field.
- A tape measure will be laid out on the field and will be used to record the yardage of each punt. Any punt that deviates from the straight line used to determine the yardage will be walked directly back to the line from the spot where it first hits the ground.
- The longest punt will be recorded as that participant's score. One male and one female winner will receive Intramural Champion T-Shirts.

Pass Contest

- Each participant will throw 3 passes from a designated spot on the field.
- A tape measure will be laid out on the field and will be used to record the yardage of each pass. Any pass that deviates from the straight line used to determine the yardage will be walked directly back to the line from the spot where it first hits the ground.
- The longest pass will be recorded as that participant's score. One male and one female winner will receive Intramural Champion T-Shirts.

Kick Contest

- Each participant will kick 3 times from a designated spot on the field. Tees may be provided, but if a holder is desired, the participant must provide their own holder.
- A tape measure will be laid out on the field and will be used to record the yardage of each kick. Any kick that deviates from the straight line used to determine the yardage will be walked directly back to the line from the spot where it first hits the ground.
- The longest kick will be recorded as that participant's score. One male and one female winner will receive Intramural Champion T-Shirts.

Overall Winner

- One male and one female with the highest combined punt, pass, and kick scores will be the overall winner. They will each receive an Intramural Champion T-Shirt.