The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.

I. General
A. CatCard is required. NO ID = NO PLAY! NO exceptions!
B. Attire: Players must wear athletic attire and shoes
C. Each Participant will get two attempts at a punt, pass, and kick
D. Men will use a regulation size ball and women have the option of youth
E. Participants will do all three events consecutively and can choose the order of the events
F. In order to be considered legal and measurable, an attempt must travel at least 20 yards and must land within the sidelines of the field
G. All kicks must take place off the tee
H. All punts must be standard punting, no bounce punt
I. Participants must stay behind the endzone line
J. Distance will be determined where the ball first makes contact with the ground. Bounces and rolls do not count
K. Event officials will measure the distance thrown and subtract the distance laterally from the boundary area based on where the ball landed. Example: If a participant passes the ball 50 yards, the ball lands 8 yards away from boundary area, the participant will receive a 42.
L. The best punt, pass and kick distance of the two attempts will be recorded and added together to give one total distance
M. The total distance will determine the overall qualifiers who will advance to the Flag Football Championship Night.
N. In the finals participants start with fresh yardage, but same format
O. Number of qualifiers will be determined by number of entries

II. Conduct
A. The Intramural Sports programs promote positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.