

## PUNT, PASS, KICK Administrative Guide

### You will require the following equipment:

- A lined football field or a field with one 80 yard vertical line (can use a measuring tape)
- Footballs
- 2 rubber kicking tees
- 2 bean bags as markers (optional)
- Registration forms
- A tape measure (100')

### You should secure the following personnel:

- Line judge and official scorer
- Ball chaser
- 1 marker
- 1 measurer
- 1 field convener (to keep contestants under control and parents/spectators off the field)

### Procedure:

- Participants get 2 attempts at each event
- Mark off start point
- Draw or mark a straight line out (80 yards)
- Passing must be done overhand
- Ball is placed on kicking tee for kicks
- Note Distance: the distance of where the ball landed away from the centre line is subtracted from total yardage. For Example, ball lands 50 yards out but 10 yards from the centre line. You subtract their distance from the centre line from their total distance (50 yards – 10 yards = 40 yards) therefore total yardage is 40 yards.

### Recommended Age Categories:

- 8-9 years old as of midnight December 31<sup>st</sup>.
- 10-11 years old as of midnight December 31<sup>st</sup>.
- 12-13 years old as of midnight December 31<sup>st</sup>.

### PROUD PARTNERS WITH





100 Crimea Street Unit B11  
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## **GUIDELINES:**

### **Pass**

(best of 2 attempts)

- Mark off a starting point
- Draw or mark a straight line out
- Have participant throw ball (must be overhand)
- Note distance (remember to subtract distance from centre line)

### **Kick**

(best of 2 attempts)

- Mark off a starting point
- Ball is placed on kicking tee
- Have participant kick ball
- Note distance (remember to subtract distance from centre line)

### **Punt**

(best of 2 attempts)

- Mark of a starting point
- Have participant punt ball (feet must remain behind starting point while punting)
- Note distance (remember to subtract distance from centre line)

**OVERALL RESULTS:** take the best attempt at each skill and add the three numbers together to get a total yardage score.

\*\*It is recommended to complete one skill prior to moving forward with the next skill. Ie, all participants in one age group complete passing, then kicking, and then punting.



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## PUNT/PASS/KICK REGISTRATION FORM

League/Association Name: \_\_\_\_\_

Participants Name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Parental Consent:**

I/WE, \_\_\_\_\_, request that my/our, son/daughter,  
 \_\_\_\_\_, be allowed to participate in events, activities and games  
 sponsored by Ontario Football Alliance.

In consideration of my/our child named above being registered in the Ontario Football Alliance and allowed to participate, I/We, and our heirs and signs, hereby forever release, discharge and hold harmless Ontario Football Alliance, it's directors, officers, employees, sponsors, representatives and agents from any liability for injury, loss or damage sustained by the child named above, howsoever caused, arising out of or in connection with the said child's participation in the said events, activities and games notwithstanding that the aforementioned injury, loss or damage may have been contributed to or occasioned by the negligence on Ontario Football Alliance, it's directors, officers, employees, sponsors, representatives or agents.

IN WITNESS WHEREOF, I/We sign this Parental consent on the \_\_\_\_ day of, \_\_\_\_\_, 20\_\_.

\_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Signature

Parent/Guardian Signature

<i>(calculated in yards)</i>	<b>Punt</b>	<b>Pass</b>	<b>Kick</b>
<b>1<sup>st</sup> Attempt</b>			
<b>2<sup>nd</sup> Attempt</b>			

Overall Results: \_\_\_\_\_

\*Ages are as of midnight December 31<sup>st</sup> of the current year.

**A Proud Member of Football Canada**