Punt, Pass, Kick contest rules

**General Rules**

**Punt:** Each contestant will have 3 attempts to punt a football the farthest distance possible. The longest punt will be the one that stands.

**Pass:** Each contestant will have 3 attempts to throw the football the farthest distance possible. The longest throw will be the one that stands.

**Kick:** Each contestant will have 3 attempts to kick the football the farthest distance possible. The longest kick will be the one that stands.  
*Note:* Once the ball is placed on the tee, contestants have ten seconds to begin the approach. Contestants may not use more than a 5 step approach.