

St. Louis Senior Olympics

Football Punt and Kick Off from a Tee

Mid-size Football - Men

Junior League size Football – Women

1. Three (3) consecutive kicks will be made by each contestant.
2. A practice kick will be allowed, and if participant chooses, may use this towards competition.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that kick.
5. If a ball lands outside the foul lines, it will be charged as a kick, but will not count for distance.
6. In case of a tie, the participant with the second longest kick will be declared the winner. If a tie still persists, the third kick will determine the winner.
7. The ball may be placed anywhere horizontally along the fault line.
8. The distance is measured where the ball first hits the ground.
9. Only athletic shoes may be worn.