



# LAMAR UNIVERSITY INTRAMURAL SPORTS

## FOOTBALL SKILLS

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### **A. PLAYER ELIGIBILITY**

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
2. In order for participation in an intramural contest each player must present their validated LU-Beaumont or LIT- ID and print their name on the score sheet.
3. Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.
4. Players not signed in by two minutes after scheduled start time will be a forfeit.
5. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals participate in intramural activities at their own risk.

### **B. GENERAL RULES**

1. If a participant goes over the line prior to or before releasing or making contact with the ball, he/she will be penalized five (5) feet.
2. If a participant tries to punt, pass, or kick and misses the ball completely, it DOES NOT count as an attempt and another attempt is allowed.
3. If a tie exists for first place in an event, each participant involved in the tie will share the points. If tied for overall competition, each tied competitor will compete in a playoff to determine the final standings. The playoff will consist of the participants competing head to head in a repeat of all three events

#### Punting and Passing Rules

1. Each participant will be allowed 3 attempts at each event. S/he will be required to punt and pass down a straight line. The varying distance laterally from the line will be subtracted from the total distance. Example: If a participant passes the ball 100 feet, but the ball lands 30 feet to the right of the measuring tape, the final score would be  $100-30 = 70$ .
2. Participants and their team will be expected to retrieve the footballs and help with the administration of the contest.

#### Placekicking Rules

##### A. General Rules

1. Each contestant will take placekicks from the following yard lines: 5, 15, 25, 30, 35, 40, and 45 etc. Each contestant will kick from the center of the field.
2. Three misses will eliminate a contestant from further competition.
3. Contestants may not use more than a three step approach.

4. Once the ball is placed on the tee or is held by person, contestants have ten seconds to begin the approach.
5. Players begin kicking from the 5 yard line, and then move out to greater distances until three kicks are missed.

### Obstacle Course

1. Please see the next page for the diagram of the obstacle course.
2. Each player will take a start from a line on the referees whistle.
3. They will be timed from when the whistle sounds until they run across the finish line with the football that was previously passed to them.
4. The player will make their way through the obstacle skipping any portion. Players must complete each section of the course or their run will not count and they will be disqualified.
5. A pass not going into the correct area of the target or incomplete catch will count as -1 second off the total time for each foul.
6. Knocking over any cones or obstacles will count as - .5 seconds off the total time for each item knocked over.
7. Scoring will be based on best time with 1<sup>st</sup> place receiving 10, 2<sup>nd</sup> - 8, 3<sup>rd</sup> - 6, 4<sup>th</sup> -4, 5<sup>th</sup> - 2 and 6<sup>th</sup> - 1

### B. Scoring

1. The individual male, female, and co-rec team with the highest scores will be declared the winners. Co-rec placement will be determined by combining the scores of co-rec partners.
2. The total scores of the top 4 finishers from an organization will be combined to determine the awarding of All-University points.
3. There are a total of 40 possible points (10 per category), awarded as follows by placement within each category:

1 <sup>st</sup> = 10 points	4 <sup>th</sup> = 4 points
2 <sup>nd</sup> = 8 points	5 <sup>th</sup> = 2 points
3 <sup>rd</sup> = 6 points	6 <sup>th</sup> = 1 points

### C. EQUIPMENT

All equipment will be provided by the Office of Campus Recreation. Participants must use the balls and tees provided. Men will use a regular size football and women an intermediate size football. Special kicking shoes may be worn provided the use of such shoes does not delay the contest.

1. Footballs and kicking tees are provided by the Office of Campus Recreation.
2. Participants are required to use the provided equipment.
3. Athletic shoes are allowed. Street shoes, boots, and shoes with metal spikes are not permitted.

# Obstacle Course Diagram

