

FALL 2025 KICK AT KINNICK RULES

(Updated 6/17/2025)

Recent rule changes will appear in highlighted and italicized text

Rule 1: Facility

1. The contest will take place at Kinnick Stadium as part of the Kickoff Classic and On Iowa!

Rule 2: Player Eligibility and Registration

1. All Intramural Sports eligibility rules apply. Please check the [Intramural Sports Rules and Regulations](#) carefully.
2. All players can register on IMLeagues or may register on-site at the start of the event.
3. To check-in, each participant must provide their name, ID number, and email address.
4. Men's/Open and Women's divisions will be offered.

Rule 3: Equipment

1. Footballs and a kicking tee will be provided by the Sport Programs staff.

Rule 4: Ground Rules

1. Starting at the 15-yard-line for Men's/Open and 10-yard line for Women's, each participant will have no more than two attempts from each distance to successfully kick the ball through the uprights.
 - a. Once one of the two attempts is made, the participant will move back five yards to the next mark and repeat the process.
 - i. The furthest mark will be the 40-yard line.
 - b. Once a participant fails to make either attempt from a certain mark, they will be eliminated.
2. Each kick can be taken from anywhere on or in between the left and right hashmarks.
3. Participants may utilize someone as their holder should they not want to use the provided kicking tee. However, holders will not be provided by the Sport Programs staff. Participants will be allowed to use both a kicking tee and a holder if they'd like.
4. Any participants tied for the furthest kick in both Men's/Open and Women's will be eligible to participate in the "Final Kick-Off" which will take place at approximately 10:15 p.m. Participants in the Final Kick-Off will perform another round but will only receive one attempt from each mark this time.
 - a. Should a tie still exist after each participant advances to and makes a kick from the 40-yard line, each tied participant will continue to perform kicks from the 40-yard line until the tie is broken.
 - b. Should none of the tied participants stay for the Final Kick-Off, the participant present with the best round will be declared the winner.

INCLEMENT WEATHER

If there is inclement weather and Intramural Sports are scheduled, check the [Intramural Sports website](#) for cancellation information. The Sport Programs Staff will also attempt to notify participants scheduled to play that night. You can also sign-up for Intramural Sports notifications through the [Recreational Services app](#).

LIGHTNING POLICY

In the case of lightning within 8 miles of the game site during outdoor sports, play will be suspended. Play may not resume until there have been zero lightning strikes within 8 miles for 30 minutes. Determinations on lightning strikes will be made by Sport Programs Staff on-site using lightning detection software. Lightning detected by the system does not need to be visible to participants or staff.