Washington Special Olympics
Flag Football Individual Skills Sheet

Name:_______________________________________  Team Name:_________________________
Age:_______________  Sex:_______________  Division_________________________

Preliminaries  Finals  Grand Total_____________________  

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Run and Catch

Scoring: Athletes will receive points for completing catches.
- 2 pts: for a complete catch (clearly caught with both hands)
- 0 pts: if athlete is unable to catch or touch a well thrown pass.

Athletes will be timed and their time will be used in case of a tie.
Athletes will be scored on 5 catches.

SCORE ALL FIVE ATTEMPTS: (10pts Possible)

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Throwing for Accuracy

Scoring: Athletes will receive points for completing catches.
- 2 pts: for an accurate throw within arms reach of the Volunteer box.
- 0 pts: if the ball hits the ground prior to reaching the target.

Athletes will be scored on 5 throws

SCORE ALL FIVE ATTEMPTS: (10pts Possible)

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Throwing for Distance

**Scoring:** Athlete gets two attempts to throw football as far as possible.

- 1 pt: 0-10 yards
- 2 pt: 10-20 yards
- 3 pt: 20-30 yards
- 4 pts: 30-40 yards
- 5 pts: 40+ yards
- Athletes can gain a maximum of 5 points per throw.

**SCORE BOTH ATTEMPTS: (10pts possible)**

<table>
<thead>
<tr>
<th>1st attempt</th>
<th>2nd attempt</th>
<th>Total</th>
</tr>
</thead>
</table>

Agility and Speed: Hand Off

- The quarterback will give the signal and hand the ball off to the athlete.
- The clock will start on the quarterbacks signal.
- The athlete must maneuver around the four cones and sprints to the finish line/endzone between the cones and must maintain possession of the football.

**Scoring:** The athlete will receive two attempts.

- The athlete will be timed from QB’s signal to when he/she crosses the finish line between the cones with possession of the football.
- One-second will be added for every missed cone.

**Agility & Speed: Hand-Off Conversion Chart**

<table>
<thead>
<tr>
<th>Seconds</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 7.5</td>
<td>5</td>
</tr>
<tr>
<td>7.5-9</td>
<td>4</td>
</tr>
<tr>
<td>9.1-10.5</td>
<td>3</td>
</tr>
<tr>
<td>10.5-12.0</td>
<td>2</td>
</tr>
<tr>
<td>12.1 and over</td>
<td>1</td>
</tr>
</tbody>
</table>

"Round time to the nearest second"
Flag Pulling

Scoring: The athlete will receive 5 attempts

- The athlete will receive two points for successful flag pull.
- The athlete will receive one point for any unsuccessful flag pull in which either the flag or ball carrier was touched, but the flag did not come off.
- The athlete will receive zero points for any unsuccessful flag pull in which the flags or ball carrier are not touched at all.
- The athlete will receive zero points for flags pulled outside of the 5x5 yard area.

SCORE ALL FIVE ATTEMPTS: (10pts Possible)

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