



# 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.

1<sup>st</sup> attempt

2<sup>nd</sup> attempt

Total

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

## 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.

<b>Agility &amp; Speed: Hand-Off</b>	
<i>Conversion Chart</i>	
Seconds	Points
Under 7.5 seconds	5
7.5-9	4
9.1-10.5	3
10.5-12.0	2
12.1 and over	1

Time:

1<sup>st</sup> attempt

2<sup>nd</sup> attempt

Total

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

*"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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