

FLAG FOOTBALL SKILLS

No qualifier required for state competition

Specific Division Age Requirements

Special Olympics division guidelines allow for the combining of individuals in consecutive age groups and/or gender into the same division if their ability levels are similar enough to provide fair and equitable competition.

Entries:

- Entry score for the athlete should be their best effort time/score
- Score is determined by adding together the scores achieved in each four individual Flag Football Skills events

Events:

- Flag Football Skills

Rules:

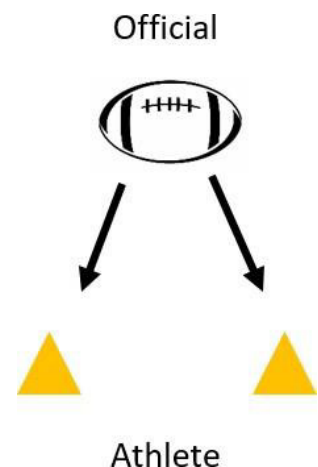
- The Official Special Olympics Sports rules for Flag Football shall govern all Special Olympics competitions. Please contact the State Office for a copy of the Flag Football rules

Competition:

- Three events make up Flag Football Skills: Catching, Running, Throwing, Flag Pulling

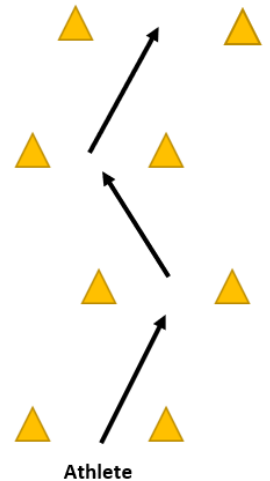
Event #1: Catching

- Equipment & Set-Up: one tape measure, five footballs, two cones, one clipboard, scoresheet and pencil
- Athlete stands between & behind two cones, five yards from an official. Cones should be 2.5 meters apart. The official throws the ball to the athlete alternating throws between the cones
 - Athlete will aggressively try to catch the ball between the cones
 - Athlete is thrown five balls
- Scoring
 - Five points for a caught ball
 - One point for a dropped ball
 - Zero points for no attempt
- Maximum score is 25
 - Example: Athlete catches three passes, drops one pass and misses one pass
 - Score = 5 + 5 + 5 + 1 + 0 = 16



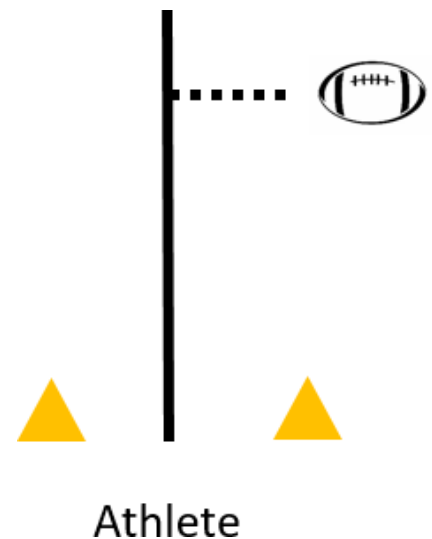
Event #2: Running

- Equipment & Set-up: One stopwatch, one clipboard, scoresheet, pencil, one football, and eight cones
 - Stagger cones every 10 meters marked with two cones for a total of thirty meters. Two cones, two meters apart marking the start line and two cones, two cones, two meters apart marking the finish line
 - Athlete is timed as he/she leaves the start line and runs to the finish line carrying a football
- Scoring – The athlete starts with 60 seconds. Subtract the amount of time it took the athlete to cross the finish line.
 - Five second penalty for each dropped ball
 - Athlete is given two trials, with the best score recorded
 - Example: Athlete's time to run 30 meters is 38 seconds with no dropped balls
 - Score = $60 - 38 = 22$



Event #3: Throwing

- Equipment & Set-Up: two tape measures, two footballs, three marking cones, one clipboard, scoresheet, and pencil
- 60-meter throwing line is setup
 - Athlete throws the football as far and as straight as possible down the throwing line without stepping over the restraining line
 - Athlete can take one or more steps towards the restraining line
 - If the athlete crosses the restraining line, he/she can have a repeat throw
- Scoring
 - Mark the spot where the ball lands.
 - Record the measurement on the throwing line that is perpendicular to the spot where the ball landed.
 - Measure the distance from the throwing line to the spot where the ball landed. Subtract this distance in meters from the measurement on the throwing line. This is the athlete's score.
 - If the score falls between meters, then the score is rounded down
- Athlete is given two trials with the best score recorded
 - Example: Athlete's ball lands perpendicular to the 25.40 meter point on the measuring tape and is 6.50 meters out
 - Score = $25 - 6 = 19$



Event #4: Flag Pulling

- Equipment & Set-up: one stopwatch, one clipboard, eight cones, three flag football belts, scoresheet and pencil
 - Three volunteers will be utilized to wear a flag football belt
 - Volunteers with belts are staggered every 10 meters marked with two cones for a total of thirty meters
- Scoring
 - Athlete is timed as he/she leaves the set of cones marking the start line, runs to the volunteers with belts, pulls one flag on each person and drops the flag by the volunteer.
 - Timing ends after the athlete pulls the last flag.
 - Five second penalty for each dropped ball or failing to go through each set of cones.
 - Start with 60 seconds and subtract the amount it took the athlete to pull all three flags
 - Athlete is given two trials, with the best score recorded
 - Example: athlete's time to pull all three flags is 42 seconds with no missed flags
Score: $60-42=18$

Athletes total score is 75 ($16+22+19+18=75$)

