

Flag Football Individual Skills

Last Name, First Name

Delegation

Division

XX

Run & Catch

An athlete will attempt to catch a pass from five designated spots marked on the field. Two points are awarded for each catch that is made, zero points if the athlete does not catch the ball. Add all five scores for a total score. If the QB has an inaccurate throw that is not catchable, they must rethrow.

+ + + + ----- Subtotal

Throwing for Accuracy

An athlete will attempt to throw the ball to five designated spots marked on the field. Two points are awarded for each accurate throw, zero points if ball hits the ground prior to target area. Add all five scores for a total score. Scoring is based on the accuracy, not the receiver catching the ball.

+ + + + ----- Subtotal

Throwing for Distance

An athlete will have two attempts to throw the ball as far as possible. Scoring is based on the distance they throw, add two throws together for final score.

Distances	Points
0-10 yds	1
10-15 yds	2
15-20 yds	3
20-25 yds	4
25+ yds	5

Throw 1 + **Throw 2** ----- Subtotal

Agility & Speed: Hand-off

An athlete will have two attempts to take the handoff, maneuver through cones and run to the endzone. Scoring is based on the time it takes to complete the run, add two times together for final score.

Seconds	Points
under 7.5	5
7.5-9	4
9.1-10.5	3
10.5-12	2
over 12	1

Trial 1 + **Trial 2** ----- Subtotal

Final Score

A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Competition.

Total