



FOOTBALL SKILLS

ELIGIBILITY:

-Open to all Special Olympics athletes

EVENTS:

1. Pass
2. Kick
3. Punt
4. Target Pass
5. Field Goal Kicking
6. Shuttle Run

EQUIPMENT NEEDED:

- 4 Cones
- 3 Footballs (Official-Size 5); (8-12 years old will use a Junior size ball)
- 2 Tape Measures
- Stopwatches
- Kicking Tee (2-inch maximum)
- Field Goal Post (Optional)
- Throwing Targets (Optional)

SCORING/COMPETITION:

- Each athlete will compete in 6 events.
- Athlete will be allowed 3 passes, 3 kicks, 3 punts (order of events depends on skills director)
- Athlete will be allowed 8 field goal attempts from the distance of their choice, 12 attempts to pass a football through a target at varying distances, and 2 timed shuttle run (will take the best time/score from the 2).
- If a participant goes over the line prior to or before releasing or making contact with the ball, the athlete will be penalized 5 feet.
 - Exception: In kicking, a participant may go over the line without penalty provided the tee is placed on or behind the line.
- There is no violation if the kicking tee is kicked with the football.
- Scores will be determined from where a participant's pass, kick, or punt first makes contact with the ground. Bounces or rolls do not add to the score.
- If a participant tries to punt, pass, or kick and misses the ball completely. It DOES NOT count as an attempt and another attempt is allowed.



- ❖ **Pass, Punt, Kick Competition:**
 - Based on both distance and accuracy.
 - Example: If an athlete throws the football 100 feet, but the ball lands 30 feet to the right of the measuring tape, the final score would be $100-30=70$.
 - Scores will be based on exact feet and inches (no partial inches given, and will be rounded to the nearest inch).
 - No participant will receive a negative score, instead their score will be “0”.

- ❖ **Field Goal Kicking Competition:**
 - Will consist of the athlete having 8 place kicking attempts from the distance of their choice.
 - Athlete must kick from their own kicking tee (2-inch max) or use the one provided.
 - Athlete may kick from any distance between the goal line and the 20-yard line using increments of 5-yards, 10-yards, 15-yards, 20-yards.

POINT SYSTEM:

Goal Line	10 points
5-yard line	20 points
10-yard line	30 points
15-yard line	40 points
20-yard line	50 points

- ❖ **Target Passing Competition:**
 - Will consist of the athlete attempting to throw a football through a circular target at various distances.
 - Athlete will have 2 attempts at each of the 6 targets.
 - Target Distances:
 - 2 at 4-yards from designated throwing area.
 - 2 at 6-yards away from designated throwing area.
 - 2 at 8-yards away from designated throwing area.
 - Circular target will have a diameter of $26 \frac{3}{4}$ inches.
 - Center of target will be 48 inches from the ground.

POINT SYSTEM:

4-yard line	5 points
6-yard line	10 points
8-yard line	15 points



❖ Shuttle Run Competition:

- Will consist of an athlete moving as quickly as possible from one cone to another cone and back.
- Cones will be 10 yards apart.
- Athlete must carry a football towards the opposite cone, place the ball down, and pick up the other football, and carry it back to the original cone.
- Athlete will perform this **twice**.
- The total distance traveled will be 40 yards.
- Athlete must carry the football the entire time and must have football in his/her possession when crossing the finish line.

POINT SYSTEM:

9.9 seconds & under	60 Points
10.0 – 14.9 seconds	50 Points
15.0 – 19.9 seconds	40 Points
20.0 – 24.9 seconds	30 Points
25.0 seconds & over	20 Points

***An athlete’s final score is the total sum of all 6 events (pass, kick, punt, target pass, field goal kicking, & shuttle run) ***

REGULATIONS:

1. No turf shoes or cleats are allowed. Only gym shoes (soft sole) will be permitted.
 - a. No bare feet or flip flops allowed.
 - b. Failure to wear gym shoes will result in a disqualification.
2. Athletic apparel only. Absolutely no jeans are permitted.
3. Participants may use their own kicking tee.
 - a. No tee may be over 2 inches in height.
4. All athletes will use the football provided by the skills director.
5. An official, size 5 football will be used by athletes 13 & over.
6. Ages 8-12 will use a Junior size football unless an official size ball is preferred.
7. The competition will be held rain or shine, unless weather conditions become threatening or dangerous.
8. No jewelry is to be worn.



FOOTBALL SKILLS SCORESHEET

Name: _____

County: _____

Division: _____

Punt	Attempt 1	Attempt 2	Attempt 3	Score:
Pass	Attempt 1	Attempt 2	Attempt 3	Score:
Kick	Attempt 1	Attempt 2	Attempt 3	Score:

TOTAL SCORE:

Field Goals	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Score:

Target Pass	4 Yards _____	4 Yard Total: _____
	6 Yards _____	6 Yard Total: _____
	8 Yards _____	8 Yard Total: _____
Score:		

Shuttle Run	Time: _____	Time: _____	Score:
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TOTAL SCORE:

***COMBINED TOTAL SCORE:

Point System

Field Goal Point System	Target Passing Point System	Shuttle Run Point System
Goal Line = 10 pts.	4 Yards = 5 pts.	9.9 seconds and under = 60 pts.
5 Yard Line = 20 pts.	6 Yards = 10 pts.	10.0 - 14.9 seconds = 50 pts.
10 Yard Line = 30 pts.	8 Yards = 15 pts.	15.0 - 19.9 seconds = 40 pts.
15 Yard Line = 40 pts.		20.0 - 24.9 seconds = 30 pts.
20 Yard Line = 50 pts.		25.0 seconds and over = 20 pts.