



FLAG FOOTBALL ADVANCED INDIVIDUAL SKILLS RULES

1. This level of Individual Skills Competition is a competition designed for higher ability athletes.
2. It is for athletes who can already play at the game level and know some of the details of how the game unfolds.
3. The Individual Skills Competition is composed of six (6) events:
 - a. 40 Yard Dash
 - b. Target Pass (Throwing for Accuracy)
 - c. Throwing for Distance
 - d. Flag Pulling
 - e. Footwork
 - f. Punt for Distance
4. The athlete's final score is determined by adding together the scores from these six (6).
5. Full equipment and uniform (as defined in the Flag Football Coaches Guide) is required for the Individual Skills Competition.
6. Diagrams are not to scale.
7. Sanitation Protocol:
 - a. One (1) player per station during Phase 1.
 - b. Player must complete all attempts prior to next athlete starting station.
 - c. After Player A completes all attempts, all equipment must be sanitized prior to Player B start.



40 YARD DASH

Purpose

- To measure the speed of the athlete.

Equipment

- Four (4) Cones
- Measuring Tape (3ft in 1yd)
- Stopwatch

Description

- The athlete will run 40 yards from start line marked by two (2) cones to the finish line marked by another set of two (2) cones.
- Time will start when coach says go and stops when the athlete passes the finish line.
 - o Coach will yell "Down, Set, Hut" to get the player to go.

Scoring

- Fastest of two (2) times gets recorded for points

TIME (IN SECONDS)	POINTS
10+ seconds	8
9.0-9.9 seconds	10
8.0-8.9 seconds	12
7.0-7.9 seconds	14
6.0-6.9 seconds	16
5.0-5.9 seconds	18
4.9 & below seconds	20

Sanitation

- No sanitation is needed.





TARGET PASS

Purpose

- To measure the athlete's ability to throw a football accurately.

Equipment

- Four (4) cones
- Three (3) Inflatable Punching Bags
 - o No larger than the one shown below
- Three (3) Footballs

Description

- The player must stand in a 2 yard x 2 yard throwing box created by 4 cones.
- Three (3) inflatable punching bag targets will be placed in across the field three (3) different route patterns at different distances of the line of scrimmage:
 - o Out Route- 5 yards (5 yards out from center line of scrimmage, 5 yards to the right)
 - o Corner Route- 15 yards (15 yards out from center line of scrimmage, 5 yards to the left)
 - o Post Route- 20 yards (20 yards straight out from center line of scrimmage)
- The athlete will stand in the square and try to throw the football at each target.
- Each athlete will receive 2 rounds.
 - o Each round consists of one (1) attempts to hit each target

Scoring

Each target has its own point value:

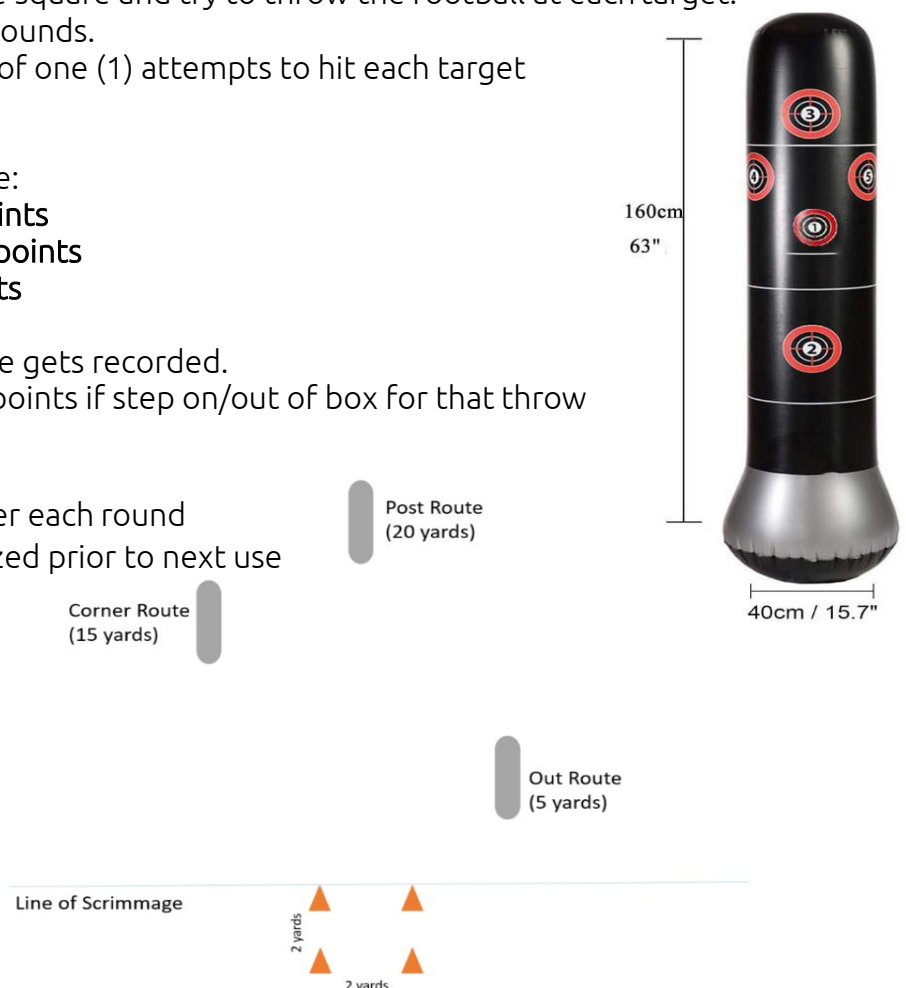
- **Post Route (20 yards)- 7 points**
- **Corner Route (15 yards)- 5 points**
- **Out Route (5 yards)- 2 points**
- **Missing Target- 0 points**

Round with the highest point value gets recorded.

- Player will receive zero (0) points if step on/out of box for that throw

Sanitation

- Player goes to get balls after each round
- All footballs must be sanitized prior to next use





PASS FOR DISTANCE

Purpose

- To measure the athlete's ability to throw a long distance.

Equipment

- Three (3) Footballs
- Eight (8) Cones
- Measuring Tape

Description

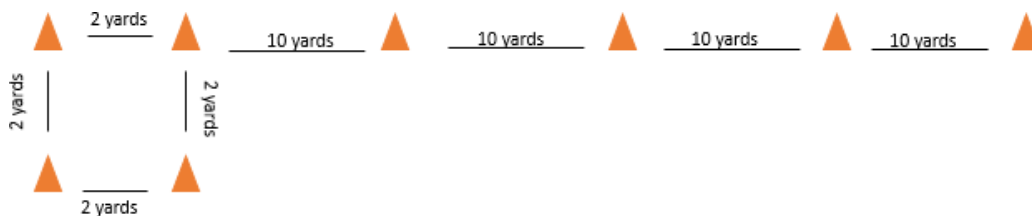
- The player must stand in a 2 yard x 2 yard throwing box created by four (4) cones.
- The player will receive three (3) attempts to throw the football as far as they can.
- Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground.
- Cones will be placed in a straight line every ten (10) yards down the middle of the field.

Scoring

- The player will receive one (1) point for every yard the ball is thrown.
- If a player steps on or over the line before releasing the football, the player will receive zero (0) points for that throw.
- The players score is the best throw of all attempts.
- To measure distance:
 - o Volunteer/Coach will stand downfield and place marker where the ball hits the ground (not where the ball comes to rest)
 - o If ball is not thrown straight, start where ball has landed; walk straight line to line of cones and measure from there to starting point

Sanitation

- Player goes to get balls after each round
- All footballs must be sanitized prior to next use



FLAG PULLING

Purpose

- To measure the athlete's flag pulling ability.

Equipment

- Three (3) flag belts with flags
- Three (3) inflatable punching bags (as used in the Target Pass Station)
- One (1) stopwatch
- Four (4) Cones

Description

- There will be three (3) inflatable punching bags with flags on, standing in the same positions as in the Target Pass
 - Out Route (5 yards)
 - Corner Route (15 yards)
 - Post Route (20 yards)
- The player will run out and pull a flag off the first inflatable, then will return to the starting line and drop the flag in box.
- The athlete will repeat this two (2) more times until all flags are pulled and dropped in the box at the starting line.
- Player will receive two (2) attempts; the faster time will be used for scoring.

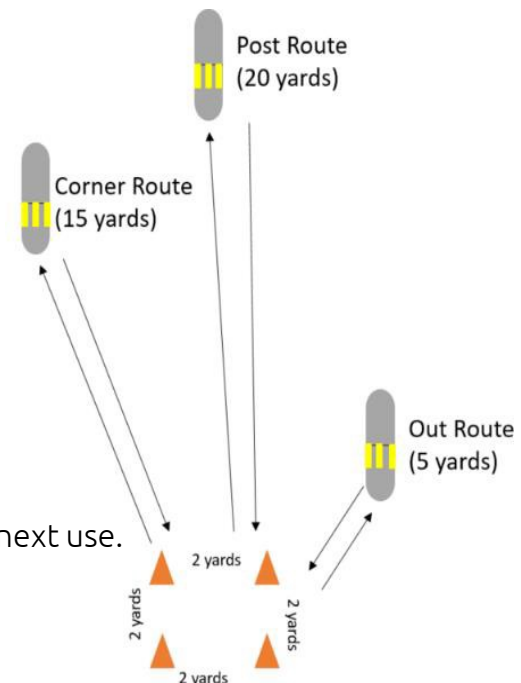
Scoring

This event will be scored by time. The faster of the 2 times will be used for scoring.

TIME (IN SECONDS)	POINTS
19 and below seconds	20
20-25 seconds	18
26-30 seconds	16
31-35 seconds	14
36-40 seconds	12
41-45 seconds	10
46 and up seconds	8

Sanitation

- Player goes to get balls after each round.
- All flag, flag belts and targets must be sanitized prior to next use.



FOOTWORK

Purpose

- To show the athlete's footwork.

Equipment

- Eight (8) cones
- Stopwatch
- Measuring Tape

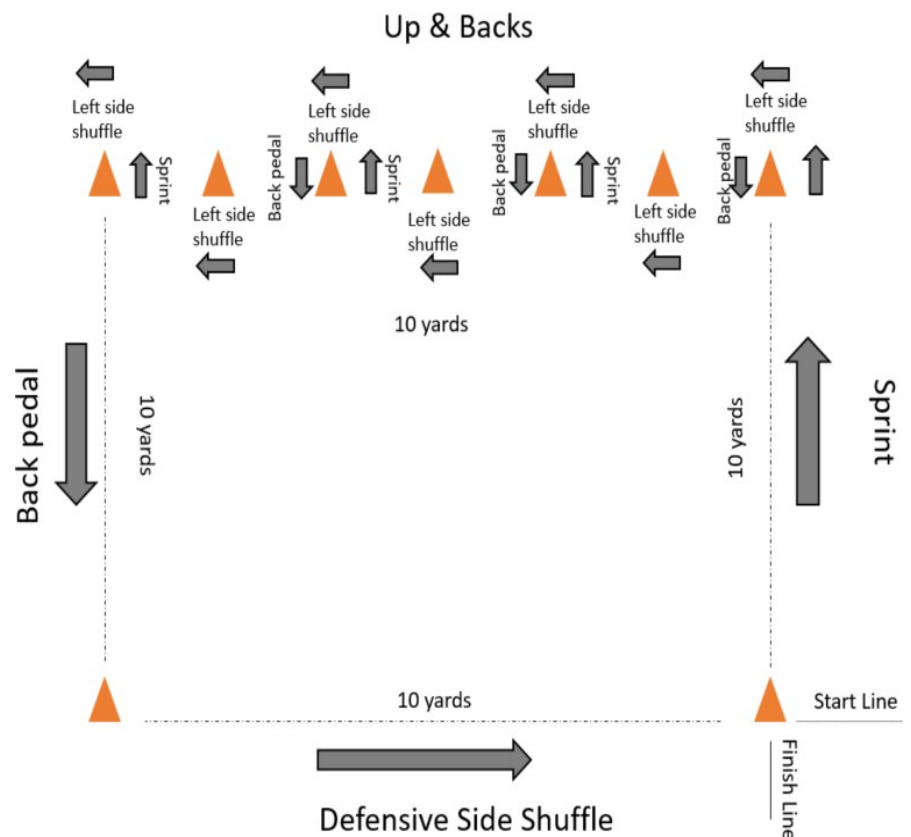
Description

- Player completes course as fast as they can
- Sides of the box drill:
 - o Sprint (10 yards)
 - o Defensive Slides (10 yards)
 - o Back Pedal (10 yards)
 - o Zig Zag In and Out of Cones (10 yards)

Scoring

- Player gets two (2) attempts; fastest time is recorded.
- For each cone missed is a one (1) second penalty added to their final time for recording purposes.

TIME (IN SECONDS)	POINTS
12.0 seconds & below	20
12.1-14.0 seconds	18
14.1-16.0 seconds	16
16.1-18.0 seconds	14
18.1-20.0 seconds	12
20.1-22.0 seconds	10
22.1-24.0 seconds	8
24.1-26.0 seconds	6
26.1-28.0 seconds	4
28.1+ seconds	2





PUNT FOR DISTANCE

Purpose

- To measure the athlete's ability to punt a long distance.

Equipment

- Three (3) Footballs
- Eight (8) Cones
- Measuring Tape

Description

- The player must stand in a 2 yard x 2 yard kicking box created by four (4) cones.
- The player will receive three (3) attempts to punt the football as far as they can.
- Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground.
- Cones will be placed in a straight line every 10 yards down the middle of the field.

Scoring

- The player will receive one (1) point for every yard the ball is punted.
- If a player steps on or over the line before releasing and/or punting the football, the player will receive zero (0) points for that throw.
- The players score is the best punt of all attempts.
- To measure distance:
 - o Volunteer/Coach will stand downfield and place marker where the ball hits the ground (not where the ball comes to rest)
 - o If ball is not thrown straight, start where ball has landed; walk straight line to line of cones and measure from there to starting point

Sanitation

- Player goes to get balls after each round
- All footballs must be sanitized prior to next use

