



# INDIVIDUAL FOOTBALL SKILLS

## ELIGIBILITY:

- Open to all Special Olympics athletes

## EVENTS:

1. Pass
2. Kick
3. Punt
4. Target Pass
5. Catching \*New 2026\*
6. Running \*Updated 2026\*

## EQUIPMENT NEEDED:

- 10 Cones
- 3 Footballs (Official-Size 5); (8-12 years old will use a Junior size ball)
- 2 Tape Measures
- Stopwatches
- Throwing Targets (Optional)

## RULES & REGULATIONS:

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



❖ 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".

❖ Catching

- Athlete stands between & behind two cones, five yards from official.
- Cones will be 2.5 meters apart. Official throws the ball to the athlete alternating throws between the cones where athlete will try to catch the ball between the cones.
- Athlete will be thrown 5 balls

**POINT SYSTEM:**

|              |          |
|--------------|----------|
| Caught Ball  | 5 points |
| Dropped Ball | 1 point  |
| No attempt   | 0 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 |



#### Run Competition:

- Will consist of an athlete moving as quickly as possible from one cone to another cone while carrying the football from start to finish line.
- Cones will be 10 yards apart for a total of 40 meters.
- Athlete will perform this **twice**.
- Athlete must carry the football the entire time and must have football in his/her possession when crossing the finish line.
- 5 second penalty for each dropped ball.

#### **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\***



County: \_\_\_\_\_

Division: \_\_\_\_\_

|             |           |           |           |        |
|-------------|-----------|-----------|-----------|--------|
| <b>Punt</b> | Attempt 1 | Attempt 2 | Attempt 3 | Score: |
|             |           |           |           |        |
| <b>Pass</b> | Attempt 1 | Attempt 2 | Attempt 3 | Score: |
|             |           |           |           |        |
| <b>Kick</b> | Attempt 1 | Attempt 2 | Attempt 3 | Score: |
|             |           |           |           |        |

|                 |         |         |         |         |         |  |        |
|-----------------|---------|---------|---------|---------|---------|--|--------|
| <b>Catching</b> | Attempt | Attempt | Attempt | Attempt | Attempt |  | Score: |
|                 | 1       | 2       | 3       | 4       | 5       |  |        |
|                 |         |         |         |         |         |  |        |

|             |         |       |       |       |       |                     |  |
|-------------|---------|-------|-------|-------|-------|---------------------|--|
| Target Pass | 4 Yards | _____ | _____ | _____ | _____ | 4 Yard Total: _____ |  |
|             |         | _____ | _____ | _____ | _____ | _____               |  |
|             | 6 Yards | _____ | _____ | _____ | _____ | 6 Yard Total: _____ |  |
|             |         | _____ | _____ | _____ | _____ | _____               |  |
|             | 8 Yards |       |       |       |       | 8 Yard Total: _____ |  |
|             |         |       |       |       |       |                     |  |

[illegible]

|                    |       |  |             |  |        |  |
|--------------------|-------|--|-------------|--|--------|--|
| <i>Shuttle Run</i> | Time: |  | Time: _____ |  | Score: |  |
|--------------------|-------|--|-------------|--|--------|--|

|  |  |  |  |  |  |              |  |
|--|--|--|--|--|--|--------------|--|
|  |  |  |  |  |  | TOTAL SCORE: |  |
|--|--|--|--|--|--|--------------|--|

[illegible]

## Point System

| Catching Point System | Target Passing Point System | Running Point System            |
|-----------------------|-----------------------------|---------------------------------|
| Caught Ball = 5 pts   | 4 Yards = 5 pts.            | 9.9 seconds and under = 60 pts. |
| Dropped Ball = 1 pt   | 6 Yards = 10 pts.           | 10.0 - 14.9 seconds = 50 pts.   |
| No attempt = 0 pts    | 8 Yards = 15 pts.           | 15.0 - 19.9 seconds = 40 pts.   |
|                       |                             | 20.0 - 24.9 seconds = 30 pts.   |
|                       |                             | 25.0 seconds and over = 20 pts. |