

FLAG FOOTBALL

2013 and 2014 Season GENERAL RULES

The Official Special Olympics Wisconsin Sports Rules shall govern all Special Olympics Wisconsin Flag Football competitions. As an international sports program, Special Olympics Wisconsin has developed these rules based upon Special Olympics International and Special Olympics North America's rules utilized during National and World level competitions for Flag Football. Website: www.specialolympicswisconsin.org

OFFICIAL EVENTS OFFERED

1. Team Competition
2. Unified Sports® Team Competition – Invitational only

SECTION A – GENERAL RULES

1. The General Rules for Flag Football will remain unchanged for the Fall 2013 and Fall 2014 season.
2. In cases not specifically covered by these rules, the National Football League's Air It Out Flag Football rules will govern play.
3. Special Olympics Flag Football is a limited-contact sport. In all aspects of Special Olympics Flag Football, rulings shall be made with player safety as the primary consideration.
 - a. Each team must have a minimum of ONE coach who has attended a Flag Football Coaches Certified Training School on its sideline.
4. Protests will only be considered for rule infractions (not for referee judgments).
5. The games rules committee shall make all final judgments.
6. Teams must play a minimum of two (documented) games against other Special Olympics teams prior to registration for State competition. The team roster must remain the same for the two qualifying games and State competition. Teams that modify their rosters will forfeit all games. Qualifying games must be played against other teams with an Intent to Play form on file. **One game must be played against a team from another Agency.** Forfeited games do not count toward the scrimmage requirement.

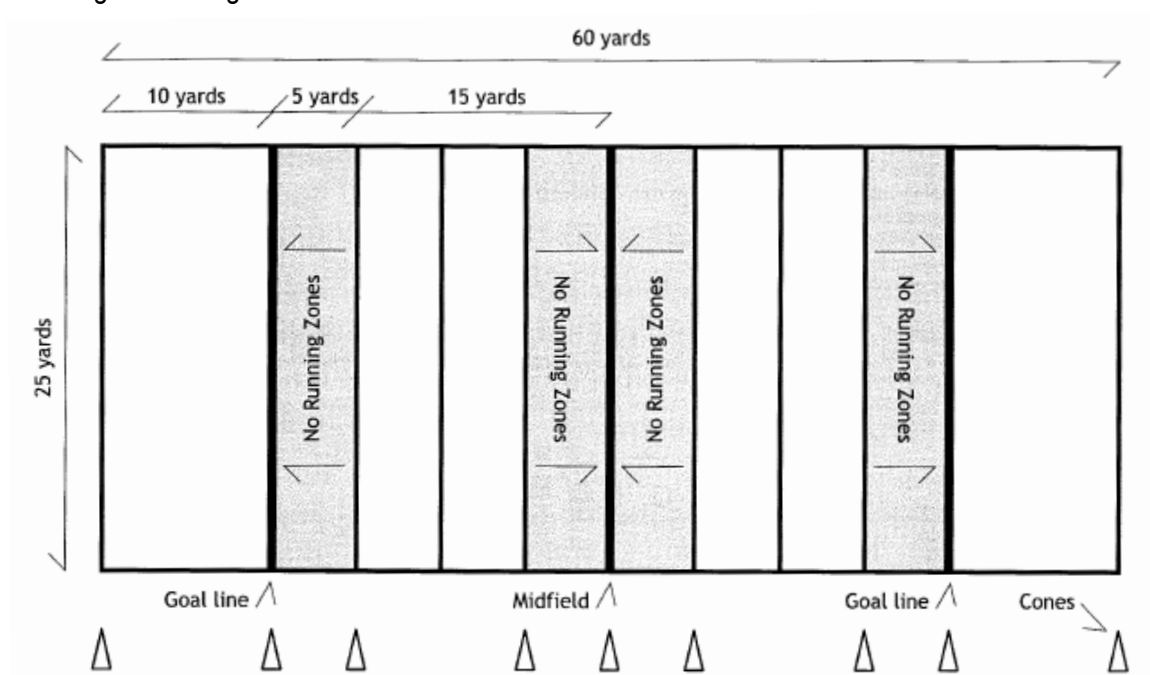
SECTION B – DIVISIONING

1. All teams will play in coed open divisions.

SECTION C - FIELD

1. The playing field measures 60 yards long (including the end zones) and 25 yards wide. If insufficient space is available, a slightly smaller space can be used. A space of at least 5 yards around the field must be free and clear of obstructions. The field can be marked with paint of a visible color, and pylons/cones.
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones, teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on a boundary line is considered out of bounds.
4. Each Offensive team approaches only TWO No-Run Zones in each drive.

5. Diagram of Flag Football Field



SECTION D – EQUIPMENT

1. An intermediate (youth) size football will be used in all divisions. Leather, synthetic leather, or rubber footballs are appropriate for use in training and competition. Nerf footballs may be used in training to assist athletes who are having difficulty catching the ball, but will not be used in competition.
2. A protective mouthpiece must be worn at all times.
3. Players must wear rubber-cleated or flat-soled athletic shoes.
 - a) Metal cleats, spikes, hiking boots or other equipment deemed dangerous by officials will not be allowed.
4. A one-piece, three-flag belt will be worn during the game at all times.
 - a) Any player that **intentionally** wears their flag belt improperly (tied) while in play will be penalized.
 - b) Uniform shirts must be tucked in at the waist to avoid obstruction of Flag Pulling.
5. All players on a team must wear uniforms (shirt and pants) that are identical in color, trim, style and material. An Arabic number of contrasting color and at least six inches high must be worn on the front and back of all uniform shirts. All uniform shirts must be tucked in at the waist. All players' pants shall be either all long or all short in style and must not have pockets. If this must vary due to health or religious reasons, a Special Needs form must be completed upon registration. No cut-off shorts or denim jeans are allowed. Hats (baseball style caps or caps with hard visor) may not be worn. Receiver's gloves may be worn. No jewelry is allowed. Taped numbers on pinnies are not legal in SOWI competition.

Proper uniforms and uniform numbering will be enforced. Players with illegal and/or non-matching uniforms will not be allowed to play. Legality of a uniform may be determined by the referee or by the event coordinator.

SECTION E – OFFICIALS AND THEIR DUTIES

1. Officials will conduct the games in accordance to specified rules.
2. Officials shall have full authority to interpret rules and enforce any penalty he/she considers equitable, including the award of a score for an unfair act. For further questions, the tournament rules committee shall be consulted.
3. Officials shall have the power to make all decisions on any points not specifically covered in the rules.
4. In case of injury, equipment repair, or unsafe playing conditions, the official shall stop play but time does not stop for any reason unless the official considers it to be excessive. The decision to stop time is at the official's discretion. Time will be stopped for timeouts.
5. The official may call a game completed (for darkness or weather) at any time.
6. The official is also responsible for the following:
 - a. Having a presence at every play.
 - b. Indicating if a play is starting in a No-Run Zone.
 - c. Designating the Neutral Zone and Line of Scrimmage.
 - i. A special marker, placed by the official, will mark the beginning of the Neutral Zone (Rush Line).
 - ii. A special marker, placed by the official, will mark the Line of Scrimmage.
7. Following each team's score, the Official shall pull the flag belt off of the scoring athlete to verify that the flag belt was attached properly.

SECTION F – PLAYERS AND SUBSTITUTES

1. Each team will consist of a minimum of five and maximum of 15 players on the roster in order to be eligible for competition.
2. Teams shall field five players to start the game (required). Teams may continue with a minimum of four players, if necessary, due to disqualification or injury.
3. Substitutions may be made anytime the ball is dead.
4. Once a player has entered the field of play as a substitution, they must remain in the game for at least one play before being replaced. The replaced player must leave the field immediately.

SECTION G – THE GAME

TIMING

1. A regulation game shall consist of two 20-minute halves (running time), with a five minute halftime.
2. A stopped-clock format will be used during the last two minutes of each half of the game. The clock will stop on all dead ball whistles (i.e. incomplete pass, out of bounds, change of possession).
3. Officials can stop the clock at their discretion (injuries, delays).
4. The ball must be put in play promptly and legally, and any action or lack of action by either team that tends to prevent this is considered a Delay of Game.
5. Each team receives one 60-second time-out per half. An unused time-out in the first half does not carry over to the second half. The clock will stop for time outs.
6. All line-up cards must be presented to the official scorekeeper 10 minutes before the start of any game.

OVERTIME

1. A coin toss is held to determine first possession.
2. Each team receives two plays starting from midfield and the team gaining the most points or gaining the most yardage if neither scores is awarded one extra point and wins the game.
3. Exceptions to this rule are as follows:
 - a) If the team with the first attempt in overtime scores on the first play, the opposing team must score on its first play also.
 - b) If both teams score a touchdown, or gain the same yardage, the procedure is repeated until one team wins.
 - c) Interception: The team that intercepts the pass automatically wins the game.
 - Reason: A loss of possession is the worst outcome a team can have. The intercepting team would only have to take a knee in order to have a better outcome with a yardage advantage. They will not be required to take the field.

SCORING

1. Touchdown: Six points
2. Extra Point: One point from the five-yard line
Two points from the 10-yard line
3. Safety: Two points

POSSESSIONS

1. The first possession shall be decided by a coin toss at the beginning of the game. The winner of the coin toss will choose offense, defense or end of field to defend. The team winning the coin toss may defer its choice to the second half.
2. All possessions, except following an interception, start at the offensive team's five-yard line.
3. The offense has four plays to cross mid-field.
4. Once the offense crosses mid-field, they have four additional plays to score a touchdown.
5. If the offensive team fails to cross mid-field or score a touchdown in the designated number of plays, possession of the ball changes and the opposite team starts at their 5-yard line.
6. Interceptions change possession of the ball at the spot of the interception. A ball intercepted in the end zone is spotted at the five-yard line.
7. Each time the ball is spotted (marked ready for play by the official) the team has 30 seconds to snap the ball.
8. The ball is marked at the spot where the position of the ball is when the player is declared down (carrier's flag belt is removed or hand/knee touches ground).

LIVE BALL/DEAD BALL

1. Positions/Snap
 - a) The ball must be snapped between the Center's legs to start each play.
 - b) No minimum number of defensive players is required to line up on the line of scrimmage.

2. Dead Ball/Fumbles
 - a) There are no fumbles. The ball is called “dead” and spotted where it hits the ground. If the ball is fumbled forward, it will be spotted where the ball carrier’s feet were at the time of the fumble. If the ball falls backward, it is marked where it hits the ground. The team with possession of the ball retains possession on all fumbles.
 - b) Play is ruled dead when:
 - The ball carrier’s flag is pulled
 - The ball carrier loses his/her flag belt
 - The ball carrier steps out of bounds
 - The ball carrier’s knee or hand touches the ground
 - A touchdown, extra point, or safety is scored
 - When the defense obtains possession of the ball
 - When a forward pass strikes the ground or is caught simultaneously by opposing players (the offense retains possession)
 - A pass is intercepted (no returns)
 - A receiver catches a ball without his/her flags attached
 - A snapped ball touches the ground
 - Any inadvertent whistle
3. Inadvertent Whistle
 - a) In case of an inadvertent whistle, the team in possession of the ball may choose to accept the result of the play at the point where the play was blown dead or chose to replay the down.
4. Delay of Game
 - a) The ball must be put in play promptly and legally and any action or lack of action by either team that tends to prevent this is considered a Delay of Game.
 - b) This includes:
 - Interrupting 30-second count for any reason except for a granted time-out.
 - Consuming more than 30 seconds to snap the ball after it is ready for play.
 - Failing to remove an injured player for whose benefit an excess time-out has been granted, or
 - Deliberately advancing the ball after it has been declared dead.
5. False Start
 - a) No member of the offensive team may simulate the start of the play before the ball is snapped.

RUSHING THE PASSER (Quarterback)

1. All players that rush the quarterback when the ball is snapped must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
 - a) A special marker, placed by the official, will designate the spot (Rush Line) seven yards from the line of scrimmage.
2. Players not rushing the quarterback may defend the line of scrimmage.
3. Once the quarterback hands off the ball, the Rush Line no longer exists, and all defenders are eligible to rush.

RUNNING

1. Handling the Ball by the offense.
 - a. Handling the ball is transferring player possession from one teammate to another without throwing or kicking it.
 - b. No forward hand-offs are allowed (Illegal Pass).
2. Running
 - a. The Quarterback (player receiving the snap) cannot advance the ball across the line of scrimmage.
 - b. Only direct hand-offs behind the line of scrimmage are legal. Laterals or pitches (legally known as backward passes) of any kind are not allowed.
 - c. The player who takes a hand-off can pass the ball, as long as he/she does not pass the line of scrimmage.
 - d. Any ball snapped from the offensive No-Run Zone must be passed. The purpose is to avoid short yardage power running situations. Exception to this rule is made for the following instance: Once the Offense crosses the mid-field line, the mid-field No-Run Zone is no longer enforced (such as when an Offensive foul moves the ball back beyond the mid-field line).
 - e. The ball carrier may not dive, hurdle or commit acts of flag guarding to shield a defender from grasping his/her flag.
 - f. The ball is marked at the spot where the position of the ball is when the player is declared down (carrier's flag belt is removed or hand/knee touches ground).
3. Hurdling
 - a. Jumping over or attempting to jump over a player, by the ball carrier, to prevent from being downed or to gain additional yardage is illegal.
 - i. Note: Jumping over a player who is on the ground to avoid injury, by official's judgment, is legal.
4. Flag Guarding (Shielding):
 - a. Runners shall not shield (flag guard) by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove their flag belt.
 - b. This includes:
 - Swinging the hand or arm over the flag belt
 - Placing the ball in possession over the flag belt
 - Lowering the elbow or head
 - Lowering the shoulders or arm over the flag belt
 - Stiff arming the defense
 - Spinning

PASSING AND RECEIVING

1. Passing and Receiving by the offence.
 - a. All passes must be forward and received beyond the line of scrimmage.
 - b. Shovel passes are allowed, but must be received beyond the line of scrimmage.
 - c. All players are eligible to receive a pass, including the quarterback if he/she has legally handed the ball off.
 - d. Only one player is allowed in motion at the snap and he/she may not be moving toward the line of scrimmage at the snap.
 - e. A player must have at least one foot in bounds when making a catch.
 - f. Interceptions change possession of the ball at the point of the interception. However, a ball intercepted in the end zone is spotted at the five-yard line.

2. Diving
 - a. A defensive or offensive player may dive to catch a pass.
 - b. Diving is illegal when used to down a player or advance a ball.
 - c. A player cannot dive in an attempt to gain extra yardage.
 - d. The team will be penalized accordingly.
3. Eligible Receiver
 - a. All offensive players are eligible to receive a pass.

SCREEN BLOCKING

1. Legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.
2. The screen blocker shall have his/her arms fully extended to the ground (below the waist) either at his/her side, in front, or behind his/her back. He/she may also cross the arms across the chest.
3. Any use of arms, elbows, or legs to initiate contact during the screen block is illegal.
4. A player must be on his/her feet before, during and after screen blocking.
5. Screen blocking is the only form of legal blocking that can be used by any player at any time.
6. There are two forms of legal blocking:
 - a. **Backfield Blocking:** If any of the provisions listed are violated, and contact results, the screener has committed an illegal block.
 - The screen blocker must give an opponent at least one step if opponent has his/her back to blocker.
 - The screen blocker must not initiate contact with opponent.
 - The screen blocker may not take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing directions.
 - Immediately after the snap of the ball, a blocker may move laterally or backward two steps.
 - b. **Downfield Blocking:** A basketball style (non-moving) screen is the only acceptable form of downfield blocking. The blocker also may not run between a rusher and ball carrier impeding a defender's progress to the flag.

FLAG PULLING

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. It is illegal to pull or strip the ball from the carrier's possession at any time (penalty).
3. If a player's flag belt inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball (penalty).
5. Flag Guarding/Shielding is an attempt by the ball carrier to obstruct the defense's access to the flags by stiff arming, dropping the head or shoulder, or intentionally covering the flags with the football jersey.

FORMATIONS

1. Line of Scrimmage
 - a. A vertical plane through the point of the ball nearest the defensive team's goal line.
 - b. Each player on a team must be on its side of the line of scrimmage when the ball is snapped.
2. Motion
 - a. Only one player of the offensive team may be in motion at the snap.
 - i. This player must be behind the quarterback and not moving toward its goal line at the time the ball is snapped.
 - ii. If the player comes to a stop he/she must be set for one second.
3. Shift
 - a. The action of one or more offensive players who after taking set positions move to a new position prior to the snap.
 - b. A player who shifts must reset for one second prior to the snap.
4. Snap
 - a. The legal act of passing the ball through the Center's legs from the ground to the Quarterback to start a play. Play starts at the initial movement of the ball.

PENALTIES

1. Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game. This includes intentionally committing fouls to gain an advantage and repeatedly committing fouls which halve the distance to the goal line.
2. All penalties are assessed from the line of scrimmage.
3. No penalty may take the ball more than half the distance to the offender's goal line.
4. All penalties are automatically accepted (no option to decline). Exception to this rule is made in the case where the acceptance of the penalty would result in the change of possession, score, or cause an advantage to the offending team.
5. Offense: 10 yards from the line of scrimmage and loss of down
 - Illegal motion (more than one player moving at snap, moving forward at snap)
 - Offside (in neutral zone at snap, false start)
 - Illegal forward/backward pass (pass not completed beyond line of scrimmage; illegal backward pass; QB pass beyond line of scrimmage)
 - Illegal Procedure (quarterback run)
 - Pass Interference (picking or pushing defender)
 - Illegal contact (holding, blocking, bumping, stiff arming)
 - Flag Guarding
 - Delay of Game (failing to snap within 30 seconds of ball placement)
 - Diving to advance the ball or gain an advantage
 - Running the ball in No-Run Zones
 - Too many players on the field

6. Defense: 10 yards from line of scrimmage and automatic first down
 - Offside (in or beyond neutral zone at snap)
 - Pass Interference (any contact with the intended receiver while the pass is in the air)
 - Illegal contact (holding, blocking, bumping; stripping)
 - Illegal flag pull (before receiver has ball)
 - Illegal rushing (rushing Quarterback inside seven-yard line)
 - Too many players on the field
 - Exceptions to this penalty:
 - In the case where there is a Defensive foul and an unsuccessful extra point attempt in the same play, the unsuccessful attempt is negated and the offensive team is given the option to start the play over at either:
 - Half the distance to the goal
 - The original Line of Scrimmage
 - In the case where there is a Defensive foul and a successful extra point attempt, the Official shall decline (or wave off) the penalty and all eligible points are awarded.

All penalties will be called and enforced at the discretion of the officials on the field and can not be protested.

UNSPORTSMANLIKE CONDUCT

1. Sportsmanship/Roughing
 - a. The officials may disqualify, at their discretion, any player who participates in rough or unsportsmanlike play.
 - b. During player possession, it is illegal for a defensive player to strip or pull the ball from the ball carrier at any time.
2. Ball carriers MUST make an effort to avoid defenders with an established position.
3. Defenders are not allowed to run through the ball carrier when pulling flags.

SECTION H – SUPPLEMENT TO THE RULES

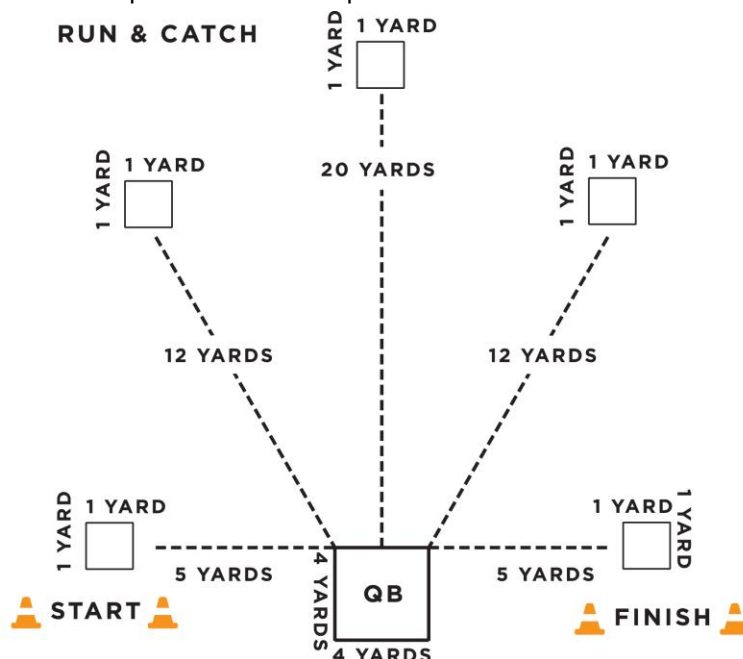
1. **Boundary Lines:** The outer perimeter lines around the field. They include the sidelines and the rear end zone lines. Stepping on the boundary line is considered out of bounds.
2. **Charging:** The movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, chest or forearm.
3. **Dead Ball:** The period of time immediately before or after a play.
4. **Defense:** The team opposing the offense to prevent them from advancing the ball.
5. **Downs (1-2-3-4):** The offensive team has four attempts or “Downs” to advance the ball. They must cross the Line to Gain to get another set of downs or to score.
6. **False Start:** No member of the offensive team may simulate the start of the play before the ball is snapped.
7. **Fumble** Any time an offensive player loses possession of the ball.

- 8. Hand-offs:** Handing the ball off is transferring player possession from one teammate to another without throwing or kicking it. All hand-offs must be to the side of, or behind the player with possession and must take place behind the line of scrimmage.
- 9. Illegal Rush:** **A.** The Rusher leaves the Rush Line before the snap and crosses the Line of Scrimmage before a handoff.
B. Any defensive player not lined up at the Rush Line crosses the Line of Scrimmage before the ball is handed off.
- 10. Lateral:** A backwards or sideways toss of the ball by the ball carrier. (Illegal)
- 11. Line-To-Gain:** The line the offense must pass to get a first down or score.
- 12. Live Ball:** The period of time that the play is in action. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 13. Neutral Zone:** Applied to the Defensive team, it is a seven-yard imaginary zone between the Line of Scrimmage and the Rush Line. All players that rush the quarterback on the snap must be a minimum of seven yards from the line of scrimmage.
- 14. No-Run Zone:** Applied only to the Offensive direction of play, it is a five-yard imaginary zone before the mid-field line and goal line. Any ball snapped from these zones must be passed. The purpose is to avoid short yardage power running situations. Exception to this rule is made for the following instance: Once the Offense crosses the mid-field line, the mid-field No-Run Zone is no longer enforced (such as when an Offensive foul moves the ball back beyond the mid-field line).
- 15. Offense:** The team with possession of the ball.
- 16. Pass Interference** Any contact with the intended receiver while the pass is in the air.
- 17. Passer:** The offensive player that throws the ball and may or may not be the Quarterback.
- 18. Rush Line:** The rush line is a vertical plane seven yards into the defensive side from the Line of Scrimmage.
- 19. Rusher:** The defensive player(s) assigned to rush the Quarterback to prevent him/her from passing by pulling his/her flags or blocking the pass.
- 20. Stopped Clock Format:** During the last two minutes of each half, the clock will stop for the following:
- Incomplete pass – Restart on the snap
 - Out-of-bounds – Restart on the snap
 - Safety – Restart on the snap
 - Team time out – Restart on the snap
 - Penalty – Restart on the snap
 - Official's time out – Restart at Official's discretion
 - Team attempting to conserve time illegally – Restart on the ready
 - Team attempting to consume time illegally – Restart on the snap
 - Inadvertent whistle – Restart on the ready
 - Change of possession – Restart on the snap

Flag Football Individual Skills Assessment Test

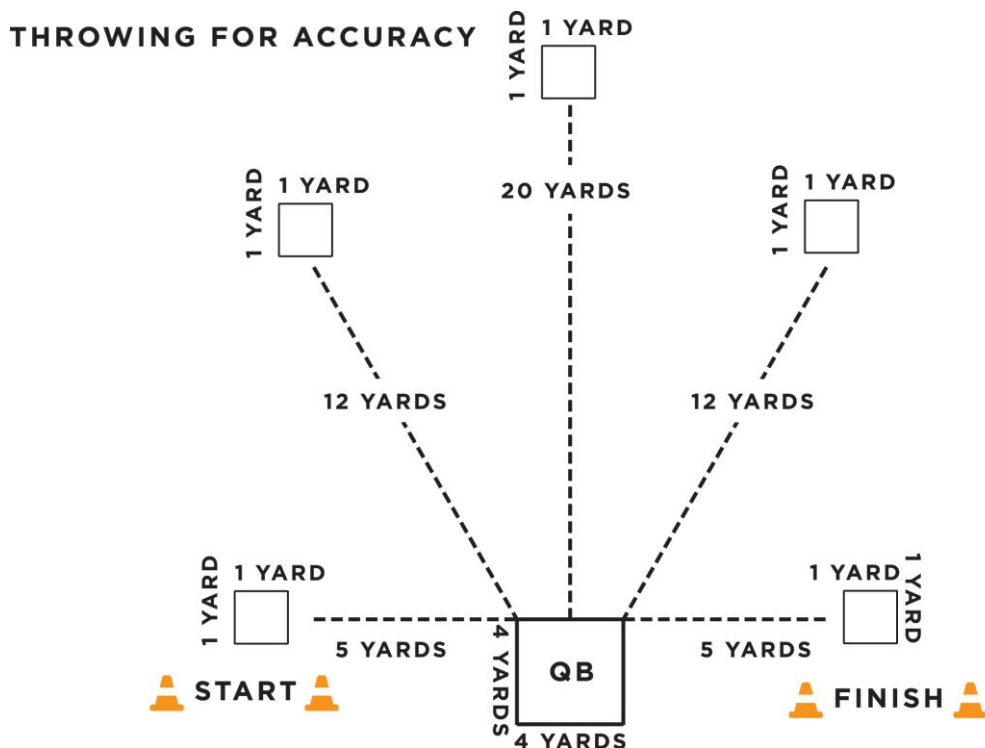
Catching: "Run & Catch"

- Purpose:** To measure athlete's ability to catch a football.
- Equipment:** Five footballs, measuring tape, field paint, 28 cones, or numbered mats to mark catching spots and start/finish lines.
- Description:** A starting line, finish line, quarterback box, and five catching spots should be marked/placed on the field. The catching spots should be marked 1-5 (left to right).
 - The quarterback box should be placed in between the starting and finish line.
 - The quarterback box will be 4 yards X 4 yards.
 - Catching spots are 1 yard X 1 yard.
 - Catching Boxes 1 & 5 will be 5 yards from the quarterback box.
 - Catching Boxes 2 & 4 will be 12 yards from the quarterback box.
 - Catching Box 3 will be 20 yards from the quarterback box.
 - The starting line should be placed on the left side of the quarterback and the finish line should be placed on the right side of the quarterback. Athletes will start to the left of the quarterback and finish on the right side of the quarterback.
 - Each athlete will begin at the starting line. Once the official quarterback gives the signal, the athlete must run to each catching box (in numerical order), stopping to catch a pass at each spot. Once the ball is completely caught, the athlete drops the ball and goes to the next catching box. Once the last ball is caught, the athlete will sprint through the finish line. If a throw from the QB is deemed inaccurate, athletes will receive an additional throw from the same spot.
- Scoring:** Athletes will receive points for completing catches.
 - 2 pts: for a complete catch (clearly caught with both hands)
 - 0 pts: if athlete is unable to catch or touch a well-thrown pass.
 - Athletes can gain a maximum of 10 points in this drill.
 - Officials will be present to confirm point total.



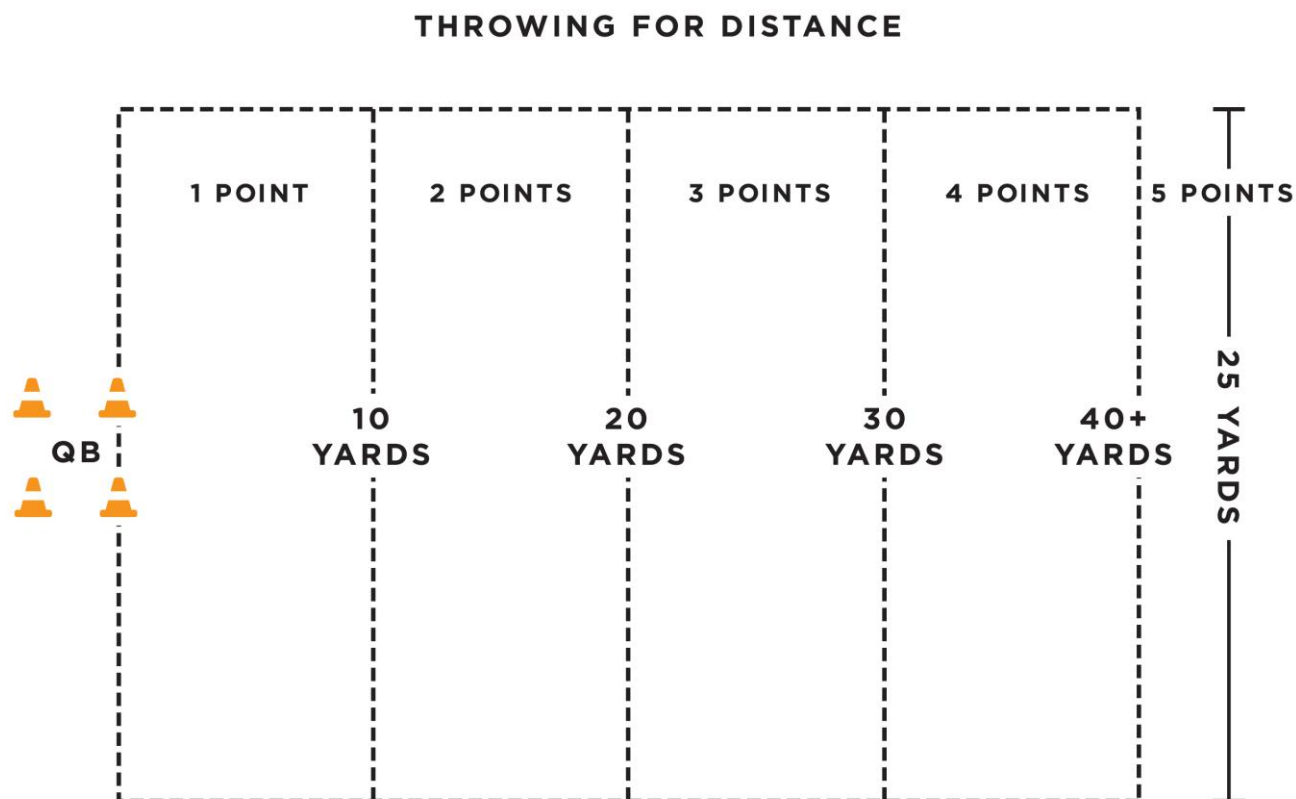
Throwing for Accuracy

- 1. Purpose:** To measure the athlete's ability to throw a football accurately.
- 2. Equipment:** Five footballs, measuring tape, field paint, 28 cones, or numbered mats to mark catching spots and start/finish lines.
- 3. Description:** A starting line, finish line, quarterback box, and five catching boxes should be marked/ placed on the field. The catching boxes should be marked 1-5 (left to right).
 - The quarterback box should be placed in between the starting and finish line.
 - The quarterback box should be placed in between the starting and finish line.
 - The quarterback box will be 4 yards X 4 yards.
 - Catching spots are 1 yard X 1 yard.
 - Catching Boxes 1 & 5 will be 5 yard from the quarterback box.
 - Catching Boxes 2 & 4 will be 12 yards from the quarterback box.
 - Catching Box 3 will be 20 yards from the quarterback box.
 - The starting line should be placed on the left side of the quarterback and the finish line should be placed on the right side of the quarterback.
 - The player being tested stands inside of the quarterback box. Five human targets/volunteers are placed in each catching spot. The athlete must throw to each target (in numerical order), gaining points for completed passes. The receiver must stay in the catching box. Scoring is based on accuracy of the throw not on the volunteer catching the pass.
- 4. Scoring:** Athletes will receive points for completed passes.
 - 2 pts: For an accurate & completed throw.
 - 0 pts: Receiver is unable to catch or touch ball in targeted area. If the ball hits the ground prior to reaching the target, the throw will be recorded as a failed attempt.
 - Athletes can gain a maximum of 10 points in this drill.



Throwing for Distance

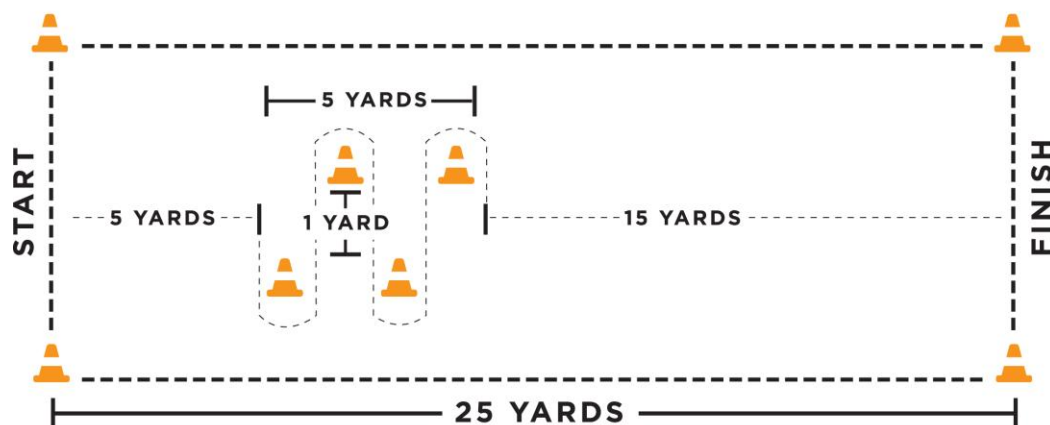
1. **Purpose:** To measure the athlete's ability to throw a football for distance.
2. **Equipment:** Three-five footballs; measuring tape; field paint; four cones
3. **Description:** Athlete gets two attempts to throw football as far as possible. The goal line of a Special Olympics flag football field can be used as the starting line.
4. **Scoring:** Athletes will receive a maximum of five points per throw.
 - 1 pt: 0-10 yards
 - 2 pt: 10-20 yards
 - 3 pt: 20-30 yards
 - 4 pts: 30-40 yards
 - 5 pts: 40+ yards
 - Athletes can gain a maximum of 10 points in this drill.



Agility & Speed: Hand-Off

1. **Purpose:** To measure the athlete's speed, agility and ability to receive a hand-off.
2. **Equipment:** Three footballs, eight cones, field paint, measuring tape, and stop watch
3. **Description:** The ball is marked at the 20-yard line or 20 yards from the goal line. The quarterback will be position 20 yards from the goal line. Athlete begins five yards behind the quarterback and between the cones.
 - The quarterback will give the signal and hand the ball off to the athlete.
 - The clock will start on the quarterbacks signal.
 - The athlete must maneuver around the four cones and sprints to the finish line/end-zone between the cones and must maintain possession of the football.
 - Each cone will be 1.25 yards apart
 - A fumble at the exchange between the QB and the athlete would be a redo.
 - If an athlete losses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 3m lane, the athlete can either pick up the nearest back-up football or recover the errant football to continue the event.
4. **Scoring:** The athlete will receive two attempts. The athlete can receive a max of five points per attempt for a total of 10 points.
 - The athlete will be timed from QB's signal to when he/she crosses the finish line between the cones with possession of the football.
 - One-second will be added for every missed cone.
 - Conversion Chart will indicate score. Athlete can gain a maximum of 10 points.

AGILITY & SPEED HANDOFF

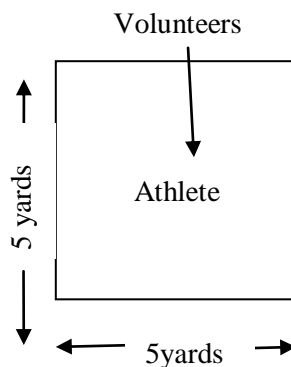


Agility & Speed: Hand-Off Conversion Chart	
Seconds	Points
Under 7.5 seconds	5
7.5-9	4
9.1-10.5	3
10.5-12.0	2
12.1 and over	1

Flag Pulling

1. **Purpose:** To measure the athlete's ability to pull an opponent's flag.
2. **Equipment:** Five footballs, four cones, five volunteers and measuring tape
3. **Description:** The athlete stands in the middle of a 5 X 5 yard grid.
 - Volunteers will one at a time jog through the grid with a football and attached flags. The athlete attempts to pull the volunteers flag before the volunteer leaves the grid. Volunteers will move straight through the box without attempting to elude athlete. Speed of volunteers will increase incrementally until the last volunteer is sprinting through.
 - This is not a timed event. Each additional attempt will not start until the athlete has repositioned themselves at the center of the grid.
4. **Scoring:** The athlete will receive five attempts
 - The athlete will receive two points for successful flag pull.
 - The athlete will receive one point for any unsuccessful flag pull in which either the flag or ball carrier was touched, but the flag did not come off.
 - The athlete will receive zero points for any unsuccessful flag pull in which the flags or ball carrier are not touched at all.
 - Once the jogging volunteer leaves the grids, the athlete must reposition themselves in the center of the grid.
 - Athletes can gain a maximum of 10 points in the drill.

FLAG PULLING



Flag Football Individual Skills Assessment Score Sheet



Special Olympics
Wisconsin

Name _____

Agency _____

Assessment Date _____

Scoring:

- The highest attainable score for each Skill is 10 points.
- Catching: "Run & Catch", Throwing for Accuracy and Flag Pulling will be scored on one attempt each.
- Throwing for Distance and Agility & Speed: Hand-off will be scored on two attempts each. Utilize conversion charts below to determine points for each attempt.
- The FINAL TOTAL is a sum of all total scores.

SKILLS	SCORE	TOTAL
Catching: Run & Catch 2pts for a complete catch	____ / ____ / ____ / ____ / ____	
Throwing for Accuracy 2pts for an accurate & completed throw	____ / ____ / ____ / ____ / ____	
Flag Pulling 2pts for successful flag pull 1pt for any unsuccessful flag pull in which the flags or ball carrier was still touched	____ / ____ / ____ / ____ / ____	
Agility & Speed: Hand-off Use conversion chart below	1st attempt: ____ / ____ / ____ / ____ / ____ 2nd attempt: ____ / ____ / ____ / ____ / ____	
Throwing for Distance Use conversion chart below	____ / ____	
FINAL TOTAL		

CONVERSION CHARTS			
Agility & Speed: Hand-off		Throwing for Distance	
Seconds	Points	Yards	Points
Under 7.5	5	40+ yards	5
7.5-9	4	39-30	4
9.1-10.5	3	29-20	3
10.5-12	2	19-10	2
12.1 and over	1	9-0 yards	1