

FLAG FOOTBALL Individual Skills Scorecard

Athlete's Name: _____

County Program: _____



Event Attempts	Scoring System	Points	Score																								
Catching <i>3 trials</i>	<ul style="list-style-type: none"> 1 point for each cone on route 1 point for getting into box to catch 0 points for a missed attempt at catching 2 points for blocking/touching ball 5 points for catching ball 	<table border="0"> <tr> <td>Cone</td> <td>1</td> <td>2</td> <td>Catch</td> <td>Sub-total</td> <td></td> </tr> <tr> <td>1)</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>___</td> <td>=</td> <td>___</td> </tr> <tr> <td>2)</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>___</td> <td>=</td> <td>___</td> </tr> <tr> <td>3)</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>___</td> <td>=</td> <td>___</td> </tr> </table>	Cone	1	2	Catch	Sub-total		1)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___	2)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___	3)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___	<p><i>Sum of 3 trials</i></p> <p>_____</p> <p>points</p>
Cone	1	2	Catch	Sub-total																							
1)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___																						
2)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___																						
3)	<input type="checkbox"/>	<input type="checkbox"/>	___	=	___																						
Throwing for Accuracy <i>3 trials</i> <i>15 attempts</i>	<ul style="list-style-type: none"> 1 point for target #1 2 points for target #2 3 points for target #3 0 points for a missed attempt 	<table border="0"> <tr> <td>Target #1:</td> <td>Target #2:</td> <td>Target #3:</td> <td></td> </tr> <tr> <td>1) ___</td> <td>1) ___</td> <td>1) ___</td> <td></td> </tr> <tr> <td>2) ___</td> <td>2) ___</td> <td>2) ___</td> <td></td> </tr> <tr> <td>3) ___</td> <td>3) ___</td> <td>3) ___</td> <td></td> </tr> <tr> <td>4) ___</td> <td>4) ___</td> <td>4) ___</td> <td></td> </tr> <tr> <td>5) ___</td> <td>5) ___</td> <td>5) ___</td> <td></td> </tr> </table>	Target #1:	Target #2:	Target #3:		1) ___	1) ___	1) ___		2) ___	2) ___	2) ___		3) ___	3) ___	3) ___		4) ___	4) ___	4) ___		5) ___	5) ___	5) ___		<p><i>Sum of 3 trials (15 attempts):</i></p> <p>_____</p> <p>points</p>
Target #1:	Target #2:	Target #3:																									
1) ___	1) ___	1) ___																									
2) ___	2) ___	2) ___																									
3) ___	3) ___	3) ___																									
4) ___	4) ___	4) ___																									
5) ___	5) ___	5) ___																									
Throwing for Distance <i>5 attempts</i>	<ul style="list-style-type: none"> 1 point for each yard the ball travels in the air from the boundary line 	<p>Attempt #:</p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> <p>4) _____</p> <p>5) _____</p>	<p><i>The best 1 of 5 attempts:</i></p> <p>_____</p> <p>points</p>																								
Flag Pulling <i>2 attempts</i>	<ul style="list-style-type: none"> Time to run 10 yards pull flag and bring flag back to start line <p>Conversion Chart</p> <table border="0"> <tr> <td>10-15 sec = 20 points</td> <td>36-40 sec = 10 points</td> </tr> <tr> <td>16-20 sec = 18 points</td> <td>41-45 sec = 8 points</td> </tr> <tr> <td>21-25 sec = 16 points</td> <td>46-50 sec = 6 points</td> </tr> <tr> <td>26-30 sec = 14 points</td> <td>51-55 sec = 4 points</td> </tr> <tr> <td>31-35 sec = 12 points</td> <td>56 and up = 2 points</td> </tr> </table>	10-15 sec = 20 points	36-40 sec = 10 points	16-20 sec = 18 points	41-45 sec = 8 points	21-25 sec = 16 points	46-50 sec = 6 points	26-30 sec = 14 points	51-55 sec = 4 points	31-35 sec = 12 points	56 and up = 2 points	<p>Attempt #:</p> <table border="0"> <tr> <td><i>Time (sec)</i></td> <td><i>Total Points</i></td> </tr> <tr> <td>1) _____</td> <td>_____</td> </tr> <tr> <td>2) _____</td> <td>_____</td> </tr> </table>	<i>Time (sec)</i>	<i>Total Points</i>	1) _____	_____	2) _____	_____	<p><i>Best of 2 attempts:</i></p> <p>_____</p> <p>points</p>								
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1) _____	_____																										
2) _____	_____																										

NOTE

Do NOT submit this form as the entry form. Use this form for entry score calculation only.

Place the TOTAL SCORE as the entry score.

TOTAL SCORE
