

## FLAG FOOTBALL COMBINE ENTRY FORM

Region \_\_\_\_\_

Team Name \_\_\_\_\_

Head Coach \_\_\_\_\_

Please refer to Coach  
scoresheet and the  
powerpoint for information  
on scoring.

### Summary of Individual Assessment

*Please list player's in alphabetical order*

Athlete Name	Athlete/ Partner	Gender	Date of Birth	40 yard dash	Bench Press	Vertical Jump	Standing Broad Jump	Pro- Agility Drill	Quick Feet	QB - Accuracy	Receiver - Catch, Turn and Run	Running Back - Agility	
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													

Would you like your team entered in the overall team competition?	
YES	NO

# Special Olympics Colorado

## Flag Football Combine Score Sheet – For Coach Use Only

Athlete name: \_\_\_\_\_

### Skill 1 – 40 Yard Dash

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

0 seconds – 10 seconds – 10 points  
10 seconds – 15 seconds – 8 points  
15 seconds – 20 seconds – 6 points  
25 seconds – 30 seconds – 4 points  
30 seconds and over – 2 points

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### Skill 2 – Bench Press/Push-Ups

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

Above 35 push-ups – 10 points  
34 push-ups to 25 push-ups – 8 points  
24 push-ups to 15 push-ups – 6 points  
14 push-ups to 5 push-ups – 4 points  
Less than 4 push-ups – 2 points

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### Skill 3 – Vertical Jump

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

Above 20 inches – 10 points  
19 inches to 15 inches – 8 points  
14 inches to 10 inches – 6 points  
9 inches to 5 inches – 4 points  
Less than 4 inches – 2 points

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### Skill 4 – Standing Broad Jump

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

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- Above 2.0 meters– 10 points
- 1.9 meters to 1.4 meters – 8 points
- 1.4 meters to 1.0 meters – 6 points
- 1.0 meters to 0.5 meters– 4 points
- Less than 0.5 meters – 2 points

### Skill 5 – Pro-Agility Drill

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

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- Less than 7 seconds – 10 points
- 7 seconds to 10 seconds – 8 points
- 11 seconds to 15 seconds – 6 points
- 16 seconds to 20 seconds – 4 points
- Over 20 seconds – 2 points

### Skill 6 – Quick Feet

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

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- Less than 15 seconds – 10 points
- 16 seconds to 20 seconds – 8 points
- 21 seconds to 25 seconds – 6 points
- 26 seconds to 30 seconds – 4 points
- Over 30 seconds – 2 points

**Skill 7 – QB Accuracy**

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

- All 5 passes hit the targets – 10 points
- 4 passes hit the targets – 8 points
- 3 passes hit the targets – 6 points
- 2 passes hit the target – 4 points
- 1 pass hits the target – 2 points

**Skill 8 – Receiver – Catch, Turn and Run**

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

- Less than 5 seconds – 10 points
- 6 seconds to 10 seconds – 8 points
- 11 seconds to 15 seconds – 6 points
- 16 seconds to 20 seconds – 4 points
- Over 20 seconds – 2 points

**Skill 9 – Running Back Agility**

\_\_\_\_\_  
Attempt 1                  Attempt 2                  Attempt 3

\_\_\_\_\_  
Best Score

- Less than 5 seconds – 10 points
- 6 seconds to 10 seconds – 8 points
- 11 seconds to 15 seconds – 6 points
- 16 seconds to 20 seconds – 4 points
- Over 20 seconds – 2 points