

## Quick Cheat Sheet for Flag Football Combine

\*Feel free to use pages 3 – 5 for scoring athletes\*

### Event 1 – 40-yard dash

- Mark a starting line.
- Measure out 40 yards.
- Mark a finish line.
- Have athletes run as fast as they can through the lines.

### Event 2 – Bench Press/Push-Ups

- Have athletes in starting position.
- Count the number of proper push-ups they can complete.

### Event 3 – Vertical Jump

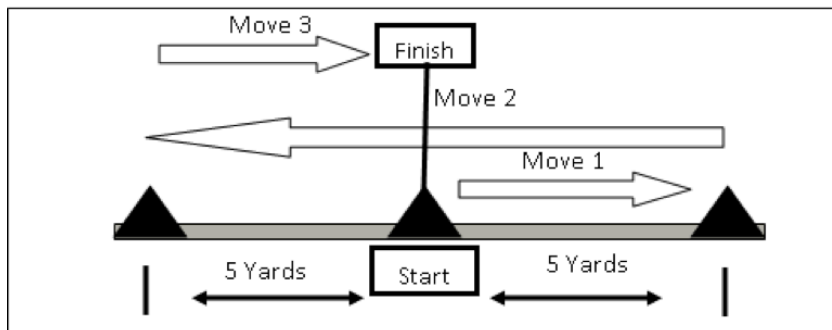
- Athlete will stand next to a wall, with the sticky note in their hand.
- Reaching up, they will place a sticky note on the wall.
- Hand athlete another sticky note and once ready the athlete will get into proper form and jump up as high as they can and smack the sticky note on the wall.
- Measure the distance between the sticky notes for the final score.

### Event 4 – Standing Broad Jump

- The athlete will have to jump from a standing position for distance.
- Mark each attempt and record the greatest distance jumped.

### Event 5 – Pro-Agility Drill

- Set down one cone to be the middle spot.
- Measure 5 yards on each side and place a cone down.
- Start in the center, shuffle/sprint 5 yards, Sprint 10 yards, then sprint to center cone (5 yards) to finish.



### Event 6 – Quick Feet

- Measure out a piece of bubble wrap (1 foot by 1 foot).
- Athlete will start by standing next to the bubble wrap and on GO, will start to pop the bubble wrap with their feet as fast as they can.

- The timer will not stop until there are no longer any bubbles to pop.

Event 7 – QB Accuracy Challenge

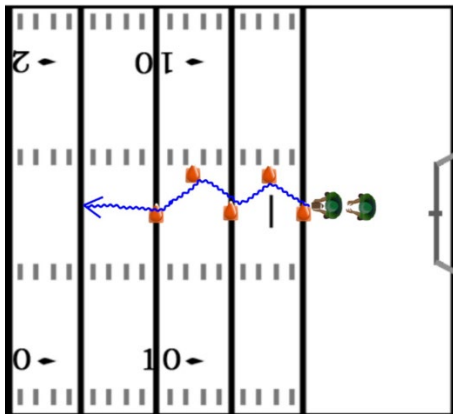
- Mark a starting line/point.
- Place 5 pieces of paper placed 10 yards away from athlete at different angles.
- Athletes will attempt to accurately throw the football to hit each piece of paper.

Event 8 - Receiver – Catch, Turn and Run

- Place a cone 10 yards our diagonally from the starting point.
- Athlete will start out facing the opposite way of the cone.
- The athlete will throw the ball up into the air, once they catch and secure the football they will turn around and run out to a cone (about 10 yards out diagonally), then run up the sideline.
- They will have 3 attempts.

Event 9 – Running Back Agility Drill

- Place 5 Cones (each placed 2.5 yards apart – see diagram).
- Athlete will take a hand off, secure the ball properly and then run diagonally to touch the outside of their cleat to the inside of each cone.



\*Please use pages 3 – 5 of this document to score athletes. These scores can then be transferred to the entry form. No need to submit individual forms.\*

**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