



# Special Olympics Minnesota Flag Football Handbook



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## New in 2018!

- Unified Roster Minimum
- Unified Partner Assistance
- State Competition Color Model
- Eligible Receiver at State Competition

## RULES

### Playing Field and Equipment

- Field – 40 yards x 25 yards (40-45 yard line is considered the back end zone)
- Equipment – mouth guards required, no other pads
- Shoes – no metal or hard spikes allowed. Athletic shoes or plastic spikes.
- Flags – a one-piece, three-flag belt is used for competition (provided at competition)
- Ball Size – intermediate (size 4)
- Uniform - numbers must be displayed on the back of the jersey. No specifications for numbers are required. Jersey must be tucked at all times during competition play.

### Game Time, Points and Roster Size

- Roster Size – **6 minimum**, 16 maximum
- Game Play – 5 vs. 5 (3 athletes, 2 partners on the field at all times). **Teams must register at least 3 Unified partners.**
- Game Length – two, 18 minute running time halves (may adjust time at competition). Stop time the last two minutes of each half. Clock in second half remains running time if a team is ahead by 21 points.
- Stop Time – clock stops on all dead balls. Clock resumes at snap. (see glossary for stop time rules)
- Timeouts – 1 per half, 1 in OT (no carry over) 1 minute max.
- Game Clock – 40 seconds in between downs
- Touchdown – 6 points
- Extra Point - 5 yard line = 1 point, 10 yard line = 2 points (teams choose)
- Safety – 2 points (if a player leaves the back end zone, 40-45 yard line, or has a flag pulled in end zone)
- First Possession – A coin flip determines first possession and teams chooses to receive the ball in the first half or second
- Overtime – A coin flip determines first possession, winner chooses to go first or second.
- Each team receives two plays from the 35 yard line. The team gaining the most yards wins.
- If same yardage is gained or a touchdown is scored by both teams then each team receives one play from the 35 yard line.
- If OT remains tied after both scenarios then teams continue with one play from the 35 yard line until the tie is broken.
- OT Additional Rules
  - Fumble and/or Interception in OT results in loss of play not possession.
  - If a team scores a TD on the first play, they still receive a second play.
  - If a team is safetied on the first play of OT they start their second play from the goal line. Defense is not awarded any points on a safety.

- Penalties – All penalties are 10 yards

## Unified Partners

- Roster – three athletes and two Unified partners must be on the field at all times. **Teams must have a minimum of 3 registered Unified partners on their team.**
- Positions – Unified Partners may play any position on offense or defense.
- Throwing – A Unified Partner cannot pass to another Unified Partner. If ball is tipped by an athlete first then a Unified Partner can catch the ball.
- Rushing – There is no restriction on who can receive a hand-off.
- **Unified Partner Assistance - teams are not allowed to have an additional “non-playing” partner on the field to assist an athlete. This will be penalized as too many players on the field.**

## Offense

- Possessions – All possessions, except interceptions, start from the 35 yard line.
- Interceptions- cannot be returned, teams start from spot of INT (reverse field).
- Downs – Four downs to pass mid-field, if a team reaches mid-field they will have four downs to reach the end zone.
- Start of Play – The ball has to be snapped by an offensive player on the line of scrimmage.
- No minimum number of players required on the line of scrimmage during the snap. The offensive player can snap either between the legs or sideways and are allowed to straddle the football when snapping from the side.
- Dead Ball Snap - if the ball is snapped and not caught then the play is dead and it is a loss of down. Next possession starts from the spot the ball was snapped.
- QB Running – QB cannot run with the ball across the line of scrimmage when being rushed.
- QB must be stationary to receive the snap
- No Running Zone – A player cannot run the ball 5 yards before midfield and 5 yards before the end zone.
- Flea Flicker - are allowed. Has to be an overhand, backwards, behind the line of scrimmage pass. Pass still cannot be Unified Partner to Unified Partner. QB is eligible as wide receiver.
- Only direct hand-offs behind the line of scrimmage are legal.
- No Pitches or Laterals –hand-offs only and no pitches during course of play
- Any player who receives the snap will be considered the QB
- Blocking – Only screen blocks allowed, hands must be kept on the side of the body.

## Additional Blocking and Down-field Blocking Rules

- 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.
- After a screen blocker has taken his/her legal screening position, the blocker may move laterally or backward to maintain the block.
- Flag Guarding – No diving, spinning, shielding, or blocking the flag from the defense.
- Flag Falls Off - play stops whenever the player with the ball has their flag off. This includes if the flag falls off without being pulled.
- Intentional Knee Down - intentionally kneeling the ball is allowed. Play is dead, clock runs.
- Player Falls Down - player will be called down once their knee or elbow touches the ground (MN State High School rule applied). A defensive player does NOT need to pull their flag once down to solidify the end of play.
- If offense runs play action defense has the right to cross the line of scrimmage. QB is still not allowed to run. Referees discretion.

## Defense

- Rushing the Quarterback
  - All players who rush the quarterback must be a minimum of 7-yards from the line of scrimmage when the ball is snapped.
  - A special marker, placed by the official, will designate the spot 7-yards from the line of scrimmage when the ball is snapped.
  - Players not rushing the quarterback may defend the line of scrimmage.
  - Once the quarterback hands off the ball, the 7-yard zone no longer exists, and all defenders are eligible to rush.
- Rushing a handoff - once the hand-off takes place anyone can cross the line of scrimmage; the 7-yard zone no longer exists, and all defenders are eligible to rush.
- Rushing a play action- The 7 yard zone no longer applies. Defense will be allowed to rush the play after the snap.
- Possession Change – If a team is stopped on downs, new offense starts from the 35 yard line.
- Interceptions – cannot be returned, teams start from spot of INT (reverse field).
- Fumbles – no fumbles, if the ball is fumbled the play is ruled dead and returned to the offensive team (if fumbled on 4th down then the new offense takes over at 35 yard line)

## PENALTIES

### Redzone Penalties

No penalty may take the ball more than half the distance to the offender's goal line.

### Declining Penalties

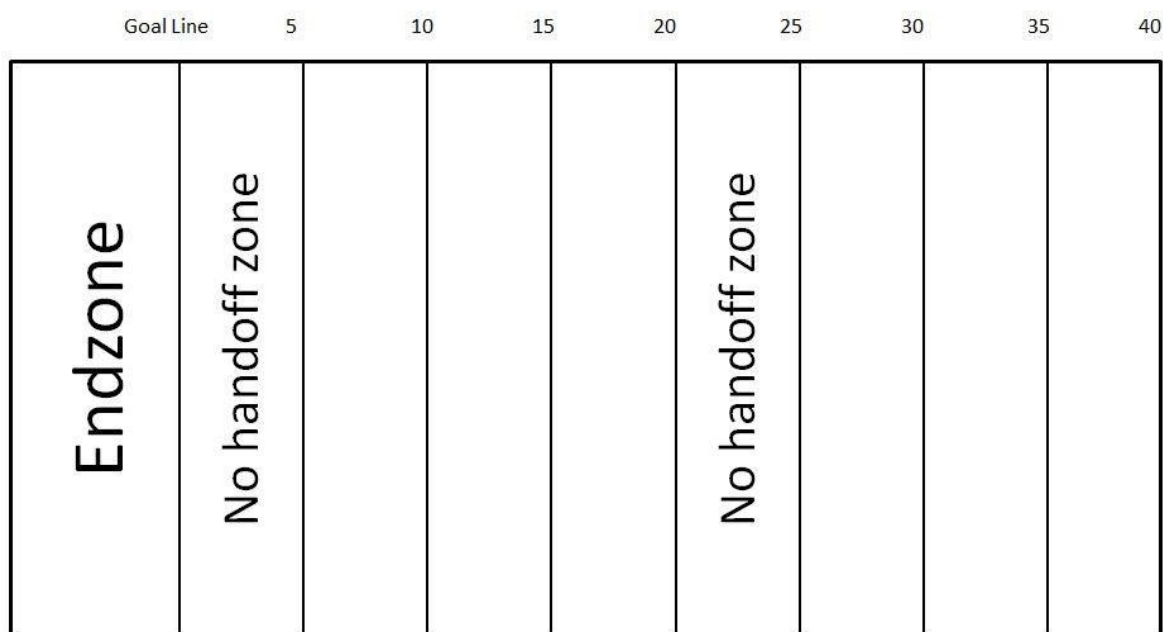
All penalties are automatically accepted (no declination).

### Offense

- Ten yards from the line of scrimmage and loss of down when offensive penalties occur.
- Illegal Motion - more than one player moving at the snap and/or moving forward at snap
- Sportsmanship/Roughing – at official's discretion (aka 'unsportsmanlike conduct')
- Offside - in neutral zone at snap, false start
- Illegal forward pass – Unified Partner to Unified Partner
- Illegal running play - inside No Handoff Zone
- Pass Interference - pushing or "picking" a defender
- Illegal Contact - holding, blocking, bumping, bull-rushing – running through someone
- Flag Guarding - diving, spinning, warding off
- Delay of Game - failing to snap within 40 seconds of play clock

## FIELD LAYOUT

The only possession that does not start from the 35 yard line is an interception (INT). The team that intercepts the ball will still go the one direction but they will start from the point of INT (ex: ball intercepted the 30 yard line the team will start at the 10 yard line).



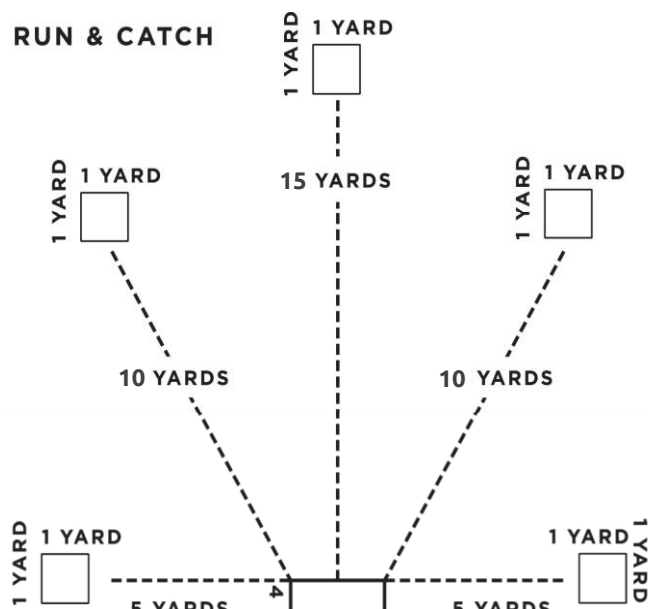
*All possessions go one direction towards the endzone. New possessions start from the 35 yard line.*



## INDIVIDUAL SKILLS

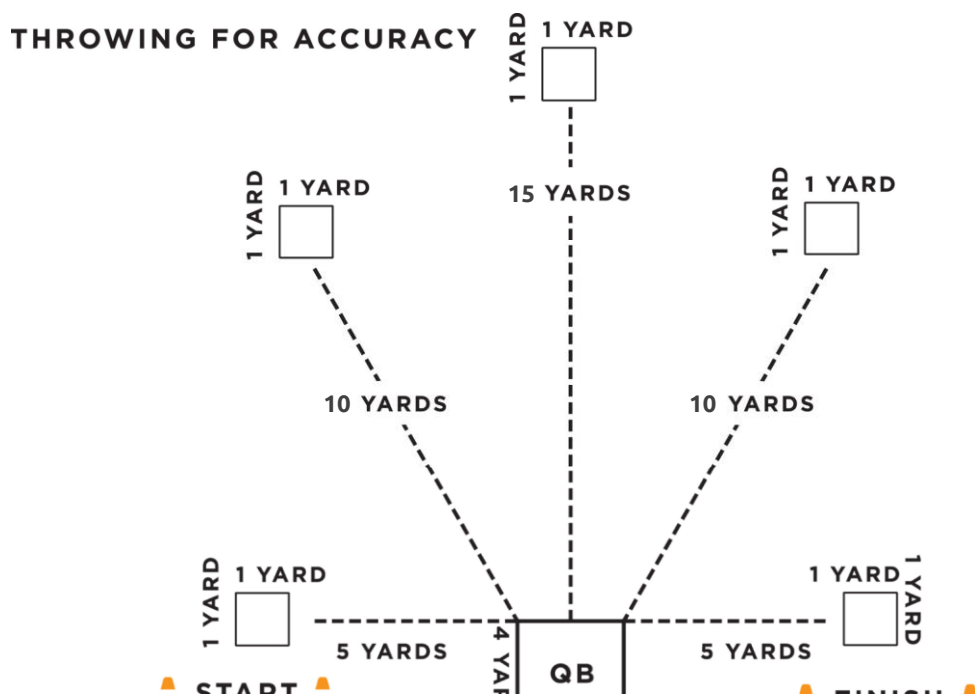
### Catching: "Run & Catch"

1. Purpose: To measure athlete's ability to catch a football.
2. Equipment: 5 footballs, measuring tape, field paint, cones, or numbered mats to mark catching spots and start/finish lines.
3. Description: A starting line, finish line, quarterback box, and 5 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 10 yards from the quarterback box.
  - Catching Box 3 will be 15 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 caught, the athlete drops the ball and goes to the next catching box. Once the last ball is caught, the athlete will proceed through the finish line.
  - If a throw from the QB is deemed inaccurate, athletes will receive an additional throw from the same spot.
4. 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

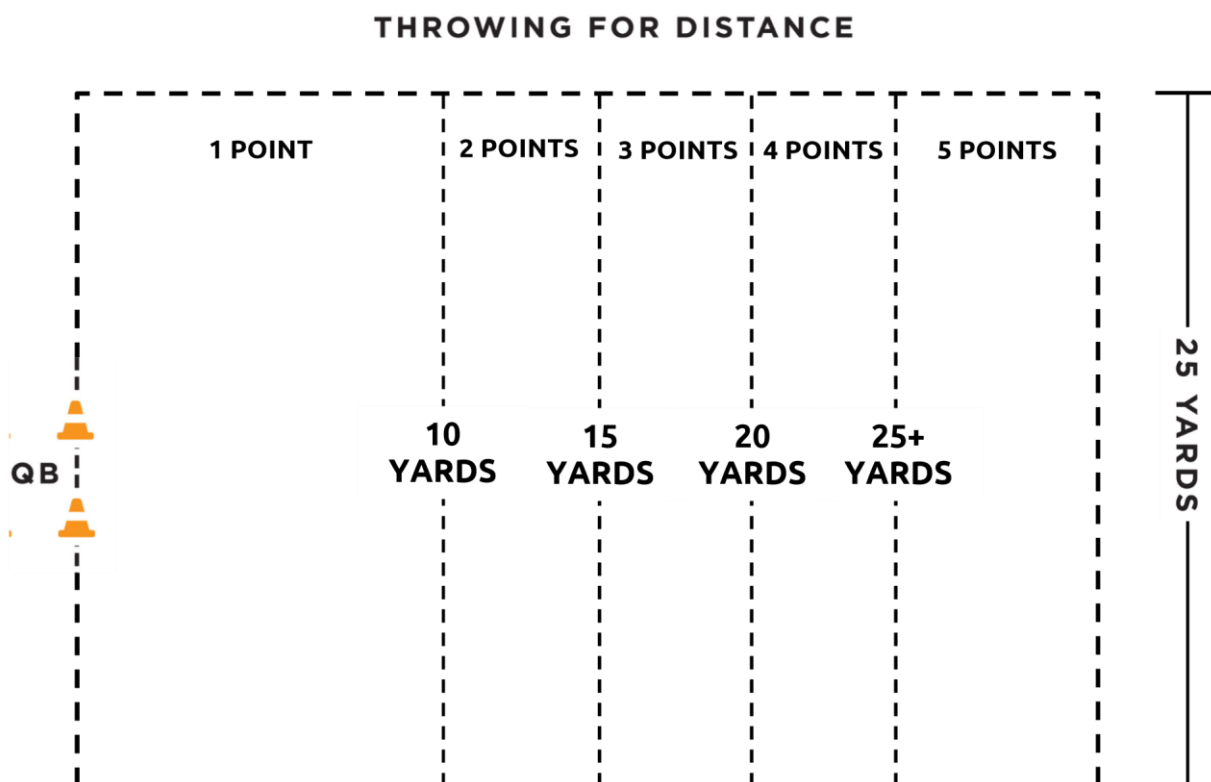
1. Purpose: To measure the athlete's ability to throw a football accurately.
2. Equipment: 5 footballs, measuring tape, field paint, cones, or numbered mats to mark catching spots and start/finish lines.
3. Description: A starting line, finish line, quarterback box, and 5 catching boxes should be marked/ 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 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 10 yards from the quarterback box.
  - Catching Box 3 will be 15 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 throw must be overhand as the rules of flag football state. 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

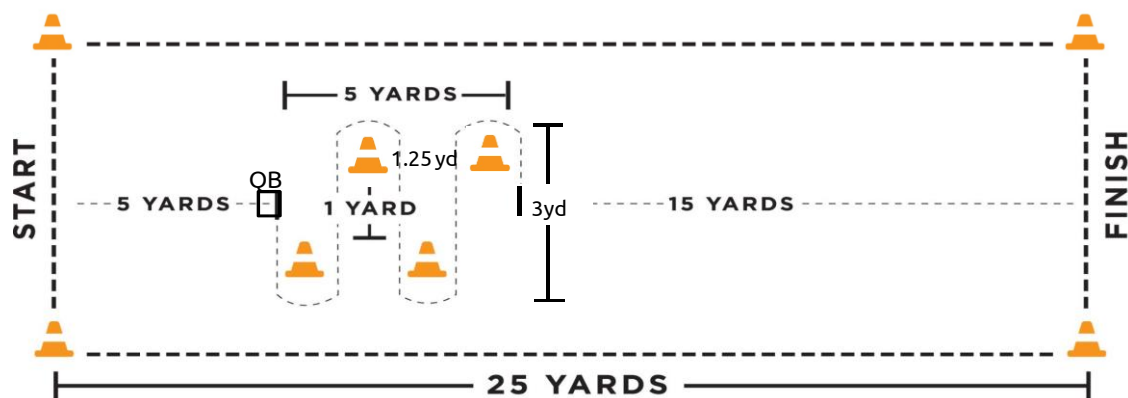
1. Purpose: To measure the athlete's ability to throw a football for distance.
2. Equipment: 3-5 footballs; measuring tape; field paint; cones
3. Description: Athlete gets two attempts to throw football as far as possible. The goal line of a Special Olympics flag football field can be used as the starting line.
4. Scoring: Athletes will receive a maximum of 5 points per throw.
  - 1 pt: 0-10 yards
  - 2 pt: 10-15 yards
  - 3 pt: 15-20 yards
  - 4 pts: 20-25 yards
  - 5 pts: 25+ yards
  - Athletes can gain a maximum of 10 points in this drill.



## Agility &amp; Speed: Hand-Off

1. Purpose: To measure the athlete's speed, agility and ability to receive a hand-off.
2. Equipment: 3 footballs, eight cones, field paint, measuring tape, and stop watch
3. Description: The ball is marked 20 yards from the goal line. The quarterback will be positioned 20 yards from the goal line. Athlete begins 25 yards from the goal line (5 yards behind the quarterback) and between the cones.
  - The quarterback will say "hike" and hand the ball off to the athlete.
  - The clock will start on the quarterback's hand off to the athlete.
  - The athlete must maneuver around the four cones and sprints to the goal line 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 loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 3yd lane (width of the cones), 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 5 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: 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

**AGILITY & SPEED HANDOFF**

## GLOSSARY AND SUPPLEMENT TO THE RULES

- Delay of the Game: 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 the game. This includes:
  - Interrupting the 40-second count for any reason except for a granted time-out.
  - Consuming more than 40 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.
  - Deliberately advancing the ball after it has been declared dead.
- Diving: a defensive or offensive player may dive to catch a pass, however, diving is illegal when used to down a player or advance a ball. A player cannot dive in an attempt to gain extra yardage. The team will be penalized accordingly.
- Eligible Receiver: (at state) all offensive players are eligible to receive a pass (green color model), except in Unified Sports divisions where Unified Partners are ineligible when Unified Partners are throwing the pass (yellow and red color model). Unified Sports teams are expected to comply with this rule without intervention by officials. Failure to "self-patrol" will be considered unsportsmanlike, and will be penalized accordingly.
- False Start: no member of the offensive team may simulate the start of the play before the ball is snapped.
- Handing the Ball: handing the ball is transferring player possession from one teammate to another without throwing or kicking it. A ball carrier may hand the ball backward at any time. No forward hand-offs are allowed (Illegal pass).
- Hurdling: 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. (Note: Jumping over a player who is on the ground to avoid injury, by official's judgment, is legal.)
- Inadvertent Whistle: 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 choose to re-play the down.
- Line of Scrimmage: the line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line. Each player on a team must be on its side of the line of scrimmage when the ball is snapped.
- Motion: only one player of the offensive team may be in motion at the snap. This player must be behind the quarterback and not moving toward its goal line at the time the ball is snapped. If the player comes to a stop he/she must be set for one second.
- Screen Blocking: legally obstructing an opponent without contacting him/her with any part of the screen blocker's body. 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. Any use of arms, elbows, or legs to initiate contact during the screen block is illegal.
  - A player must be on his/her feet before, during and after screen blocking. Screen blocking is the only form of legal blocking that can be used by any player at any time.

- 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.
- After a screen blocker has taken his/her legal screening position, the blocker may move laterally or backward to maintain the block.

Note: If any of the above provisions are violated, and contact results, the screener has committed an illegal block.

- Shielding (Flag Guarding): runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponent to pull or remove their flag belt. This includes:
  - Swinging the hand or arm over the flag belt
  - Placing the ball in possession over the flag belt
  - Lowering the shoulders or arm over the flag belt
- Shift: a shift is the action of one or more offensive players who after taking set positions move to a new position prior to the snap. A player who shifts must reset for one second prior to the snap.
- Snap: a snap is the legal act of passing the ball through the legs from the ground to the quarterback to start a play.
- Substitution: any player on the roster may enter upon the completion of a play (when the ball is dead). Every roster player must play in every game.
- Dead ball- the play is marked dead (clock stopped during stop time) when:
  - A player with the ball runs out of bounds
  - A player is marked down, either by flag removal, taking a knee, falling, or flag falls off inadvertently.
  - Incomplete pass
  - Fumble

## 2018 Competition Details

### Area Competitions

Area	Date	Location	City	Registration Deadline	Program Manager
Area 3	Sept. 30	Portage Park	Cohasset	Sept. 15	dani.druse@somn.org
Area 9/10	Oct. 7	Gustavus Adolphus College	St. Peter	Sept. 24	zak.armstrong@somn.org
Area 7/11	Sept. 30	West St. Paul Sports Dome	Saint Paul	Sept. 9	emily.garness@somn.org
Area 12/13	Sept. 29	West St. Paul Sports Dome	Saint Paul	Sept. 9	sarah.richardson@somn.org

### State Flag Football

Date	Location	City	Quota Deadline	Registration Deadline
Oct. 26-28	HealthEast Sports Center	Woodbury	Sept. 28	Oct. 7

### Event Information

- Teams are guaranteed 3 games
- Awards presented as teams finish
- Individual skills and Unified skills are offered
- Concessions provided on site at state
- Unified Team Sports ratios are the same as traditional team sports, teams still need one non-playing Level II coach on the bench at all times.

### Sportsmanship

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

## Competitive Effort

Put forth maximum effort during each event. Practice the skills with the same intensity as you would perform them in competition.

Always finish a match/event: Never quit.

## Fair Play at All Times

Always comply with the rules. Demonstrate sportsmanship and fair play at all times. Respect the decision of the officials at all times.

## DIVISIONING TEAM SPORTS

The divisioning process for team sports is much different, and much harder, than individual sports. Unlike most individual sports, team sports do not have concrete distances or times that can be used, although we do have teams submit assessment scores for individual players. Once a game starts, however, the information contained in the assessments often takes a back seat to the dynamics at play minute-by-minute, play-by-play on the court or field.

The challenge with divisioning team sports is that there are many factors that affect how a team performs on any given day — missing players, illness, penalties, behavior, coaching, who's hot and who's not, individual match ups, etc. With divisioning in team sports, much more emphasis is put on game results, common opponents, coach rankings and coach notes. There is not a perfect science to ensure that all divisions will have close games, which is why we have developed a process for team sports that includes divisioning committees. The divisioning committees allow for more coach involvement, better team evaluation and improved divisioning. We recognize there may be some games during a competition that are not competitive, but we hope that the team sports divisioning process creates the most equal divisions possible.

## State Flag Football Divisioning

The divisioning process is as follows:

List previous scrimmages and/or games against other teams and delegations.

Include the ages of athletes and Unified Partners.

List the previous experience that the athletes and Unified Partners have in football.

Note whether or not the Flag Football team plays together in other team sports and if they do what division they typically compete in (for example, in basketball we are the Gold team and we are usually in division B).

- o Complete the Flag Football skills assessment for each athlete. This score is submitted during online registration and is similar to the assessment that is done for all team sports.

Teams will also indicate which specific color model their team fits into. These models are meant to offer different types of sport experiences and levels. With the increase in participants we have seen a wide variety of approaches to what Unified means to each individual and team. To some Unified Sports is a chance to play sports at high level and showcase the equal abilities between athletes and partners. To others Unified Sports is a place to play alongside an athlete or partner with a different skill level and to coach and mentor while participating in the same game.

### Green: no restriction

Unified partners and athletes both play at a high level. Teams picking the green category will be placed in the highest division, and must be approved by the state office when choosing this category. The quarterback can throw to anyone regardless of being a Unified partner or an athlete.

### Yellow: competitive experience

Unified partner to Unified partner passes are illegal--Unified partner dominance will be monitored. The yellow category is for teams where skill levels can vary but teams are still looking to have a competitive experience. Unified partners generally are at a higher or similar skill level to athletes.

### Red: player development

Unified partner to Unified partner passes are illegal--Unified partner dominance will be monitored. Unified partners are at a higher skill level and serve as mentors on the field for athletes. The red category is typically lower skill-levels or athletes/Unified partners who are still learning the game. This category is more for teams looking for the team experience and not as much winning and losing.

**\*\*Teams may be moved to make appropriate divisions\*\***

A divisioning committee consisting of head coaches and Special Olympics Minnesota staff will make final placements for the state competition. If you're interested, contact Devin Kaasa at [devin.kaasa@somn.org](mailto:devin.kaasa@somn.org).



# Flag Football Individual Skills

	Division <span style="font-size: 2em; font-weight: bold; margin-left: 10px;">1</span>
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## Run & Catch

An athlete will attempt to catch a pass from 5 designated spots marked on the field. Two points are awarded for each catch that is made, add all five scores for a total score. If the QB has an accurate throw that is not catchable, they must rethrow.

	+		+		+		+			Subtotal
--	---	--	---	--	---	--	---	--	--	----------

## Throwing for Accuracy

An athlete will attempt to throw the ball to five designated spots marked on the field. Two points are awarded for each accurate throw, add all five scores for a total score. Scoring is based on the accuracy not the receiver catching the ball.

	+		+		+		+			Subtotal
--	---	--	---	--	---	--	---	--	--	----------

## Throwing for Distance

An athlete will have two attempts to throw the ball as far as possible. Scoring is based on the distance they throw, add two throws together for final score.

<i>Distances</i>	<i>Points</i>
0-10 yds	1
10-15 yds	2
15-20 yds	3
20-25 yds	4
25+ yds	5

<i>Throw 1</i>	+	<i>Throw 2</i>	
			Subtotal

## Agility & Speed: Hand-off

An athlete will have two attempts to take the handoff, maneuver through cones and run to the endzone. Scoring is based on the time it takes to complete the run, add two times together for final score.

<i>Seconds</i>	<i>Points</i>
under 7.5	1
7.5-9	2
9.1-10.5	3
10.5-12	4
over 12	5

<i>Trial 1</i>	+	<i>Trial 2</i>	
			Subtotal

## Final Score

A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Competition.

Total
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**UNIFIED FLAG FOOTBALL**  
**Registration**  
(please fill out one registration form for each team)

**Delegation:**

**Team Name:**

Last Name:	First Name:	Date of Birth	Athlete or Partner	Defense*	Rushing*	Game Awareness*	Throwing*	Catching*	Total
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0
									0

\*Please refer to information on next page for skill levels for each assessment area.
 Total score for all athletes
 0

\*Please refer to information on next page for skill levels for each assessment area.

The minimum roster size is 5, maximum roster size is 16.

Calculation based on all athletes and partners.

If calculation does not work, please make note on this page in "Comments" and it will be fixed.

Total score for all athletes	0
------------------------------	---

Please Fill in # of Players ---&gt;

Average amongst all players

(will automatically be calculated)

**Comments:**

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### **Player Evaluation descriptions of each skill**

<p><b>A. Defense</b> (one choice – should be the most representative of the athlete's skill level)</p> <p>The athlete is unable to follow the opposing player he/she is guarding (1)</p> <p>The athlete knows where to go on defense or who to guard but is limited in stopping an opposing player (2)</p> <p>The athlete pulls the flag from the offensive player if he/she is near them (3)</p> <p>The athlete runs after the offensive player to grab the flag on most plays (4)</p> <p>The athlete frequently stops the offensive player or will defend/intercept a pass (5)</p>
<p><b>B. Rushing</b> (one choice – should be the most representative of the athlete's skill level)</p> <p>The athlete needs direction on when and where to run (1)</p> <p>The athlete knows where to run but doesn't avoid the defense (2)</p> <p>The athlete avoids the defense occasionally (3)</p> <p>The athlete avoids the defense frequently (4)</p> <p>The athlete gains significant yardage on a majority of the handoffs he/she receives (5)</p>
<p><b>C. Game Awareness</b> (one choice – should be the most representative of the athlete's skill level)</p> <p>The athlete needs frequent coaching on what to do on both offense and defense (1)</p> <p>The athlete exhibits an understanding of the basic game situations (2)</p> <p>The athlete has a fair knowledge of offensive and defensive plays but still requires coaching (3)</p> <p>The athlete has a clear understanding of offensive and defensive plays (requires little coaching) (4)</p> <p>The athlete has a clear understanding of not only their role in the game, but of their teammates' roles as well and is able to use that knowledge to direct play on the field. (5)</p>
<p><b>D. Throwing</b> (one choice – should be the most representative of the athlete's skill level)</p> <p>The athlete has difficulty throwing the ball (1)</p> <p>The athlete can throw 5-10 yards (2)</p> <p>The athlete can throw 10-20 yards with limited accuracy (3)</p> <p>The athlete can throw 10-20 yards with accuracy (4)</p> <p>The athlete can throw 20+ yards with limited accuracy (5)</p> <p>The athlete can throw 20+ yards with accuracy (6)</p>
<p><b>E. Catching</b> (one choice – should be the most representative of the athlete's skill level)</p> <p>The athlete has difficulty catching most thrown balls (1)</p> <p>The athlete is able to catch balls thrown directly to him/her (2)</p> <p>The athlete is able to catch some balls not thrown directly on target (3)</p> <p>The athlete is able to regularly catch balls thrown off target (4)</p>

# UNIFIED FLAG FOOTBALL

## Team Information Page

(please fill out by team)

**Delegation:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

1. Competitions or scrimmages: Please list results for any games or scrimmages against another team.

Opponent*	Date	Score	Winner of Game Our team/Opponent	Our Team Stronger/Equal/Weaker than opponent

2. If you brought this team to state last year, is your team (please underline or bold) :

Stronger      Equal      Weaker      New Team

3. If this team came to last year's competition, what was their name last year (i.e. Wild Angels **Silver**)?

4. Are you missing any key players? If so, please explain:

5. Do any athletes or Unified Partners have football experience? Please explain how many and at what level.

6. Any additional team information about your team's ability level.

7. If your delegation is bringing more than one team to the tournament, please rank your teams in order of their strength and indicate which division (1 - 5 with 1 being the strongest division) you feel they should play:

**Flag Football Teams**

**Division**

_____	_____
_____	_____
_____	_____
_____	_____

8. If this team competed in last year's Special Olympics Minnesota State Unified Flag Football Tournament, do you feel they were divisioned appropriately?

(Please underline or bold)

Yes

No

If No, should they have been higher or lower?

(Please underline or bold)

Higher

Lower

**Information Submitted by:**

**Head Coach**

**Date**