



Flag Football Individual Skills Score Sheet

Event: _____ Athlete's Name: _____

Delegation: _____ Official Score Keeper _____

The highest score attained will be used as the final score for Run & Catch, Throwing for Accuracy, and Flag Pulling. Utilize conversion charts for Throwing for Distance and Hand-off. The final score for Throwing for Distance and Hand-off will be a total of both attempts. The FINAL TOTAL is a sum of all total scores.

SKILLS	1 st Attempt	2 nd Attempt	3 rd Attempt	4 th Attempt	5 th Attempt	TOTAL
Run & Catch						
Throwing for Accuracy						
Flag Pulling						

SKILLS	1 st Attempt	2 nd Attempt	Total
Agility & Speed: Hand-off			
Throwing for Distance			
FINAL TOTAL			

Agility & Speed: Hand-Off Conversion Chart	
Seconds	Points
Under 7.5	5
7.5-9	4
9.1-10.5	3
10.5-12	2
12.1 and over	1

Throwing for Distance Conversion Chart	
Yards	Points
40+ yards	5
39-30	4
29-20	3
19-10	2
9-0 yards	1