



Flag Football - Punt

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Football

(If you don't have a regular football, you can use a smaller one or a nerf football)



Measuring Tape

If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter (3 Feet)



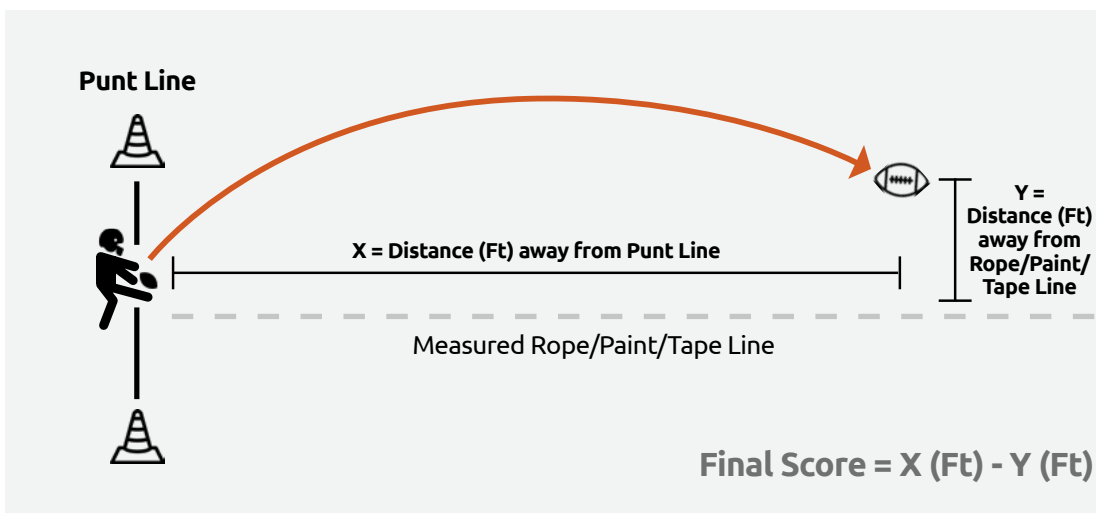
Rope, Existing Paint Line, or Tape

RULES

- 1 Place cones or object to mark a punt line and punt behind
- 2 Using a rope, measuring tape, or existing paint line, create a line in the direction the ball will be kicked
- 3 You have 5 consecutive attempts to punt the ball as far as you can (If you miss the ball, this does not count as an attempt)
- 4 Record the best of 5 attempts on your score card (Score is the number of feet from the punt line where the ball first touches the ground, minus how far away from the rope (paint/tape) it lands)

How far can you Punt the football?

SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames

Flag Football Event Overview

INDIVIDUAL SKILLS EVENT

Special
Olympics
Washington





Flag Football - Pass

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Football

(If you don't have a regular football, you can use a smaller one or a nerf football)



Measuring Tape

If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter (3 Feet)



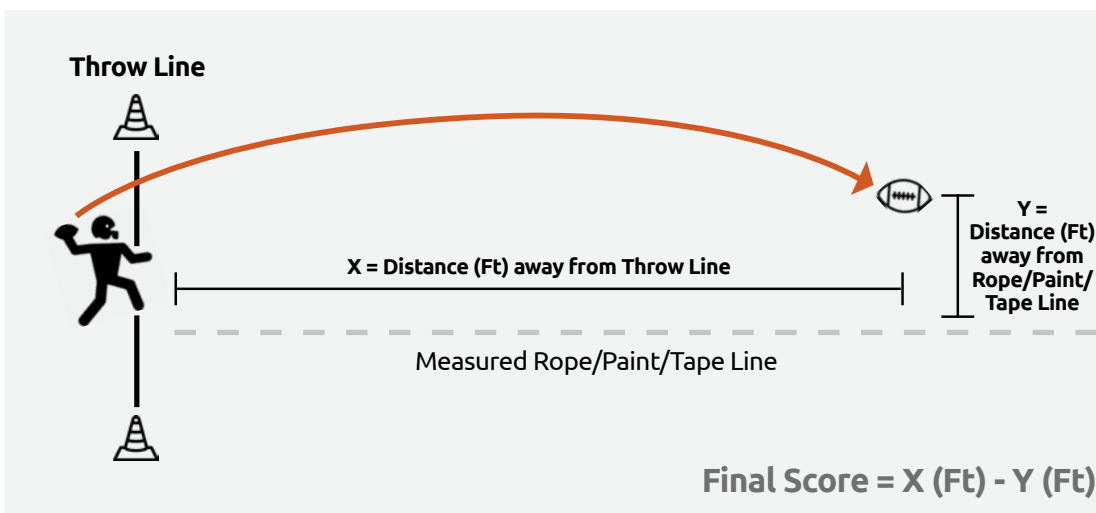
Rope, Existing Paint Line, or Tape

RULES

- 1 Place cones or object to mark a throw line and throw behind
- 2 Using a rope, measuring tape, or existing paint line, create a line in the direction the ball will be thrown
- 3 You have 5 consecutive attempts to throw the ball as far as you can
- 4 Record the best of 5 attempts on your scorecard (Score is the number of feet from the throw line where the ball first touches the ground, minus how far away from the rope (paint/tape) it lands)

How far can you throw the football?

SETUP



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Flag Football Event Overview

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Special
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Flag Football - Kick

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Football

(If you don't have a regular football, you can use a smaller one or a nerf football)



Measuring Tape

If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter (3 Feet)



Rope, Existing Paint Line, or Tape



Kicking Tee

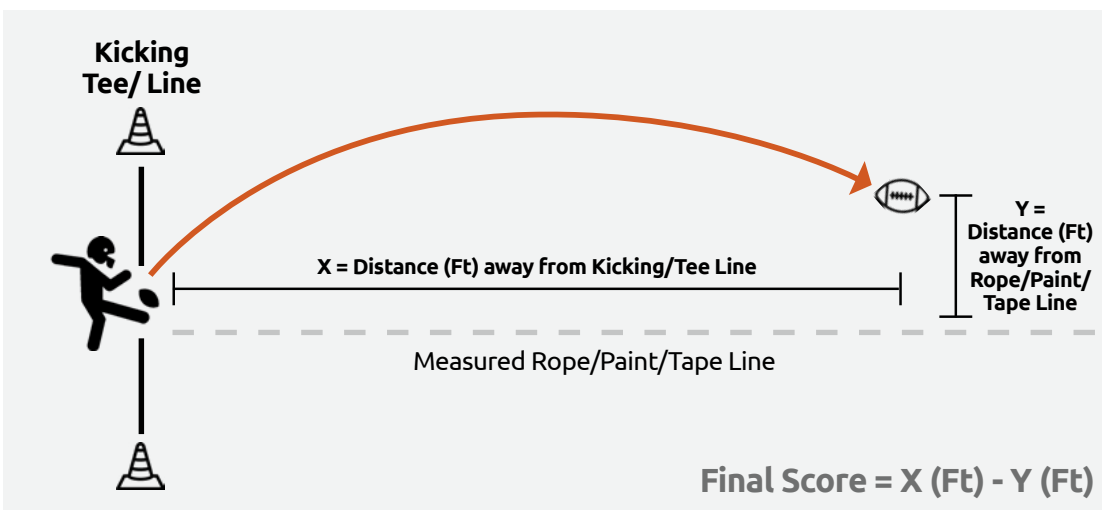
(You can also use cones or have someone hold the football, etc.)

RULES

- 1 Place cones or object to mark a kicking line and kick behind
- 2 Using a rope, measuring tape, or existing paint line, create a line in the direction the ball will be kicked
- 3 You have 5 consecutive attempts to kick the ball as far as you can (If you miss the ball, this does not count as an attempt)
- 4 Record the best of 5 attempts on your scorecard (Score is the number of feet from the kicking line where the ball first touches the ground, minus how far away from the rope (paint/tape) it lands)

How far can you kick the football?

SETUP



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