



SPECIAL OLYMPICS
Summer Series
VIRGINIA 2021

FLAG FOOTBALL ADVANCED SKILLS

Operations Manual

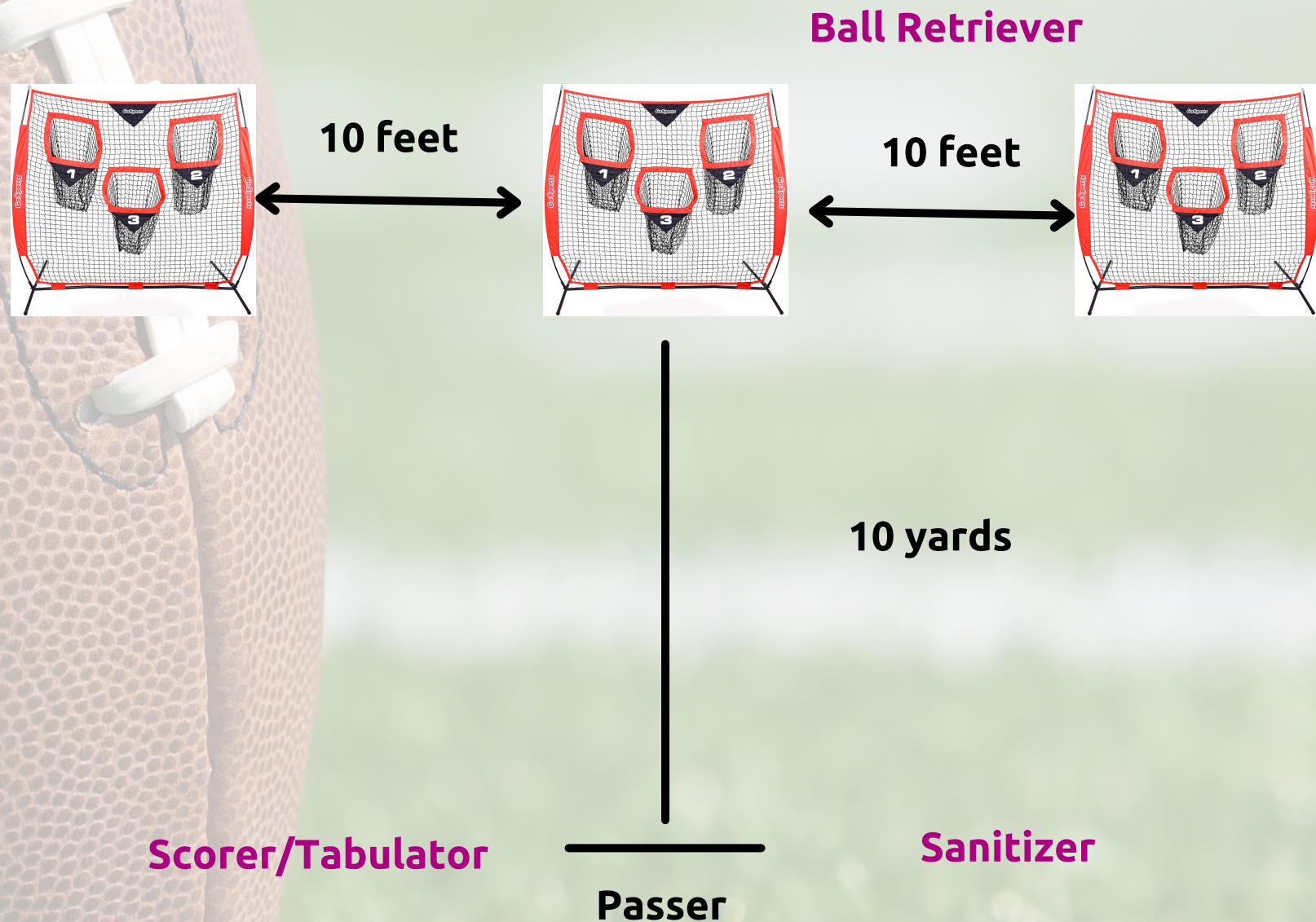
Volunteer Role Assignment	Volunteers Needed Min/Max	Volunteer Role Description
COVID-19 screeners	3	<ul style="list-style-type: none"> - Ensure all athletes & volunteers complete waiver. - Conduct pre-participation screening questionnaire. Temperature check.
Registration	2	<ul style="list-style-type: none"> - Check in teams as they arrive. - Make sure Competition Director has all scratches and alternates - Direct athletes to appropriate event stations - Give the individual athlete scorecard to escort.
Staging/Escorts	4	<ul style="list-style-type: none"> -Escort athletes from registration to staging area. -Give scorecard to staging volunteers. - Escort athlete and scorecard to appropriate event station.
Ball Retrievers	5	<ul style="list-style-type: none"> - Collect and retrieve footballs in-between each athlete competing. - Bring footballs to sanitizer and assist as needed.
Football Sanitizers	5	<ul style="list-style-type: none"> - Collect and clean footballs in-between each athlete competing.
Scorer/Tabulator	7	<ul style="list-style-type: none"> - call up each athlete to compete - Record the score/time for each competitor to their individual scorecard. - Give each completed athlete scorecard to the next event station.
Timers	3	<ul style="list-style-type: none"> - Monitor the time of each athlete and report them to the scorer/tabulator.
Results	2	<ul style="list-style-type: none"> - Calculate and record all final results for each athlete.

Passing

Level 1: Three targets 10 yards out from the passer spaced 10ft. apart. Passer will get one point for each ball that goes into any of the three corresponding holes marked 1, 2, 3. Each passer will get 5 throws. The first three throws must be at three different targets.

The 4th and 5th toss are the athlete/partners choice.

Scores of the two teammates (athlete/athlete or athlete/partner) will be added together for a cumulative score.



Passing

Level 2: Three targets will be placed at 10, 15 & 20 yards out from the passer. Each passer will get 1pt. for each ball that goes into the 10yd target, 2pts. for each ball in the 15yd target and 3pts. for each ball that goes into the 20yd target of the three corresponding holes marked 1, 2, 3. Each passer will get 5 throws. The first three throws must be at each of the three different targets. The 4th and 5th toss are the athlete/partners choice.

20 yards



Ball Retriever

Ball Retriever

15 yards



10 yards



Scorer/Tabulator

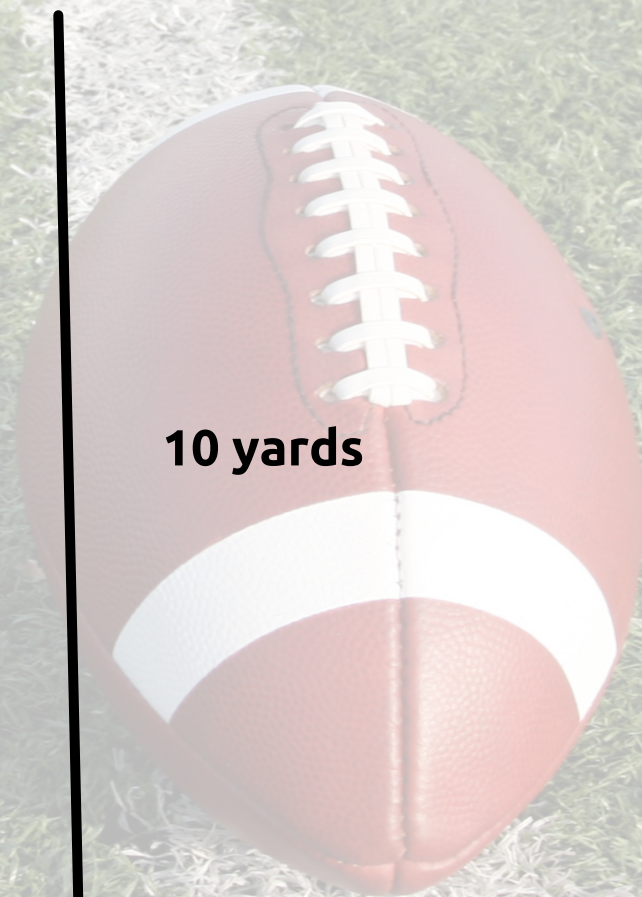
Passer

Sanitizer

Receiving

Level 1: Receiver starts at starting position. Receiver runs to box 1 (1 yard by 1 yard) and catches ball from the partner.

Once the receiver catches the ball he/she drops the ball and immediately runs to box 2 and catches the ball and then goes to box three and catches the ball. A point is awarded for every ball caught.



Scorer/Tabulator

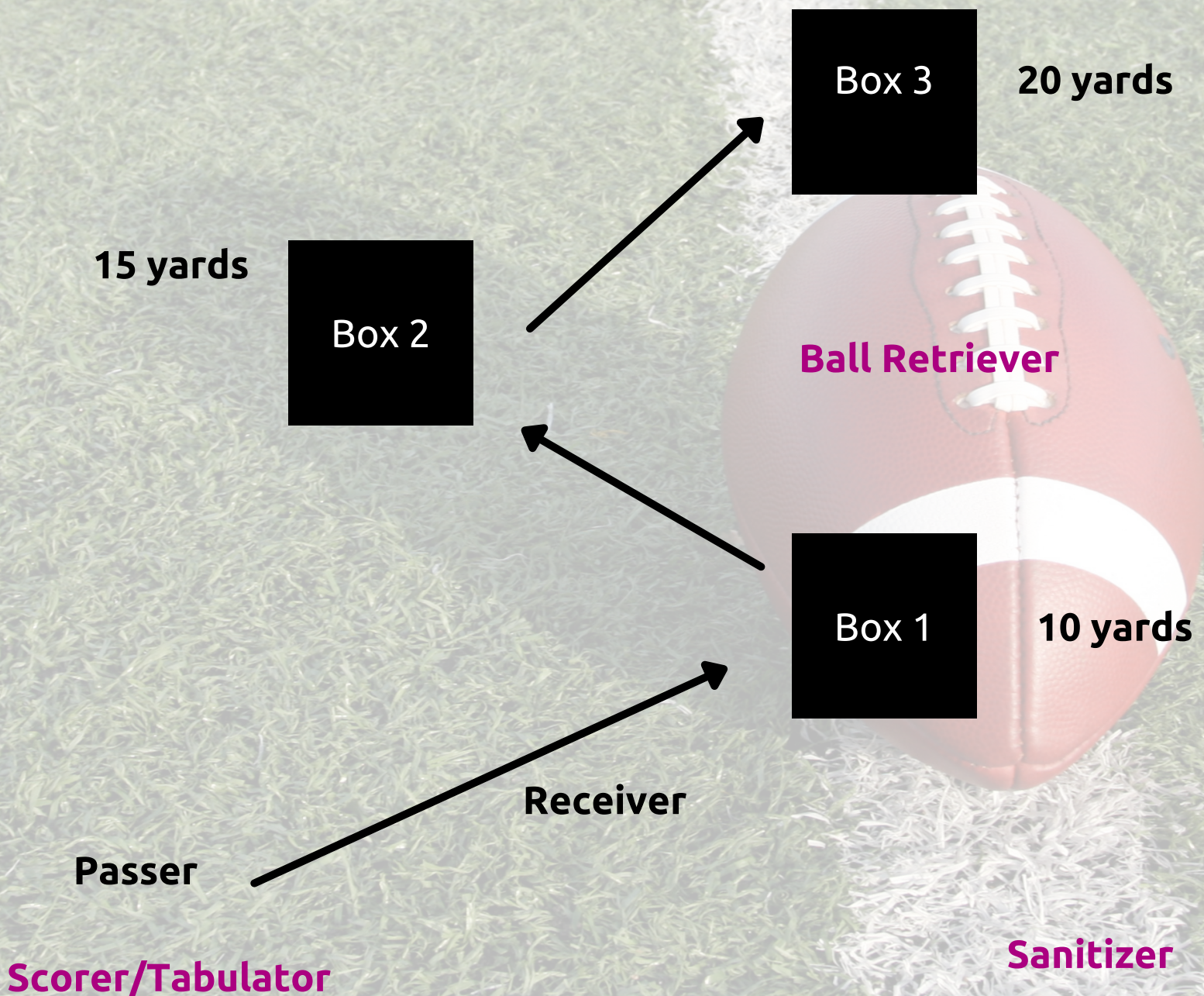
Passer

Sanitizer

Receiving

Level 2: Receiver starts at starting position. Receiver runs to box 1 (1 yard by 1 yard) and catches ball from the partner.

Once the receiver catches the ball he/she drops the ball and immediately runs to box 2 and catches the ball and then goes to box three and catches the ball. A point is awarded for every ball caught.



Running

Level 1: Runner starts at the starting point. Twenty yards is marked off. Runner runs a 20 yard straight run in a little time as possible with a football in hand. Points are awards by the time conversion chart at the end of this document.

Timer



Finish



Scorer



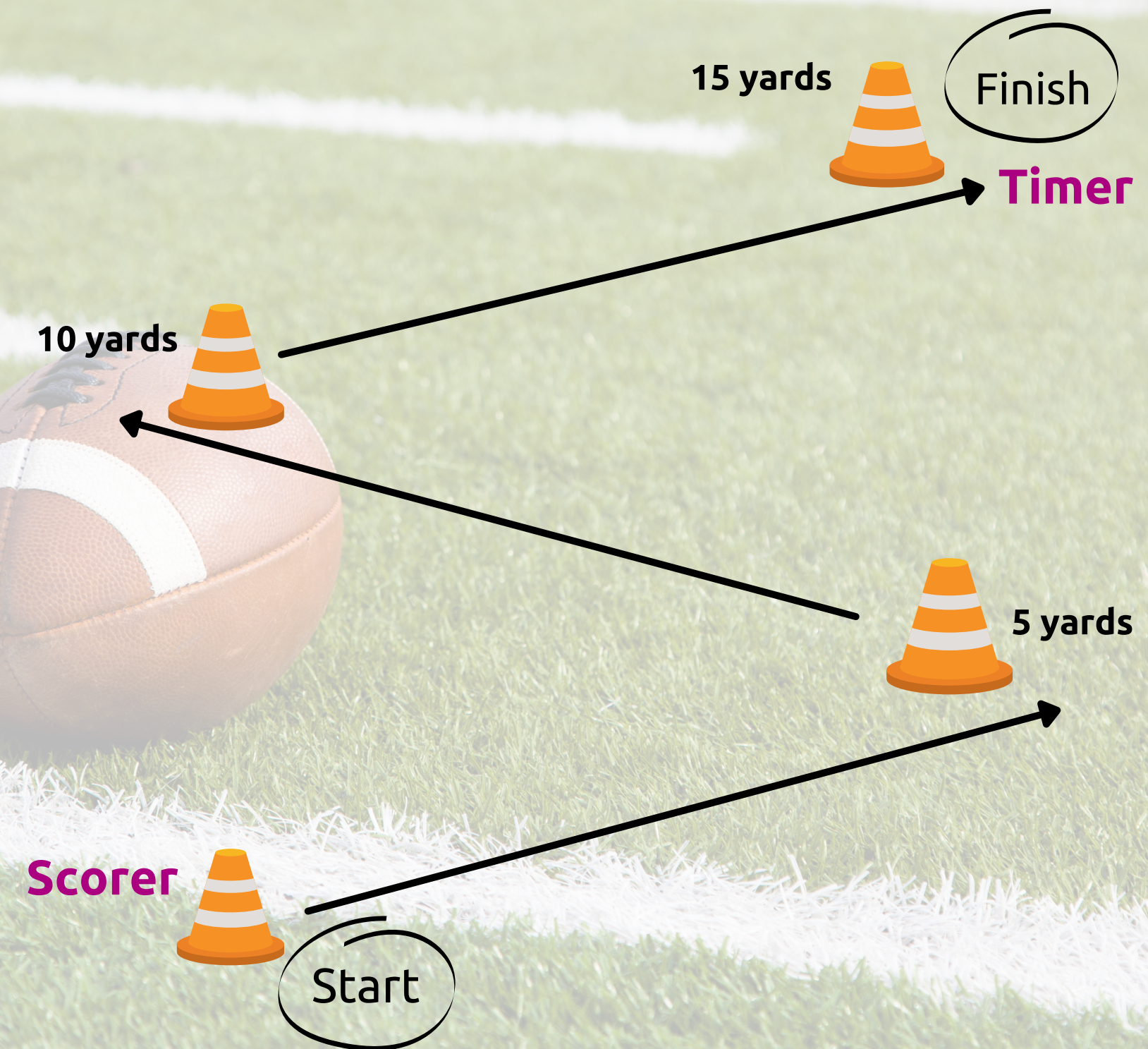
Start



Running

Level 2: Runner starts at the a starting point.

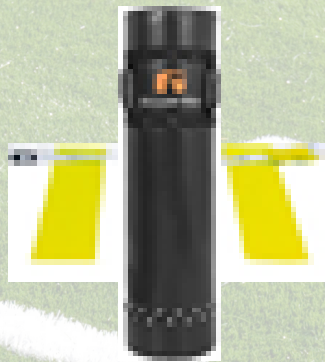
Cones are placed at 5 yards, 10 yards, 15 and 20 yards in a zig zag pattern. Runner runs as fast as possible going around each cone with a football in hand. Points are awarded by the time conversion chart.



Defense

Level 1: Defensive player starts at the starting point. Tackling trainer or partner is five yards from the defensive player. Defensive player must tear flag off of the tackling trainer or partner. The time it takes for the defensive player to take the flag off is timed. Points are awarded for the amount of time it takes for the flag to be removed according to the time conversion chart.

Timer



5 yards

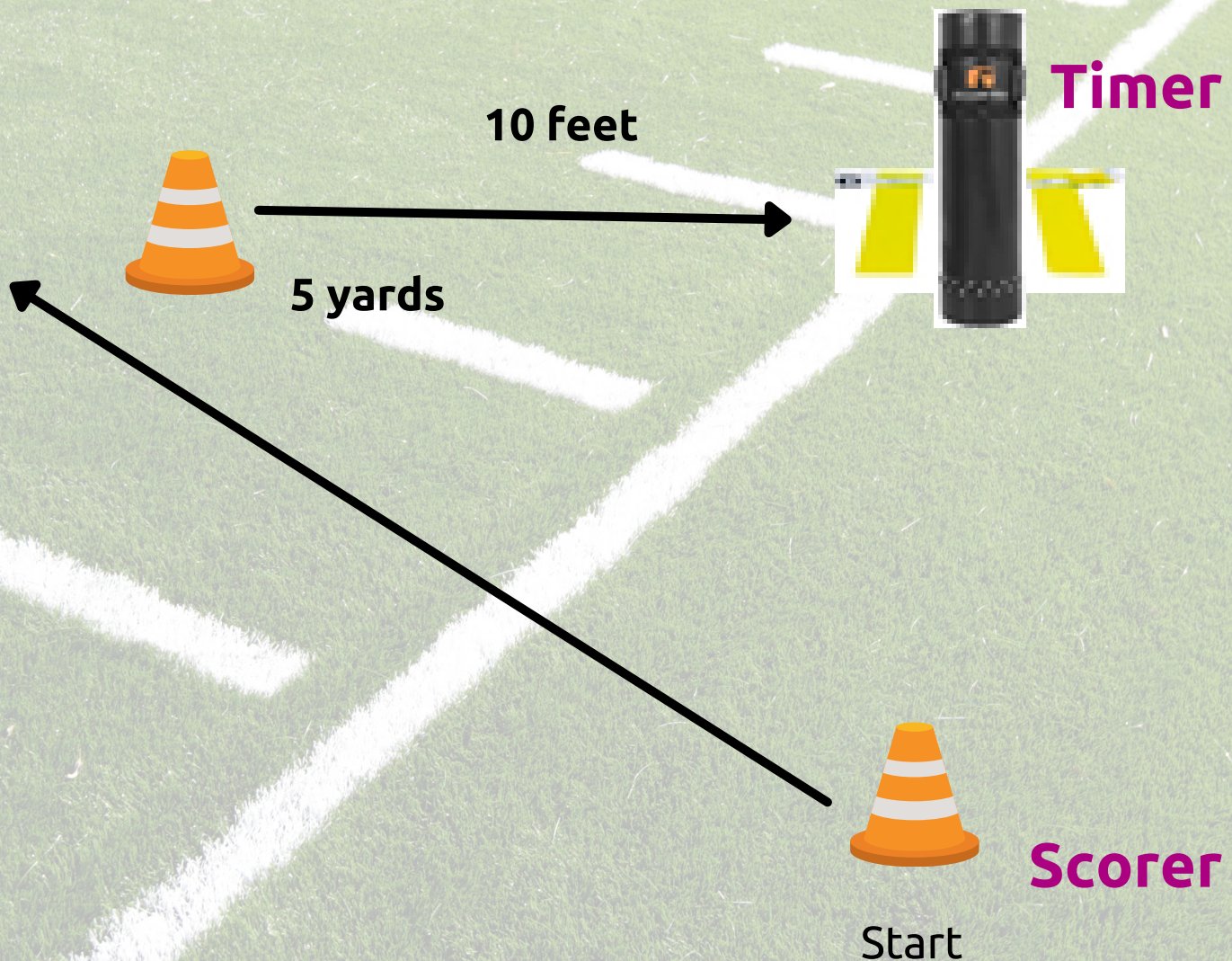
Scorer



Start

Defense

Level 2: Defensive player starts at the starting point. Tackling trainer or partner is five yards from the defensive player. Defensive player must go around the cone and then tear flag off of the tackling trainer or partner. The time it takes for the defensive player to take the flag off is timed. Points are awarded for the amount of time it takes for the flag to be removed according to the time conversion chart.



40 yard dash

Level 1 and Level 2: All participants start at a starting line. Each participant is timed in the 40 yard dash. Points are awarded based on the final time for each participant.

Conversion Chart for speed events:

TIMED SKILLS CONVERSION CHART

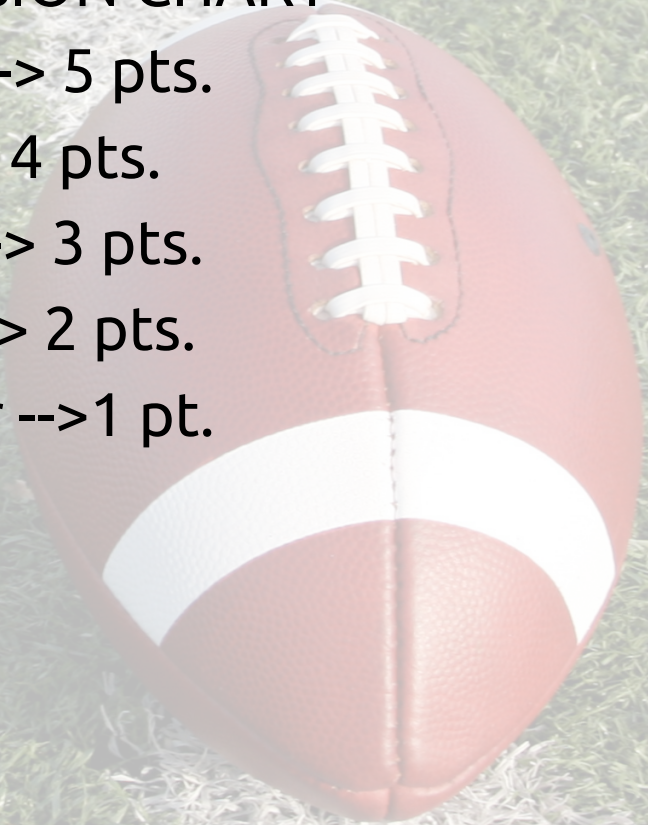
Under 7.5 seconds --> 5 pts.

7.6 - 9 seconds --> 4 pts.

9.1 - 10.5 seconds --> 3 pts.

10.6 - 12 seconds --> 2 pts.

12.1 seconds & over --> 1 pt.



Event Design

This section will help you design your event with the safety of the athletes and volunteers at the forefront of the design.

No Spectators
beyond this
point



● 6 ft ● 6 ft ● 6 ft ●



COVID Symptom
Questionnaire and
Temperature
Check



Event Sign in

Staging



6 ft



6 ft



6 ft



6 ft



6 ft




6 ft




Competition Area

Competition Area



 Chairs or Poly spots can be used. Spots or chairs should be 6 feet apart



Level 1: Passing



Level 2: Passing



Level 1: Receiving



Level 2: Receiving



Competition Area



Level 1: Running



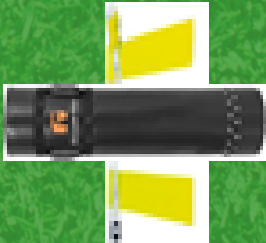
Level 2: Running



Level 1: Defensive Pursuit



Level 2: Defensive Pursuit



Level 1&2: 40 yard dash

