

## **Flag Football Skills Challenge**

Participants will compete in various activities similar to the NFL Combine. Activities will include but are not limited to the 40 yard dash, the broad jump, various throwing challenges, the 20 yard shuttle and Pass, Punt, Kick. Participants will have a max of three (3) attempts for each activity but only the best result will be recorded. The duration of the challenge is three (3), each week will be a different challenges and participants on the leaderboard with the best results will move forward.

### **40 Yard Dash**

Goal: Participants will sprint across 40 yards for the fastest time.

Rules:

1. Participants will start in a three (3)- point stance behind the starting line and sprint through the finish line (40 yards total)
2. CU staff will use stop watch to keep time. Clock will start when the participant crosses the starting line and stop when they cross the finish line."
3. Participants will have three (3) attempts and the fastest time of the three (3) attempts will be recorded.

### **Distance Throw**

Goal: Participants throw three (3) footballs for the furthest distance into various zones. The total of the three (3) throws will be the final score.

Rules:

1. Participants will start on the starting marker and throw the football as far as they can from behind the marker.
2. Depending on where the ball makes initial contact with the ground determines the zone and how many points they are rewarded.  
  
There will be 4 zones for the ball to land, zones go from 1-5 points. Markers on the field will determine the zones."
3. CU Staff will determine what zone the ball meets the ground and keep record of the score.
4. Participants will have three (3) attempts and the best total score of the three (3) attempts will be recorded.

### **20 Yard Shuttle**

Goal: Participants will run five (5) yards to the left, touch the ground, then 10 yards to the right then sprint through the finish line for the fastest time.

Rules:

1. Participants will start in a two (2) or three (3) – point stance midway between two lines 10 yards apart. They will run 5 yards to the right, touch the line on the ground, run back and touch the other line then sprint back to the starting point.
2. CU staff will use stop watch to keep time. Clock will start on the participant and stop when they cross the finish line.
3. Participants will have three (3) attempts and the fastest time of the three (3) attempts will be recorded.

### **Broad Jump**

Goal: Participants will jump and land to get the furthest distance.

Rules:

1. Participants will start in a stationary stance behind the starting line and jump forward landing on both feet.
2. CU Staff will mark and measure the distance from the starting point to the mark where the participant landed.
3. Participants will have three (3) attempts and the furthest distance of the three (3) attempts will be recorded.

### **Accuracy Throw**

Goal: Participants throw three (3) footballs at stationary targets for various points. The total of the three (3) throws will be the final score.

Rules:

1. Participants will start on the starting marker and throw the football as accurately or as close as they can to the stationary targets. Each target is worth various points.
2. Participants can throw at any target but they only get three (3) throws
3. CU Staff will determine accuracy from where the ball initially hits the ground. Balls can roll but it will be recorded if it rolls within 1 yard radius of the target. If it is outside of the radius, will not count.

4. Participants will have three (3) attempts and the closest throw of the three (3) attempts will be recorded.

### **Punting**

Goal: Participants throw punt (3) footballs for the furthest distance into various zones. The total of the three (3) throws will be the final score.

Rules:

1. Participants will start on the starting marker and punt the football as far as they can from behind the marker.
2. Depending on where the ball makes initial contact with the ground determines the zone and how many points they are rewarded. There will be 4 zones for the ball to land, zones go from 1-5 points. Markers on the field will determine the zones.
3. CU Staff will determine what zone the ball meets the ground and keep record of the score
4. Participants will have three (3) attempts and the best total score of the three (3) attempts will be recorded.

### **Running Routes**

Goal: Participants catch three (3) footballs from their QB for various points. The total of the three (3) throws will be the final score. Participants will have to bring their own QB.

Rules:

1. Participants will run to various markers on the field and catch 1 ball at each marker. Each marker will be worth various points and will only count if they catch the ball.
2. Participants run to any marker but they only get three (3) catches total.
3. CU Staff will determine the catch and record points.
4. Participants will have three (3) attempts and the closest throw of the three (3) attempts will be recorded.

### **Pass & Punt**

Goal: Participants have to throw (3) balls to their receiver at various markers and punt one (1) ball for the furthest distance into various zones. The total of the three (3) throws and one (1) punt will be the final score. Participants will bring their own receivers.

Rules:

1. Participants will start behind the maker line and throw three (3) footballs to their receiver at different markers for various points. They will then punt one (1) ball from behind the marker line into one of the zones.

2. Depending on where the punt makes initial contact with the ground determines the zone and how many points they are rewarded. There will be 4 zones for the ball to land, zones go from 1-5 points. Markers on the field will determine the zones.

3. Score will include the total from the throws and punt.

4. CU Staff CU Staff will determine catches, what zone the punt meets the ground and keep record of the score.

5. Participants will have three (3) attempts and the best total score of the three (3) attempts will be recorded.