



Flag Football Individual Assessment Form

Name: _____ Delegation: _____
Jersey Number: _____ Coach's Name: _____
Team Name: _____ Evaluator's Name: _____
Check one: Athlete Partner Date of Evaluation: _____ / _____ / _____

Instructions:

- 1) Complete one Flag Football Individual Assessment Form for each player on the team.
- 2) Assessment of each player should take place during game play and not during drills or other skill tests.
- 3) Players will receive a score of 1, 2, 3, 4, 5, 6, 7 or 8 in each of the Skill Areas below. (A through F)
- 4) Scores of 3, 5 or 7 should be given when a player's abilities fall between two of the listed skill levels.
- 5) A score of 1 should be given when a player's ability falls below the lowest listed skill level.
- 6) After scoring each Skill Area, add the scores for A through F and write the total next to TOTAL SCORE.
- 7) Divide the TOTAL SCORE by 6 to determine OVERALL RANKING.

(Round off to the nearest tenth. EXAMPLE: 4.97 = 5.0 or 3.53 = 3.5)

Skill Areas:

A. Catching

Choose one number (1 through 8) which is most representative of the athlete's skill level)

- Has difficulty catching the football whether with their hands or trapping against body (2)
Can catch the football if thrown directly at them from a short distance and they don't have to move (4)
Has the ability to catch a football while moving with token pressure (6)
Has the ability to beat a defender and catch a football while running (8)

Score:

B. Passing

Choose one number (1 through 8) which is most representative of the athlete's skill level)

- Has difficulty throwing a pass/short to a teammate (2)
Can throw a pass with accuracy while in a stationary position usually farther than 5 yards (4)
Can throw a pass with accuracy to a team mate who is running a short down and out pattern (6)
Good athlete, can move in the pocket and complete passes while moving with accuracy. Good arm (8)

Score:

C. Movement

Choose one number (1 through 8) which is most representative of the athlete's skill level)

- Maintains a stationary position; does not move on the snap of the ball (2)
Moves on the snap of the football; but reaction time is slow. Speed and agility hamper getting to appropriate position (4)
Good speed, can run pass patterns or chase down opponents; reasonably aggressive (6)
Good athlete, exceptional speed, is aggressive both on offense and defense (8)

Score:

Flag Football Individual Assessment Form *continued*

D. Game Awareness Choose one number (1 through 8) which is most representative of the athlete's skill level)

Sometimes confused on offense and defense; may not always understand where they are on field (2)
Limited understanding of the game and can make some offensive or defensive decisions – coach prompted (4)
Good understanding of the game, can run pass patterns or pull opponents flags (6)
Advanced understanding of the game and mastery of flag football fundamentals (8)

Score:

E. Offense Choose one number (1 through 8) which is most representative of the athlete's skill level)

Does not understand offensive position or principles, often beaten by a defender when the ball is snapped (2)
More understanding of offensive position, can block a defender on the line of scrimmage (4)
Good understanding of offensive position & principles, does not get beat by defenders often, can run pass patterns or football (6)
Exceptional ability, can play any position on offense including quarterback, can set up both running and pass plays (8)

Score:

F. Defense Choose one number (1 through 8) which is most representative of the athlete's skill level)

Does not understand defensive position or principles, usually doesn't move on the snap of the ball (2)
More understanding of defensive position, attempts to pull flags of ball carrier (4)
Good understanding of defensive position and principles, can cover pass receivers and aggressively goes after ball carriers flags (6)
Exceptional ability, can cover pass receivers and intercept passes, aggressively goes after ball carriers flags (8)

Score:

TOTAL SCORE:

Divide TOTAL SCORE by 6 to determine OVERALL RATING

Round off to the nearest tenth. EXAMPLE: $4.97 = 5.0$ or $3.53 = 3.5$)

OVERALL RATING:

Proceed to the appropriate Flag Football Team Assessment Form:

Traditional teams use the Flag Football Team Assessment Form.

Unified teams with athletes and partners ranked 3 and above, use the Flag Football Team Assessment Form.

Unified teams with athletes ranked 2.9 and below, use the Unified Flag Football Training Team Assessment Form.

Unified teams with players ranked more than 3 Skill Levels from each other, use the Unified Flag Football Training Team Assessment Form.

Please review the Unified Sports[®] Team Formation Guidelines
before beginning practice or registering for any competition.

DO NOT include Individual Assessment Forms with competition registration.
Send only Team Assessment Forms with Area or State competition registration.

Flag Football Team Assessment Form

Delegation: _____

Team Name: _____

Check One: Traditional Team Unified Team

Age Group*: 8 - 15 16 & Over

Team Gender: Male Female Co-ed

*For safety reasons, athletes may only play on teams in their own age bracket.



Summary of Individual Assessments *Please list players in order from highest to lowest Average Scores:*

Name	Jersey #	Athlete / Partner	Catching	Passing	Movement	Game Awareness	Offense	Defense	Total Score	Average Score (Total ÷ 6)

Instructions:

Make copies of this form as needed.

Local programs should keep a copy for their records.

Include this form with Area and State Flag Football Registration.

Transfer each player's score from their Flag Football Individual Assessment Form.

Record players from highest to lowest Average Score.

To calculate Team Total Score: Add the Average Scores for all team members.

To calculate Team Overall Rating: Divide the Team Total Score by the number of players on the team.

To calculate Top 5 Players' Average: Add the 5 highest scoring players' Average Scores and divide by 5.

If Unified team, add the top 2 scoring partners and the top 3 scoring athletes.

To calculate Bottom 5 Players' Average: Add the 5 lowest scoring players' Average Scores and divide by 5.

Note: If roster is less than 10 players, please still include bottom 5 players.

Unified Teams ONLY: To calculate Unified Team Skill Spread: Subtract the lowest player's Average Score from the highest player's Average Score. To be eligible for competition, the Unified Team Skill Spread may not be higher than 3. (See SOAZ Unified Sports® Team Formation Guidelines.)

Determine team's Division according to Team's Overall Rating:

Traditional and 3 on 3 Teams: 6.6 to 8 = **Division 1** 5 to 6.5 = **Division 2** 3.6 to 4.9 = **Division 3** 2 to 3.5 = **Division 4**

Unified Teams: 7 to 8 = **Division 1** 5 to 6.9 = **Division 2** 3 to 4.9 = **Division 3** 1.6 to 2.9 = **Division 4 Training**



Team Total Score

Team Overall Rating

Top 5 Players' Average

Bottom 5 Players' Average

Unified Team Skill Spread

Division

Unified Flag Football Training Team Assessment Form

Note: Only Unified Teams with athletes ranked lower than 1.6 (1.5 to 2.9) or with a team Skill Spread greater than 3 should use this form.

Delegation: _____

Team Name: _____

Team Gender: Male Female Co-ed

Age Group*: 8 - 15 16 & Over

*For safety reasons, athletes may only play on teams in their own age bracket.



Summary of Individual Assessments *Please list players in order from highest to lowest Average Scores:*

Name	Jersey #	Athlete / Partner	Catching	Passing	Movement	Game Awareness	Offense	Defense	Total Score	Average Score (Total ÷ 6)

Instructions:

Make copies of this form as needed.

Local programs should keep a copy for their records.

Include this form with Area and State Flag Football Competition Registration.

Unified Partners' information should be included on this form, but should not be used to calculate Team Total Score or Rating.

Transfer each player's score from their Flag Football Individual Assessment Form.

LIST ATHLETES FIRST from lowest to highest Average Score.

Then list Partners from lowest to highest Average Score.

Record players from highest to lowest Average Score.

To calculate Team Total Score: Add the Average Scores for athletes only.

To calculate Team Overall Rating: Divide the Team Total Score by the number of athletes on the team.



Team Total Score

Team Overall Rating

Date this form was completed:

_____ / _____ / _____