

# St. Louis Senior Olympics

## Football Throw for Accuracy Rules

Mid-size Football - Men

Junior League size Football - Women

Short throws shall be first.

1. Five (5) consecutive throws will be made by each contestant from the following distances: MEN 50-74: 10 and 12 yards, WOMEN 50-74/MEN 75+: 7 AND 10 yards and WOMEN 75+: 5 and 7 yards.
2. Each contestant will be allowed 3 practice throws. As soon as one goes in, competition will start. If all 3 are missed, competition will start on the fourth attempt. May be adjusted to each distance.
3. The target will be the opening in a 25-inch ring, the center of which will be 5 feet off the ground.
4. Eleven points will be awarded for each throw from the 5, 7 and 10-yard line that goes through the target.
5. Twenty points will be awarded for each throw from the 7, 10 and 12-yard line that goes through the target (when distance is the longer of the two).
6. The object of the event is to score the highest possible number of points.
7. A foot fault called by the official will automatically nullify that throw.
8. One practice throw will be allowed from each distance. The player must announce beforehand if they are taking a practice throw or throwing for a score.
9. In case of a tie, the participant with the most consecutive shots will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier will be declared the winner.