

St. Louis Senior Olympics

Football Throw for Distance Rules

Mid-size Football - Men

Junior League size Football - Women

1. Three (3) consecutive throws will be made by each contestant.
2. Two warm-up throws will be allowed.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that throw.
5. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still persists, the third throw will determine the winner.
6. The distance of the throw will be measured perpendicular to the start line, not diagonal.