

# 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: 10 and 12 yards, WOMEN: 7 AND 10 yards.
2. The target will be the opening in a 25-inch ring, the center of which will be 5 feet off the ground.
3. Eleven points will be awarded for each throw from the 7 and 10-yard line that goes through the target.
4. Twenty points will be awarded for each throw from the 10 and 12-yard line that goes through the target.
5. The object of the event is to score the highest possible number of points.
6. A foot fault called by the official will automatically nullify that throw.
7. 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.
8. 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.