



Statewide Football Skills Challenge Rules

Dates & Location

- Local events completed by October 31st.
- Championships - Thanksgiving weekend:
 - Friday, November 28th
 - 5th Grade Boys and Girls compete during half-time of the 1pm game
 - 6th Grade Boys and Girls compete during half-time of the 4pm game
 - Saturday, November 29th
 - 7th Grade Boys and Girls compete during half-time of the 1pm game
 - 8th Grade Boys and Girls compete during half-time of the 4pm game
- Hancock Stadium - Illinois State University Football Stadium - Normal, IL.

Outline

- Individual participants scored on points accumulated during four skills challenges.
- Tie-breakers - Fastest overall time will be used as first tiebreaker. If a second tiebreaker is needed, the participant with the fastest shuttle run time wins.
- Boys and Girls Divisions, Grades 5th through 8th.
- Four skills challenges include: Passing, punting, kicking, agility.
- Top 3 competitors in each division and age group will advance to the finals (3 girls/3 boys per grade 5th-8th). 24 total finalists.
- Order of events:
 1. Agility - Shuttle Drill
 2. Kick
 3. Punt
 4. Pass

Registration

- ***Individual Competition/Registration***
- Include in registration:
 - Player name
 - Division (Boys/Girls) and Age Group (5th, 6th, 7th, 8th grade)
 - Parent/Guardian contact name, number, email
 - Emergency contact
 - Statement of understanding: Final competitions take place Thanksgiving Weekend. Parent/guardian responsible for transportation to championships.
 - How did you hear about this?

Equipment

- One 36" diameter Hula Hoop
- Junior size 7 footballs for all grades
- Cones (7 total – 3 for shuttle drill, 3 for passing, 1 for kick/punt starting line)
- Kicking tee
- 2 Stopwatches (overall time, shuttle drill time)
- Measurement Tool (example: plastic discs)

Playing Field

The playing field should be 160' wide to mimic a standard football field.

Challenge Structure

Precision Passing

Description - 3 Passes from 10, 15 or 20 yards into 36" diameter Hula Hoop

Equipment - 1 Hula Hoop, 3 cones for distance, 3 footballs

Scoring - 10 yards = 2 points, 15 yards = 4 points, 20 yards = 6 points

Participant chooses what distance to throw from – any combination is okay. Hula Hoop is stationary; participant moves to preferred distance marker.

Longest Distance Punt + Kick

Description - 2 punts + 2 kicks each from end zone line, both must stay in the field of play (160' wide) to count, take the highest score out of 2

Distance = kicking line to first impact in field of play (no bounces)

Equipment - Tape measure, kicking tee, 4 footballs

Scoring - Yards = Points

5-10-5 Shuttle Run

Description – Set three cones five yards apart. Participants sprint from the middle cone to the cone on the right (5 yards), then to the far left cone (10 yards), and back to middle cone (5 yards). Points are assigned based on time, see scoring below.

Equipment - 3 cones set 5 yards apart

Scoring -

5th & 6th Grades - under 5.5 seconds = 8 points, 5.51 to 6.5 = 6 points, 6.51 to 7.0 = 4 points, 7.01 or above = 2 points

7th & 8th Grades - under 5 seconds = 8 points, 5.01 to 5.5 = 6 points, 5.51 to 6.0 = 4 points, 6.01 or above = 2 points

Time and Scoring

- Each participant will be timed as they complete the four challenges
- Must be completed in under 2 minutes
- Scoring will be based on total points

Tiebreaker

- Tie occurs if two or more players have the same number of points after completing the challenge.
- Fastest overall time will be used as first tiebreaker.
- If a second tiebreaker is needed, the participant with the fastest shuttle run time wins.

Scoring Sheet

- **One score sheet per grade to include:**
 - Player Name
 - Gender
 - 5 10 5 Points

- 5 10 5 Time
- Kicking Points
- Punting Points
- Passing Points
- Total Points
- Total time to complete challenge (for tiebreaker)



YMCA Statewide Football Skills Challenge Recommended Program Outline

Program Deadlines

- Local competitions must be completed by October 31st 2025. Results are due to the reporting committee no later than 5pm on November 1st, 2025.
- Reporting committee determines top 3 statewide scores in each division and grade. Those participants go on to finals at IHSA High School Football Championships
- Championship Games are Thanksgiving Weekend:
 - **Friday, November 28th**
5th Grade Boys and Girls compete at halftime of the 1pm game
6th Grade Boys and Girls compete at halftime of the 4pm game
 - **Saturday, November 29th**
7th Grade Boys and Girls compete at halftime of the 1pm game
8th Grade Boys and Girls compete at halftime of the 4pm game
- Hancock Stadium (Illinois State University Football Stadium) in Normal, IL

Marketing & Registration

- Registration and Marketing open a minimum of 4 weeks prior to local competition
- Registration by Division (B/G) and Grade.
 - Boys Division, Girls Division
 - 5th Grade, 6th Grade, 7th Grade, 8th Grade
- It is recommended to schedule 1 hour to 1.5 hours for each division to come compete. For example...
 - 5th Grade Boys division will run 8am-9am
 - 6th Grade Boys division will run 9am-10am
- OR
 - 5th Grade Boys division will run 8am-9:30am
 - 6th Grade Boys division will run 9:30am-11am
- Reminder all competition results are due no later than 5pm November 1st, 2025

Program Design

- Review the attached rules.
 - Run program exactly as recommended in these documents
- Hosting the competition will require a minimum of **5 Staff members - a site lead and 4 officials.**
 - Site Lead
 - Oversee the program
 - Open registration and send out marketing
 - Reserve field space
 - Answer participant questions

- Collect data
 - Submit data for boys and girls in each grade division:
 - **Top 3 highest scores** (total points for 4 events)
 - **Shuttle time and overall time for top 3 scorers**
 - Total number of participants
- Field official X4
- Officials' duties
 - Track points after each competition
 - Make sure no faults crossing starting line on punts or kicks
 - Track distance of kicks and punts
 - Time for shuttle run
 - Holding hula hoops for target throwing
 - Report data to site lead
 - Begin and end round for competitors
- Football size requirements
 - Junior size ball for all divisions



Football Skills Challenge FAQ's

1. Are participants allowed to compete at more than one event or YMCA?

Yes, participants may compete at multiple locations.

2. Are YMCAs required to charge a fee?

We encourage all YMCAs to charge a participation fee, but it is not mandatory.

3. What grade level should participants be registered under?

Participants should register based on their current grade level.

4. How will grade level be verified?

Current year school ID or report card may be required.

5. Does the event have to be held on a football field?

No, it can be held in any open space such as a grass lot, as long as accurate measurements can be taken.

6. Do participants have to throw from all three passing spots?

No, participants may throw from the same spot for all of their attempts.

7. What is the required height for the hula hoop?

The bottom of hula hoop should be 3 feet off the ground.

8. Is a tee required for the kicking drill?

Yes, a tee must be used to maintain consistency across participants.

9. How is overall time calculated?

Overall time starts at beginning of shuttle run, continues through punt and kick, and ends when third pass hits the ground. Participants should flow through the challenges without stopping.

Event Diagram and Field Layout

Order of events for all participants is:

- 1) 5-10-5 Agility Run
- 2) Punt
- 3) Kick
- 4) Precision Passing

5-10-5 Agility Run

Description - Sprint from middle cone to the cone on the right, then to the far-left cone, then sprint through the middle cone (cones are 5 yards apart from the middle cone, 10 yards total)

Click this link for a demonstration of the drill: [5-10-5 Agility Run Video](#)

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