

## 2019 COMBINE GUIDE

Herndon Optimist NFL Flag Football (HONFL)

### Purpose

The combine process is used to equally and fairly distribute players to teams with the goal of creating the most competitive divisions possible. Each player will be asked to perform the set of drills scheduled for the combine to assess their athletic performance. The assessment will be used to assign a ranking to each player and the player rankings will be used to determine the player's draft round eligibility. All player rankings are for league use only and will not be made publicly available.

### Warm-Ups

Herndon Middle School Gym 2 will be used as a warm-up area for all combine participants. Players may use the warm-up area for stretching, jogging and combine instruction review. All announcements will be made in the warm-up area so players should not leave the warm-up area unless absolutely necessary.

### Player Assessment

The player assessments are performed in Herndon Middle School gym 1. Only players and league officials are permitted in gym 1 for the player assessments. Players are asked to return to the warm-up area after the player assessment for the combine awards.

### Clothing

Players should wear athletic gear in which they feel comfortable performing football drills. Cleats are not permitted in the gym and are unnecessary. The league recommendation for athletic gear is T-shirt, shorts, and sneakers. Receiver gloves are allowed to be used at the combine.

### Prohibited Activities

The following are prohibited in the gym:

1. Cleats
2. Punting or kicking the footballs
3. Food or drink besides water



## Drills

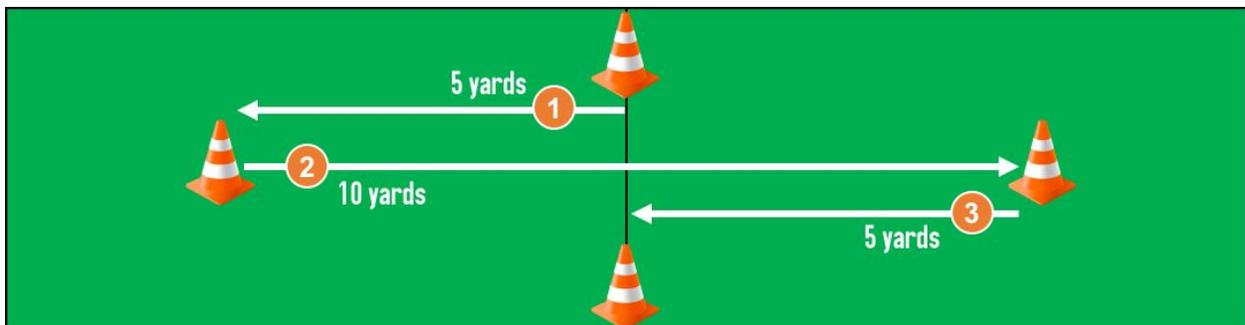
The drills performed at the combine will be decided by the commissioner of the HONFL or a designee. The following drills are likely to be used in the combine process.

### Timed Sprint (40 Yard Dash)

Each player will be timed running the distance between two given points in a single direction.

### 20 Yard Shuttle

The player begins at the center cone in a three point stance facing the center cone. When told to start, the player sprints to cone number 2 and touches cone 2. Next, the player will sprint to cone number 3, touch cone 3, and return to the starting position. The clock will start when the player is told by the official to start. The clock stops after the player passes cone 1 after touching cone 3.



### Vertical Leap

A measurement will be taken of the player standing against a wall and with knees straight, feet flat on the floor, and the arm of the player's choice extended straight overhead. The player will then leap and touch the wall in the highest spot possible. The difference between the two measurements will be recorded as the player's vertical leap score.

## After the Combine

The HONFL player draft will be held on the Sunday following the combine. Players should expect to be contacted by a coach to inform them of their team assignment and practice schedule after the draft. Each head coach is responsible for contacting the players drafted to their roster.

