



# HIGH SCHOOL LINEMEN CHALLENGE

**Eligible Participants:** Offensive and Defensive linemen from schools participating in 7-on-7

**Number of Participants:** Up to 9 per school

- Schools that can't bring at least 6 must be prepared to have participants go twice in certain drills

**Competition Schedule:** The plan is to have your linemen compete at the same time as your 7-on-7 (**also in Pools of 4 - 6**).

**Saturday, June 14:** Linemen Challenge Pool Play winners will advance to the Linemen Challenge Finals at the Pat Bowlen Fieldhouse.

## **Competitions:**

### **Team Sled Push for Time:**

Teams of 5; Distance = 20 Yards; 2 runs per team

1<sup>st</sup> Place = 4 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 2 pts, Last Place = 1 pt

### **Tractor Tire Flip Relay for Time:**

Teams of 9; Distance = 15 Yards (roughly 5 flips per player); 1 run per team

1<sup>st</sup> Place = 4 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 2 pts, Last Place = 1 pt

Order of competitors to be determined by school

### **Obstacle Course Relay for Time:**

Teams of 9; Mix of speed, agility, power and endurance stations; 1 run per team

1<sup>st</sup> Place = 4 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 2 pts, Last Place = 1 pt

Order of competitors to be determined by school

### **Tackling Dummy Relay for Time:**

Teams of 9; Distance = 100 yards per player; carrying tackling dummy 50 yards and back

1<sup>st</sup> Place = 4 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 2 pts, Last Place = 1 pt

Order of competitors to be determined by school

### **Tug-of-War:**

Team 1 vs. Team 2; Team 3 vs. Team 4

Winner vs. Winner; Loser vs. Loser

1<sup>st</sup> Place = 4 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 2 pts, Last Place = 1 pt

**\*\*Not a requirement, but we do recommend that each group of linemen is accompanied by a coach\*\***