

2016 FIPB Lineman Challenge

Rules/Agenda

Team-based competition with up to seven players per squad. Each event will have between three and five participants.

There will be two separate competitions, the Lineman Challenge and the Tug-of-War tournament. There will be a claimed champion for each of the two competitions, each with their own awards.

There will be a coaches meeting at 8:00am to go over the rules and agenda for the day.

The Lineman Challenge will start at 9:00am and is expected to be complete by 11:00am. The Tug-of-War tournament will take place between the JV and Varsity passing championship games, approximately 11:45am.

For the Lineman Challenge, teams will be paired up and will compete against each other in each event in mirror-image courses. The order of events and pairings will be determined by a blind draw.

Scoring will be based on the best team performance in the events. Example: if your team gets the best time in the obstacle course they will get points equal to the number of teams there are in the competition. So if there are 20 teams total in the competition you will receive 20 points for finishing first, second place will receive 19, third place 18, fourth place 17, etc. For every first place finish in an event you receive two (2) bonus points, on top of the points for first place. If there is a tie between two or more teams the points for those places will be added up & divided equally between the teams.

The Tug-of-War tournament will be set up as a playoff bracket, the seeding will be decided by a blind draw.

Events

- 1. Pro Agility Shuttle:** Timed event, five squad members participate. Three marker cones are placed along a line five yards apart. The player straddles the middle line and puts one hand down in a three-point stance. The player can start by going either to the right or left direction. For example, on the signal 'Go' the player turns and runs five yards to the right side and touches the line with his right hand. He then runs 10 yards to his left and touches the other line with his left hand, then finally turns and finishes by running back through the start/finish line. The player is required to touch the line at each turn. Each player will perform the event twice (back-to-back) and only the best time will count.
- 2. Tire Flip Relay:** Timed event, five squad members participate. One man from each squad flips the tire a total of 15 yards to a waiting teammate who then flips it back 15 yards in a relay format. After all five squad members have finished the clock stops. The tire must completely cross the yard marker before the other teammate engages, and it must completely cross the marker before the time stops. Best time wins the event.

3. **Spud Relay:** Timed relay, five squad members participate. Each participant will carry a blocking dummy for 20 yards, transfers it to the next teammate, straight down the field which will be 100 yards in total. The last runner will cross the finish line, turn around, and the relay will be repeated back to the original start line. The total distance is 200 yards, 40 yards per runner. If a member of the squad drops the dummy they must go back and start their 20-yard sprint back at their starting yard marker. Best time wins the event.

4. **5-Man Truck Push:** Timed event in which a five-man team pushes a truck across a 30-yard span. In order for the clock to stop the entire truck has to be across the line. Best time wins the event.

5. **Medicine Ball Throw:** This event is a measured distance event in which five squad members each throw a 12lb medicine ball as far as they can from a seated position. The thrower must have both heels touching the ground throughout the throwing process, and use both arms to throw the ball. The throw must be a "chest-pass" style with the ball being launched from the thrower's chest. They will be allowed one warm-up throw and two measured throws. If the thrower's heels come off the ground at any time during the throw that throw will not count. If a thrower shifts the ball to a favored hand and throws the ball in a shot-put style, that throw will not count. Best throw from each participant is added up for a team total. Best total distance is the winner of this event.

6. **Bench Press:** Three members of each team will lift. Each lifter is to lift 185 lbs. as many times as possible in one minute. During the lift, the lifter must touch the bar to the chest and must maintain three points of contact (shoulders, butt and feet) with the bench in order for the rep to count. Total of all three lifters is added for a team total. Team with the highest total number of reps is the winner of this event.

7. **Obstacle Course:** Timed event in which five members of the squad complete an obstacle course. It is a relay where each participant will go through the course entirely before the next member of the squad starts. The obstacle course will have varied obstacles and implemented techniques for linemen. The team that finishes the course with the best time will win the event.

Tug-of-War Tournament: This competition will be separate from the other events and done after all the teams have finished all the above listed events. The tournament will be set up in a bracket style and the teams will be seeded according to drawing. It will be a single elimination tournament - if you lose you're out, and if you win you move on to the next round. Rules are basic: the team to pull the other team across the marked distance will be declared winner. There will be no sitting or pre-positioning before the start of the war. Winner of this event will be declared FIPB Lineman Tug of War Champion & receive respected awards.