



## 2014 Tuscola Lineman Challenge Rules



Welcome to the 2014 Lineman Challenge! It is common football knowledge that the “men up front” determine the outcome of a football game. This challenge, designed by the Tuscola Football staff, is designed to test the strength, agility, toughness, and determination for the lineman of the participating football teams. These are the official rules and scoring system that will be used to find the champion of the 2014 Lineman Challenge. Good luck to all participants!

### ***Events:***

The 2014 Tuscola Lineman Challenge will have a total of nine events. These events are as follows:

- |                    |                    |
|--------------------|--------------------|
| 1) Truck Push      | 5) Obstacle Course |
| 2) Bench Press     | 6) 40 yard dash    |
| 3) Tire Flip       | 7) Team Tug-of-War |
| 4) Tire Tug-of-War |                    |

Event rules will be explained at the beginning of each event.

### ***Teams:***

There will be a Varsity and a JV division. You need to have at least five linemen per team, but no more than nine. Form another team if you have 10 linemen.

### ***Scoring:***

The scoring system will depend on the number of participants. The team with the best time or score will receive the highest amount of points. Second place will receive the second most, and so on. For example- if there are eight teams, first place will receive eight points, second place receives seven, and so on.

The final event, Tug-of-War, will be set up with a single elimination tournament depending on the standings at that time. The following point system will be used for tug-of-war:

<b>1<sup>st</sup> place:</b>	<b>16 points</b>
<b>2<sup>nd</sup> place:</b>	<b>8 points</b>
<b>Semi-finalists:</b>	<b>4 points</b>

Any other teams not making the semi-finals will not receive any points. Once the tug-of-war is completed, all points will be totaled and a champion will be determined.

***Rules:***

**1) Truck Push**

This event will include five linemen. Only one group will go at a time and again they will be scored by their time. The linemen will push a truck a pre-determined distance (i.e. 20 yards). The time will be scored as soon as the front tires touch the finish line.

**2) Bench Press**

All linemen (no matter how many team members) can participate in this event. However, only the top five will be scored. The scoring will be based upon total number of repetitions for the team. The weight will be set at 185 lbs. for the varsity level and 135 lbs. for the JV level. The linemen must touch the bar with his chest and completely lock out the elbows for the rep to count. The lineman's feet must be on the floor and the butt must be on the bench.

**3) Tire Flip**

Each team will have four team members for this event. One athlete will begin flipping a tire end-over-end for a total of ten yards. That lineman is finished when any part of the tire hits the yard line. The next lineman will jump in and flip the tire ten more yards. The third athlete will then begin pushing the tire back towards the start ten yards and the final lineman will push the tire back to the line where the competition began. (The JV competition may be done with two linemen at a time.) An individual time will be kept as well as a team time.

**4) Tire Tug-of-War**

A double elimination style tournament will be held where each team will be paired up against another team and the winner will have to win the best-of-five individual matches. The winner will receive eight points, second place four, and semi-finalists will receive two.

**5) Obstacle Course**

Five linemen will go for this event. Individual times will be kept as well as an overall team time. The team clock starts when the first guy begins and ends when the last guy finishes. Make sure to pay attention to the course demonstration. There will be time penalties for infractions.

**6) 40-yard dash**

All linemen can again participate. Two participants from opposing teams will race each other. Try to start with your fastest guy first. The winner will be determined by average time.

**7) Tug-of-War**

This will be the final event and will most likely determine the champion. As many linemen as possible will be able to participate in this event. It will depend on the team with the lower number of contestants.