

# USA LINEMAN CHALLENGE

## EQUIPMENT CHECKLIST AND EVENT RULES

### NECESSARY EQUIPMENT

SLED DRAG	HAND OVER HAND SLED PULL	FARMERS WALK
PLATE-LOADED SLED 135 LBS OF EXTRA WEIGHT BELTS UP TO 2XL HARNESS *OPTIONAL* ROPE OR STRAP OF AT LEAST 6 FT STOPWATCH 1 OFFICIAL FOR TIMING	PLATE-LOADED SLED 135 LBS OF EXTRA WEIGHT 55 FT OF AT LEAST 3/4 INCH ROPE STOPWATCH 1 OFFICIAL FOR TIMING	2 POWER BARS LOADED TO 135 LB FARMERS WALK HANDLES STOPWATCH CHALK DISH WITH CHALK 1 OFFICIAL FOR TIMING
SAND BAG LOAD	BENCH PRESS FOR REPS	MEDICINE BALL THROW
20 SAND BAGS PICK-UP TRUCK STOPWATCH 1 OFFICIAL FOR TIMING ZIP TIES FOR BAGS	BENCH POWER BAR WITH UP TO 205 LBS 1 OFFICIAL	RUBBER MEDICINE BALL OF 8K OR 16 LBS MEASURING TAPE MARKING FLAGS *OPTIONAL* 1 OFFICIAL 2 HELPERS FOR MEASURING
TRUCK PUSH	TEAM TIRE FLIP	
PICK-UP TRUCK TRUCK PUSH BAR *OPTIONAL* WHISTLE STOPWATCH DRIVER	TIRE STOPWATCH 1 OFFICIAL FOR TIMING	

### SET UP AND OFFICIATING EVENTS

#### SLED DRAG

**Setup:** 2 lines are drawn 25 yards apart for this event. If lines can't be drawn on the field, cones may be used to mark the line. If belts are used, make sure you have sizes up to at least 2XL.

**Instructions:** Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. Place the front edge of the sled even with the start of the course. Have the athlete put on the belt or harness and stand ready to pull the sled. You will stand at the end of the course to see when the front of the sled crosses the line. Start the clock on the athlete's movement. When the front of the sled crosses the line, stop the clock. If an athlete cannot finish the event, give him 120 seconds for his time. Have the next athlete turn the sled around and position it correctly. It is not necessary to take the sled back down the course for the next athlete. Each team will use 5 athletes for this event.

### **HAND-OVER-HAND SLED PULL**

**Setup:** Two lines, 15 yards apart, are drawn. This represents the course for the sled. 6 ft. behind each end of the course, draw a 6'x6' box. The athlete will stay between these two lines while pulling the sled. If lines can't be drawn on the field, cones may be used to mark the line. Chalk may be provided for this event.

**Instructions:** Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. Place the front edge of the sled even with the start of the course. Have the athlete grab the rope and assume a position ready to pull the sled. The athlete may assume any position he chooses as long as he stays in the 6-foot area. You will stand at the end of the course to see when the front of the sled crosses the line. Have a helper or another athlete stand behind to keep any slack rope from interfering with the participating athlete. The clock will start on the athlete's movement. The athlete will pull the sled down the course. If the athlete steps on the line or out of the 6-foot area, a 2-second penalty will be assessed to his time. When the front of the sled crosses the line, stop the clock and blow the whistle. If an athlete cannot finish the event, give him 120 seconds for his time. Don't take the sled back down the course. Simply turn it around and position it for the next athlete. Each team will use 5 athletes for this event.

### **FARMERS WALK**

**Setup:** 2 lines are drawn 25 yards apart for this event. If lines can't be drawn on the field, cones may be used to mark the line. All athletes will use 135 lb. bars. If you use your own farmers walk implements, please make sure they are as close to the required weight as possible and that they are equal in weight. Chalk needs to be provided for this event. Lifting straps may not be used.

**Instructions:** Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. Place the front edge of the bars even with the start of the course. Make sure that any bolts used to attach the handles are facing out to avoid potential injury. Have the athlete stand between the bars. You will stand at the end of the course to see when the front of the bars crosses the line. The athlete will stand upright with the bars and start when he is ready. When he takes his first step, start the clock. When the front of both bars crosses the line, stop the clock. If an athlete drops a bar or falls down, he must continue the event until finished. The bars may be taken down the course one at a time if necessary. If an athlete cannot finish the event, give him 120 seconds for his time. Have a helper or another athlete position the bars for the next athlete. It is not necessary to take the bars back down to the original starting position. Each team will use 5 athletes for this event.

### **SAND BAG LOAD**

**Setup:** 2 lines are drawn 15 feet apart for this event. If lines can't be drawn on the field, cones may be used to mark the lines. Your sand bags should be filled with sand and weigh 50 lbs each. You must double-bag to insure that the bags don't leak sand. Be sure to close the bags with zip ties. The plastic ties on the bags will not hold. It is recommended to have replacement bags on hand in case one

breaks. Place the 10 sand bags in a row on one line. The bags should be laid flat on the ground with the front edge of the bags on the line. A pick-up truck should be backed up to the point that the edge of the tailgate, when open, is even with the 2<sup>nd</sup> line. Chalk may be provided for this event.

Instructions: Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. The athlete will stand with at least one hand touching the tailgate. You will stand to the side of the tailgate. The clock will start on the athlete's movement. The athlete will carry the sand bags one at a time and put them in the back of the truck. A bag must be completely on the tailgate before the athlete can move on to the next bag. When the last bag is completely on the tailgate, stop the clock. If an athlete cannot finish the event, give them 120 seconds on the scoresheet. Have a helper stand in the back of the truck during the event to move sand bags off the tailgate and into the bed of the truck. After each athlete completes the event, back up the truck and drop the bags into position for the next athlete. Each team will use 5 athletes for this event.

#### **BENCH PRESS FOR REPS**

Setup: A bench is set up and the bar loaded to 205 lbs for varsity, and 165 for freshmen teams. You need to make sure your bench is placed on flat ground. If this event takes place outside or on turf, you will need to place your bench on a wooden platform. The platform should not be slippery. You have the option of covering your platform with carpet.

Instructions: Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. You will sit to the side of the athlete so you can see that his buttocks remain on the bench. When the athlete is ready, he will take the bar out of the racks. The spotter may assist with a lift off if requested. After removing the bar from the racks, the athlete must hold the bar with elbows locked before starting the descent of the bar. The bar must touch the athlete's chest and be completely locked out to count as a rep. The athlete's buttocks must remain on the bench during the lift. If the press isn't locked out or the buttocks come off the bench, that particular repetition will not count. At the completion of each good repetition, call out the number of reps completed. Only call out the number of reps at the completion of a good rep. This will indicate to the athlete that his last rep didn't count. On the athlete's final rep the athlete must wait until the rep count is called out to return the bar to the racks. Wrist wraps and chalk may be used on this event. But elbow wraps and bench shirts of any type aren't permitted. Each team will use 5 athletes for this event.

#### **MEDICINE BALL THROW**

Setup: One line, measuring 2 feet long is drawn for this event. If lines can't be drawn on the field, cones may be used to mark the line. There should be a landing area no smaller than 20 x 10 yards marked off to avoid any accidents.

Instructions: Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. You will sit or stand next to the throwing line to make sure that the

athlete doesn't step on or over the throwing line. The athlete will throw a medicine ball with any method they choose. Each athlete will take 2 throws. Throws will be measured from the front of the mark that the medicine ball makes to the center of the throwing line. If an athlete steps over the throwing line, the throw will not be measured. Medicine balls must weigh the same amount and have the factory weight-mark on them. If the competition director decides to use 16 lb medicine balls, all marked throws must be made with medicine balls of that weight. Athletes will take their throws in rotation and will have the option of taking both their throws at the same time. Athletes may wear gloves or use hand chalk during this event. You should have 2 helpers for this event. One helper should mark throws and the other should stop the medicine ball from rolling after each throw. Each team will use 5 athletes for this event.

### TEAM TRUCK PUSH

**Setup:** 2 lines are drawn 50 yards apart for this event. If lines can't be drawn on the field, cones may be used to mark the line. The course for this event must be flat or at an uphill grade. There should be an area after the end of the course no less than 20 yards long marked off to avoid any accidents. The use of bar that inserts into the trailer hitch is optional. Make sure to use a truck that is safe for the athletes. Sharp objects and hot surfaces such as exhaust pipes should be absolutely avoided.

**Instructions:** Check-in all athletes by writing down their team, division and number on your score sheet before the event begins. You will sit or stand next to the line at the end of the course. The front end of the truck should be even with the front of the course. 5 athletes will position themselves at the back of the truck. The driver of the truck will put the truck in neutral with his foot on the brake. The referee will give a hand signal to show that he is ready to start the clock. The driver will ask if the team is ready. When they answer "yes", he will simultaneously honk the horn and take his foot off the brake. On the sound of the horn, the clock will start. The athletes may begin pushing the truck before the horn sounds. The athletes will push the truck down the course. When the front of the truck crosses the end of the course, stop the clock and blow the whistle. On the whistle, the athletes should stop pushing. The driver should let the truck coast for at least 10 yards before engaging the brake. Stopping the truck immediately on the whistle can be dangerous. Each team will use 5 athletes for this event.

### TEAM TIRE FLIP

**Setup:** 2 lines will be drawn 20 yards apart for this event. If lines can't be drawn on the field, cones may be used to mark the lines. The front edge of the tire should be even with the start of the course. Gloves are encouraged for this event.

**Instructions:** This is the only event in which all 6 athletes are used. If an athlete has dropped out due to injury or disqualification, one athlete will have to make 2 trips down the course. The first athlete will position himself ready to flip the tire. The clock will start on his first movement. The athlete will flip the tire down the course until it has crossed the line and is on the ground. At this time, the next

athlete will take the tire back down the course. This will continue until all 6 athletes have made a trip down the course with the tire. The clock will stop when the tire has crossed the end of the course and is on the ground. The tire must be flipped end-over-end down the course. Rolling or carrying the tire is not permitted. If the tire is rolled, the referee will instruct the athletes to roll it back to the point where the roll started and begin flipping the tire from there. The tire must also be flat on the ground before the next flip begins. Athletes must wait for the tire to be across the end of the course and on the ground before they start their run down the course. Failure to follow the event rules will result in a 2-second penalty for each infraction. Athletes are encouraged to wear gloves during this event.

