

# USA LINEMAN CHALLENGE

## OFFICIAL RULES

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#### **1. BACKGROUND**

The purpose of USA Lineman Challenge is to provide athletes who play on the offensive and defensive line an opportunity to compete in organized competition during the off-season months. Each competition consists of events to test the speed, strength and overall ability of the athletes.

#### **2. ELIGIBILITY**

USA Lineman Challenge competitions are open to athletes who play on the offensive and/or defensive line. This includes the offensive positions of tackle, guard, center, tight end and the defensive positions of nose guard, tackle, and end. Players that only play a skill position are not eligible to compete. Stand-up outside linebackers in a 3-4 defense are not linemen. Schools that compete in 6-man football may use any athlete regardless of position. Coaches are expected to abide by these rules and the use of ineligible athletes can result in the disqualification of an entire team.

#### **3. COMPETITION FORMAT**

##### **A. Contested Events**

USA Lineman Challenge competitions can include any number of events. The number of events and the events contested are at the discretion of the competition director.

#### **4. COMPETITION DIRECTOR RULES**

##### **A. Registration of a Competition**

Competition directors should register their competition at least 2 weeks before it takes place. Registration instructions can be found on the web site.

**B. Entry Fees**

Entry Fees are at the discretion of the competition director. However, entry fees may not be in excess of \$25 per athlete. Competition directors are asked to provide a t-shirt for their competition if possible.

**C. Minimum Number of Teams**

The number of teams allowed in a competition is up to the competition director. However, competition directors are asked not to set the minimum below 8 teams.

**5. TEAM COMPETITION**

**A. Team Roster**

Teams are comprised of up to 10 athletes. If a school brings more than 10 athletes, that team should be broken into 2 separate teams. The minimum number of athletes on a competing team is 5. If a school brings fewer than 5 athletes, they may compete for individual awards. However, they will not be eligible for individual awards.

**B. Number of Athletes per Event**

The number of athletes competing in each event is up to the competition director. However, the minimum number must be 5 or greater.

**C. Divisions**

The divisions contested are up to the competition director. If there is only one division contested, then the teams should be labeled with A, B, C after their school name.

**D. Team Scoring**

Teams will be given a certain number of points in every event based on how their performance ranks against other teams. The team with the greatest number of points at the end of the competition is the winner. Points given for each event will be determined by the number of teams competing. Ex: If there are 10 teams in the competition, the team that performs the best in each event will earn 10 points. The 2<sup>nd</sup> place team would earn 9 points and so on until the team with the worst score would receive 1 point.

**E. Ties**

If two teams record the same score in an event, they will be awarded the same number of team points. Example: In a competition with 10 teams, Team A and Team B tie for 1<sup>st</sup> place in the bench press for reps. Both teams will be awarded 10 points for that event. Subsequently, the team with the next highest total will receive 8 points for 3<sup>rd</sup> place.

If two teams are tied at the end of the overall competition, the greatest number of 1<sup>st</sup> place finishes in individual events will determine the winner. Example: If Team A and Team B are tied and Team A has won an individual event and Team B hasn't, then Team A will be the winner. If neither team has won an individual event, then 2<sup>nd</sup> place finishes will be used. This system will be used until a winner is determined.

## **6. INDIVIDUAL COMPETITION**

Individual competition will also take place during the USA Lineman Challenge. Individuals will have their results scored and awards will be handed out at the end of the competition.

### **A. Scoring**

Individual points will be awarded for each individual event in the same way that team points are given out. If there are 50 athletes in the individual competition, having the best score in a particular event will earn the athlete 50 points. The athlete with the highest number of points at the end of the competition will be declared the winner. Only the scores of the athletes in the individual competition will be used to determine the winners.

### **B. Ties**

Ties will be decided in the same way as the team competition. The athlete with the greatest number of 1<sup>st</sup> place finishes will be the winner. If there are no 1<sup>st</sup> place finishes between the two athletes, 2<sup>nd</sup> place will be used and so on until a winner is decided.

### **C. Declaring Individuals**

There is no need to declare individual athletes. Any athlete who competes in all individual events will be automatically entered in the individual competition.

## **7. QUALIFYING FOR STATE**

### **A. Qualifying a Team for State**

The top 1A through 5A School at each official State Qualifying Competition will qualify for state. If the top team in a classification has already qualified for state, the next highest finisher from that competition in that class will go. Only 1 team per school may qualify for state.

### **B. Qualifying for private schools**

Private schools will be placed into classifications with schools of their same size. Coaches should be aware of their listed enrollment for the following year when they register for a competition and notify the competition director. If a TAPPS school competes in 6-man football, they follow the same rules as a UIL 6-man team. They may use an athlete of any position while in competition.

### **C. Alternate Teams at State**

If a team cannot attend the state competition, the next highest finisher in that classification from that particular Qualifying Competition will get the invitation. Coaches should notify either the competition director or board representative immediately if they know they won't be attending.

### **D. Qualifying Individuals for State**

Individuals who finish in the top 3 at a State Qualifying Competition will qualify for the individual competition at state even if their teams do not.

### **E. Previously Qualified Athletes**

Athletes or teams who have already qualified for state need to notify the competition director of this prior to every competition.

## **8. STATE QUALIFYING COMPETITIONS**

### **A. Schedule of competitions.**

There will be State Qualifying Competitions that lead up to the state competition in July. Coaches are encouraged to host their own qualifier. Any coach interested in doing so should go to [www.texaslinemanchallenge.com](http://www.texaslinemanchallenge.com). There will also be a schedule of competitions posted at this web site.

#### **B. Events at State Qualifiers**

The events at a state qualifying competition should be done as closely to the rules as possible. Rules, equipment specifications and instructions for organizing an official competition can be found on the competition web site.

#### **C. Extra teams at competitions**

A school may enter as many teams as they are able to field at a State Qualifying Competition. Multiple teams from a particular school will be given the designation of A, B, C and so forth to avoid confusion. These athletes need to remain with their team throughout the competition.

#### **D. Freshman Athletes**

Freshman athletes are defined as athletes who will be in the 9th grade in the following year. These athletes will use 165 lbs on the bench press instead of 205. Freshmen are responsible for notifying the referee running the bench press event. Honesty is expected of coaches and athletes. An athlete falsely declaring as a freshman to give an advantage will cause the disqualification of his team's bench press score.

### **9. STATE COMPETITION**

#### **A. Divisions**

The State Competition will be made up of 5 separate divisions just like a qualifying competition. Schools will be separated into the classifications in which they will compete in the following school year. Private schools will compete against schools of their same size.

#### **B. Individual Competition**

The individual competition will be contested at state along with the team competition. At the end of the competition, the top 10 individuals from all classifications will be announced and receive awards.

#### **C. Awards**

The following awards will be given at the state competition.

##### **Team Awards:**

1st – 3rd place for each division

##### **Individual Awards:**

1<sup>st</sup>-3<sup>rd</sup> place in each individual event.

1st – 3rd place for the overall individual competition.

### **10. ATHLETE RULES AND EXPECTATIONS**

#### **A. Athlete Attire**

Athletes are required to wear a shirt that displays no profanity or brings the competition into disrepute. Both cleats and tennis shoes are acceptable and should be brought as the competition surface may vary for different events. Hats or other head coverings are not to be worn during competition. Sunglasses are acceptable as competitions will take place during the summer.

#### **B. Gloves**

Athletes may wear gloves during competition.

### **C. Athlete Conduct**

Athletes should behave in a sportsmanlike manner during competition. Profanity, trash talk, or any other unsportsmanlike behavior during the competition is not allowed. If this behavior becomes a problem, the competition director will warn the team and their coach and disqualifications will then follow.

### **D. Athlete Disqualification**

Athletes are subject to disqualification during competition for inappropriate behavior. Disqualifications are the decision of the competition director and are final. An athlete disqualified at a Qualifying Competition may be declared ineligible for the State Competition. This decision will be made by Texas Lineman Challenge administration. If an athlete is disqualified prior to his team competing in the Team Tire Flip, a substitute may be used. If one is not available, an athlete will have to make two trips with the tire.

### **E. Fighting**

Any player or players fighting during a competition will be disqualified immediately and asked to leave the competition field. If a team fight occurs, both teams will be disqualified and asked to leave the venue.

## **11. COACHES' RULES AND EXPECTATIONS**

### **A. Coach Responsibilities**

Coaches are responsible for checking-in their teams, declaring athletes for events, and monitoring them throughout the competition.

### **B. Liability Waiver**

Coaches and athletes are responsible for filling out a liability waiver prior to competition. This is not optional. Coaches and athletes refusing to fill out a form will not be allowed to compete. Competition directors should provide blank liability forms at check-in.

### **C. Coach Conduct**

Coaches are expected to set a good example for their athletes while in competition. Profanity, unsportsmanlike conduct and dishonesty will not be tolerated and are cause for removal from the competition. Due to the proximity of parents during competition, coaches are asked to remind parents to conduct themselves properly if they see a potential problem.

### **D. Use of Illegal Athletes**

The use of an athlete not on the original roster or an athlete who does not play a lineman position is cause for the elimination of that athlete's scores in individual events. If that athlete participates in team events, the team's score for that event will be eliminated.

### **E. Protests**

If a coach feels that an event was scored or officiated incorrectly, they should bring this to the attention of the competition director immediately. The competition director will make a decision on the matter and that decision will be final. Competition directors should always consult the official in charge of the event before making a decision and should never use the opinion of a coach or parent to aide in his ruling.

## **12. EVENT RULES AND REGULATIONS**

### **A. Bench Press for Reps**

Each athlete will accomplish as many repetitions on the bench as possible. Individual scores will be determined by the number of reps. Team scores will be determined by the total number of reps. Varsity athletes will lift 205 lbs. Freshmen athletes will lift 165 lbs. An outgoing 8<sup>th</sup> grader constitutes a freshman athlete. Coaches are expected to be honest when declaring a freshman.

Each athlete will grip the bar with a grip no wider than their index fingers on the rings. The athlete will take the weight from the racks and hold it at arm's length before starting the movement. Each repetition will include touching the chest and pressing the bar until the elbows are locked. At the completion of each rep, the referee will call out the number of completed repetitions. The bar must touch the athlete's chest and the athlete's buttocks must stay on the bench. Failure to do this will eliminate that repetition from the athlete's score. 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.

### **B. Sand Bag Load**

Each athlete will move 10 sand bags weighing 50 lbs each around a 10'x10' course. This is a timed event. Individual scores will be determined by the lowest overall time. Team scores will be determined by the sum of the athletes' times. 5 athletes from each team will compete in this event.

The athlete will start with their hands on the first bag they will carry. On their movement, the clock will start. The athlete will carry the bag across the course diagonally and place it with two hands on the base. The athlete will then pick up a bag from the next stack of bags and take it diagonally across the course. This "Figure 8" pattern will be continued until the event is completed. The bags must be placed on the base or on a bag touching the base. Dropping or throwing the bags will result in a 2-second penalty. The clock stops when the 10<sup>th</sup> bag hits the ground. An athlete who can't finish the event will be given a time of 120 seconds. Athletes may use gloves or chalk during this event.

### **C. Farmer's Walk**

Each athlete will walk with two implements down a 25 yd. course. This is a timed event. Individual scores will be determined by the lowest overall time. Team scores will be determined by the sum of the athletes' times.

The athlete will begin with the implements completely behind the starting line of the course. The athlete will pick up the implements whenever ready. The clock will start when the athlete is standing erect with both implements and takes his first step forward. The clock stops when the front of both implements crosses the end of the course. If an athlete cannot carry both implements at the same time, he may carry them one at a time. If an athlete cannot finish the event, they will be given a time of 120 seconds. Athletes may use gloves or chalk during this event.

#### **D. Sled Drag**

Each athlete will drag a sled, loaded with 135 lbs. of weights, attached to a belt or harness down a 25 yd. course. This is a timed event. Individual scores will be determined by the lowest overall time. Team scores will be determined by the sum of the athletes' times.

The athlete will begin with the front edge of the sled just behind the start of the course. The clock will start on the athlete's movement. The clock stops when the front edge of the sled crosses the end of the course. If an athlete does not finish the course, he will be given a time of 120 seconds.

#### **E. Hand-over-Hand Sled Pull**

Each athlete will pull a sled, loaded with 135 lbs. of weights, attached to a rope down a 15 yd. course. This is a timed event. Individual scores will be determined by the lowest overall time. Team scores will be determined by the sum of the athletes' times.

The athlete will begin with the front edge of the sled just behind the start of the course. The clock will start on the athlete's movement. The clock stops when the front edge of the sled crosses the end of the course. If an athlete cannot finish the course, they will be credited with the distance they were able to drag the sled. The athlete will stand in a marked 6'x6' square. The athlete may assume any position they want, but must stay inside of the square. The referee will assess a 2-second penalty every time the athlete steps on or over the line. If an athlete does not finish the event, he will be given a time of 120 seconds. Gloves or chalk may be used to improve the athlete's grip.

#### **F. Medicine Ball Throw**

Each athlete will throw an 8-kilo or 16 lb. medicine ball for distance. Individual scores will be determined by the longest single throw. Team scores will be determined by the sum of the athletes' longest throws.

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.

#### **G. Team Tire Flip**

All 6 athletes will be used for this team event. Athletes will work alone to flip a tire down a course of 20 yards. Each team will make 1 trip down the course, using a different athlete for each trip. This is a timed event. Team scores will be determined by the team's overall time.

The event will begin with the front edge of the tire at the start of the course. The first athlete will start with his hands on top of the tire. On the referee's whistle, the clock will start. The athlete will then flip the tire down the course. When the front edge of the tire has crossed the end of the course and the tire is on the ground, the next athlete will start. The clock will stop when the front edge of the tire is on the ground and has crossed the end of the course on the

**6<sup>th</sup> trip.** Athletes may only make one trip down the course. If a team only has 5 athletes, one athlete will be allowed to make 2 trips.

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.

**H. Team Truck Push**

5 athletes will be used for this team event. All together, athletes will push a truck down a 50 yd. course as fast as possible. This is a timed event. Team scores will be determined by the team's overall time.

The event will begin with the front edge of the truck at the start of the course. When the athletes are ready, the driver will release the brake and honk the horn. On the horn, the clock will start. Athletes will push the truck down the course. When the front edge of the truck has crossed the end of the course, the clock will stop. The athletes may begin pushing on the truck prior to the horn.

