

## 2023 Lineman Challenge Philosophy

*This competition is a great opportunity to get your lineman working and competing together, while establishing unit chemistry.*

*The Lineman Challenge allows players to use body control, balance, quickness, agility and strength.*

*The competition will also incorporate explosiveness, foot movement, and leverage—staples of line play!*

*The Lineman Challenge is a special event just for the “guys up front.” This is a chance for them to show their skills, have fun and compete against each other.*

## Who is the best of the Big Guys up Front!



Cost is \$175 per team

Checks made payable to:

**Steve Hladio/Lineman Challenge**

All forms must be postmarked by:

**June 1, 2023**

## 2023 Locations

Albany/Capital Region  
Shaker HS, NY

Long Island/NYC Region  
Farmingdale HS, NY

New Jersey - Central  
Sayreville. HS, NJ

West Chester/NYC  
Carmel HS, NY

Massachusetts - North Shore  
Greater Lawrence Tech

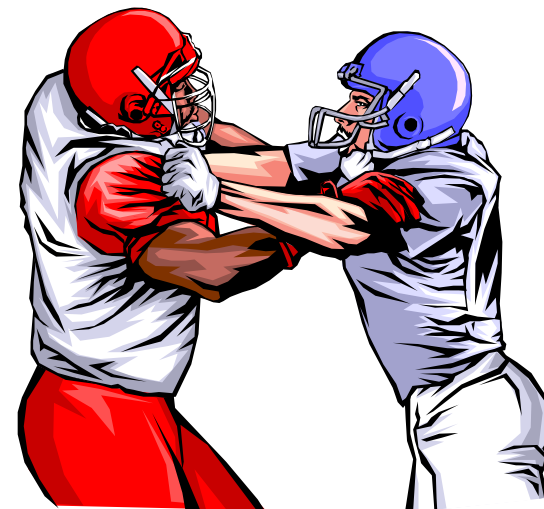
***Call for dates and times***  
***518-210-3113***  
***stevehladio@gmail.com***

***Space is limited!!***  
***Sign up early!!***



# 2023 BIG UGLIES LINEMAN CHALLENGE

*Cooler lineman event on the east coast!*



***When: Friday, June 9, 2023***

***Where: Carmel High School - Football Field***  
***Carmel, NY***

***Time: Registration 5:45pm***  
***Competition begins 6:00pm***

***Eligibility:***  
***Any HS lineman with football***  
***eligibility for the 2023 season.***

## Important Competition Notes

- You must compete as a team of five (5) lineman.
- Schools may enter multiple teams. No switching teams.
- All competitors & coaches will receive a tee shirt.
- Teams may wear team identification.
- Wear work out gear.
- Cleats and football gloves are allowed.
- Each school is required to have a football program representative present at the competition.
- Due to an injury you may finish the Team Competition with four (4) lineman. All injuries must be documented by the on site Trainer, Lineman Challenge Director and Team Rep.
- Lineman Challenge Director will make the final decision over all events , behaviors or actions of all contestants and spectators.
- No refunds after June 1, 2023
- Any questions - Please Call

All participants must play and have a roster position "on the line" for at least one side of the ball. Anyone found trying to beat the rules will be disqualified and banned for life.

***\*\*All competitors must have high school eligibility for the 2023 season\*\****

### ANY QUESTIONS PLEASE CONTACT:

**Steve Hladio**  
**Lineman Challenge Director**  
**2 Sandalwood Court**  
**Albany, NY 12208**  
**518-210-3113**  
**Email: [stevehladio@gmail.com](mailto:stevehladio@gmail.com)**

**Todd Cayea**  
**Head Football Coach**  
**Carmel High School**  
**30 Fair Street**  
**Carmel, NY 10512**  
**845-225-8441 ext-463**  
**Email: [tcayea@carmelschools.org](mailto:tcayea@carmelschools.org)**

## List of Events

- 1. Team Bench Press**  
Total repetitions will be added together for a grand total.
- 2. Team Sled push**  
A 5 man sled must be pushed for 20 yards while staying within the course.
- 3. Sack the QB course**  
Player must work their way through an obstacle course in an effort to sack the QB.
- 4. Farmers Walk**  
Starting at the goal line carrying two 80-lb dumbbells to their partner 25 yards away
- 5. Shiver Ball agility course.**  
Player must push ball through a 15 yard course
- 6. Tractor Tire Flip**  
Player must flip a tractor tire 10 times while staying in the course.
- 7. Tug of War**  
Blind draw for bracket  
Teams are 10 yards apart.  
Pull the flag over the line
- 8. Possible mystery events**  
Selected on day of event.

### Scoring system

Points awarded on a ranking system  
Cumulative point total wins

### Awards

#### ***"Iron Line"***

This award will go the TEAM with the best cumulative score in all events.

## Team Registration Form-(C)

**School Name:** \_\_\_\_\_

**Head Football Coach:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Home Number:** \_\_\_\_\_

### **Print Neatly**

**Lineman#1** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

**Lineman#2** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

**Lineman#3** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

**Lineman#4** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

**Lineman#5** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

**Football Program Representative attending:**

**Cell Phone #** \_\_\_\_\_

**Shirt Size**      **XL**      **XXL**      **XXXL**

***Registration deadline: June 1, 2023***

### Mail registration form and fee to:

**Lineman Challenge Director**  
**Steve Hladio**  
**2 Sandalwood Court**  
**Albany, NY 12208**