

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

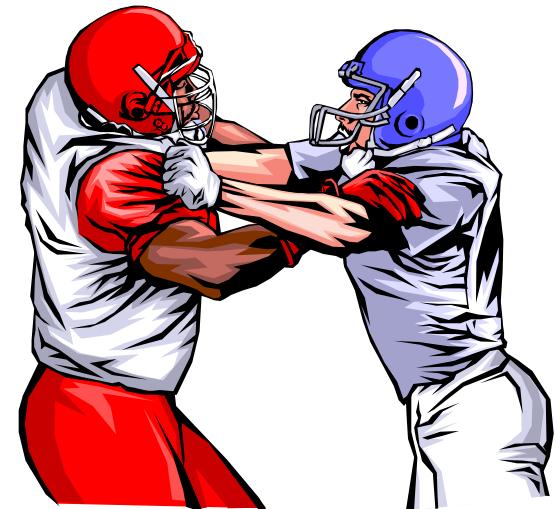
Call for dates and times
518-210-3113
stevehladio@gmail.com

Space is limited!!
Sign up early!!



2023 BIG UGLIES LINEMAN CHALLENGE

Coolest 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

Todd Cayea
Head Football Coach
Carmel High School
30 Fair Street
Carmel, NY 10512
845-225-8441 ext-463
Email: 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 to 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