

## 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 5 man school entry

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 HS, MA

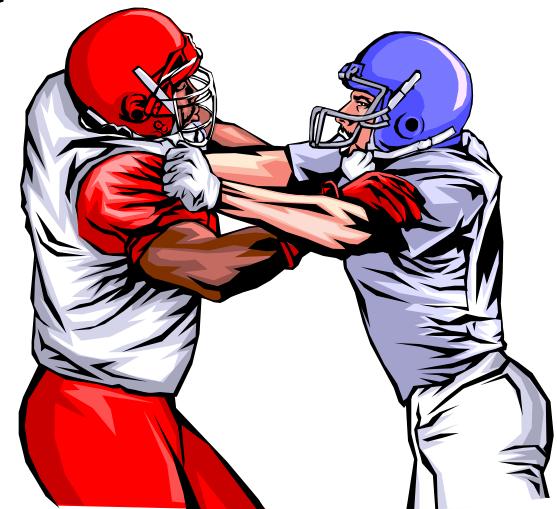
*Call for dates and times.  
518-210-3113  
stevehladio@gmail.com*

*Space is limited!!  
Sign up today!!*



# 2023 BIG UGLIES LINEMAN CHALLENGE

*15th year under the lights!*



**When: Thursday, June 15, 2023**

**Where: Sayreville HS, Football Field  
Parlin, NJ 08859**

**Time: Registration 4:00pm  
Competition begins 4:15pm**

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

## Important Competition Notes

- Medical staff will be available.
- You must compete as a group of five (5) lineman.
- Schools may enter multiple teams. No switching teams.
- All competitors & coaches will receive a tee shirt.
- A light refreshment stand will be available.
- Wear work out gear — Bring a pair of sneakers.
- 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 medical staff, 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.
- Rain or shine event.
- Any questions or concerns - please get in contact.

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)

**Chris Beagan**  
Football Coach  
Sayreville HS  
820 Washington Road  
Parlin, NJ 08859  
908-227-4385  
Email: [Christopher.beagan@sayrevillek12.net](mailto:Christopher.beagan@sayrevillek12.net)

## List of Events

- Bench Press**  
Total repetitions of 185lbs. will be added together for a grand total.
- Sled push**  
A 5 man or 1 man sled must be pushed for 20 yards while staying within the course.
- Sack the QB course**  
Player must work their way through an obstacle course in an effort to sack the QB.
- Farmers Walk**  
Starting at the goal line carrying two 80-lb dumbbells to their partner 25 yards away.
- Shiver Ball agility course.**  
Player must push ball through a 15 yard course.
- Tractor Tire Flip**  
Player must flip a tractor tire 10 times while staying in the course.
- Tug of War**  
Blind draw for bracket.  
Teams are 10 yards apart.  
30 second time limit for stalemate  
Pull the flag over the line
- Possible mystery events added**  
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-(CNJ)

**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 & fee to:**

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