

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

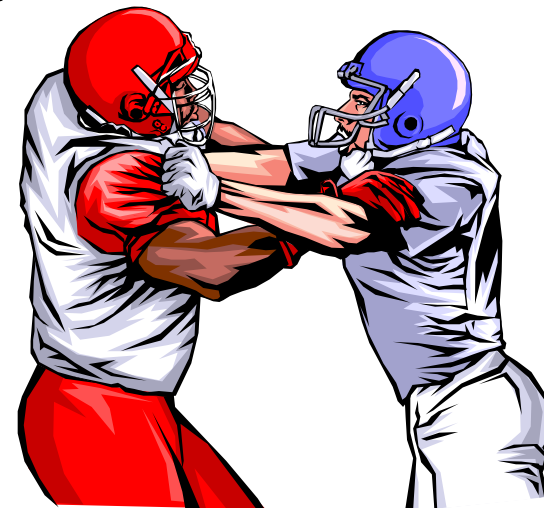
Call for dates and times.
518-210-3113
stevehladio@gmail.com

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: stevhladio@gmail.com

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

List of Events

- 1. Bench Press**
Total repetitions of 185lbs. will be added together for a grand total.
- 2. Sled push**
A 5 man or 1 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.
30 second time limit for stalemate
Pull the flag over the line
- 8. 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 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