

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 team

Checks made payable to:

Steve Hladio/Lineman Challenge

All forms must be postmarked by:

May 27, 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

Space is limited.

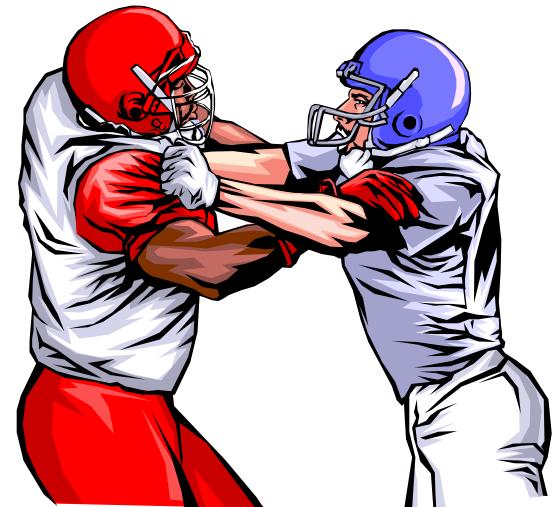
Sign up early.

On line payment available.



2023
BIG UGLIES
LINEMAN
CHALLENGE

20th Great year!



When: Saturday, June 3, 2023

Where: Shaker HS Football Field
Latham, NY

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

Eligibility:

Any HS lineman with football eligibility for the 2023 season.

Important Competition Notes

- 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.
- 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
- Any questions or concerns - please get in contact.
- This is a rain or shine event

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
518-210-3113
stevehladio@gmail.com

Core 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.
Pull the flag over the line

8. 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-(A)

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**

Mail registration form & fee to:

Lineman Challenge Director

Steve Hladio

2 Sandalwood Court

Albany, NY 12208