



LINEMAN CHALLENGE

WHEN: Saturday June 27th @ 10 am

WHERE: Veterans Memorial Stadium (Quincy, MA.)

COST: \$160 PER TEAM (INCLUDES LUNCH)

Competition Information

- Teams must compete with 5 lineman
- Teams can enter more than one team
- Athletes should wear sneakers/cleats
- Football gloves are allowed
- Each school must have a team representative present at the competition.
- There will be a certified athletic trainer available in case of injury.
- Spectators are allowed and encouraged

**All participants must be entering grades 9-12*

**All participants must play either O or D Line*

QUESTIONS: Contact Info:

Mark Nutley (North Quincy HS)

617-233-9461

mnutley@hotmail.com

LIST OF EVENTS

1. BENCH PRESS (185lbs) *

-Each team member has 1 minute to get as many reps as they can.

2. 5-MAN SLED DRIVE

-Each team will drive the 5 man sled 30 yards for time.

3. FARMERS WALK (Relay Race)*

-Carry weighted hex-bar 25 yards up and back, then hand to partner

4. TIRE FLIP

-Teams will flip a truck tire 100 yards alternating turns

5. WEIGHTED SLED PULL*

-Teams will pull a weighted sled 20 yards, they must stay within the given space

6. AGILITY OBSTACLE COURSE*

-Teams will use agility and speed to attain the fastest time.

7. TUG OF WAR

-Seeds will be a blind draw, single elimination.

*** These events will have individual winners as well as team winners**

REGISTRATION DEADLINE: June 10, 2015

Mail registration and fee to the following:

Mark Nutley

18 Vanness Rd

Weymouth, MA. 02191

PARTICIPANT INFORMATION

Lineman #1: _____

Lineman #2: _____

Lineman #3: _____

Lineman #4: _____

Lineman #5: _____

TEAM REGISTRATION FORM - \$160 PER TEAM

SCHOOL NAME: _____

HEAD COACH: _____

CELL PHONE: _____

EMAIL: _____

TEAM REP (if HC isn't at event): _____

CELL PHONE: _____