

**BENCH PRESS**

**BEAST SLED**

**TIRE FLIP**

**PRO AGILITY**

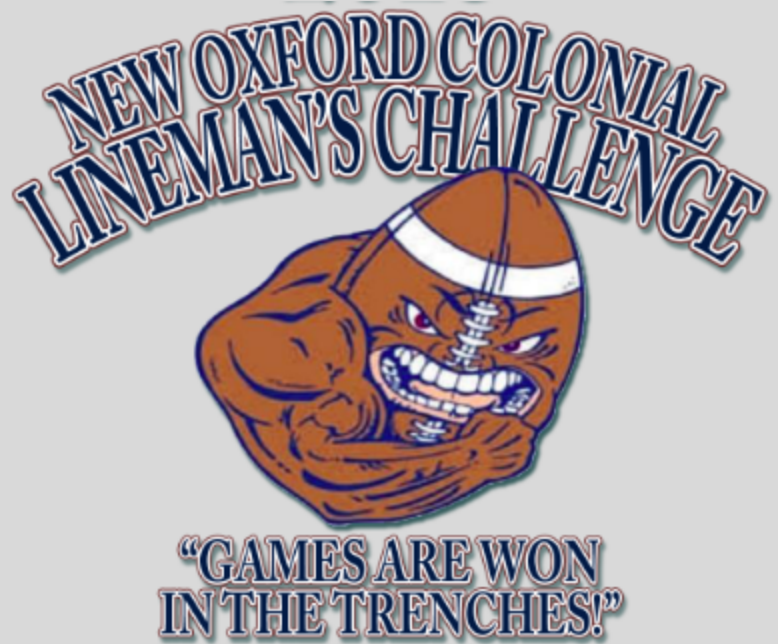
**DUMBBELL RELAY**

**FOUR-MAN BUS PUSH**

**TUG-OF-WAR**

**OBSTACLE COURSE**

**MYSTERY EVENT**



**LUNCH PROVIDED**

**CHALLENGE T-SHIRT INCLUDED**

**WHEN:** **Saturday, June 11th, 2022** (*Rain Date - Sunday, June 12th*)

**WHERE:** **New Oxford High School Stadium**

New Oxford, Pennsylvania

*(10 miles East of Gettysburg)*

**WHO:** **Any High School Lineman with eligibility for the 2022 season**

*(includes Tight Ends)*

**TIME:** **Gates Open:** **8:00 am**

**Coaches Meeting** **8:30 am**

**The Challenge** **9:00 am**

**Awards Ceremony** **To Follow**

**FEE:** **1 Four-man Team** **\$60.00 per team (\$10.00 discount for additional teams)**

**Spectators** **\$5.00**

**Children 12 & Under** **Free**

**CONTACT:** **Jason Warner, Head Football Coach**

**warnerj@cvcolonials.org**

**717-451-7850**

**RATIONALE:** The rationale for The Challenge is simple. Linemen are an elite group of young men; a group of young men who may have more of an impact on the flow of the game than any other position group involved. The problem is that, although they are valued greatly, their efforts are often overshadowed by those of the “skill position” players. This challenge presents an opportunity to showcase the many talents of the players who play in football’s most overlooked, but most valuable positions.

## **INDIVIDUAL COMPETITION - 9:00 AM**

### **1. BENCH PRESS**

Players will complete as many proper repetitions of 185 lbs. as they can. Players must lower the weight to their chest and lock out their arms each time to count as a legitimate repetition. Feet must remain on the ground, and backs must remain flat on the bench (no arching).

*1st Tiebreaker (225)*

*2nd Tiebreaker = add 10 pounds until a winner is declared*

### **2. ONE-MAN BEAST SLED**

Players will be timed as they push the one-man beast sled 20 yards. Contestants must stay within the course, which will be about 10 feet wide. The beast is made of pressure-treated wood and is about 4 feet tall and 4 feet wide.

*Tiebreaker – Beast “Push-off” (As far as you can push it!)*

### **3. PRO AGILITY**

Players will be timed as they compete in the Pro Agility cone drill. Each player must complete 2 attempts and their score will be determined by the sum of both attempts.

### **4. TRACTOR TIRE FLIP**

Players will be timed as they flip a 230 lb. empty tractor tire 10 times. Players will have to flip it completely while at the same time staying within the course (lines 10 feet apart).

## TEAM COMPETITION - APPROX. 11:00 AM

### 1. BUS PUSH

Teams of four will line up behind and and be timed as they move an empty 48 passenger school bus 30 yards.

*Tiebreaker - "4-Man Beast Sled" 400+ lb. Pressure-Treated Sled*

### 2. OBSTACLE COURSE

Our physical education and football staff have developed a challenging course which players will have to run in "relay" style. Teams will have to decide who will run each leg of the course.

### 3. DUMBBELL RELAY

Starting at the goal line, players will carry two 80 lb. dumbbells to their partner who will be 25 yards away. This will continue up to the other end zone and will conclude when the team has made it back to the start. NOTE: Player 4 will have to walk 50 yards.

*Tiebreaker - "4-Man Beast" 400+ lb. Pressure-Treated Sled*

### 4. TEAM BENCH PRESS

Total repetitions will be added together from the individual contest.

*Tiebreaker - 225 lbs. Team Bench Press*

### 5. MYSTERY EVENT (Could be an individual or team event!)

This event is back for 2019 and is sure to be a hit once again! Information on this event will not be disclosed to anyone prior to the event-day coaches' meeting.

### Finale: TUG-OF-WAR

Tournament bracket style depending on the number of teams entered. Bracket placement will be determined by the team rank (based on total points of all team events). Some of the top ranked teams may receive a bye in the first round. This is always a crowd favorite!

## AWARDS CEREMONY - APPROX. 1:00 PM

Trophies will be awarded to the top three finishers in each event. The "Iron Lineman" award goes to the athlete with the best cumulative score in all individual events. In the team events, each member of the top team in each contest will be awarded. In addition, the top three teams with the best cumulative scores in all events will be awarded.

### SCORING SYSTEM

1 <sup>st</sup> place	10 points
2 <sup>nd</sup> place	8 points
3 <sup>rd</sup> place	6 points
4 <sup>th</sup> place	4 points
5 <sup>th</sup> place	2 points

## IMPORTANT COMPETITION NOTES

1. Athletic training facilities will be available all day.
2. Teams should wear a non-school issued jersey (student bought) OR T-shirts identifying your team. *\*\*Note: P.I.A.A. rules prohibit the use of official team jerseys out of season \*\**
3. Concessions will be available all day.
4. All athletes will receive a challenge T-shirt and a coupon for lunch.
5. It is strongly recommended that participants bring cleats as well as sneakers.
6. Gloves may be worn for Tug-of-War.
7. **Registration and payment** must be submitted no later than Friday, May 13th. Any teams not meeting the registration deadline may not receive a t-shirt.
8. Make checks payable to: **NEW OXFORD FOOTBALL ALUMNI ASSOCIATION.**
9. Cancellations made after June 1, 2022, are non-refundable.
10. To maintain the integrity of the event, please enter only players you use on the offensive and/or defensive line (including TEs).

***Registrations must be received by Friday, May 13th***

**REGISTER BY MAY 13TH TO ENSURE CORRECT SIZING OF EVENT T-SHIRTS!!**

The challenge has grown considerably in its fourteen years of existence. All of you have helped make this annual spring event one of the most anticipated events around. This competition provides a wonderful opportunity to promote football in general and the athletes of District III and beyond. Thanks for all of your support! Hope to see your team on June 11th!

**Contact Information:** Jason Warner, Head Football Coach  
New Oxford High School  
130 Berlin Road  
New Oxford, PA 17350  
717-624-2157 (school)  
717-624-6565 (fax)

## Paper Registration Form

School Name: \_\_\_\_\_

Lineman Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt Size:    S                    M                    L                    XL                    2XL                    3XL

Lineman Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt Size:    S                    M                    L                    XL                    2XL                    3XL

Lineman Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt Size:    S                    M                    L                    XL                    2XL                    3XL

Lineman Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Shirt Size:    S                    M                    L                    XL                    2XL                    3XL

Football Staff Representative: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Please mail this form and payment to:

Jason Warner

New Oxford High School

130 Berlin Road

New Oxford, PA 17350

Registration & Payment must be received by:

**Friday, May 13th**

Make checks payable to:

**New Oxford Football Alumni Association**

or Register online with this link [ONLINE REGISTRATION](#) with other payment options.