



**Lanphier Lions 1st Annual 7 on 7
& Lineman Challenge**
Head Coach Steve Buecker
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**Place: Springfield Memorial Stadium and
Lanphier Practice Fields.**

Date: Sat. July 17th

**Time: Coaches Briefing at 9:30am at
Memorial Stadium concession stand
Competitions begin at 10am**

Cost: \$50 per team/event

**Events: Varsity 7 on 7, Soph 7 on 7, Varsity
Lineman Challenge, Soph Lineman challenge**

**Concessions: Will be available and provided
by LHS Boosters.**

7 on 7 Rules

1. 2- 20 minute halves w/ 5min halftime.
2. Overtimes, Coin toss to determine who gets ball with 5min Overtime session. **Not sudden death.**
3. Depending on number of teams- **4 to 5 Round Robin Games** followed by a **Championship round** matching teams in order by record for places.
4. **2 hand touch** below the neck (no helmets), Two hand to force defense to be in better tackling position.
5. Ball Starts at the 40 yd line going into the endzone.
6. **4 downs** to get to 30 yd line(10 yds), 15 yard line(15 yds), and Endzone.
7. When a 1st down is obtained, ball will be reset at the line where the 1st down was obtained. (Example. A player gets a first down and was touched at the 25yd line, ball automatically resets to the 30 yd line where that 1st down marker is to start the next series. The team will now have 4 downs to get to the 15yd line.)
8. 30 sec play clock
9. **4 ½ secs to throw** (thousand one, thousand two, thousand three, thousand four, thousand sack)
10. **All fumbles are considered dead** and ball is retained by the offense at the spot of the fumble, including fumbled snaps.
11. Defensive pass interference results in automatic 1st down and ball placed at the next 1st down marker. (If pass interference is called inside the 15yd line then Automatic 1st down and ball will be placed ½ the distance to the goal.
12. Offensive pass interference is 5 yd penalty and loss of down.
13. Defense may have 8 on field but one player **must take a knee prior** to the snap of the ball.
14. **Defense may return an interception back to the 40 yd line for a defensive touchdown!**

Scoring

1. Touchdown = 6 pts

2. Extra pt. from the 3 yd line
3. Two pt. From the 10 yd line

Lineman Challenge Events and Rules

1. Teams Must have atleast 5 lineman to compete. A max of 8 total lineman per team.
2. All members of the team must compete in atleast 1 event.
3. Each event will have a pts system awarded to the top 5 teams. Points will be awarded in the following manner for each event.
 - 1st place = 5pts
 - 2nd place = 4pts
 - 3rd place = 3pts
 - 4th place = 2pts
 - 5th place = 1pt
4. The team with the overall highest point total after all 6 of the events will be declared the winner.

Events

1. Bench Press

- a. 5 competitors per team
- b. Each player will bench press 185lb reps for Vars. 135lb reps for soph.
- c. All team reps added together to determine score team score.

2. Truck Push

- a. 5 competitors push the truck for time in the parking lot
- b. Distance will be determined later.

3. Obstacle Course

- a. 5 competitors complete obstacle course individually for time.
- b. Individual score will be added together for a team total time,
- c. lowest total team time wins

4. The Lineman 40yd Sled drive

- a. 5 Lineman will drive the 5 man sled for a distance of 40 yds together for time
- b. Lowest team time wins.

5. 5x 400 Meter Relay

- a. Each of the 5 members will run one lap around the track for a total team time.

6. Lions Tractor Pull

- a. Teams will be seeded from the first five events to compete in the event.
- b. It will be tourney style format for this event.
- c. 5 members are designated to compete. A coin toss will occur to determine which team picks first.
- d. A member of that team will pick his opponent to compete in a **1 vs 1 tug of war** using our shoulder harnesses.

- e. The opposite team will then have their pick for the next round for all 5 rounds.
- f. The team to win 3 out of 5 matches wins the round and advances.

Entry Form

School Name _____

Head Coach _____

of Var. 7 on 7 Teams _____ (**\$50 each**)

of Soph. 7 on 7 Teams _____ (**\$50 each**)

of Var. Lineman Teams _____ (**\$50 each**)

of JV. Lineman Teams _____ (**\$50 each**)

Contact Person _____

Address (summer) _____

City _____ **Zip** _____

Home/Cell Phone _____

School Phone _____

Make Checks payable to: Lanphier Football

Mail to:

Steve Buecker

Lanphier High School

1300 North 11th Street

Springfield, Illinois 62702

*****Please feel free to contact me via email to reserve a spot!**