

# P WERLINE

## 2025 OFFICIAL PYLON LINEMAN RULES

The **Lineman Challenge** celebrates the skill, strength, and teamwork of football linemen. This event blends physical challenges with ceremonial traditions to honor competition and sportsmanship, showcasing the critical role linemen play in football.

### Team Structure and Uniform Requirements

- Teams – Each team consists of up to 14 players
- 5 offensive linemen, 2 reserves (*at the coach's discretion*)
- 5 defensive linemen, 2 reserves (*at the coach's discretion*)
- Uniform Requirements:
  - All players must wear team uniforms
  - A required, Pylon mandated softshell helmet for safety

### Pre-Game Ceremony

- Faceoff and Handshake
  - Setup – Both teams line up 5 yards apart, facing each other, creating a moment of respect and intensity
  - Coin Toss – During the faceoff, the two captains meet in the center of the lines for the coin toss, led by the referee
  - Outcome – The winner of the coin toss selects either offense or defense for the entire game, and this selection remains consistent throughout all rounds
  - Handshake – Following the coin toss, the referee calls “Break,” and each player shakes hands with their opponent
- Team Hype Chant
  - Setup – Each team gathers in a huddle for a ceremonial pregame chant or hype session to boost energy and team spirit before the game
  - Scoring – Creative Point: The referee awards **1 point** to the team with the best and most creative chant/dance ceremony. If the referee decides it's a tie, no points are awarded

### Gameplay Format (20 minutes)

The game is divided into 4 quarters with unique events that test agility, power, teamwork, and technique. Each event is timed to maintain a fast pace and engaging competition.

- Each team is guaranteed 3 games
  - Two (2) pool-play games
  - One (1) single-elimination game

## **Additional Rules for All Events**

- Substitutions: Coaches may substitute players during the second, third, and fourth quarters at any time.
- Repetition Rules:
  - Skill Drills (Pro Agility, Broad Jump, 10-Yard Sprint) – Each player has only one rep.
  - One-on-One, Half-Line Drill (3v3), Full-Line Drill (5v5) – Each matchup consists of three reps.

### **First Quarter (Q1): Speed and Power Challenges**

*\* Note: The referee(s) sets the cadence, which may be on a one-count or two-count.*

#### **Event 1 – Pro Agility Race**

Tests lateral quickness. Five offensive and five defensive linemen compete head-to-head. **1 point** awarded for each head-to-head win. The team with the fastest overall time for their offensive linemen receives **1 bonus point**, and the team with the fastest time for their defensive linemen also receives **1 bonus point**.

*\* Note – If you have LESS THAN 10 athletes on your roster, the athlete(s) with the lowest score(s) will compete against the remaining, opposing team's player(s).*

#### **Event 2 – 10-Yard Sprint Race**

Tests explosive speed. Five offensive and five defensive linemen compete head-to-head. **1 point** awarded for each win. The team with the fastest overall sprint time on offense receives **1 bonus point**, and the team with the fastest defensive sprint time also receives **1 bonus point**.

*\* Note – If you have LESS THAN 10 athletes on your roster, the athlete(s) with the lowest score(s) will compete against the remaining, opposing team's player(s).*

#### **Event 3 – Broad Jump**

Tests lower-body power. Five offensive and five defensive linemen jump head-to-head. **1 point** for the longest jump in each head-to-head matchup. The team with the furthest jump per position group (offense and defense) receives **1 bonus point**. If a tie occurs, no points are awarded.

*\* Note – If you have LESS THAN 10 athletes on your roster, the athlete(s) with the lowest jump(s) will compete against the remaining, opposing team's player(s).*

### **Second Quarter (Q2): One-on-One Technique Challenges**

*\* Note: There will be two (2) rounds.*

#### **Event 4 – One-on-One Pass Rush and Blocking**

All five offensive linemen and five defensive linemen come out, but players compete one at a time, starting with the tackle, then guard, center, opposite guard, and opposite tackle. Each player gets three reps. The defensive coach stands behind the offensive line to call stunts, while the offensive coach stands behind the defensive line to call cadence (“Hike-One” or “Hike-Two”). **1 point** awarded for each win.

### **Third Quarter (Q3): Half-Line Drill**

*\* Note: There will be two (2) rounds.*

#### **Event 5 – Three-on-Three and Pass-Rush Drill**

All five offensive and five defensive linemen come out, but only the center, guard, and tackle participate. Teams line up in a three-on-three formation, with the offensive line protecting a mock quarterback zone and the defensive line attacking. Defense can stunt but must attack different gaps, with no two players entering the same gap. Each group competes in three reps. The defensive coach stands behind the offensive line to call stunts, while the offensive coach stands behind the defensive line to call cadence. **1 point** for each successful block or defensive stop.

### **Fourth Quarter (Q4): Full-Line Drive (Five-on-Five)**

*\* Note: There will be two (2) rounds.*

#### **Event 6 – Full-Line 5-on-5 Drill**

All five offensive and defensive linemen participate. Teams line up in a five-on-five formation. The offensive line protects the quarterback zone while the defensive line attacks. Defense can stunt but must attack different gaps, with no two players entering the same gap. The defensive coach stands behind the offensive line to call stunts, while the offensive coach stands behind the defensive line to call cadence. Each group competes in three reps. **1 point** awarded for each successful block or defensive stop.

### **Post-Game Ceremony**

**Final Faceoff and Handshake** – Both teams line up 5 yards apart for a final faceoff. Captains meet at the center, and players exchange handshakes to honor their opponents.

**Trophy Presentation (Championship Games Only):** The losing captain presents the trophy to the winning captain. Both teams bow to acknowledge sportsmanship.

### **Summary of Scoring System**

- **Event Points** – Points awarded based on head-to-head wins in each event.
- **Bonus Points** – Bonus points awarded for fastest times, longest jumps, and highest number of wins in specific events.