



Trench Wars Rules

General

Teams will participate in three timed events and Tug-of-War on Day 2 of camp. The results from those events will be used to seed teams for a 1-on-1 tournament. During the timed events and Tug-of-War, each team can have a roster of 6 linemen to use but only 5 can participate in any one event. Teams may use a different 5 players for any single event, but must choose players only from within the original 6.

EVENTS

Tire Flip Relay

Description

5 x 10 yard tire flip relay for time

Rules

- The ENTIRE tire must pass 10 yards before the next participant touches it, a 5-second penalty will be assessed if this rule is violated.
- The tire must be flipped end over end (no tire rolling)

Obstacle Course

Description

5 players from each team participate in an obstacle course in a relay fashion for time

Rules

- Players must touch hands before the next participant enters the obstacle course
- Teams will be assessed a 2-second penalty if they skip an obstacle

Big Man Relay

Description

5 player from each team runs a prescribed distance in a relay fashion

Rules

- Team members will exchange a football to initiate the next person starting
- If the ball is dropped, the fumbling team must recover and continue with the relay

Tug of War

Description

5-Man Tug of war, each team attempts to pull the rope's centerline across their respective lines to achieve victory

Rules

- If no winner is decided after 1 minute each team cuts 2 participants and repeats the drill

TOURNAMENT

1-on-1s

Following the conclusion of the first night, teams will be seeded for a 1-on-1 tournament. Each team will consist of a minimum of 8 players and a maximum of 12 players. Coaches have the discretion to move players to different positions. No players can be moved once the round begins. Only 2 reps per player during the round. After each round, teams will rotate from offense to defense and vice versa.

Rules

- Point System

- o Teams that reach 40 points before the 15-minute match expires shall be declared the winner. If the 15-minute clock expires and no team has reached the required 40 points, then the team with the most points wins.
- o The maximum number of points per rotation equals 20
- o Players can win 1 or 2 points depending on judge's award
- o A clean win by the Defensive Player will equal 2 points
- o A clean win by the Offensive Player will equal 2 points
- o A draw will constitute a split and each player/team will be awarded 1 point each
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- Offensive Line
 - o Each OL must protect for a minimum of 4 seconds to be awarded a 2-point win
 - o A holding call may result in 2 points being awarded to the defensive player/team
 - o If the OL's hands are outside the defensive player's body, the offensive player must make an immediate effort to replace it to be considered a 2-point win
 - o If the offensive player loses his balance and or technique at the 4-second mark, he may be awarded 1 point
 - o Replays begin on the offensive player's movement
 - o There must be a 2-foot split between each OL
 - o It will be at the discretion of the Judge to determine how many points are to be awarded. Once the judge awards a point(s), those points are recorded and no changes shall be made
- Defensive Line
 - o Each player must execute a pass rush move other than a bull rush technique to be considered being awarded 2 points
 - o Players may use a bull rush to setup another move
 - o Players will be required to remain in their respective pass lanes to be awarded 2 points
 - o DE's must not go past the guards to get to the QB. This may result in 2 points being awarded to the offensive player/team
 - o DE's shall lineup no more than 2 feet from the outside shoulder of the tackle
 - o It will be at the discretion of the Judge to determine how many points are to be rewarded. Once the judge awards a point(s), those points are recorded and no changes shall be made