

NATIONAL TRENCH WARS

The lineman will compete in events to test their strength, speed, agility and teamwork. Teams will consist of a minimum of 5 competitors with a maximum of 7 competitors. Organizations are allowed to have more than one team per age group.

The teams will compete in the following events Bench Press, Pro Agility, 1on1's, 3on3's, Bulldogging, Weighted Sled Pull, Farmers Walk, 3 Cone Drill and Tug of War. The event weight will vary by age group to make it is appropriate for the competitor's safety.

Trench Wars will be for the following age groups base off 1 January 2024; 10U, 12U, 14U, High School. Seniors may participate as long as they are not signed to a college or university. School base teams all competitors attend that school and must be in the current grade. School base teams will compete in the following age groups 7th grade will be in 12U, 8th grade will be in 14U. Competitors may compete up one age group above their current age or grade. Competitors can only be on one team per age group during Trench Wars. A Competitor may compete in multiple age groups.

Example: A 10yr old may compete for team Big Cats 10U and team Big Cats 12U.

Make Sure you bring your competitors ID or birth certificate in case someone wants to challenge a competitor's age. School base teams must provide proof that the competitor goes to that school and is in at least that current grade, with either school picture ID or report card. A current Zorts Card with a valid picture is acceptable.

CHALLENGES: You will notify the Director of Trench Wars you want to challenge a competitor's age or school or grade. You must pay the \$60 challenge fee immediately in ***cash only***. If the team being challenge can't prove the competitors age or school or grade. The \$60 fee will be returned to the challengers. The team with the illegal competitor will be disqualified from the Trench Wars National Competition. If the team being challenge does prove the competitor is the proper age or goes to that school and grade than Trench Wars keeps the \$60 challenge fee.

COMPETITORS MANDATORY EQUIPMENT:

- 1) Mouthpieces for 1on1's & 3on3's
- 2) Soft Helmet for 1on1's & 3on3's
(Trench Wars will have a few helmets competitors can share)

RECOMMENDED EQUIPMENT: Gloves for tug of war to avoid rope burn. Any gloves, work gloves, lineman gloves, WR gloves, battling gloves etc etc.

SCORING will be by time or number of repetitions a competitor properly completes. Each Station will have a score sheet for each team. Team Scoring is based on total time and repetitions. Team points per event will be determined by how many teams are in that age group.

EXAMPLES:

- 1) There are 8 teams at the High School Level. In the Bench press Team Warriors did the most repetitions correctly after adding up all 5 competitors' total reps, Team Warriors receive 8 points while the last place team gets 1 point.
- 2) There are 6 teams at the 10U level. In the pro agility Team Hogs had the lowest team time after adding up all 5 competitors' times. Team Hogs receive 6 points and the last place teams gets 1 point.

TRENCH WAR EVENTS

BENCH PRESS

Competitors will do as many repetitions as they can possibly do correctly in 2 minutes. Once the Judge says go the 2 minutes will start once the 2 minutes is up the total number of proper repetitions will be written down on the score sheet. If a competitor can't continue before the 2 minutes is up, the last total number of correct repetitions will be recorded. After all 5 competitors complete the event. The total numbers of all 5 competitors' repetitions will be written down on the score sheet for the Teams Total Repetitions for scoring.

Proper Repetition is the competitors head, shoulders and buttocks are flat on the bench and feet flat on the floor. Competitor must pause the weight on their chest before pressing and have a constant forward motion of the bar. At the 10U & 12U level if a competitor is too short for their feet to be flat on the floor the competitor can put their feet at a 45 degree angle on the bench or have just their toes on the floor.

WEIGHT PER AGE GROUP

10U 45lbs (uses inch bar with a total of 45lbs)

12U 55lbs (45lb bar + 10lbs)

14U 105lbs (45lb bar + 60lbs)

HS 185 pounds (45LB bar + 140lbs)

Weighted Sled Pull

Competitors will be timed on how quickly they pull the weighted sled 40 yards. Time starts when the judge says go and stops when the SLED passes the 40yrd line. After all 5 competitors complete the event. Their times will be added up for a Total Team Time for scoring.

WEIGHT BY AGE GROUP

10U – 35 pounds

12U _ 45 pounds

14U – 45 pounds

High School – 90 pounds

FARMERS WALK (relay)

Teams will be timed in a 40 yards long carrying a weighted hex bar. Competitors will go down 20 yards around the cone and back. Time starts when the judge says go and stops when the competitor crosses the line.

WEIGHT PER AGE GROUP

10U – 45lb Hex Bar

12U _ 65lbs (20lbs on a Hex Bar)

14U – 70lbs (35lbs on a Hex Bar)

High School – 145lbs (100lbs on a Hex Bar)

Tug of War

The Teams begin tugging the rope when the judge gives the signal. Each player pulls backwards as hard as they can. The teams continue pulling until the center of the rope (tape mark) crosses the designated mark. The game ends when the judge declares one team has successfully pulled the past the mark. All Teams will compete against each other in around robin format. Teams will get 1 point for a win, 0 points for a loss. In the event of a tie in teams will compete in a tie breaker.

1 ON 1

One competitor from each team will go against each other starting in a 3 or 4 point stance. The competitor on offense has to block the defender for 4 seconds without holding, keeping the defender from getting to the tennis ball on the cone 5 yards behind him. SCORING: If the defensive player gets to the tennis ball in 3 seconds or less, without going outside the lane he gets a point for his team. If the offensive player blocks the defensive player keeping him from the tennis ball without holding for 4 seconds he gets a point for his team. The team with the most points wins the 1 on 1. Any player's hands around the neck, head or face area is a disqualification.

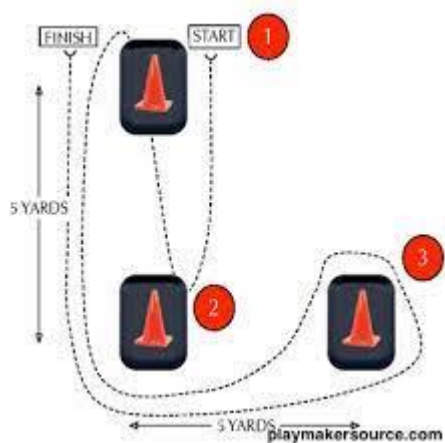
3 on 3

SAME RULES AS 1 on 1's but now there are 3 competitors per team on offense and defense. Only 1 defender needs to get to the tennis ball on the cone in 3 seconds or less to win. The team on offense has to block all 3 defenders for 4 seconds to win.

BULLDOGGING

One competitor from each team will go against each other. Each competitor will wear a harness, the harness is attached to a rope or chain. The competitors will be in a 4 point stance facing away from each other. When the judge says go the competitors will start bear crawling forward. The competitor that pulls the other competitor over the line first wins and gets a point for his team.

3 CONE DRILL



Competitors will be timed on how quickly they complete the 3 Cone Drill properly. If a competitor fails to complete the drill properly the time will not get counted. They will get a 2nd chance. If a competitor fails to complete the drill twice properly the competitor will get a 20 second score to go towards the team score. After all 5 competitors for the team are complete, their times will be added up for a total Team time for scoring. The standard at this event is the same for all age groups.

PRO AGILITY



Competitors will be timed on how quickly they complete the Pro Agility properly. If a competitor fails to complete the drill properly the time will not get counted. They will get a 2nd chance. If a competitor fails to complete the drill twice properly the competitor will get a 20 second score to go towards the team score. After all 5 competitors for the team are complete, their times will be added up for a total Team time for scoring. The standard at this event is the same for all age groups.