

What is 5v5 Lineman Competition?

This is **not** a football game and is **not** structured like 7-on-7. Instead, this is a **drill-based competition** where offensive and defensive linemen go 1-on-1 in timed reps to simulate pass-blocking and pass-rushing scenarios.

Goal:

- **Designed for Linemen** – This gives big men their **own space to compete**, just like skill players do in 7-on-7.
- **Improves Key Skills** – Players will **develop their hand-fighting, stance, footwork, and pass-rushing/blocking techniques** in a game-like setting.
- **Structured & Competitive** – Unlike casual practice drills, this format includes **official scoring, referees, and a tournament-style format**.

How Does It Work?

- **Format:** Each team consists of **five linemen**, facing off in a **1-on-1 pass-rush style competition**.
- **Game Setup:** The field is **25 yards by 25 yards**, with a **3-round format** where each lineman competes in **two reps per round**.
- **Objective:** The offensive lineman protects a **target bag** behind them, while the defender tries to reach it **within 3 seconds** to simulate a sack.
- **Scoring:** The defense scores **2 points** for touching or knocking over the bag.
- **Rotation:** All linemen get equal opportunities to compete, alternating between offense and defense.
- **Overtime & Playoffs:** Games follow a structured elimination format, with **seeding determined by wins and point differentials**.

Key Details:

- **No practices during the week** – Players will receive **brief instruction** before competing (this could change).
- **No ball, no plays, no traditional football elements** – This is strictly a **lineman-specific drill competition**.
- **1-on-1 Battles** – Each rep features **one offensive lineman vs. one defensive lineman** at a time.

- **Reps, not drives** – Each player will take **turn-based reps** in a structured format. Every lineman gets equal reps on offense and defense throughout the competition.
- **Timed Reps** – The defensive player has **3 seconds** to beat their opponent and reach a designated target (a bag).
- **Scoring** – Defense earns **2 points** for reaching or knocking over the bag before time expires.
- **Referees and supervisors oversee the event**, but there are **no team practices or full-team gameplay**.

Rules & Sportsmanship

- **No Bull Rushing** – Players must use controlled technique instead of brute force.
- **No Dangerous Contact** – Slamming, excessive weight landing, or unsportsmanlike conduct results in **penalties or ejections**.
- **Zero Tolerance for Fighting** – Any punches thrown lead to **immediate ejection from the game and tournament**.
- **Coach & Referee Oversight** – A **referee and field supervisor** manage gameplay and ensure safety for all players.

What Families Should Know:

- **This is not a game** – There are no offensive drives, no skill positions, and no team strategy.
- **This is not like 7-on-7** – This is strictly for linemen to compete in a controlled setting.
- **Players will rotate through reps, not play in a continuous game format.**
- **There is no weekly practice or preparation—just pre-competition instruction.**
- **Designed for linemen** – technique, agility, and drill-based competition.

This program offering was introduced by the league just prior to registration opening, which has limited our ability to plan, gather resources, and staff accordingly.

We appreciate everyone's patience as we navigate this new program with the time and resources available. If you have any questions, please reach out—we want to make sure families have all the details they need to make the best decision for their athlete.

If you absolutely want to try it out? we are happy to provide a seasonal transfer waiver that will allow you to join a program that is offering it. Shoot us an email at jrriverhawks@gmail.com