

CIAC Low to Moderate Risk Football Activities

The follow skill activities and 7v7 experiences have been reviewed by CIAC and are being provided to member schools as recommended low to moderate risk football activities. The CIAC would like to thank the ECC and Ridgefield High School athletic directors for their work in designing these experiences.

Low to Moderate Risk Sample Plan 1 (Designed by ECC)

- Contest schedule will begin on Friday September 25. The activity period will last 5 weeks. All contests are recommended to be played on Fridays or on the day of mutual agreement between both schools scheduled to compete against one another. Contests must be submitted into Arbiter under "football", "scrimmage" and list the appropriate level of play. Lineman Challenges will begin at 4:30pm (recommended time) at host site while skill contests will begin at 6:00pm (recommended time). Saturday times are at the discretion of the host site for teams without lights. Football equipment (ex: helmets, shoulders pads) **will not** be worn. Attire is cleats, shorts or sweatpants, jersey. All participants must wear a facial covering. Mouthpieces are recommended to be worn by participants during the skills competition. All ECC policies and protocols will remain in place. If both teams scheduled to play each other wish to schedule a second contest (JV) that week (due to league policy of maximum number of 40 players), they can do so at their convenience (ex: Thursday or Saturday). Otherwise, the teams involved will have all players participate in the one scheduled contest. If teams wish to schedule a second contest during a week against an alternative opponent, they can do so at their discretion but should input contest into Arbiter for officials purposes.
- Contests will be scheduled from the league for September 25, October 2, October 9, October 16 and October 23. Host schools may adjust day/time as needed due to facility usages. JV contests are to be scheduled between mutual agreement of both school athletic directors.
- Host school is responsible for paying the standard officials rate for the 2020-21 school year (97.87 for Varsity contest)
- Class of 2021 and 2022 Showcase on October 30/31 at New London High School.

Lineman Challenge Activities

- Tug of War (OL/DL)
- Move the Mountain (OL/DL)
- 1 man sled Drive (time/distance) (OL)
- 5 man sled Drive (time/distance) (OL)
- Long Trap Drill (time) (OL)
- Seal Block (time) (OL)
- Kick Slide Drill (time) (OL)
- Figure 8's (time) (DL)
- Pursuit Drill (time) (DL)
- Heavy Bag Carry (individual and team) for (time/distance) (OL/DL)
- Tire Flip (individual and team) for (time/distance) (OL/DL)
- Agile bags or obstacle course (individual/team) for time (OL/DL)

Skill Contests will involve:

- Coin Flip to begin the contest
- Contests will be played on a full 100 yard regulation football field
- Kickoffs (kicker only) to begin contest. Receiving team will be allowed two (2) returners to catch the ball. Ball will be placed 10 yards from the catch or from controlled possession by the receiving team.
- Each team will be allowed seven (7) players per side (offense will have a center, QB, and 5 eligible receivers). Defense will utilize seven (7) players as they see fit. Defensive players must line up at a minimum of 3 yards off the ball and a maximum of 12 yards off the ball.
- 4 downs to get 10 yards
- No running plays are allowed
- 1 hand touch to end the offensive play
- QB has 4 seconds to release ball (time will be counted off by official)
- Teams may punt on 4th down (long snapper and punter only for offense). Defense will put back two (2) returners for a fair catch. Ball spotted at catch point or at spot of controlled possession
- Teams will kick PAT's after a touchdown (short snapper, holder and place kicker) uncontested from the 3 yard line or go for 2 point conversion from the 5 yard line
- Kickoffs will occur after each score as well as to begin the contest
- Each contest will consist of 4 periods of 25 minutes running time per period. There will be a 2 min break between each period

Host sites will hire ECFO officials (3 per site), provide a chain gang, line the field appropriately and have all necessary field markers for the contests. Scoreboard should be in operation for the skill contest. Rosters with the players names, jersey numbers as well as a PA announcer are highly recommended for the skill contests. The combined contests should not exceed 3.5 hours. Head coaches and AD's of participating schools should communicate during the week leading up to the event to agree upon lineman activities and set up of skills competition. Once on site, this is a coach/school directed activity.

***Alternative to add lineman activities to skills competition*(if agreed upon by coaches)**

-3rd down and 5 (or less)

-4th down and 2 (or less)

-Any offensive play inside the 3 yard line

-2 pt conversions (declaration of run play from the 3 yard line)

These lineman activities would be agreed upon prior to contest that could be performed with limited equipment (ex: heavy bag carry, move the mountain), involve 4-6 lineman or a 1 v 1 battle, and not disrupt the flow of the game. The intent is to keep lineman engaged after their lineman challenge and to allow them to have some impact on the skills competition. This is not a substitute for the lineman challenge competition.

Low to Moderate Risk Sample Plan 2 (Designed by Ridgefield High School)

Overview:

Each weekly competition will feature two schools going head to head and will consist of a “Strength Challenge” skills competition and a “Passing League”-style “7-v-7 Game.” The winning team for each competition will be the team that amasses the most combined points as described later in this document. Competitions can be held at all three levels and will be designed to take roughly 3 hours to complete. Suggested format for Varsity competitions is Friday evenings, with one aspect (strength or 7-v-7) beginning at 5:30 to be followed by the other aspect at 7:00 PM. This will preserve the “Friday Night Lights” feel that our players hoped to experience this fall. Athletes CANNOT participate in BOTH the Strength Challenge and the 7-v-7 game on the same night, though they could change from one aspect to the other from one week to the next.

Strength Challenge Details:

Each team will select 25 individual athletes to compete in this aspect. Each strength challenge will be contested under the following set of rules:

- 5 events competed simultaneously on the field in five separated locations
- The host school will select (based on available equipment and preference) from the approved list of events (Appendix A) which 5 events will be competed that week
- No strength event will include “Max Lifts” as that may encourage unsafe attempts. Instead, many events will ask athletes to complete as many reps as possible (AMRAP) in a designated time period
- By no later than Monday each week, the host school for the week’s matchup will notify their opponent which 5 strength events will be contested. This will give each team adequate time to practice safe execution of each event and determine their athletes/lineup for the week
- Each challenge includes 5 event “rotations” lasting approximately 10 minutes each
- Each event will consist of 5 athletes per team competing for each rotation, with the winning team in each event earning one point overall toward the team total. The winning team for each event is determined by the event itself.
 - Example 1: a bench press event could be scored by the total number of reps that the five individuals completed during their attempt.
 - Team A athletes: 20 reps, 18 reps, 22 reps, 15 reps, 17 reps for a team total of 92 reps
 - Team B athletes: 19 reps, 21 reps, 20 reps, 20 reps, 25 reps for a team total of 105.
 - Team B beats Team A 105-92, so Team B gets 1 overall point.
 - Example 2: a “Move the Mountain” event where the teams of 5 are collectively moving weights from one location to another could be scored by time, with the team completing the task faster earning the 1 overall point.
- All 25 athletes for each team will compete in each event, though the groupings of the athletes can be adjusted from one rotation to the next to try to maximize competitive matchups.

- Coaches will determine their lineups for each event and each rotation prior to the competition and will share their lineup with their opponent upon their arrival at the field
- Teams may have up to three “alternates” for the strength competition. These alternates may only compete in the case of injury to one of the original 25 athletes. Alternates may be members of the JV/FR teams
- In total, there are 25 points available from the strength challenge (5 events x 5 rotations x 1 point/event)
- Coaches for both programs are expected to oversee the Strength Challenge portion of the competition.

7-v-7 Game Details:

Each team will select a maximum of 25 individual athletes to compete in this aspect. Each 7-v-7 game **at the varsity level** will be played under the following set of rules:

- Coin flip to begin the game - one player for each team and one official, standard options for the team that wins the toss
- Game will be played on a full regulation field
- Each half will begin with a kickoff. Kickoff format will be a kicker only for the kicking team and two return players for the receiving team. Ball will be placed 10 yards from the location where the returner catches or gains possession of the ball.
- Each team will be allowed seven players per side. Offensive teams will consist of a center, quarterback, and five eligible receivers. Defensive teams will use seven players as they see fit
- Normal football down & distance rules apply
- No running plays are permitted
- 1-hand touch by a defensive player will end each offensive play
- QB has four seconds to release the ball... time will be kept by the on-field official
- Teams may punt on 4th down. The kicking team is limited to a long-snapper and punter, with the return team limited to two receiving players. Ball is spotted at the point it is caught or controlled by one of the return players or where it goes out of bounds
- Teams may also attempt to kick a field goal. These attempts would be uncontested, with a snapper, holder and kicker only on the field. If the snap, hold, and kick are not executed cleanly it counts as a failed attempt and possession goes to the opposing team at the 20 yard line. As normal, any successful kick is worth 3 points.
- After a touchdown, teams may kick an uncontested PAT with a snapper, holder and kicker only on the field. If snapped from the 3-yard line, it is worth one point. If snapped from the 13-yard line, it is worth two points. If the snap, hold, and kick are not executed cleanly it counts as a failed attempt. Additionally, teams may choose to run an offensive play from the 5-yard line against a defense for a traditional 2-point conversion
- Kickoffs after each score will be handled the same way as the opening kickoffs of each half.
- Each game will consist of four 15-minute periods on a running clock. There will be a two-minute break between each period.

- Games will be officiated by 3 on-field officials. It is the responsibility of the host school to arrange for officials through their normal officiating board.
- Host school is responsible for a chain gang, proper lining and field setup, and a scoreboard operator.

Competition Winner:

The winner of each competition each week will be the team that amasses the larger number of total points between BOTH the Strength Challenge and the 7-v-7 Game. Schools are encouraged to maintain score on the scoreboard throughout both aspects of the competition. For example, if the Strength Challenge is first, it would conclude with a total of 25 points. (i.e. Team A 14, Team B 11) The 7-v-7 Game would then begin with that score and proceed until the end.

Additionally, the top overall individual performer in each strength challenge event can be announced at the end of the night. Standings within each region will reflect both the overall team records as well as standings for the Strength Challenge teams and the 7-v-7 Teams. Individual performance records could also be tracked/shared.

Sub-varsity accommodations:

If the number of athletes for the two schools competing on a given week allow, competitions will take place for both Varsity (Fridays) and Sub-Varsity (Thursday or Saturday). Sub-varsity competitions can take one of two forms:

- One competition: JV/FR athletes combined for one Strength Challenge (25 athletes per school) and one 7-v-7 Game (25 athletes per school)
- Two competitions: JV/FR athletes combine for one Strength Challenge (25 athletes per school) but separate JV and FR 7-v-7 games (up to 50 athletes per school). In this case, the outcome of the strength competition will be the starting point for both the JV and FR 7-v-7 games

Sub-varsity Strength Challenge: all sub-varsity strength competitions will follow the same format as the varsity event described above.

Sub-varsity 7-v-7 Game Details:

Each team will select a maximum of 25 individual athletes to compete in this aspect. Each 7-v-7 game **at the sub-varsity level** will be played under the following set of rules:

- A combined JV/Fr game will be played on a full regulation field. If JV/FR are playing separate games, they will take place simultaneously on each half of the same field.
- Coin flip to begin the game - one player for each team and one official, with team winning the flip choosing offense or defense first
- There are no kickoffs, punts, field goal attempts or PATs in sub-varsity games

- Each possession begins at the 40 yard line going in
- Each team will be allowed seven players per side. Offensive teams will consist of a center, quarterback, and five eligible receivers. Defensive teams will use seven players as they see fit
- Normal football down & distance rules apply
- No running plays are permitted
- 1-hand touch by a defensive player will end each offensive play
- QB has four seconds to release the ball... time will be kept by the on-field official
- After a touchdown, the scoring team may choose to attempt a conversion from the 5-yard line or the 10-yard line. A successful conversion from the 5 is worth one point while a successful conversion from the 10 is worth two. An unsuccessful attempt does not give either team any points.
- **DEFENSES CAN SCORE.** On any possession, if the defense prevents the offense from scoring a TD they score one point. If they end the offensive possession by intercepting the ball they score three points. In either case, possession goes over to the other team and they start from the 40 yard line going in.
- Each game will consist of four 10-minute periods on a running clock. There will be a two-minute break between each period.
- Games will be officiated by 3 on-field officials
- Host school is responsible for a chain gang, proper lining and field setup.

APPENDIX A - Strength Challenge Events

In all events, COVID protocols will call for the cleaning of any implements used between athletes and between rotations.

Proposed Strongman Event List (Fall 2020)			
Category	Description	Format	Scoring
Deadlift	Standard Deadlift with Barbell - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
	Hex or Trap Bar Deadlift - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
Pressing	Bench Press with Barbell - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
	Overhead (Standing Military) Press with Barbell - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
	Single Arm Dumbbell Press - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
	<i>Medley using any of the above</i>	AMRAP in 60 sec	Comparison of total reps for the 5 team members
Squat	Back Squat with Barbell - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
Carry	Sandbag Carry	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point
	Farmers Carry	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point
	Duckwalk Carry using Duckwalk Pin	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point

	<i>Medley using any of the above</i>	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point
Pull or Push	Truck Pull or Push	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point
	Sled Pull or Push	Timed for 15 yard distance	Team with lower total time for all 5 team members combined gets the point
Throws	Sandbag Overhead Toss	Distance	Team with higher total distance for all 5 team members combined gets the point
	Shotput	Distance	Team with higher total distance for all 5 team members combined gets the point
	Medball Overhead Toss	Distance	Team with higher total distance for all 5 team members combined gets the point
Cleans	Powerclean with Barbell - set weight	AMRAP in 60 sec	Comparison of total reps for the 5 team members
	Over-the-shoulder sandbag clean	AMRAP in 60 sec	Comparison of total reps for the 5 team members