**ECC Alternative Football (2020)**

* 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.**