**ECC Alternative Football (2020)**

* All teams that declare they will participate will begin a contest schedule on Friday September 25. All contests will be played on Fridays. Lineman Challenges will begin at 4:30pm at host site while skill contests will begin at 6:00pm. Saturday times at discretion of host site for teams without lights. We will remain regionalized for scheduling purposes. Football equipment (ex: helmets, shoulders pads) **will not** be worn. Attire is cleats, shorts or sweatpants, jersey. All participants must wear a facial covering. All ECC policies and protocols will remain in place. If both teams scheduled to play each other wish to schedule a second contest that week (due to maximum number of 40 players), they can do so at their convenience (ex: Thursday or Saturday).
* Contests involving both the lineman challenge and skill contests will be scheduled on September 25, October 2, October 9, October 16 and October 23. (\*Saturday morning or Thursday afternoon for those schools hosting without lights\*)
* Potential for a Skill Shoot Out, Lineman Combine and Senior Showcase on October 30/31 (TBA)

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 participants 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.