

**-DRAFT-**

 **Ridgefield Proposal**

**Football Alternative**

**Philosophy:**

 This proposal is designed to provide an alternative football experience in the case that traditional full-contact, 11-v-11 football is not sanctioned by the CIAC for this fall.

**Participants**:

 Individual schools may opt in to this program by submitting their intent to participate to Ridgefield AD Dane Street (dstreet@ridgefieldps.net) no later than 2:00 PM on Friday, September 25th.

**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 follow 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 amassess 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.

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| **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 |
| *Medley using any of the above* | 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 |
| *Medley using any of the above* | 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 |