

KEYSTONE COMBINE CHALLENGE SERIES

GENERAL KEYSTONE COMBINE INFORMATION:

THERE ARE A TOTAL OF 6 PHYSICAL TESTS WITH POSITION SPECIFIC DRILLS AS WELL AS A "TALE OF THE TAPE" BODY MEASUREMENT FOR EACH PLAYER. EACH TEST IS SCALED ON A SLIDING POINT SYSTEM AND DOCUMENTED AT EACH DRILL. FOR EXAMPLE: A SENIOR OR JUNIOR RUNNING A 40 YARD DASH ON THE ELECTRIC TIMING SYSTEM IN 4.60 IS 10 POINTS. IF HE RUNS A 4.70 IT WOULD BE 9 POINTS, AND SO ON. [CLICK HERE FOR THE SCORING CHART.](#)

ALL EVENTS HAVE A SCORING SYSTEM RELATED TO THE TIMING, DISTANCE, AND WEIGHT LIFTED. THE HIGHEST SCORED POINTS AT EACH EVENT DICTATES THE WINNERS. HERE ARE A LIST OF EVENTS BELOW THAT WILL BE MEASURED AT EACH HIGH SCHOOL FOOTBALL COMBINE CHALLENGE.

1. 40 YARD DASH ATTENTION THIS IS NOT HAND TIMED, IT'S ELECTRIC – SAME SYSTEM USED AT THE NFL COMBINE. THE ATHLETE WILL START IN A THREE POINT STANCE AND THE CLOCK WILL START ON HIS MOVEMENT AND ENDING AT THE FINISH LINE WHEN HE BREAKS THE LASER'S TIMING EYE. THE TIME IS NOTED AND GRADED ON THE TIMED POINT SCALE.

2. 20 YD SHORT SHUTTLE OR KNOWN ALSO AS THE SHORT SHUTTLE. THIS EVENT IS HAND TIMED. THE ATHLETE STARTS IN A 3 POINT STANCE IN THE MIDDLE OF TEN YARDS. ON HIS MOVEMENT HE RUNS RIGHT FIVE YARDS TOUCHING THE LINE AND TURNS IN THE OPPOSITE DIRECTION AND RUNS TEN YARDS TOUCHING THAT LINE. HE TURNS OPPOSITE AGAIN AND SPRINTS THROUGH THE STARTING POINT ENDING THE TEST. THE TIME IS NOTED AND GRADED ON THE TIMED POINT SCALE.

3. 3 CONE DRILL. THIS EVENT IS HAND TIMED. THE ATHLETE STARTS IN A 3 POINT STANCE AND RUNS FORWARD FIVE YARDS TOUCHING THE LINE WITH HIS RIGHT HAND AND TURNS THE OPPOSITE DIRECTION AND RUNS BACK FIVE YARDS AND TOUCHES THE LINE WHERE HE STARTED AT WITH HIS RIGHT HAND AGAIN. HE THEN TURNS IN THE OPPOSITE DIRECTION AND RUNS IN A L POSITION FOR TEN YARDS AND FIGURE EIGHTS THE FURTHEST CONE(INSIDE) AND RUNS BACK TO THE STARTING POSITION STAYING ON THE OUTSIDE OF THE CONES. THE TIME IS NOTED AND GRADED ON THE TIMED POINT SCALE.

4. STANDING BROAD JUMP. THE ATHLETE STANDS BEHIND THE LINE AND EXPLODES FORWARD LANDING FLAT FOOTED AND MOTIONLESS. THE MEASUREMENT IS TAKEN FROM THE FURTHEST POINT OF EITHER HEEL OR CLOSEST MARK TO THE STARTING LINE. THE MEASUREMENT IS NOTED AND GRADED TO THE MEASURED POINT SCALE.

5. VERTICAL JUMP. THE ATHLETE STANDS UNDERNEATH THE VERTICAL JUMP TESTING BAR LINE AND EXPLODES UPWARDS AND REACHES TO TOUCH THE MEASUREMENT LINES. THE

MEASUREMENT IS NOTED AND GRADED TO THE MEASURED POINT SCALE.

6. 160LBS. / 185LBS. BENCH PRESS MAX REPETITIONS UNTIL FAILURE. (160LBS. FOR FRESHMAN-SOPHOMORE GROUP & 185LBS. FOR JUNIOR-SENIOR GROUP.)

THE ATHLETE LIES FLAT ON HIS BACK ON A BENCH WRACK. ON HIS MOVEMENT HE WILL LIFT THE WEIGHT EACH REP FROM HIS CHEST TO COMPLETELY LOCKING OUT. WHEN THE ATHLETE CAN'T PERFORM ANOTHER REP THE EXERCISE ENDS. THE REPETITIONS WILL BE NOTED AND MARKED TO THE LIFT POINT SCALE.

WE THEN BREAK DOWN BY POSITION AND HAVE THE ATHLETES PERFORM SPECIFIC DRILLS ACCORDING TO THEIR POSITION TO DEMONSTRATE THEIR PLAYING ABILITY.

WE RECOGNIZE AND AWARD THE TOP PERFORMERS IN EACH AGE GROUP AND EACH PRIMARY POSITION AS WELL AS THE COMBINE MVP!