



## Frequently Asked Questions

- So, this is like padded flag, or how is it different than flag?
  1. **A:** TackleBar is like flag only in the sense that you pull something off the ball carrier, but the actual game is much closer to live tackle or “thud” football because the defender still has to engage the ball carrier using proper tackling technique. The defender must make contact and wrap up the ball carrier, and then pull one of the bars off to end the play. Many high schools, almost all colleges, and all pro teams already keep their players on their feet during contact periods, and TackleBar gives youth and HS players an aiming point and a clear-cut end point to the play, while still playing at game speed. Another advantage of TackleBar is that it is played in full football equipment (helmet and shoulder pads), which allows kids to get comfortable in the gear and helps them develop better tackling and blocking fundamentals.
- What if a kid just runs up behind the ball carrier and grabs the bars?

**A:** If a player is chasing a ball carrier from behind and can get their hand to the small of the ball carrier’s back, he is most likely in position to dive and make that tackle. TackleBar keeps kids safely on their feet and avoids injuries that result from going to the ground.
- Is this “real” football??

**A:** See the answer above for flag football. Most programs are already engaging in limited contact at practice and have been for some time. But also, youth football is changing, and if we don’t create a positive initial experience with contact as they start tackle football or transition from flag, we will continue to lose great athletes in the game of football. Additionally, TackleBar forces kids to learn good tackling form from a young age so when they move on to full tackle, they will have more experience using good footwork, keeping their head up and wrapping the ball carrier around the mid-section instead of arm tackles or diving for legs. And finally, TackleBar is played in full protective equipment, which allows players to acclimate to the gear...and, kids love the gear anyway!
- What if the kids accidentally go to the ground? What if a kid tackles another kid?

**A:** If a defender wraps up a ball carrier, pulls the bar off and they both go to the ground as result of natural momentum, we have no problem with that and are happy to see good form, so there should be no penalty. However, if a defender is clearly just trying to tackle or lower their shoulder on ball carriers, that results in a 15-yard excessive force penalty. That goes against the intention of TackleBar, or limited contact football in general.

- Are their specific rules for available?

**A:** Yes, we have specific rules laid out on our website under the “Downloadable resources” tab and included in the “TackleBar Guidebook”. However, we also want TackleBar to work in conjunction with your program as well as possible so you can modify rules based on your judgement.

- How much do they cost?

**A:** They cost \$55 per harness and they are designed to last at least 4 to 5 years. During the first 4 years of use, we have not had a single one returned or reported as breaking.

- Do most programs just buy for skill players or for everyone?

**A:** Most high schools just buy them for skill players and use them in drills. They are also great for 7-on-7 leagues to make sure your players are getting open field tackling work during that period. At the youth level, most programs purchase them for all players so everyone gets a chance to potentially run with the ball (since you don't have to worry about a big kid clobbering a smaller kid) and play can continue on an interception or fumble

- How hard is it for kids to put the harnesses on? Or Pull them out and/or put them back in?

**A:** Its very easy for kids put them on take them off as the strap is Velcro and designed to make switching harnesses simple. Getting the bars in and out is easy as well as the plastic is very flexible and the kids get used to it quickly. Even if a kid does struggle, one of their teammates will help them, the same way they do when they can't buckle their chinstrap.

- Do programs use them just for practice?

**A:** Yes, many high schools and middle schools use them as training aid during drills, 7 on 7, inside run and full team.

- Do you have any drills we can use?

**A:** Yes, you are welcome to use our videos from the website, books from Coach Anthony Stone, and upcoming material with Riddell and USA FB.

- How easy/hard is it to integrate into a program?

**A:** All the rules, penalties, plays, line play, equipment etc. are all the exact same as full tackle so the only integration needed is outfitting the kids in TackleBar harnesses and explaining to the refs that you want the play blown dead when they see a bar removed and held in the air.

- How does TackleBar limit contact?

**A:** The key difference between tackle and TackleBar is that the ball carrier is not tackled to the ground with TackleBar. We encourage to play until thud and have everyone stay on their feet. By eliminating the tackling to the ground, we are limiting the contact in the games and practice.

- What other communities are using TackleBar?

**A:** You can visit our website and use the interactive map at the top to see what programs are using TackleBar in your area.

- Can I talk to another program who is a current user?

**A:** You sure can! Please contact us and we will pair them with a current user

- What is the best age to start?

**A:** We have found that 3<sup>rd</sup> - 6<sup>th</sup> grade seems to be the best age to begin playing TackleBar to help the kids develop good habits while they are still growing and maturing. In youth league play, we have kids playing from grades K-8. We have many high schools, and most recently some colleges, that use TackleBar in practice as well.

- Are there different sizes of the TackleBar harness?

**A:** Yes. Size small fits up to 100 pounds, size medium fits 100-200 pounds, and size large fits over 200+.

- Do you offer discounts?

**A:** Contact your local Riddell rep for discount information.