

# **TACKLEBAR FOOTBALL**

## **SAFE CONTACT RECOMMENDATIONS**

### **I. General:**

- a. TackleBar harness must be worn snug to the body. Loose straps may allow the entire harness to shift or slip while the defender is attempting to rip off the bar.
- b. Excessive contact penalties (personal foul) can be called for failure to control contact and comply with these safe contact guidelines.
- c. Helmets, shoulder pads, padded pants (optional but recommended), TackleBar harness, mouth guard.
- d. Jerseys must be tucked in at all times.
- e. NO metal spikes or steel tip cleats allowed.

### **II. Offense:**

- a. No weight restriction for RB/QB.
- b. No helmet-initiated contact.
- c. Players may never leave their feet to launch or dive into another player.
- d. No blocking below the waist.
- e. If a TackleBar or a harness falls off, the ball carrier is down at the spot.

### **III. Defense:**

- a. Downing the Ball Carrier:
  - i. No tackling or throwing players to the ground.
  - ii. No helmet-initiated contact.
  - iii. Players may never leave their feet to launch or dive into another player.
  - iv. Wrap and Rip technique is recommended. Defender breaks down, wraps ball carrier, and rips TackleBar- this simulates the latest recommended shoulder tackling technique.
  - v. It is not a penalty if the ball carrier inadvertently goes to the ground during this action. However, contact that deliberately takes the ball carrier to the ground with force may be penalized.

### **IV. Special Teams:**

- a. No kickoffs. In any kickoff situation, the receiving team takes possession of the ball at its own 25-yard line.
- b. If punt is elected, there should be no rush and the ball is placed where the punt is caught or where the ball comes to rest if not caught - or - the team can elect to forego the punt play, and it simply becomes the other team's ball 25 yards from the line of scrimmage.