



Welcome to your upcoming season of TackleBar Football! We are excited to work with your program to offer kids in your community a fun and safe football experience.

We have included some resources to help with your efforts in transitioning your league to TackleBar. You can also learn more by visiting our website at <https://tacklebar.com>. Please don't hesitate to call [612.695.0720] or email us [info@tacklebar.com] us with any other questions.



What is TackleBar Football?

TackleBar Football is a safer approach to the game that preserves the tradition and spirit of the sport. Players wear traditional football equipment, plus a TackleBar harness that holds two foam bars across the lower back. The defender must track and engage with proper form tackling technique while wrapping the ball carrier and ripping a bar from the harness. With this approach, players stay on their feet rather than taking the ball carrier to the ground.

Why TackleBar Football?

- Decreases injuries by reducing hits and high impact collisions
- Teaches proper shoulder tackling technique
- Ideal transition between flag football and tackle football
- Increases participation

TackleBar for Games

TackleBar Football is an ideal transition between flag football and tackle football. Kids get to put on helmets and shoulder pads and experience a safe level of contact, while learning positions, stances, plays, and formations. TackleBar Football allows kids to have the authentic football experience and learn proper fundamentals in a safe and fun atmosphere.

TackleBar for Practice

Many programs are using the TackleBar harness during practices, scrimmages, and passing leagues to require players to utilize proper fundamentals without putting their body through the wear and tear of live tackling.

Coaches, directors, commissioners...YOU are paving the way for a safer game, and TackleBar Football is your partner. We look forward to working with you!

Check out TackleBar in Action

<https://tacklebar.com/pages/game>

<https://tacklebar.com/pages/practice>

INSTRUCTIONS FOR USE



The TackleBar™ harness is worn around the waist/lower mid-section.

1
Secure Velcro™ fastener across the front of the body just below the navel, ensuring the TackleBar logo is upright.



2 Simultaneously tighten **top** two straps and ensure the excess lengths are even. **3** Repeat for **bottom** two straps.

TACKLEBAR GAME RECOMMENDATIONS

Excessive contact penalties (personal foul) can be called for failure to control contact and comply with the safe contact rules outlined as follows:

DEFENSE

- Downing the Ball Carrier:
 - No tackling or throwing players to the ground.
 - No helmet initiated contact.
 - Players may never leave their feet to launch or dive into another player.
- Defenders should track and engage with proper form tackling technique while wrapping the ball carrier and ripping a bar from the harness.
- 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.

OFFENSE

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

SPECIAL TEAMS

- No kick-offs: ball is placed on 30 yard line.
- Punts: no rush, ball placed where caught or where the ball comes to rest.

GAME NOTES:

- The TackleBar harness must be worn snug. Ensure straps are adequately tightened.
- Excessive contact penalties (personal foul) can be called for failure to control contact and comply with these safe contact rules.

WRAP AND RIP:

The TackleBar harness teaches proper shoulder tackling technique and skill development. The defender must track and engage with proper form tackling technique while wrapping the ball carrier and ripping a bar from the harness. Players are able to practice proper breakdown, body positioning, and engagement. It's a true simulation of live tackling without putting players through the wear and tear of full contact.

Breakdown



Wrap



Rip

