

## 2019 2/3 TACKLEBAR FOOTBALL RULES

### **I. General Game Rules:**

#### **a. Safe Contact Recommendations:**

- i. 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.
  - ii. Excessive contact penalties (personal foul) can be called for failure to control contact and comply with these safe contact guidelines.
- b. Coin toss at the beginning of each game. The winner chooses to kick or to receive. The other team chooses the direction they want to defend. Switch both at half.
  - c. If a team is short on kids, coaches can agree to play with whatever the number of players available.
  - d. Full size, 100-yard field is preferred. Younger players and/or smaller on-field roster sizes may elect to play on smaller field size (typically 80-yard long x 40 yds wide)
  - e. Point scoring:
    1. Touchdown = 6
    2. Extra point = 1 (No kicking. Ball is placed on the 3-yard line and must be run or passed into the end zone)
    3. Safety = 2pts
  - f. There are no requirements for touches. However, every player should be given the opportunity to play a skill position and touch the ball throughout the year.
  - g. A balance should be maintained between a spirit of fairness and competitiveness. Standout and dominant players should not be the only ones to carry the ball in a game.

### **II. Equipment:**

- a. Helmets, shoulder pads, padded pants (optional but recommended), TackleBar harness, mouth guard.
- b. Jerseys must be tucked in at all times.
- c. NO metal spikes or steel tip cleats allowed.

### **III. Game Length:**

- a. Games will consist of 12-minute quarters. Clock is running time, with the exception of the last 2 minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter.

- b. Halftime will be 5 minutes.
- c. 45 second maximum play clock in between plays.
- d. Each team gets 3 timeouts per half.
- e. No overtime in regular season - games may end in a tie.
- f. Overtime in playoffs is sudden death. Coin toss determines who gets the ball first in OT (possession starts at the 25yd line).

**IV. Offense:**

**a. Safe Contact Recommendations:**

- i. No weight restriction for RB/QB.
  - ii. No helmet-initiated contact.
  - iii. Players may never leave their feet to launch or dive into another player.
  - iv. No blocking below the waist.
  - v. If a TackleBar or a harness falls off, the ball carrier is down at the spot.
- b. One coach is allowed in the huddle for youth leagues ages 10 and under.
  - c. Ball Carriers ARE allowed to lower their shoulders in order to be ready for an impact. If the ball carrier lowers their HEAD it is a 15 yd penalty. These are not the same motion.
  - d. No bar guarding (10-yard penalty from the spot of the foul). This will be penalized even if the defender gets your bar.
  - e. Stiff arms are allowed from a ball carrier.
  - f. The center must snap the ball between their legs.
  - g. Only one forward pass per play is allowed. That pass must be initiated from behind the line of scrimmage.
  - h. All laterals or backward passes are allowed.
  - i. A blocker cannot intentionally leave his feet and all blocks must be made above the waist.
  - j. Blockers are encouraged to engage with their hands inside the shoulders (rather than their shoulder or body).
  - k. One RB/WR in motion is allowed.

**V. Defense:**

**a. Safe Contact Recommendations:**

- i. Downing the Ball Carrier:
  - 1. No tackling or throwing players to the ground.
  - 2. No helmet-initiated contact.
  - 3. Players may never leave their feet to launch or dive into another player.

- ii. Wrap and Rip technique is recommended. Defender breaks down, wraps ball carrier, and rips TackleBar- this simulates the latest recommended shoulder tackling technique.
  - iii. 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.
- b. One coach is allowed in the huddle for youth leagues ages 10 and under.
- c. A ball carrier is down when one TackleBar is removed...defensive player should hold bar in air until the whistle blows.
- d. If a ball carrier goes to the ground for any reason they are considered down at the spot.
- e. Defense may only rush as many players as offense has linemen, no loading the box. All defenders are eligible to blitz if the offensive player in possession is outside of the "Tackle Box".
- f. Defensive may bump a receiver only ONCE within the first 5 yards before the ball is in the air.
- g. Fumbles and Interceptions can be advanced at any time.

**VI. Special Teams:**

**a. Safe Contact Recommendations:**

- i. No kickoffs. In any kickoff situation, the receiving team takes possession of the ball at its own 25-yard line.
- ii. 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.

**VII. Personal Conduct**

- a. Arguing with officials or league directors may result in one of three things:
  - i. Personal foul penalty
  - ii. Requirement to sit for a series of plays
  - iii. Ejection from the game (or league)
- b. Fighting: Any punches thrown will result in ejection and potential ban from the league. Shoving and pushing or other rough physical conduct determined by an

official or league director to be malicious will be cause for ejection and potential suspension. If this occurs at or near the end of a game, you may be suspended for the following week.

VIII. Penalties/Referees

- a. Certified referees should be contracted for all games.
- b. Both coaches should consult with the referee pre-game to ensure clarity on appropriate level of contact.
- c. No tackling or throwing players to the ground. In the event of a tackle, a 15-yard excessive contact penalty will be called. Wrap and Rip technique is recommended. (Note: It is NOT a penalty if the ball carrier inadvertently falls to the ground during the tackle, however, contact that DELIBERATELY takes the ball carrier to the ground WITH FORCE should be penalized).
- d. If a player gets 2 excessive contact penalties, he will be ejected from the game,
- e. No helmet-initiated contact (15-yard excessive contact penalty).
- f. Players may never leave their feet to launch or dive into another player (15-yard excessive contact penalty).
- g. Ball carrier may NOT LEAD WITH THEIR HEAD (15 yd penalty), but MAY LOWER THEIR SHOULDERS. This is not the same motion.