



CANADA

Tackle Football Rules Committee

Interpretation of Rule 1 Section 11 Article 1(c1) Knee Pads



Tackle Football Rules Committee

There has been a Great deal of discussion on the Knee Pad rule and how it is to be enforced. Players and Coaches are taking great liberties with this rule which is for their safety. Please enforce as per the following pages and the below exert from the Rule Book on the Penalty and its application.

Rule 1 Section 11 Article 1(c1), Page 10

- **Section 11: Uniform & Equipment (CB10)**

Article 1 – General

c) The following equipment is mandatory and shall be worn by all players. The equipment shall be designed and manufactured by a professional manufacturer and **cannot** be altered in any **way that will decrease the player's protection.**

1) **Knee protection in the form of soft padding entirely captured within a continuous material or knee protection specifically designed for, and insertable in, football pants. Knee protection cannot include any strap featuring a buckle, Velcro, clip, or strap that could become unfastened during play.**



Rule 1 Section 11 Article 1(c1), Page 10

- This change allows for pads such as volleyball knee pads.
- If wearing a Volleyball kneepad, they need to be like the picture shown.
- This pad must be placed so that the soft padding is directly over the kneecap. If at any time the pad moves from its position over the kneecap, the player is subject to penalty.

Pad Directly over the Knee Cap



Rule 1 Section 11 Article 1(c1), Page 10

- **Penalty Application C:**

Loss of 5 yards from point where the ball would have been put into play, if no other foul had occurred, or added to the penalty for any other foul. The offending player shall be removed from the game until the illegal equipment is replaced. Immediate substitution will be made, but the game shall not be delayed. If more than 1 player offends on the same play, only 1 penalty L5 will be applied for that play. Fouls on subsequent plays will be penalized in the same way – L5 on each play where 1 or more players offend



24 Improper Equipment
Both hands behind head



Straight leg or bent leg all of these knee pads are in place and acceptable for play



NOT
LEGAL

Legal



In order to be legal this player's knee pad needs to be at least where the line is when his knee is **bent** as it is.



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Thank you
Kelsey Johnson - Chair
Walter Berry - Editor