



ALWAYS KEEP YOUR **SPINE IN LINE** OR MAINTAIN A STRAIGHT NEUTRAL SPINE IN CONTACT  
**NO ROUNDED BACKS**

**AIM TO HIT** BELOW THE CHEST LINE & MID-TORSO  
**DO NOT** AIM TOO LOW OR TOO HIGH

**NEVER LEAD HEADFIRST** INTO CONTACT

STAY AWAY FROM THE HEAD AND NECK OF THE OPPOSITION PLAYER THIS IS A **NO-GO AREA**

KEEP YOUR **FACE UP**, EYES OPEN AND LOOKING FORWARD  
**DON'T DROP** THE HEAD DOWN

# GENERAL CONTACT SAFETY PRINCIPLES



PLACE THE HEAD & NECK TO **THE SIDE OR BEHIND** THE PLAYER  
**NEVER IN FRONT** OF THEM

**BEND** OR LEAN FORWARD IN THE HIPS WHEN GOING INTO CONTACT  
**NEVER** GO IN UPRIGHT

PRESENT YOUR **HARD PARTS** OF THE BODY TO THE TACKLER

**WRAP THEM UP** AND GET YOUR SHOULDER ONTO THE OPPOSITION IN THE TACKLE OR RUCK CLEANOUT

**DRIVE THROUGH** WITH THE LEGS ONCE HAVING MADE CONTACT

LEAD WITH YOUR **ARMS FIRST** IN THE TACKLE AND RUCK  
**NO SHARP SHOULDERS**



TUCK THE HEAD AND NECK **INTO THE BUCKET** OF THE SHOULDERS WHEN CONTESTING ON THE GROUND