



Barbara Behr Football Tie

I first saw this tie in a 1973 bondage magazine by House of Milan. I don't know for sure who the rigger was, but since Barbara Behr was the editor at HOM at the time, I credit her with it.

I call it a football tie because it is kind of like a ball tie, but with one axis longer than the other, like a football.

This is a compact tie, but less strenuous than a standard ball tie, and it provides good access.

We begin the tie by securing the wrists. Take about a 12-foot rope and double it. Now make a lark's head around the wrists.



Wrap the rope around the wrists several times, then pull the ends through the loop next to the original lark's head.



Now take a few cinch loops at 90 degrees to the first loops.

Be careful not to make it too tight.



Run one rope end through the original lark's head, then tie the ends in a square knot.



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Next we do a bar wrap on the elbows, using a 20 or 30 foot rope. This works easiest if you have her lie on her back and hold her arms up, so the rope doesn't try to slip down her arms while you are tying it. This starts out just like we did the wrists, but with a little more space between the elbows. The lark's head should be positioned near the inside of one arm.



Take several wraps around the arms, leaving space between them.



Run the ends through the loop next to the lark's head, and start wrapping at 90 degrees to the original wraps.



Wrap all the way to the other side (or to the other side and back, if you have too much rope), then run one end under one of the loops, and tie the ends together in a square knot. Be careful not to make it too tight.



So far, it should look like this.



Have her pull up her legs, so they are beside her arms. Make a lark's head around her forearm, just below the elbow tie, and her calf, just below the knee.



Make several wraps around the forearm and calf, then run the ends through the loop next to the lark's head.



Now make a few cinch loops, just like you did for the wrist. Run one end through the loop, then tie the ends in a square knot.



Now repeat the same thing on the other side. The result should look like this.



Now make another lark's head around the lower leg and forearm, just above the wrist tie.



Take several wraps around the leg and forearm. We won't be doing cinch loops this time, to avoid putting too much pressure on the wrists.



Run one end through the loop next to the lark's head, and tie them in a square knot.



Repeat the procedure on the other side. The result should look like this.



Now we're finished. You can roll her on her back for better access. (She says this position is very comfortable, and that she could stay in it for hours.)



I hope you enjoy this position as much as we do.

Disclaimer: The techniques I describe here are as safe as I know how to make them, and I believe in them enough to trust the life of my beloved Mistress to them. However, **you** are ultimately responsible for the safety of anyone you tie up. Know your captive's limitations, and any medical conditions they may have. Don't mix bondage with drugs or alcohol. And don't even think of trying suspension until you are really experienced with ropework.