

2026 Fantasy Football Handcuff Chart

Backup running backs to draft | updated July 2026

Tier 1 - Priority Handcuffs			
Handcuff	Team	Backs Up	Why draft him
Blake Corum	LAR	Kyren Williams	Standalone flex value; true RB1 upside if elevated.
Jordan James	SF	Christian McCaffrey	Must-own given McCaffrey's injury history and workload.
Tyrone Tracy Jr.	NYG	Cam Skattebo	Three-down back; heavy late-season usage in 2025.
Tank Bigsby	PHI	Saquon Barkley	Elite efficiency; league-winner if Barkley misses time.
Isiah Pacheco	DET	Jahmyr Gibbs	Proven starter now behind Gibbs in a loaded offense.

Tier 2 - Strong Handcuffs			
Handcuff	Team	Backs Up	Why draft him
Tyjae Spears	TEN	Tony Pollard	Pass-catching chops; low ADP given Pollard's durability.
Chris Rodriguez Jr.	JAX	Bhayshul Tuten	Ties to the OC; potential 15+ touches with goal-line work.
Kyle Monangai	CHI	D'Andre Swift	FLEX/RB2 ceiling in a high-powered Bears offense.
Brian Robinson Jr.	ATL	Bijan Robinson	Early-down and goal-line insurance behind Bijan.
Justice Hill	BAL	Derrick Henry	Pass-down role now; workhorse duty if Henry sits.
DJ Giddens	IND	Jonathan Taylor	Ascending back and the clear next man up in Indy.

Tier 3 - Deep / Speculative			
Handcuff	Team	Backs Up	Why draft him
Samaje Perine	CIN	Chase Brown	Veteran pass-catcher; spike weeks if Brown misses time.
Mike Washington Jr.	LV	Ashton Jeanty	Rookie-year depth behind a heavy Jeanty workload.
Chris Brooks	GB	Josh Jacobs	Committee risk, but the top backup in Green Bay.

A handcuff is the backup to a starting running back. If the starter gets hurt, the handcuff often inherits a workhorse role overnight, which is why owners of high-end RBs draft their handcuffs to protect that pick. Priority tiers reflect standalone value plus the starter's injury risk. Depth charts shift through camp, so confirm roles before your draft. Sources: FantasyLife and Sports Illustrated 2026 handcuff rankings.