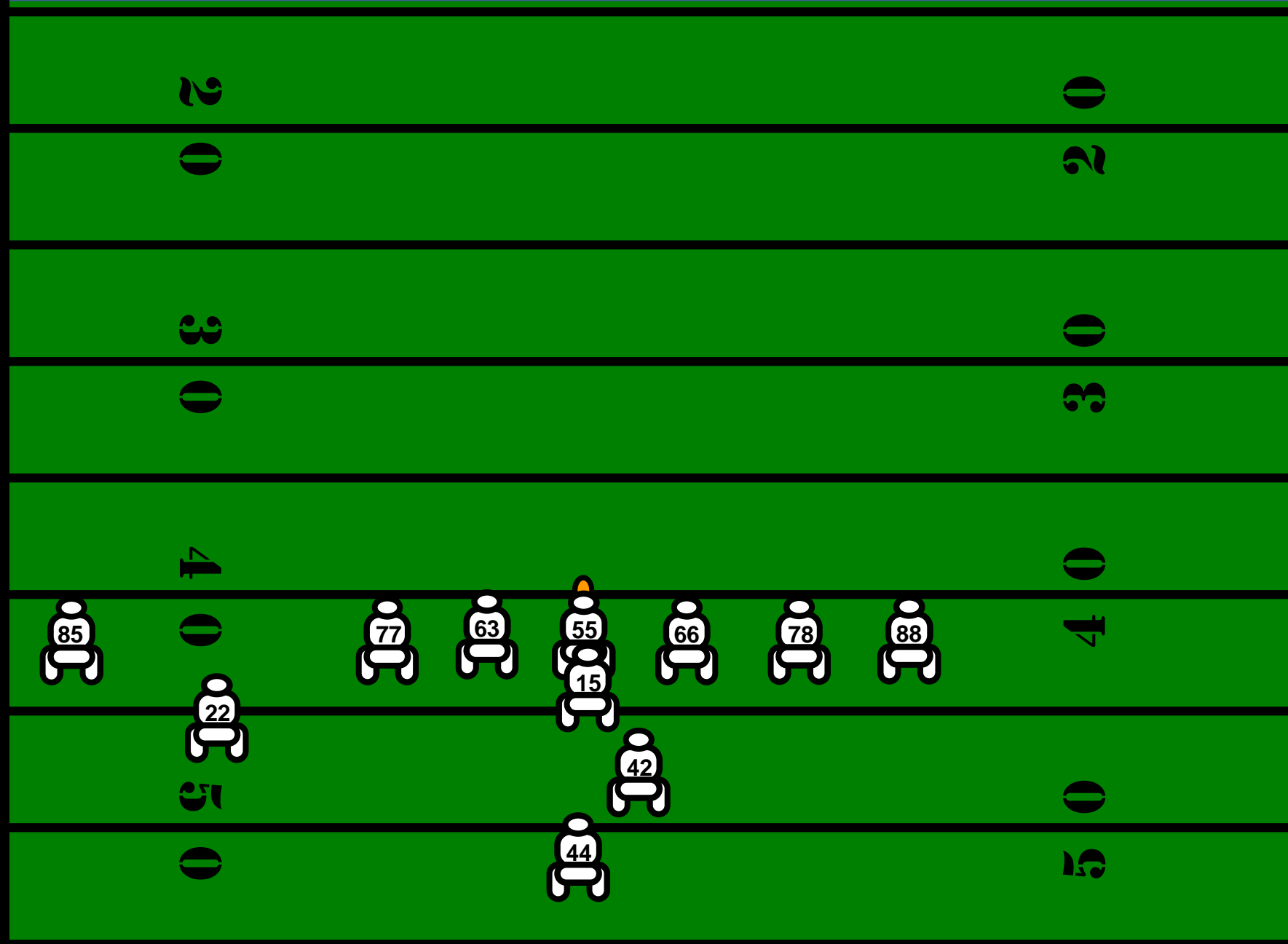


BLOCK BELOW WAIST 2018

TEAM A

- Linemen (Snapper and no more than 2 players on each side of him) With Initial Position COMPLETELY inside Tackle Box **CAN** Block Below the Waist (from front or side), Inside the Tackle Box, in any Direction, (Until the Ball Leaves the Tackle Box)
- Other Team A players **CAN** Block Below the Waist ONLY IF Initial Contact Force is directed From Front (10-2 Forward of Area of Concentration of Player Being Blocked)
- EXCEPTIONS:
 - No blocking below waist more than 5 yards beyond NZ
 - Players outside the tackle box at snap or after the snap, or in motion at the snap **CANNOT** block below waist towards original position of ball at snap (“crack back”)
 - Once ball leaves tackle box, players **CANNOT** block below waist towards own end line (“peel back”)



2

0

0

2

3

0

0

3

4

0

0

4

5

0

0

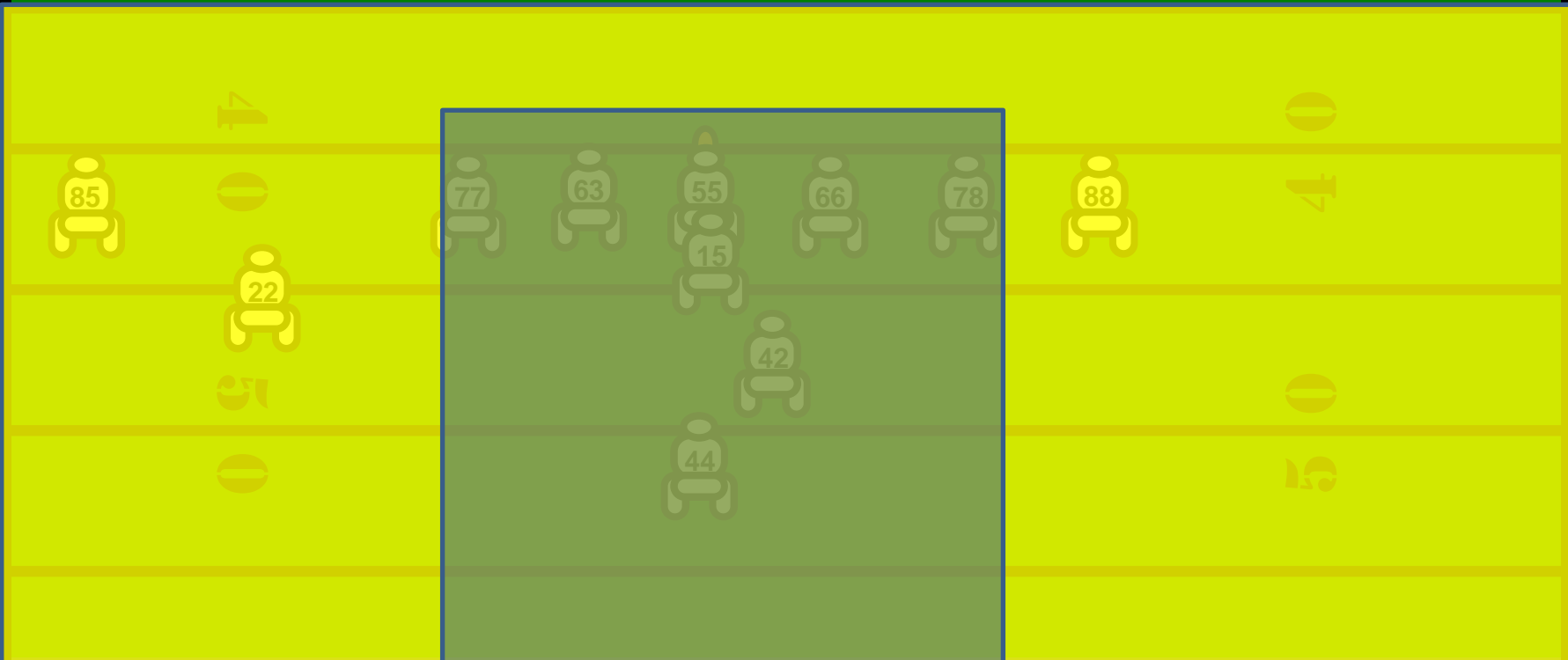
5

2 0 = BBW from front ok (incl tackle box area) 0

0 2 = Tackle box- these 5

3 LINEMEN (not the backs) can BBW from front or side here

0 until ball leaves tackle box

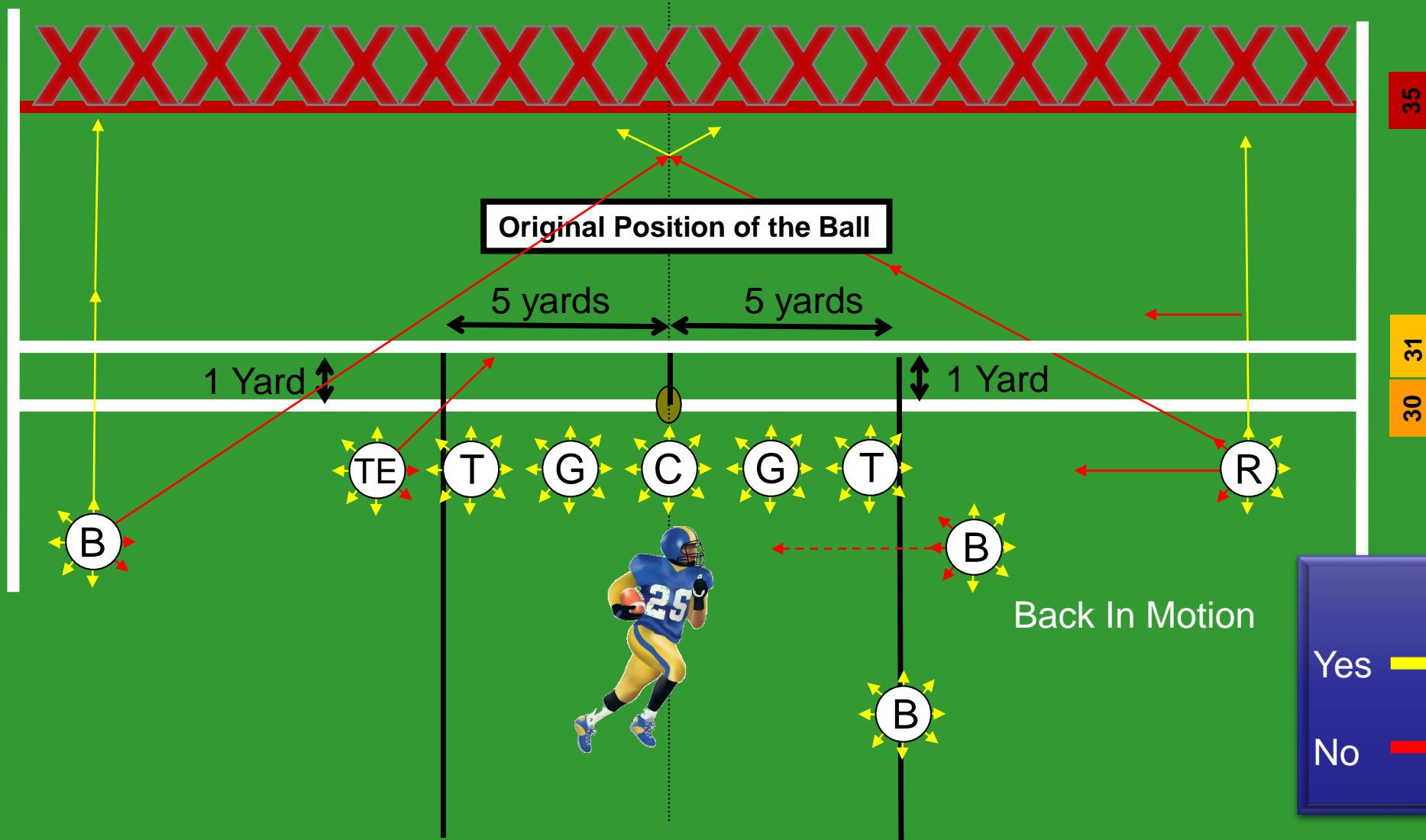


Block Below the Waist

While Ball is In Tackle Box

T, G, C, G, T can block from front or side in tackle box

Others must block from front of area of concentration (10-2 based on face)

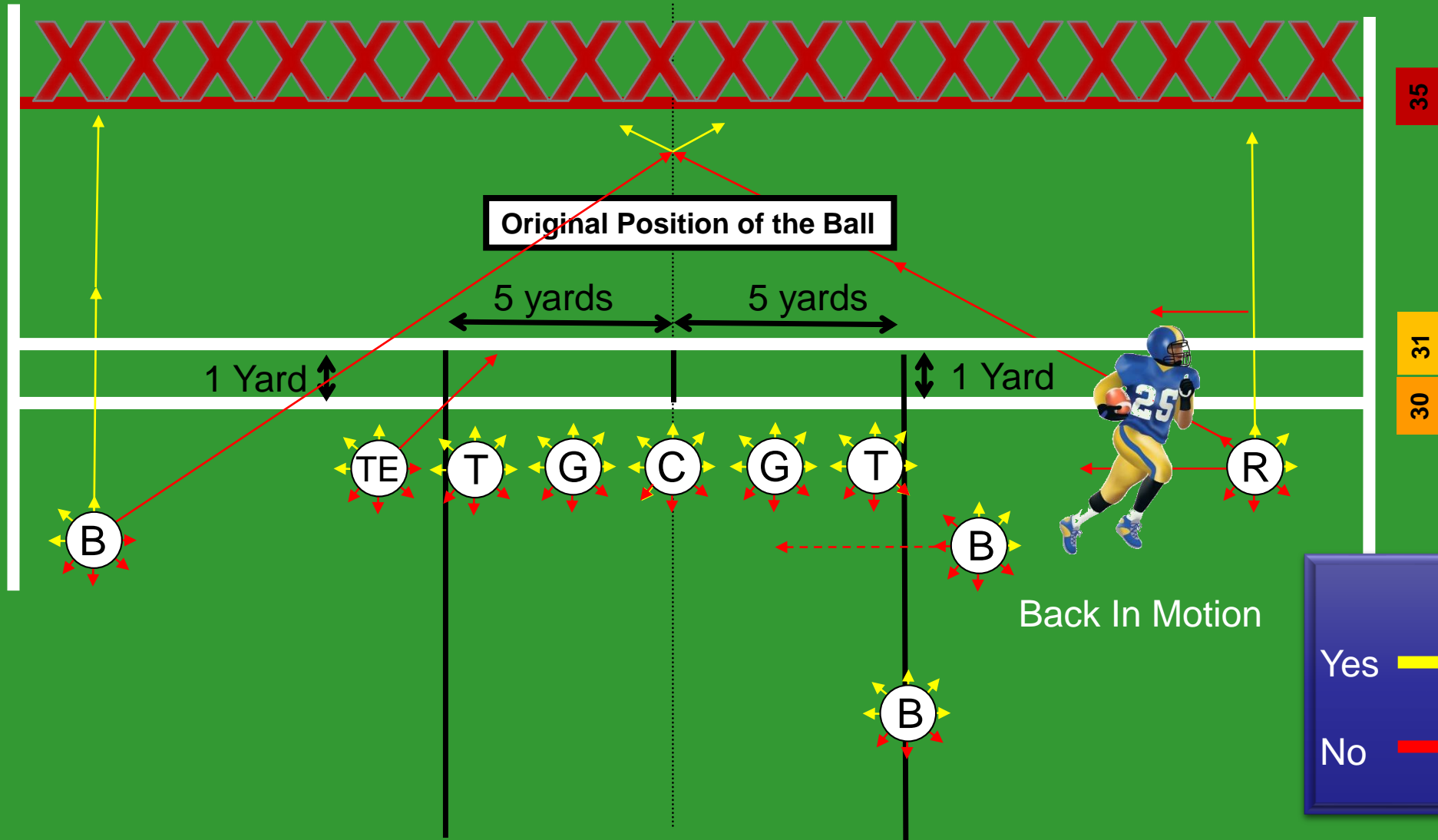


Block Below the Waist

After Ball Leaves Tackle Box

All must block from front of area of concentration (10-2 based on face)

No peel backs



35

31

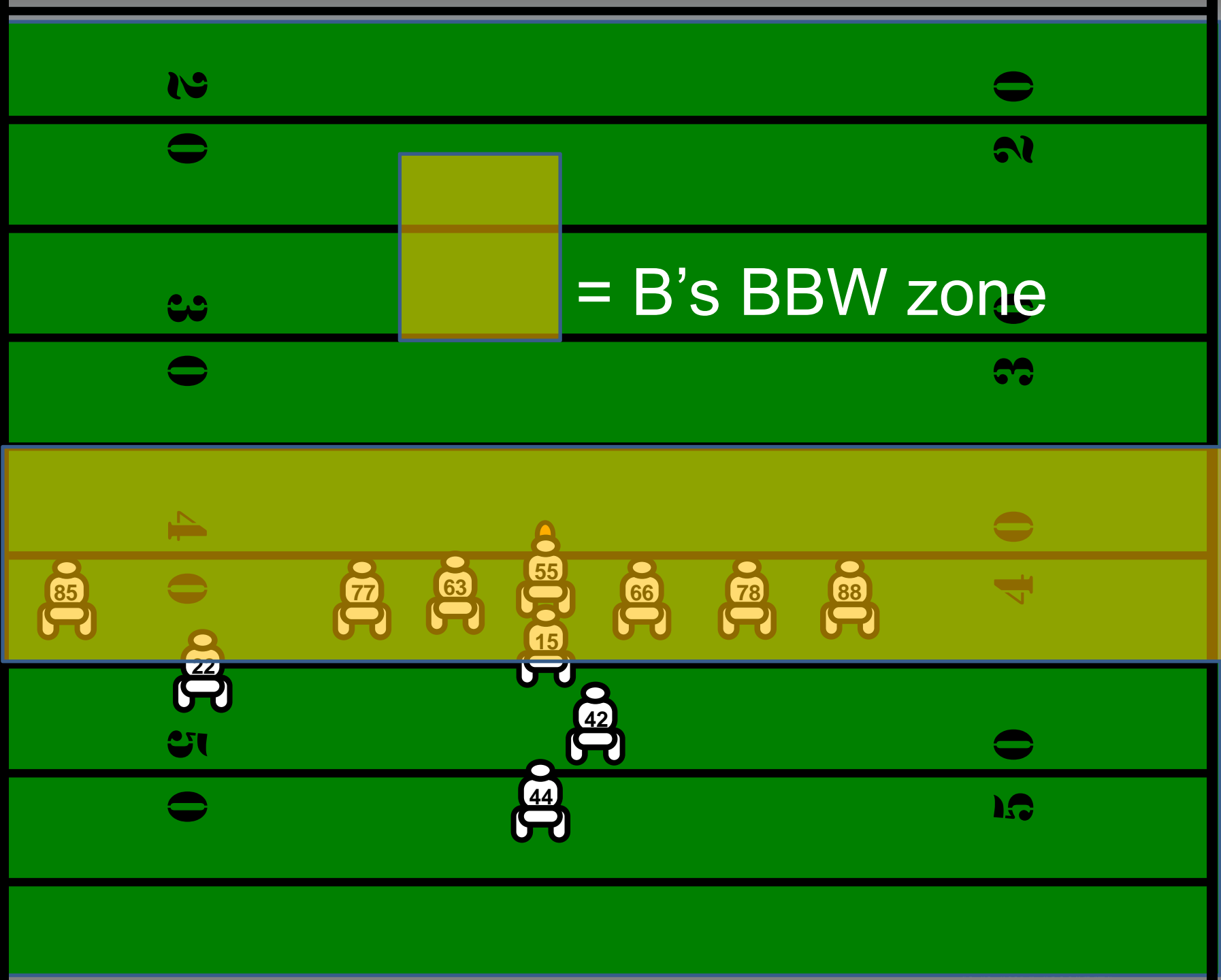
30

Back In Motion

BLOCK BELOW WAIST 2018

TEAM B

- Other than below, players of Team B may block below the waist only within the area defined by lines parallel to the goal line five yards beyond and behind the neutral zone extended to the sidelines. Blocking below the waist by players of Team B outside this zone is illegal except against the ball carrier.
 - Players of Team B may not block below the waist against an opponent who is in position to receive a backward pass.
 - Players of Team B may not block below the waist against an eligible Team A pass receiver beyond the neutral zone unless attempting to get to the ball or ball carrier. This prohibition ends when a legal forward pass is no longer possible by rule.



BLOCK BELOW WAIST 2018

ALL

- Kicks. During a down in which there is a free kick or scrimmage kick, NO blocking below the waist by any player except against a ball carrier.
- Change of team possession. After any change of team possession, NO blocking below the waist by any player except against a ball carrier.