

Block Below the Waist – Team A Restrictions

- **Unrestricted Players**

- **Definition:** Lineman positioned completely within the “tackle box” 5 yards on either side of the snapper
- *Unrestricted players* that **leave the tackle box** become *RESTRICTED* (see **Restricted Players** section)

BALL INSIDE THE TACKLE BOX	BALL OUTSIDE THE TACKLE BOX
<ul style="list-style-type: none"> • CAN BBW if the force of the contact is from the side (9 o'clock and 3 o'clock region) • CAN BBW Toward the Original Position of the Ball not beyond 1 yard downfield beyond the Neutral Zone • CAN BBW Toward His Own End Line 	<ul style="list-style-type: none"> • <i>Unrestricted players</i> becomes <i>RESTRICTED</i> (see Restricted Players section)

- **Partially-Restricted Players**

- **Definition:** Stationary Backs partially inside the tackle box and partially inside the frame of the body of the second lineman (tackle) from the snapper
- *Partially-Restricted players* that **leave the tackle box** become *RESTRICTED* (see **Restricted Players** section)

BALL INSIDE THE TACKLE BOX	BALL OUTSIDE THE TACKLE BOX
<ul style="list-style-type: none"> • CAN BBW if the force of the contact is from the front (10 o'clock and 2 o'clock region) • CAN BBW Toward the Original Position of the Ball not beyond the Neutral Zone • CAN BBW Toward His Own End Line 	<ul style="list-style-type: none"> • <i>Partially-restricted players</i> becomes <i>RESTRICTED</i> (see Restricted Players section)

- **Restricted Players**


- **Definition:** Players in motion or who line up outside the tackle box at the snap **OR** an *originally* unrestricted/partially-restricted player that leaves the tackle box **OR ALL** players when the ball leaves the tackle box


BALL INSIDE THE TACKLE BOX	BALL OUTSIDE THE TACKLE BOX
<ul style="list-style-type: none"> • CAN BBW if the force of the contact is from the front (10 o'clock and 2 o'clock region) • CAN BBW Toward His Own End Line • CANNOT BBW Toward the Original Position of the Ball 	<ul style="list-style-type: none"> • CAN BBW if the force of the contact is from the front (10 o'clock and 2 o'clock region) • CAN BBW straight downfield or toward the sideline away from the original position of the ball. • CANNOT BBW Toward His Own End Line • CANNOT BBW Toward the Original Position of the Ball.



- **NO Team A player may BBW when the block occurs 5 yards or more Beyond the Neutral Zone**

Blocking Direction Restrictions - Ball Outside of the Tackle Box and Behind the Neutral Zone

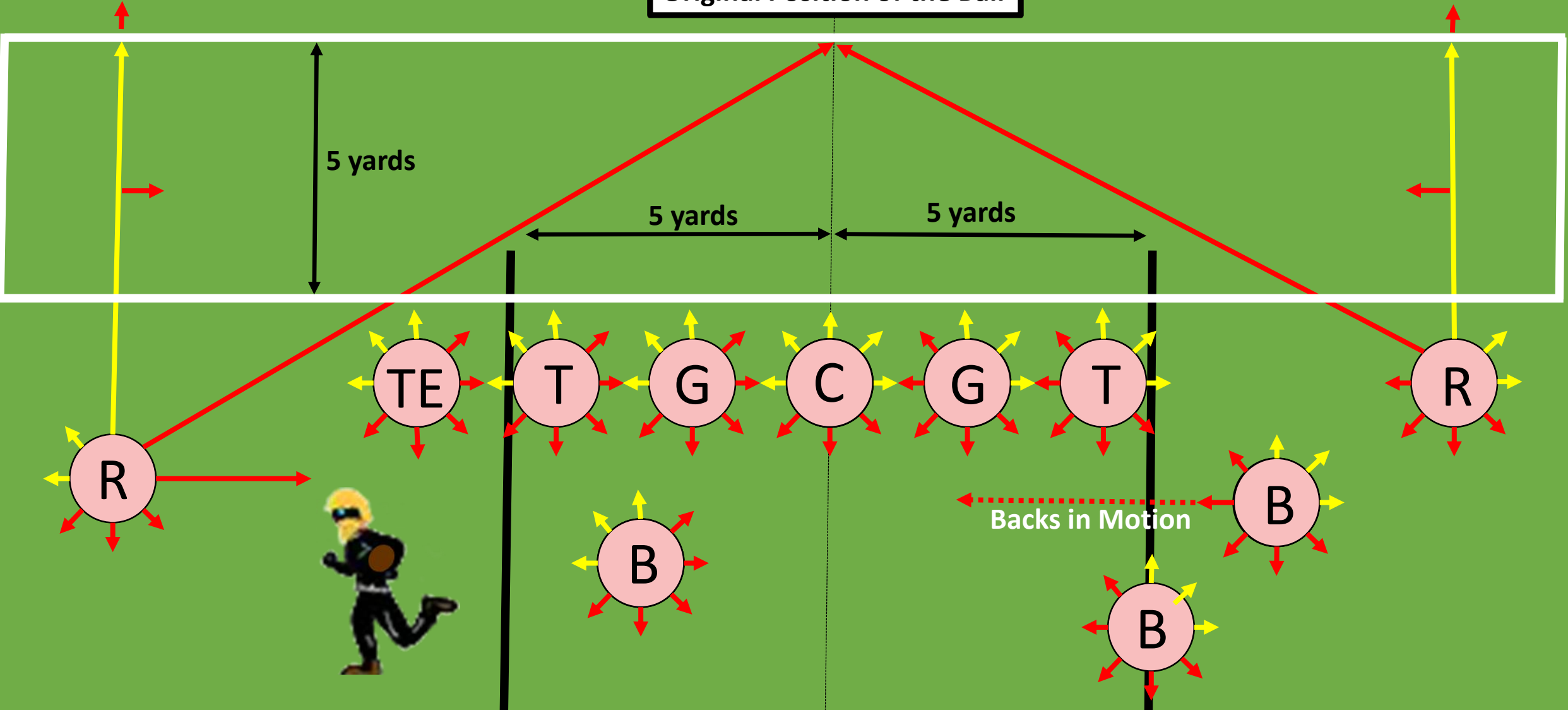
Key

Legal 

Illegal 


 


Original Position of the Ball





Blocking Direction Restrictions - Ball Beyond the Neutral Zone

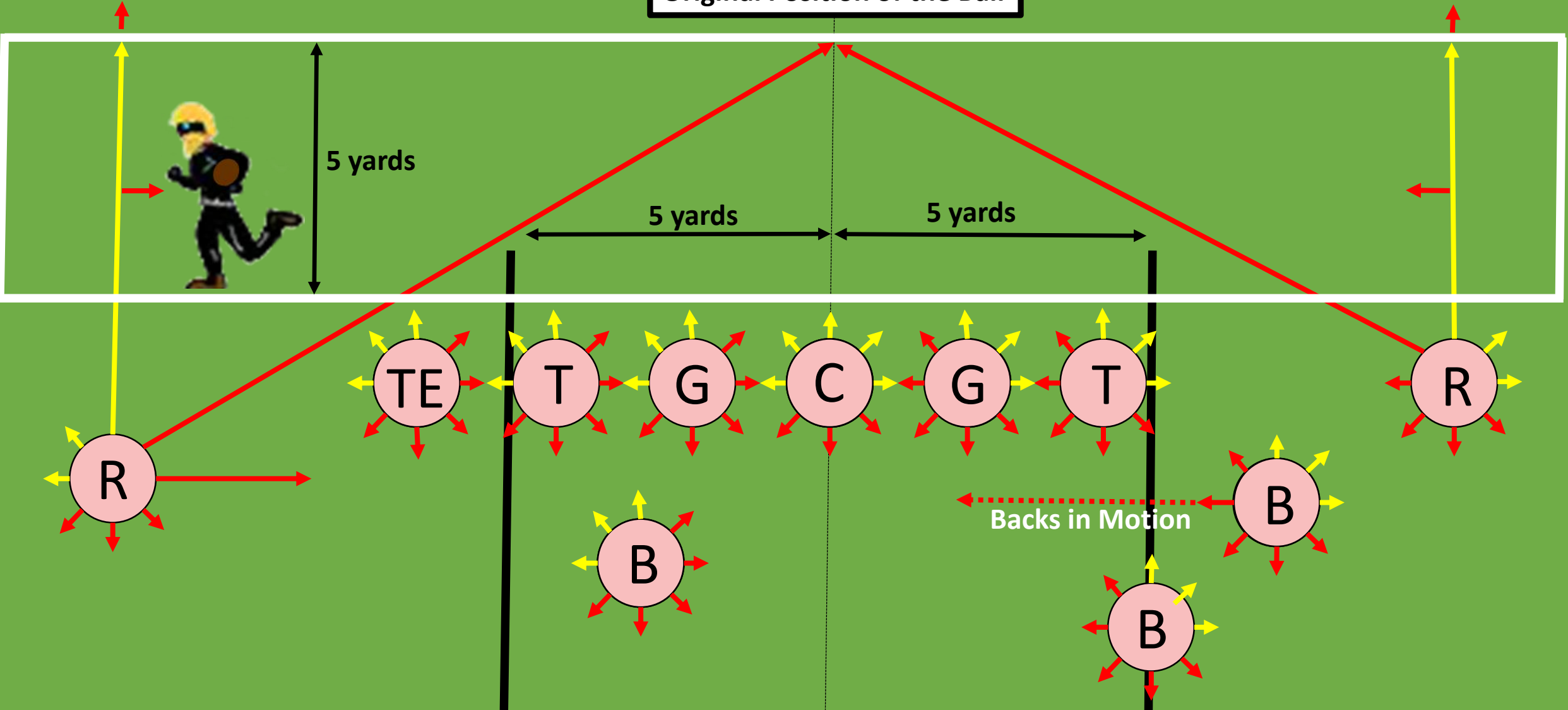
Key

Legal 

Illegal 

Original Position of the Ball



Block Below the Waist – Additional Restrictions

- **Team B Restrictions**

- **CAN** BBW within 5 yards beyond and behind the neutral zone extended to the sidelines even if the force of the contact is from the side/ 9 o'clock and 3 o'clock region (subject to the following exceptions)
 - **Exception 1** – Team B players **CANNOT** BBW against an opponent who is in position to receive a backward pass
 - **Exception 2** – Team B players **CANNOT** BBW 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.

- **Kicks & After Change of Team Possession**

- BBW by **ANY PLAYER** is **Illegal**
 - **Exception** – BBW against the ball carrier