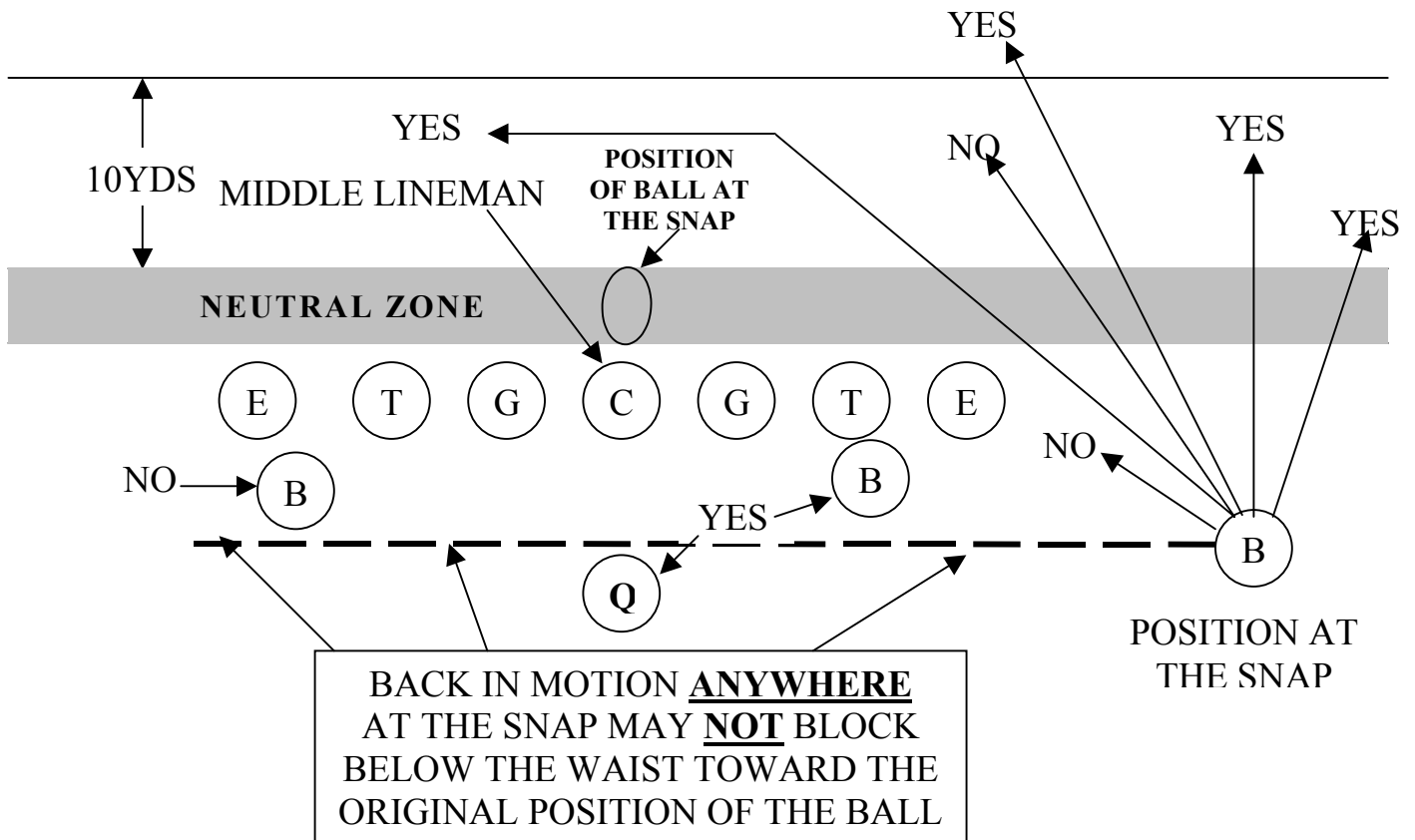


**BLOCKING BELOW THE WAIST
RULE 9-1-2-e**



FR-106

e. Blocking below the waist is permitted except as follows (A.R. 9-1-2-IV-XI):

1. Offensive linemen at the snap positioned **more than seven yards from the middle lineman of the offensive formation** are prohibited from blocking below the waist **toward the original position** of the ball **in or behind** the neutral zone and **within 10 yards beyond** the neutral zone.
2. Backs **at the snap** positioned with the frame of their body **completely** outside the frame of the body of the **normal tackle (second player from the snapper)** position in either direction toward a sideline, or in **motion at the snap**, are prohibited from blocking below the waist **toward the original position** of the ball **in or behind** the neutral zone and **within 10 yards beyond** the neutral zone. **The frame of the body does not include arms or legs extended sideways** (A.R. 9-1-2-XXVI).
3. During a scrimmage down, defensive players are prohibited from blocking an **eligible** Team A receiver below the waist **beyond** the neutral zone unless attempting to get at the ball or runner. A Team A receiver remains eligible **until** a legal forward pass **is no longer possible by rule**.
4. During a down in which there is a free kick or scrimmage kick from a scrimmage kick formation, **all players** are prohibited from blocking below the waist, **except against the runner**.
5. After **any** change of team possession, **all players** are prohibited from blocking below the waist, **except against the runner**.
6. A Team A player **behind** the neutral zone and **in position** to receive a backward pass shall not be blocked below the waist **or contacted** by way of a **personal foul** (A.R. 9-1-2-XXV).