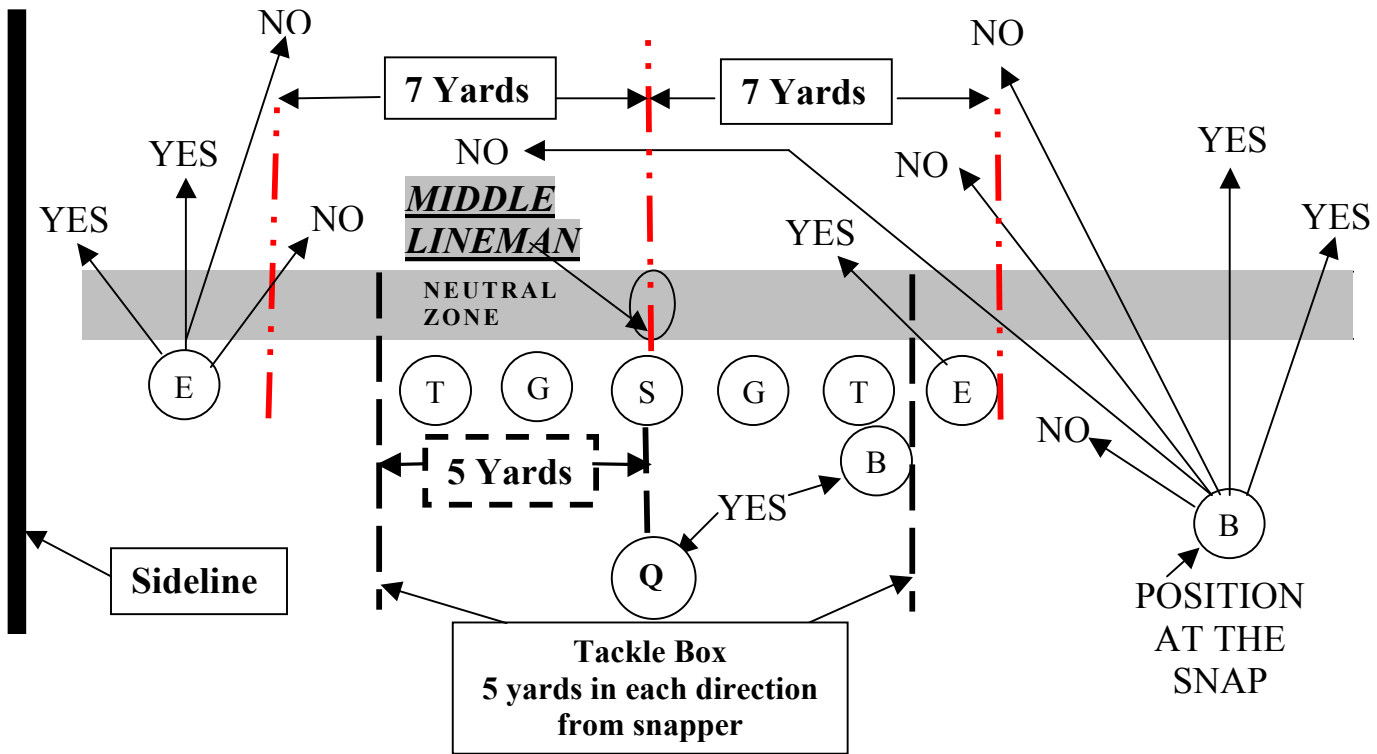


## BLOCKING BELOW THE WAIST RULE 9-1-6



### Blocking Below the Waist Rule 9 Section 1-ARTICLE 6.

There shall be no blocking below the waist (Rule 2-3-2) (A.R. 9-1-6-I-VII).

**Exceptions:**

1. Against the runner.
2. **Before a change of possession** on scrimmage downs that **do not include kicks**, blocking below the waist **is allowed** as follows:
  - (a) Players of the **offensive team** who **at the snap** are:
    - (1) **On the line** of scrimmage **more than seven yards** from the **middle lineman** of the offensive formation; or
    - (2) In the backfield with **any part** of the body **outside the tackle box**; or
    - (3) In motion; may block below the waist **only** along a **north-south line** (Rule 2-12-9) or **toward the sideline adjacent to them** at the snap.
  - (b) Players of the **offensive team** who at the snap are **completely inside the tackle box** or **on the line** of scrimmage **inside the seven-yard limit** may block below the waist.
  - (c) Players of the **defensive team** may block below the waist **until the ball has gone more than five yards beyond the neutral zone**.  
However, they **may not** block below the waist against a Team A player **in position** to receive a backward pass. They also **may not** block below the waist against an **eligible Team A receiver beyond the neutral zone unless attempting to get to the ball** or the **ball carrier**.



**INTERPRETATION**  
**BLOCKING BELOW THE WAIST: ADJACENT SIDELINE**

**Player Stationary At The Snap**

The **adjacent sideline** is the sideline to the player's **outside**. This is the case **no matter** where the ball **is located when** it is **snapped**.

- For a player on the left side **of the formation**, this will be the sideline to the left.
- For a player on the right side **of the formation**, this will be the sideline to the right.

\*\*\*\*\*

**Player In Motion At The Snap**

For a player who is moving at the snap, the **adjacent sideline** is determined the **same as** for a player who is **stationary at the snap**. That is, it is the sideline to the **outside** of his **position at the snap**. Note that his adjacent sideline **will “flip”** if his motion takes him **beyond** the **snapper before** the ball **is snapped**.

\*\*\*\*\*

**Player in Motion Directly Behind the Snapper**

When a back in motion is **almost directly behind** the snapper **when** the ball is **snapped**, it may be difficult to determine which side of the formation he is on to establish his adjacent sideline. In this case, the adjacent sideline is interpreted to be the sideline **toward which he is moving**. Thus he will be able to block below the waist legally **north-and-south** or **toward sideline in front of him**.