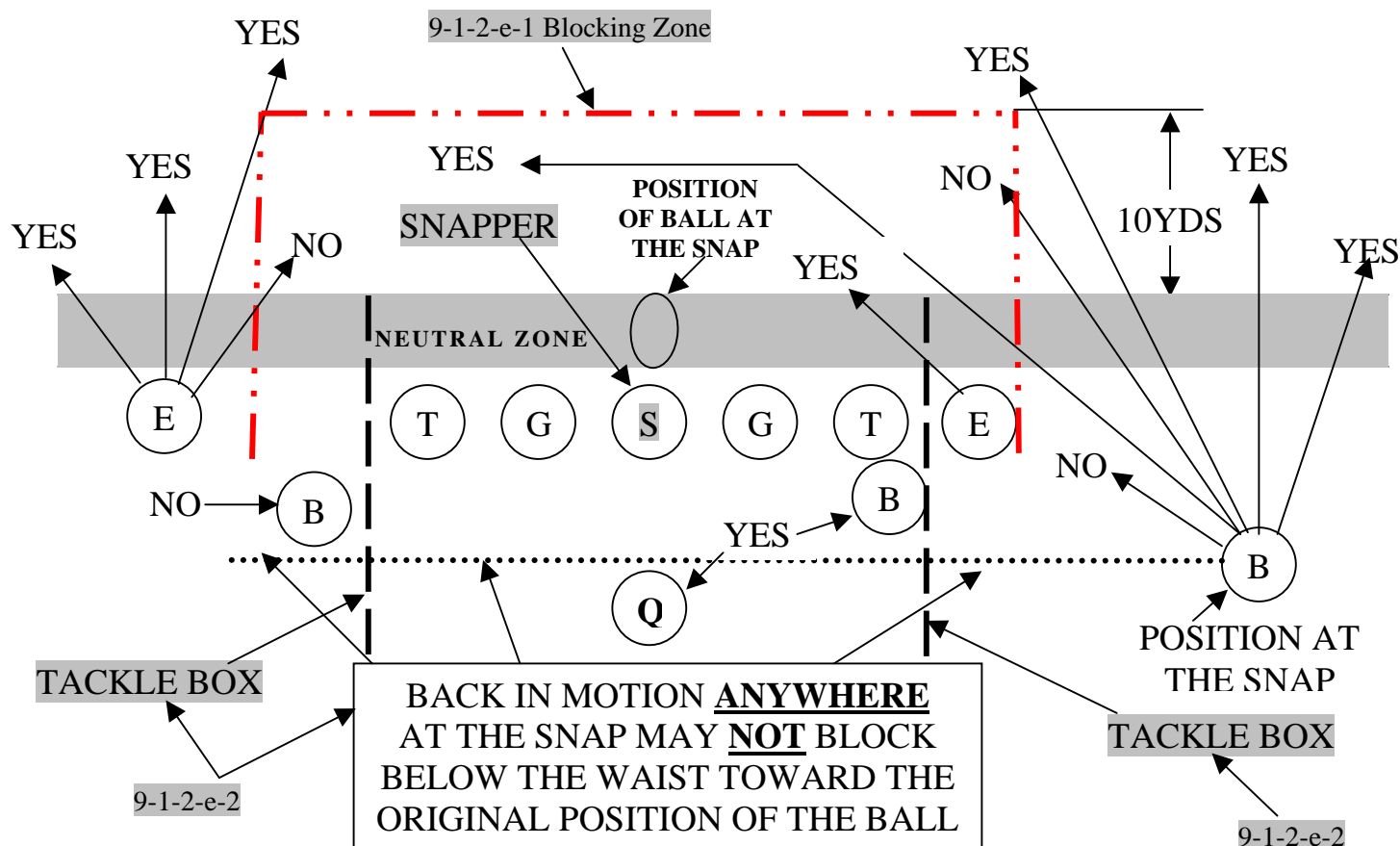


## RULE BLOCKING BELOW THE WAIST RULE 9-1-2-e



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

1. Offensive linemen at the snap positioned **more than seven yards** from the **snapper** 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 **tackle box**, 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-XXI).
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 ball carrier. 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 scrimmage kick from a **scrimmage kick formation** or a free kick, **all players** are prohibited from blocking below the waist, **except against the ball carrier**.
5. After **any** change of team possession, **all players** are prohibited from blocking below the waist, **except against the ball carrier**.
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**.