## 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)

<table>
<thead>
<tr>
<th>BALL INSIDE THE TACKLE BOX</th>
<th>BALL OUTSIDE THE TACKLE BOX</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAN BBW if the force of the contact is from the side (<strong>9 o’clock and 3 o’clock region</strong>)</td>
<td>Unrestricted players becomes <strong>RESTRICTED</strong> (see <strong>Restricted Players</strong> section)</td>
</tr>
<tr>
<td>CAN BBW Toward the Original Position of the Ball not beyond 1 yard downfield beyond the Neutral Zone</td>
<td></td>
</tr>
<tr>
<td>CAN BBW Toward His Own End Line</td>
<td></td>
</tr>
</tbody>
</table>

### 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)

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<tr>
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<th>BALL OUTSIDE THE TACKLE BOX</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAN BBW if the force of the contact is from the front (<strong>10 o’clock and 2 o’clock region</strong>)</td>
<td>Partially-restricted players becomes <strong>RESTRICTED</strong> (see <strong>Restricted Players</strong> section)</td>
</tr>
<tr>
<td>CAN BBW Toward the Original Position of the Ball not beyond the Neutral Zone</td>
<td></td>
</tr>
<tr>
<td>CAN BBW Toward His Own End Line</td>
<td></td>
</tr>
</tbody>
</table>

### 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

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<td>CAN BBW if the force of the contact is from the front (<strong>10 o’clock and 2 o’clock region</strong>)</td>
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</tr>
<tr>
<td>CAN BBW Toward His Own End Line</td>
<td>CAN BBW Toward His Own End Line</td>
</tr>
<tr>
<td>CANNOT BBW Toward the Original Position of the Ball</td>
<td>CANNOT BBW Toward the Original Position of the Ball</td>
</tr>
</tbody>
</table>

### NO Team A player may BBW when the block occurs 5 yards or more Beyond the Neutral Zone
Blocking Direction Restrictions - Ball is Still in the Tackle box and No Originally Unrestricted/Partially-Restricted player has left the Tackle Box.

Key

Legal
Illegal

10-2
9-3

Original Position of the Ball

5 yards

1 yard

5 yards

5 yards

Backs in Motion
Blocking Direction Restrictions - Ball is Still in the Tackle box and an Originally Unrestricted/Partially-Restricted player(s) has left the Tackle Box
**Blocking Direction Restrictions** - Ball Outside of the Tackle Box and Behind the Neutral Zone

- **Legal**
- **Illegal**

**Key**
- Legal: 10-2
- Illegal: 9-3

**Original Position of the Ball**

- 5 yards
- 5 yards
- 5 yards

**Backs in Motion**

**Diagram:**
- TE
- T
- G
- C
- G
- T
- R
- B
- B
- B
Blocking Direction Restrictions - Ball Beyond the Neutral Zone

Original Position of the Ball

5 yards

Backs in Motion

Key
Legal
Illegal

10-2
9-3

Ball Beyond the Neutral Zone

5 yards
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