

# Block Below the Waist

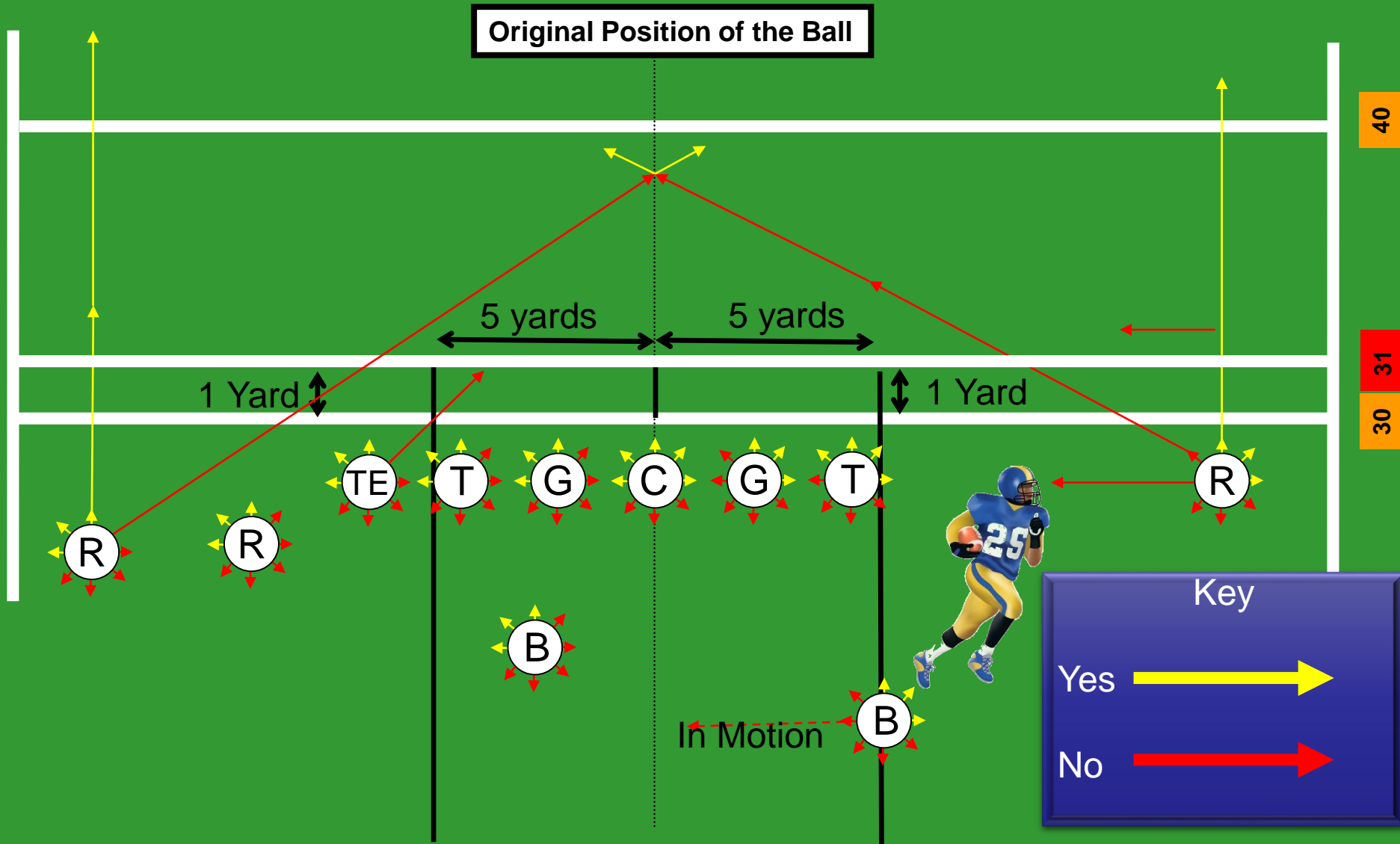
## Restricted and Unrestricted Player Requirements Throughout the Down

- Unrestricted Players Who **CAN** Block Below the Waist Toward the Original Position of the Ball at the Snap
  - Lineman positioned completely within the “tackle box” 5 yards either side of the snapper may block below the waist toward the original position of the ball not beyond 1 yard downfield beyond the Neutral Zone.
  - Stationary Backs partially inside the tackle box and partially inside the frame of the body of the second lineman (tackle) from the snapper may block below the waist toward the original position of the ball not beyond 1 yard downfield beyond the Neutral Zone.
- Restricted Players Who **CANNOT** Block Below the Waist Toward the Original Position of the Ball at the Snap.
  - Players outside of the Tackle Box and Backs in Motion may only Block Below the Waist if the force of the contact is from the front in a 10 o’clock and 2 o’clock region. Restricted players may block below the waist straight downfield or toward the sideline away from the original position of the ball.
- All Players Become Restricted from Blocking Below the Waist Toward the Original Position of the Ball if they leave the Tackle Box or when the Ball is carried outside of the Tackle Box.
  - Originally Unrestricted Players who Leave the Tackle Box Become Restricted and Must make all Low Blocks from the front in a 10 o’clock and 2 o’clock region. Restricted players may block below the waist straight downfield or toward the sideline away from the original position of the ball.
  - All Players become Restricted when the Ball Leaves the Tackle Box. Restricted players may block below the waist straight downfield or toward the sideline away from the original position of the ball.
  - Once the Ball Leaves the Tackle Box No Player May Block Below the Waist Toward His Own End Line.
- Ball Carried Beyond the Neutral Zone
  - All Players May Block Below the Waist Toward the Original Position of the Ball, but must be from the front in a 10 o’clock and 2 o’clock region. All Players Continue to be Restricted from Blocking Below the Waist Toward His Own End Line.



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Ball Outside of the Tackle Box Behind the Neutral Zone and the New Restrictions for All Players



# Block Below the Waist

Ball Carried Beyond the Neutral Zone and All Blocks Below the Waists Must be from a 10 o'clock and 2 o'clock position against the Defender from the Front.

