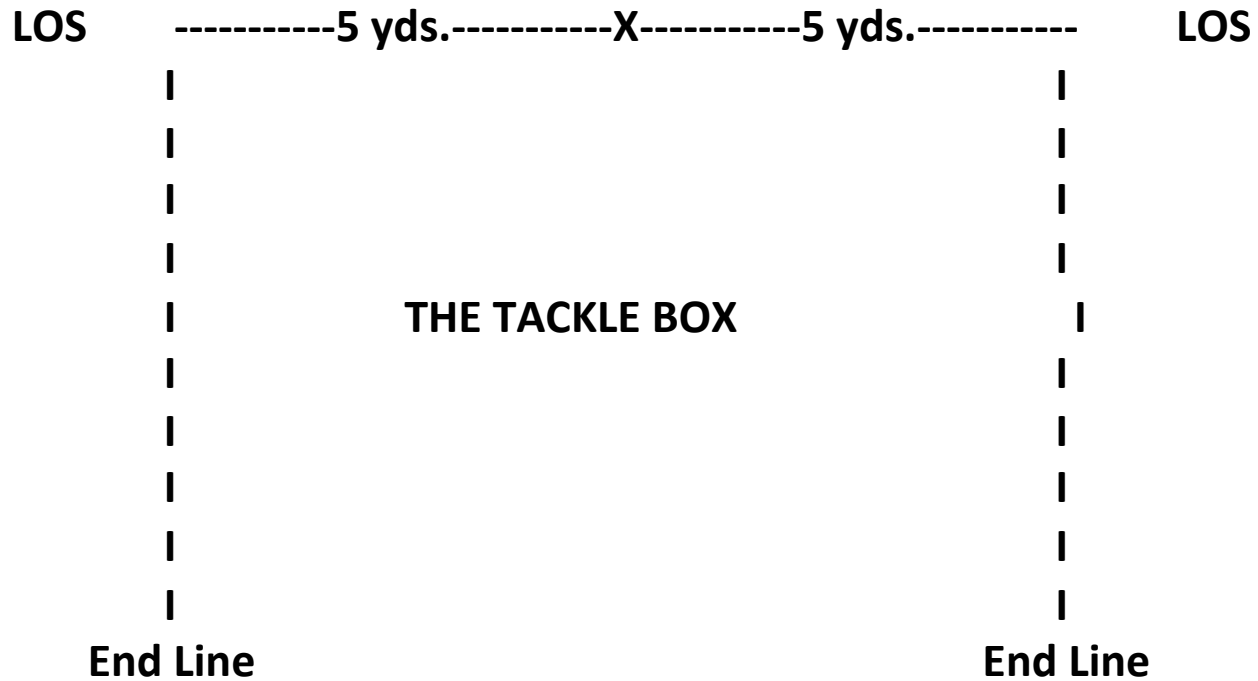


BLOCKING BELOW the WAIST

- I. **What is a “block below the waist” [otherwise known as a “BBW”]**
- **initial contact is below the waist of the player being blocked**
 - **player being blocked has at least one foot on the ground**
 - **not a BBW if initial contact is at the waist of the player being blocked, and the contact continues below the waist**
 - **not a BBW if the blocker initially contacts the opponent’s hands at his waist**

II. What is the “tackle box”

- a rectangle, entirely on the offensive side of the LOS, extending 5 yds. to each side of the snapper, and back to the end line of the offense



III. Situations where BBW is not allowed, regardless of whether the block is to the front or is to the side of the player being blocked

- during a down in which there is a free kick or a scrimmage kick [the ball must be kicked]**
- after a change of team possession**
- “crackback block” – if, at the snap, a player is outside the tackle box, or is in motion anywhere, he may not block BBW back toward the original position of the ball until the ball carrier is clearly beyond the neutral zone**
- “peelback block” – once the ball has left the tackle box, no player may BBW toward his end line**

IV. Who can BBW to the side of the player being blocked – two categories of players:

- the five interior linemen

-and-

- stationary backs inside the tackle box at the snap and partially covering the tackle on their side

BUT

- every side BBW must occur inside the tackle box [interpretation: the five interior lineman may BBW to the side in their initial line charge, even if the block is beyond the LOS, but they may not BBW at the side at the second, i.e., linebacker, level]

-and-

- every side BBW must occur before the ball leaves the tackle box

V. Who must always BBW to the front [10 x 2] of the player being blocked; that is, may never execute a legal side BBW:

- players outside the tackle box at the snap**
- players in motion at the snap, regardless of where located**
- all players once the ball has left the tackle box**

VI. BBW by the Defense

- allowed in a 10 yd. belt – 5 yds. behind and 5 yds. beyond the LOS

UNLESS

- the player being blocked is in position to receive a backward pass

- or -

- the player being blocked is an eligible receiver beyond the NZ, unless the blocker is attempting to get to the ball or to the ball carrier