

Blocking Below the Waist is permitted in the Free Blocking Zone when:

1. All players involved in the blocking are on the line of scrimmage and in the zone at the snap
2. The contact is in the zone
3. The ball has not left the zone.

While in a shotgun formation, an offensive lineman may legally block below the waist if the offensive player (who is lined up in the Free Blocking Zone) is in a 3 or 4 point stance, and the contact is immediate and with a defensive opponent (who is lined up in the Free Blocking Zone) on the line and head up over the offensive lineman. It will be an illegal block below the waist if the offensive lineman is in a 2-point stance, or if there is any hesitation, or if the block is not against a head up defender, as the ball will be considered to have left the zone prior to the contact below the waist.

Head up is defined as having both shoulders within the frame of the opponent's body.