

# Block Below the Waist

## Team A

Towards the Adjacent Sideline or North/South Line

- Team A players, at the snap:
  - Lineman positioned more than 7 yards from middle lineman
  - Backs with ANY part of the body outside of the tackle box
  - Backs in motion (Use the Snapper to determine which sideline the motion player may block)
- Team A players may not BBW toward the opposite sideline

*15 Yard Penalty*

