



COLLEGE FOOTBALL OFFICIATING, LLC

BLOCKING BELOW THE WAIST

ADDITIONAL DISCUSSION OF THE TACKLE BOX

Training Video #1 on Blocking Below the Waist has generated some questions about the Tackle Box, in regard to backs being restricted in their legality to block below the waist. The video is intended to give general guidelines about the practical aspects of officiating the rule, and is not intended to always locate the Tackle Box according to the position of the offensive tackle. The Tackle Box is defined (Rule 2-34) as centered on the snapper and extending five yards to each side. In many "normal" splits (see below) this will place the offensive tackle within the Tackle Box. However, there will often be tight alignments in which the tight end will be within five yards of the snapper and hence inside the Tackle Box. In such alignments a back completely behind the tight end would be unrestricted as regards blocking below the waist.

By "normal" splits we mean a formation with no more than two feet between adjacent offensive linemen. This would locate the tight end position within the tackle box. Thus a back completely inside or directly behind the tight end position would be unrestricted with regard to legally blocking below the waist.

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