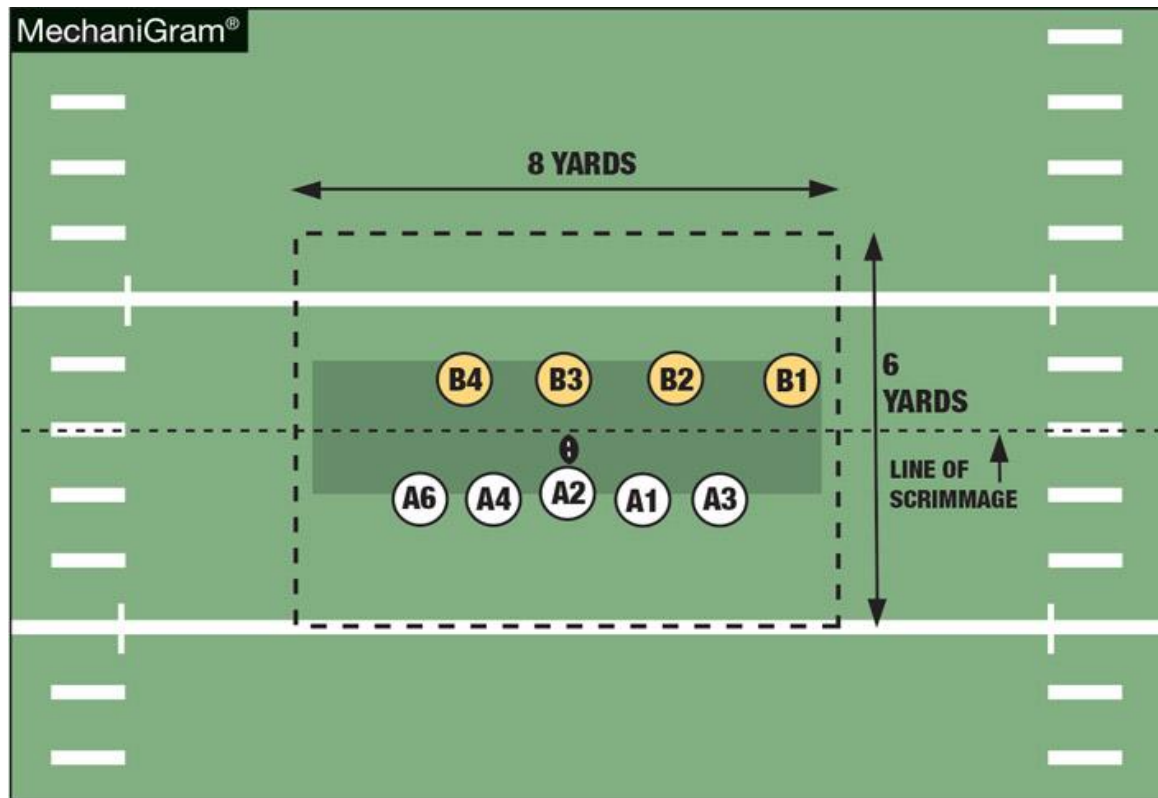


W M F O A

WESTERN MASS FOOTBALL OFFICIAL ASSOC.

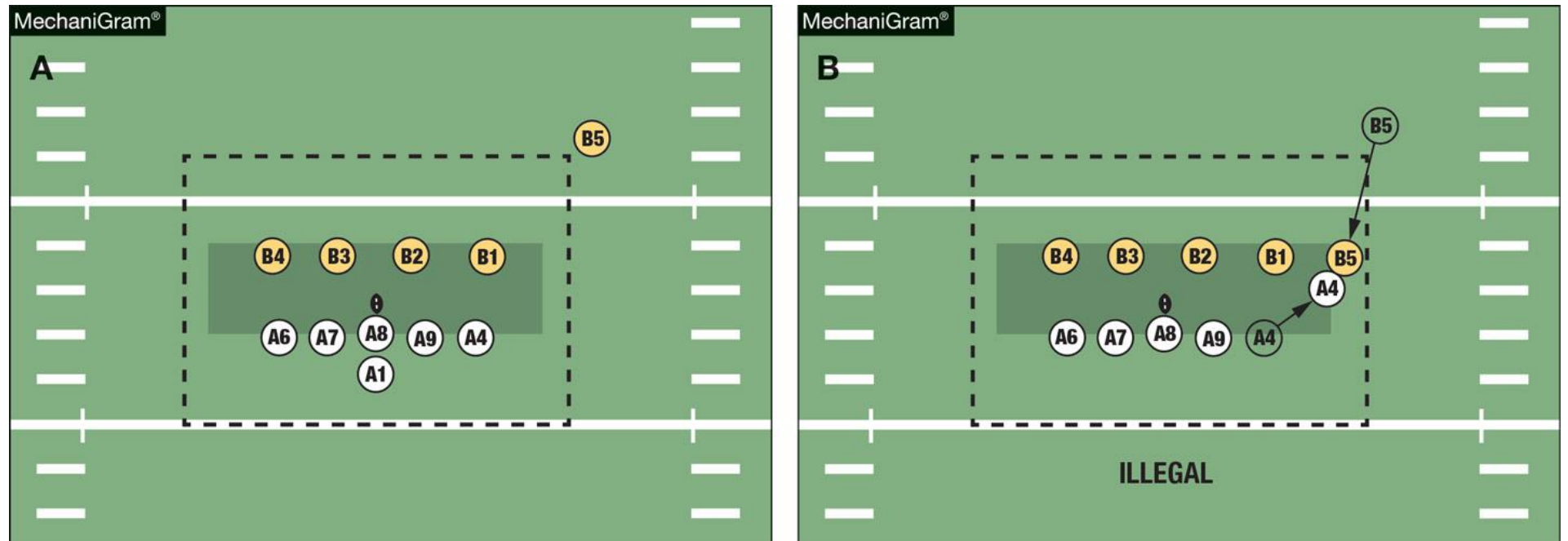
FREE BLOCKING ZONE

FREE-BLOCKING ZONE AND LEGAL BLOCKING



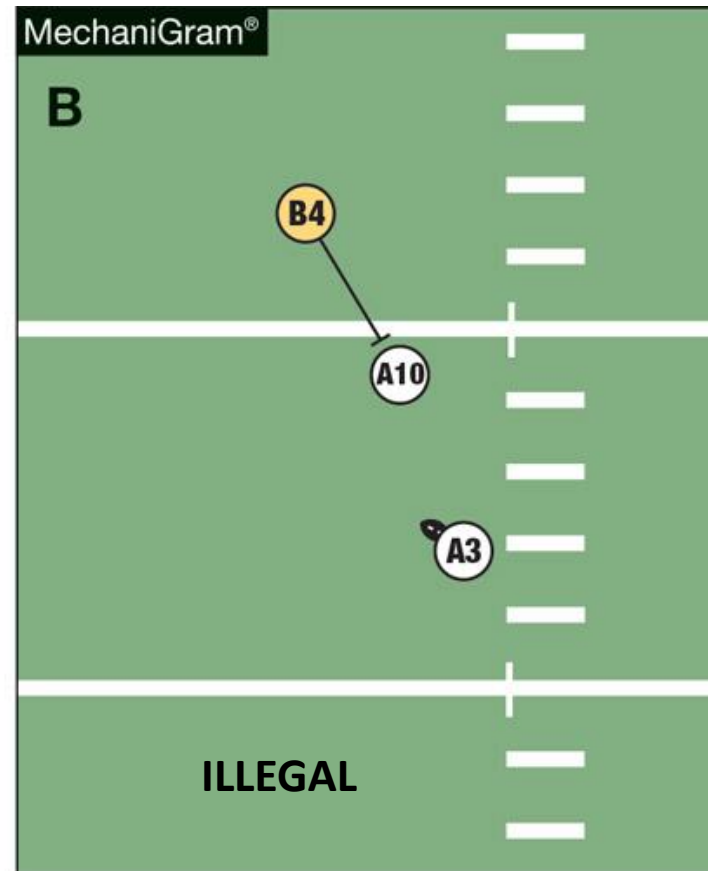
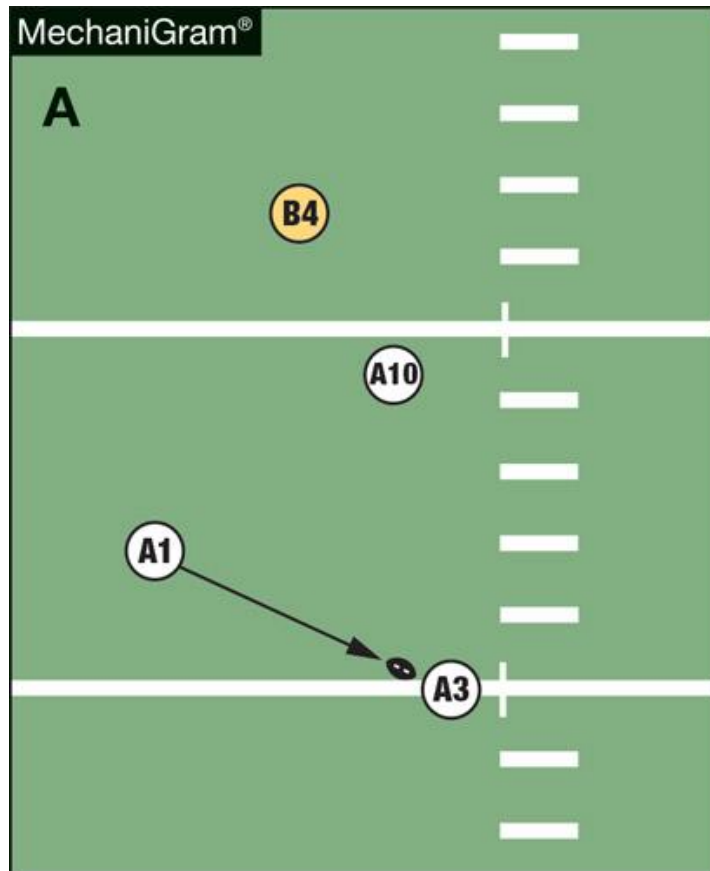
The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



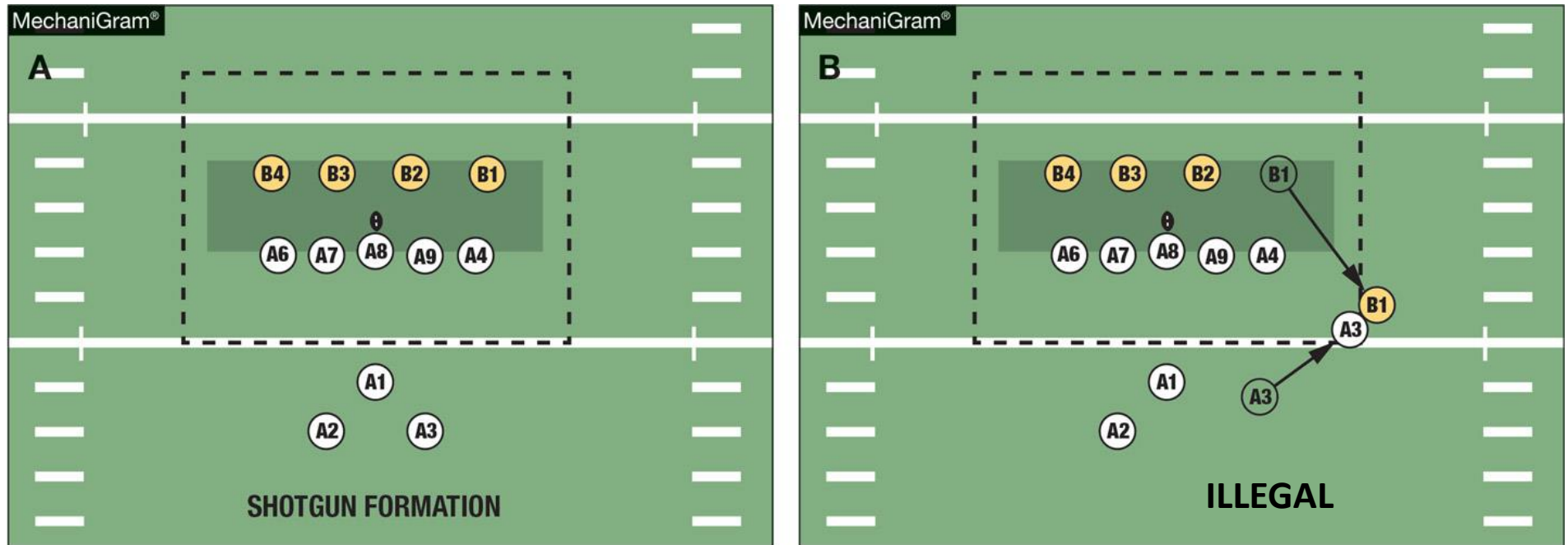
In MechaniGram A, lineman A4 was inside the free-blocking zone at the snap. In MechaniGram B, Blitzing linebacker B5 was not in the free-blocking zone at the snap and was not a lineman. When A4 blocks B5 below the waist, that is a foul.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



In MechaniGram A, A3 takes a backward pass on a toss sweep with A10 the lead blocker. In MechaniGram B, defender B4 blocks A10 below the waist to free up other defenders. That is a foul.

FREE-BLOCKING ZONE AND LEGAL BLOCKING



In MechaniGram A, Team A is in shotgun formation. In Mechanigram B, back A3, who was outside the free-blocking zone, is outside the free-blocking zone when he blocks B1 below the waist. That is a foul.

(Shotgun & legal blocks)

Blocking Below the Waist is permitted in the Free Blocking Zone (FBZ) 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 FBZ) 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.**