

ILLEGAL CONTACT ON RECEIVERS (before pass thrown)

1. Defenders may contact receivers in the neutral zone (one yard in depth on their own side of line of scrimmage).
2. Beyond the neutral zone, defender may use hands and arms to ward off an offensive player who is threatening his position.
3. Defenders may “jam” a receiver in a zone up to one yard across the line of scrimmage, but may not clutch or grab him as he is proceeding downfield.
4. A cut block by a defender on a receiver at line of scrimmage is a foul.
5. Once off the line of scrimmage, the receiver has the right to run his pattern.
6. Clutch and grab by defenders before the ball is thrown is Illegal Contact.
7. **Incidental** contact between offensive and defensive players is not a foul.
8. If a receiver threatens the position of a defender he may be contacted.
9. **Attacking** a receiver running a pattern who is not threatening a defender, is a foul.
10. Knocking down a receiver, or taking down a receiver, where a defender is **not** defending his position is a foul.
11. Contact, knockdowns or takedowns where a **defender attacks** a receiver is a foul.
12. Defenders may re-route receivers but not by stepping up, or stepping out, **and** attacking them. They may only defend their position.
13. Defenders may alter their established position by moving their feet.
14. Defenders may then defend that new position or their “line” on the field.
15. If they achieve a position where they are face up on a receiver and use hands and arms to defend their position, there is no foul.
16. Defending established defensive position with hands and arms is legal.