

North Dakota Football Rules Interpretations:

1. Free Blocking Zone

- a. 11 man - The free blocking zone in North Dakota is limited to the center and two players on either side of the center.
- b. 9 man – The free blocking zone in North Dakota is limited to the center and one player on either side of the center.
- c. If all free blocking zone criteria are met the players above would be able to block below the waist on initial movement.

2. Intentional Grounding Exception

- a. Passer must be outside the lateral boundary of the FBZ
- b. Pass must be thrown behind the neutral zone
- c. Pass must reach the neutral zone
- d. NORTH DAKOTA Interpretations (1-4 below are only legal if criteria a-c are met):
 1. The player throwing the pass must be the person taking the snap.
 2. Flea Flicker – If a team runs a “flea flicker”, only the person receiving the snap may throw the ball away.
 3. Muffed snap – only the person intended to receive the snap can throw the ball away.
 4. Overhead snap – only the person intended to receive the snap can throw the ball away.