

## ND Free Blocking Zone Rules Interpretation

Just a reminder for officials and coaches, in North Dakota we have a rules interpretation that specifically defines the free blocking zone.

North Dakota Football Rules Interpretation:

### 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.