

## Defense Rules:

- 1) The **BOX** is defined as the area from the outside shoulder of the tackles and extends **8yds** back from the line of scrimmage (LOS).
- 2) Any player lined up over center must be at least **4yds** off the LOS.
- 3) Players on LOS within the box must be heads up over Guard or shaded outside the Guard and in a down position.
- 4) No more than **4** down linemen and max of **3** linebackers within the box. (Max **7** defenders within the box.)
- 5) All defensive players must be at least **4yds** off the LOS unless they are lined up over an offensive player that is also on the LOS.  
(At minimum the defense must have at least **5** players **4yds** or more off the line of scrimmage.)
- 6) Players within the box **cannot** be moving forward until the ball is snapped. (**NO BLITZING**)
- 7) 4<sup>th</sup> Down – any alignment allowed and players may blitz. NO player is allowed over the center.

