

HOLDING Categories (POA)

1. **Take Down** – Tackling a player or grabbing and taking down a player. (Sliding down to the ankle or reverse take down.)
2. **Hook & restrict** – hook defender around body and take away path to Runner (feet get beat).
3. **Jersey Stretch** – material restriction of defender.
4. **Twist & Turn** – Inside grab, pull and twist/control defender....riding to the ground.

DPI Categories

1. **Not Playing the ball** – The defender must be playing/looking for the ball prior to any contact. Not turning to look for the ball is a clear indication of the playing the man and not the ball. In most cases, there will be a foul IF CONTACT OCCURS while not looking for the ball. (FACE GUARDING).
2. **Playing thru the back** – going thru an eligible receiver who has position to make a play on the ball.
3. **Grabbing the arm of an Eligible Receiver** – hard to see unless BJ is in proper position.
4. **Arm Bar** – Extending the arm across the opponent's body.
5. **Cutting off the path of an eligible receiver** – Either by being in front of the receiver and slowing down or by riding the receiver.
6. **Hook & Turn** – defender grabs around (usually waist) or back of receiver and turns him a little to make a play on the ball.

OPI Categories

1. **Blocking Downfield before the ball has been touched** – “Pick Play”
2. **Pushing off to create separation** –
3. **Driving thru the defender** – if defender has position and offense goes thru to catch ball.