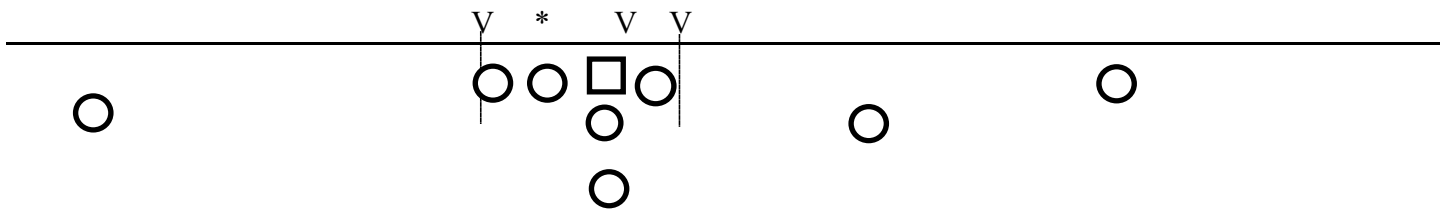
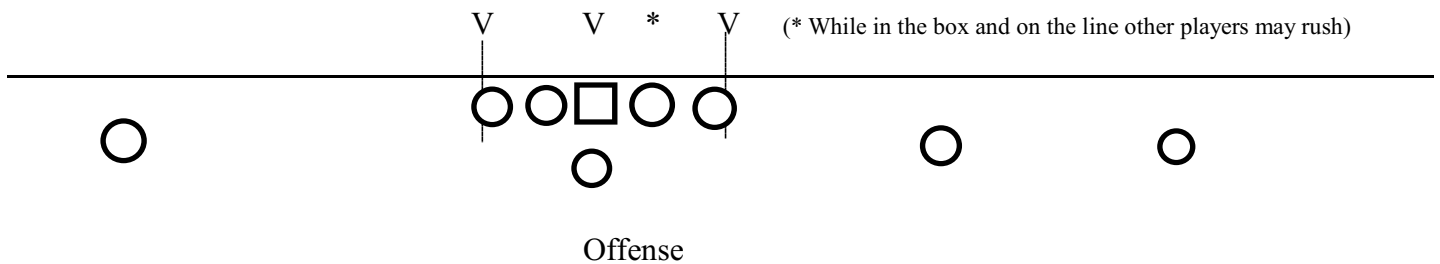


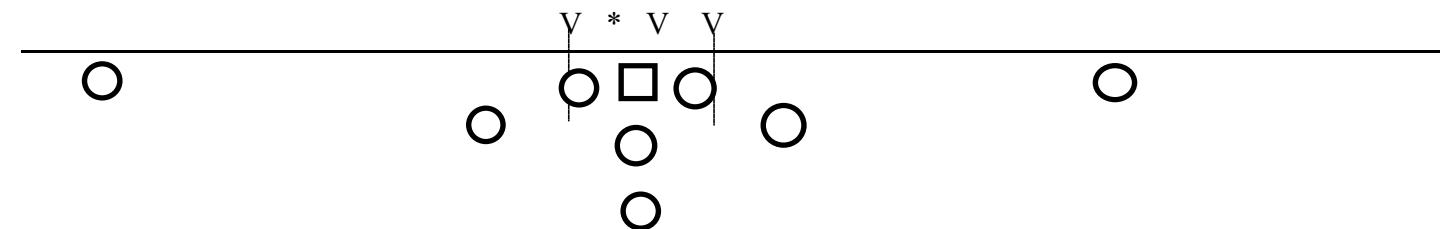
PAL Flag Football Line Box for blocking and rushing

The “box” is defined as the interior line, not including the outside, split or set back receivers. Within the 5 man (or less, see below) offensive line, the defense must line-up the mandatory three men, they may walk-up more players to rush (* = must be on the line prior to the snap) or they can drop back into coverage. The defense is not allowed to rush (blitz) from outside the “box”, the rush must come from within the “box” area and only if the D player is set on the line prior to the snap. Once the ball, by way of the QB, Running Back or Receiver leaves the box area, any defensive player may cross the line of scrimmage to pursue the player and pull flags. See diagram below. A reminder to all coaches, the officials will establish the 1 yard gap/buffer zone for the defensive line with some designated form of marking, bean bag, flag, etc. Please check with your game officials prior to game time to verify what the mark will be. **No Bull Rush over the Center!** Players should try to avoid direct contact, rush a gap not a man.

Here we have three D-linemen in the correct position, the outside DE is in the outside shoulder position and can rush from this position. The Offense has 5 on the line, receivers back so 6 eligible (including the QB) players.



Same as above, 5 men on the O line, restricted space for the def line due to only four in the box. Defensive line must adjust to this spacing with outside shoulder rush on the 4 interior linemen.



Offense has 5 on the line using the two outside receivers on the line. This restricts the defense to the interior box with only Gd/C/Gd to use for the outside shoulder alignment. Once the ball leaves this area (designated by the outside shoulder of the interior linemen) other players may cross the LOS.