



Categories for Defensive Pass Interference

1. Arm Bar: An arm across the body restricting the opponent from moving where he wants to go. An arm across the body is not enough - there must be a restriction of movement.
2. Hold / Grab & Restrict: Grasping an opponent, often the arm, restricting him from being able to reach a pass or raising the arm to catch a pass.
3. Not playing the ball: Player not making a bona fide effort to reach the pass (usually not looking back for the ball) and contacts the opponent restricting him from moving where he wants to go or knocking him off his path to the ball.
4. Playing through the back: Contacting an opponent through the back, restricting his ability to touch the pass, even if making an effort to touch the pass.
5. Hook and twist: Hooking the arm around the waist or shoulders, AND twisting the opponent, restricting him from his effort to touch the pass. An arm around the body is not enough-there must be a twist or turn.
6. Cutoff: A player cannot position himself to restrict or prevent an opponent from moving toward a pass, even if looking back for the ball.