



## **Prohibited Athletic Activities – Football Policies and Procedures**

Policies and procedures related to prohibited athletic activity in football shall be established and maintained.

### **Annual Review.**

The policies and procedures, including the list and definition of prohibited activities, shall be reviewed on an annual basis and prior to the start of preseason football practice for the year.

Any addition to the list of prohibited activities or change to the existing definitions of prohibited activities must be reviewed by the NCAA Committee on Competitive Safeguards and Competitive Aspects of Sports and the appropriate divisional football committees (e.g., NCAA Division I Football Oversight Committee, NCAA Division II Football Committee, NCAA Division III Football Committee).

### **Prohibited Athletic Activity.**

Generally, athletic activity designed to create straight line collisions is not permissible. The prohibition on activity designed to create straight line collisions does not prohibit a team from scrimmaging or conducting a drill with a limited number of players if upon the snap of the ball or a whistle being blown, players are instructed to take angles and defenders are instructed to read run/pass as in game situations. Further, activity that includes the essential elements of the below definitions are also prohibited. However, elements of the below that may occur during thud or live action (e.g., scrimmage) remain permissible.

The following athletic activities/drills are not permissible:

1. Bull in the Ring/King of the Circle;
  - Prior to the start of the drill players stand in a circle surrounding one player in the middle. Each player is assigned a number. The drill begins when a coach calls out a number. The player to whom that number was assigned is then required to charge at the player standing in the middle of the circle. Coaches may call more than one number at a time, resulting in multiple players charging the player in the middle.
2. "Oklahoma" Drill; and
  - Players begin the drill barricaded on each side and lined up directly across from each other. (The players could be a defensive tackle, offensive lineman, ball carrier, and linebacker, or defensive back versus a wide receiver and ball carrier). Upon the start of the drill, players attack each other straight on with no angles. After contact the defender is attempting to shed a block while the offensive player is attempting to create a vertical drive block or a defender attempting to tack the ball carrier runs directly downhill as the ball carrier runs directly through a defender without the ability of either to avoid linear contact due to the barricade on each side with the goal of freeing or tackling the ball carrier.

3. Offensive/Defensive Line Run Blocking Board Drill.

- Two players begin the drill by aligning directly across or slightly offset from one another within an artificially confined area, such as between boards, straddling a board or confined by other similar objects or as otherwise indicated by a member of the coaching staff. Upon the snap, players are directed to physically engage with each other off the ball and challenge for vertical push with no attempt by the defensive player to evade the block. The intent of the rule is to prohibit one-on-one tests of strength within artificially confined areas that do not permit the defensive player to angle his approach, shed the blocker, or take other evasive action. This rule does not prohibit or limit one-on-one pass rush or pass protection drills that do not occur within an artificially confined area. (Prohibited during OL versus DL padded practice. Conducting this drill with or without pads and at walking or jogging pace is permitted.)