

## 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.
7. **Face Guarding (NFHS only):** Contact is not required at the high school level. Not playing the ball while blocking the vision of the receiver.

## Categories for Offensive Pass Interference

1. **Blocking beyond the expanded neutral zone:** Eligible receiver or an ineligible illegally downfield may not block an opponent beyond the expanded neutral before a legal forward pass which crosses the neutral zone is touched by B. Common on screen passes.
2. **Pick Play:** An intentional act by the receiver to “hunt” for the defender and initiate contact with him for the sole purpose of knocking him off his defensive coverage. Common in “red zone”, out of trips formations and when defense is playing man-to-man coverage. You must have contact to consider a pick.
3. **Creating Separation / Push Off:** Receiver pushes off a defender in such a way creating “separation”. Contact alone is not a foul as it is common to have their hands on one another going for the ball. Look for a separation created by a good shove.
4. **Playing through the back:** Just like on a defender, offensive pass interference is a distinct possibility whenever the receiver is put in the position of becoming the defender.