

DPI Categories.

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.

Contact, not playing the ball: Player not making a bona fide effort to reach the pass, not looking for the ball and contacts the opponent. Usually the DB is in “chase mode”. *When they are beat, they cheat.*

Playing through the back: Contacting an opponent through the back, restricting his ability to touch the pass, even if the DB is making an effort to touch the pass.

Grab and restrict: Grasping an opponent, often the arm, restricting him from being able to reach a pass or raise his arm to catch a pass. *One Arming the Opponent.*

Hook and turn: Hooking the arm around the waist or shoulders, AND twisting or turning 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.

Cut-off: DB will establish position but will slow down, cut-off or redirect the receiver’s path to the ball. The DB is usually looking back for the ball.

OPI Categories.

Blocking downfield: Eligible or ineligible receiver clearly downfield (beyond the expanded NZ) blocks a defender and the pass crosses the NZ. Usually on screen passes.

Initiating contact and creating separation: Receiver pushes off a defender in such a way as to create separation. Contact alone is not enough for a foul as it is common for each player to have hands on one another. This usually happens at the top of the receivers’ route when he is making his break to the side. Look for a good shove.

Driving through a defender who has established position on the field: This is a combination of the two above categories. See this with larger receivers on smaller DB’s. It is incumbent upon A to avoid contact with B.

Picking off a defender who is attempting to cover a receiver: An intentional act by the receiver to “hunt” for the defender and initiate contact with the sole purpose of knocking him off his defensive coverage assignment. Common in the “red zone”, out of trips formations and when defense is playing man-to-man coverage. You must have contact.