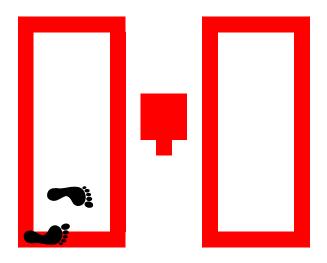
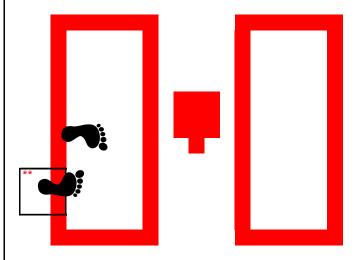
STARTING POSITION/STANCE

EXAMPLE #1 - LEGAL



* Both feet are completely on or inside the line

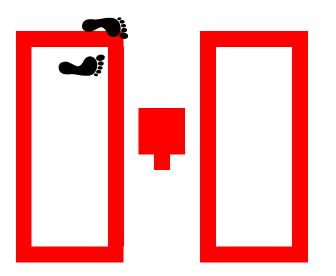
EXAMPLE #2 - ILLEGAL



- * The edge of one foot is outside the line ILLEGAL ** If heel is elevated outside the box this is legal

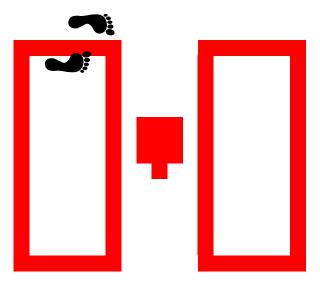
AT POINT OF CONTACT

EXAMPLE #1 - LEGAL



* At contact both feet are on or inside the line - LEGAL

EXAMPLE #2 - ILLEGAL



* At contact 1 foot is outside & not touching the line