R502.7 Lateral restraint at supports. Joists shall be supported laterally at the ends by full-depth solid blocking not less than 2 inches (51 mm) nominal in thickness; or by attachment to a header, band, or rim joist, or to an adjoining stud; or shall be otherwise provided with lateral support to prevent rotation.

**Exception:** In Seismic Design Categories D₁ and D₂, lateral restraint shall also be provided at each intermediate support.

**Q:** In Seismic Design Categories A, B and C is solid blocking required where ends of floor joists are lapped at an intermediate bearing support?

**A:** No. In Seismic Design Categories A, B and C, solid blocking is not required between joists at an intermediate support where the joists are lapped or spliced as required in Section R502.6.1. The lap or splice at the intermediate support provides continuity of the joist and therefore provides sufficient lateral support, as required in Section R502.7, to prevent rotation. Solid blocking, in addition to the lapped or spliced joists, is not required.