

**(F) Cables and Raceways Installed in Shallow Grooves.** Cable- or raceway-type wiring methods installed in a groove, to be covered by wallboard, siding, paneling, carpeting, or similar finish, shall be protected by 1.6 mm ( $\frac{1}{16}$  in.) thick steel plate, sleeve, or equivalent or by not less than 32-mm ( $1\frac{1}{4}$ -in.) free space for the full length of the groove in which the cable or raceway is installed.

*Exception No. 1: Steel plates, sleeves, or the equivalent shall not be required to protect rigid metal conduit, intermediate metal conduit, rigid nonmetallic conduit, or electrical metallic tubing.*

*Exception No. 2: A listed and marked steel plate less than 1.6 mm ( $\frac{1}{16}$  in.) thick that provides equal or better protection against nail or screw penetration shall be permitted.*