- An "=over" ... "=back" region containing only `m/\A=item\s+\d+\.?\s*\z/` paragraphs, each one (or each group of them) followed by some number of ordinary/verbatim paragraphs, other nested "=over" ... "=back" regions, "=for..." paragraphs, and/or "=begin"..."=end" codes. Note that the numbers must start at 1 in each section, and must proceed in order and without skipping numbers.

  (Pod processors must tolerate lines like "=item 1" as if they were "=item 1.", with the period.)

- An "=over" ... "=back" region containing only "=item [text]" commands, each one (or each group of them) followed by some number of ordinary/verbatim paragraphs, other nested "=over" ... "=back" regions, or "=for..." paragraphs, and "=begin"..."=end" regions.

  The "=item [text]" paragraph should not match `m/\A=item\s+\d+\.?\s*\z/` or `m/\A=item\s+\*\s*\z/`, nor should it match just `m/\A=item\s*\z/`.

- An "=over" ... "=back" region containing no "=item" paragraphs at all, and containing only some number of ordinary/verbatim paragraphs, and possibly also some nested "=over" ... "=back" regions, "=for..." paragraphs, and "=begin"..."=end" regions. Such an itemless "=over" ... "=back" region in Pod is equivalent in meaning to a "<blockquote>...</blockquote>" element in HTML.

Note that with all the above cases, you can determine which type of "=over" ... "=back" you have, by examining the first (non-"=cut", non-"=pod") Pod paragraph after the "=over" command.

- Pod formatters *must* tolerate arbitrarily large amounts of text in the "=item *text...*" paragraph. In practice, most such paragraphs are short, as in:

  ```
  =item For cutting off our trade with all parts of the world
  ```

  But they may be arbitrarily long:

  ```
  =item For transporting us beyond seas to be tried for pretended
  offenses
  ```

  ```
  =item He is at this time transporting large armies of foreign
  mercenaries to complete the works of death, desolation and
  tyranny, already begun with circumstances of cruelty and perfidy
  scarcely paralleled in the most barbarous ages, and totally
  unworthy the head of a civilized nation.
  ```

- Pod processors should tolerate "=item *" / "=item *number*" commands with no accompanying paragraph. The middle item is an example:

  ```
  =over

  =item 1

  Pick up dry cleaning.

  =item 2

  =item 3

  Stop by the store.  Get Abba Zabas, Stoli, and cheap lawn chairs.

  =back
  ```

- No "=over" ... "=back" region can contain headings. Processors may treat such a heading as an error.

- Note that an "=over" ... "=back" region should have some content. That is, authors should not have an empty region like this: