The color change rule for zero forcing in graph $G$ is that a blue vertex $v$ can force a white vertex $w$ blue if $w$ is only white neighbor of $v$. $B_0$ is initial set of blue vertices and $B_{i+1}$ is set of blue vertices after the color change rule is applied to every vertex in the set $B_i$. Set $B_0$ is a zero forcing set if there is a $t$ such that $B_t = V(G)$. The zero forcing number of $G$ is minimum size of a zero forcing set. The propagation time for $B_0$, $pt(G, B_0)$, is smallest $t$ such that $B_t = V(G)$. The zero forcing throttling number of $G$ is the minimum of $|B_0| + pt(G, B_0)$ where $B_0$ ranges over all zero forcing sets of $G$. Zero forcing throttling was introduced and studied by Butler and Young in 2013. PSD zero forcing is a variant in which the color change rule is applied to each component of $G - B_i$ separately. Recently results were obtained for the PSD zero forcing throttling number $th_+$. Cops and robbers is a game played on a graph in which cops and a robber alternate turns moving along the edges of the graph. Cops win if a cop moves to the vertex where the robber is. Results on throttling for cops and robbers and its connection to $th_+$ will be presented. Joint work with J. Breen, B. Brimkov, D. Ferrero, L. Hogben, K. Perry, C. Reinhart. (Received September 24, 2017)