Given a graph $G$, a zero-forcing set is a subset of the vertices of $G$ that forces all vertices in $G$ in accordance with the zero-forcing color change rule. The propagation time of a zero-forcing is the number of time steps required for a zero-forcing set of $G$ to force the whole graph. The propagation time is denoted by $p(S, G)$ where $S$ is a zero-forcing set. Throttling for zero-forcing seeks to minimize the sum the $|S| + p(S, G)$ for all zero-forcing sets $S$ of $G$. In this talk, we will consider conditions under which throttling can be considered as a forbidden subgraph problem. (Received July 16, 2019)