

Good morning! I am assuming that in most areas of the state, the last of scrimmages will happen this evening. If you are working one, make sure to focus on what your goal for the season is.

Today's tip focuses on screening.....in my opinion, this might be the area of this great game that we can improve the most. Here is what our rules book says a screen may be:

ART. 1

A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.

ART. 2

To establish a legal screening position:

- a. The screener may face any direction.
- b. Time and distance are relevant.
- c. The screener must be stationary, except when both the screener and opponent are moving in the same path and the same direction.
- d. The screener must stay within his/her vertical plane with a stance approximately shoulder width apart.

ART. 3

When screening a stationary opponent from the front or side (within the visual field), the screener may be anywhere short of contact.

ART. 4

When screening a stationary opponent from behind (outside the visual field), the screener must allow the opponent one normal step backward without contact.

ART. 5

When screening a moving opponent, the screener must allow the opponent time and distance to avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. The position will vary and may be one to two normal steps or strides from the opponent.

ART. 6

When screening an opponent who is moving in the same path and direction as the screener, the player behind is responsible if contact is made because the player in front slows up or stops and the player behind overruns his/her opponent.

ART. 7

A player who is screened within his/her visual field is expected to avoid contact by going around the screener. In cases of screens outside the visual field, the opponent may make inadvertent contact with the screener and if the opponent is running rapidly, the contact may be severe. Such a case is to be ruled as incidental contact provided the opponent stops or attempts to stop on contact and moves around the screen, and provided the screener is not displaced if he/she has the ball.

ART. 8

A player may not use the arms, hands, hips or shoulders to force his/her way through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position on an opponent.

The clip today focuses on the back screen. Article 4 is crucial here when we are deciding if a back screen is legal or not. In the case of a back screen, the screener must allow the opponent one normal step backwards without contact. Think about that. Think about how many screens are set illegal like this just in a baseline throw-in when the offensive players are set up at the low blocks and the elbows. Those players going from the low block to set a screen at the elbow must give one normal step backwards.

Similarly, this must also happen when the offense is running a set. MANY times the screen is virtually impossible for the official whose primary the ball handler and dribbler is just because of that....the official is focusing on the ball handler and dribbler. It is VERY difficult for that official to see referee the ball-handler and dribbler AND to see how a potential screener got to the spot to set the screen and where he/she stopped. Take a look at the clip [here](#). The ball is in T's primary and stay high or went to C's side. The screen is set at the elbow as the ball is still in T's primary. There is no way T could have seen what happened on the screen here. This is GREAT help from Lead. He did not hesitate whatsoever in getting this foul. The screener did NOT give the opponent who did not have visual contact with the screener a normal step backwards.....he stopped (maybe he stopped) just short of contact.....ILLEGAL.

In my opinion, these are the type of illegal plays that clean our game up if we can get them We also know that they are disguised well within an offense with so much going on.

Be aware of screens, take note of what offense the teams are running and when screens are integral to an offense, there is a good chance an illegal one...even an illegal back screen.....may pop up.

Have a great scrimmage this evening. Stretch well and focus on that goal.

Tim