

Good morning!

First, as a follow-up to yesterday's five players OOB clip, rule 9.2.11 also applies – 'No teammate of the thrower shall be out of bounds after a designated spot throw-in begins.'

On to today's discussion...

Elbows above the shoulders...it can definitely be ugly. We can help prevent it by taking care of excessively swinging the elbows as in the clip [here](#).

### **SECTION 13 EXCESSIVE SWINGING OF ARM(S)/ELBOW(S)**

**ART. 1 . . .** A player shall not excessively swing his/her arms(s) or elbow(s), even without contacting an opponent.

**ART. 2 . . .** A player may extend arm(s) or elbow(s) to hold the ball under the chin or against the body.

**ART. 3 . . .** Action of arm(s) and elbow(s) resulting from total body movements as in pivoting or movement of the ball incidental to feinting with it, releasing it, or moving it to prevent a held ball or loss of control shall not be considered excessive.

**PENALTY: (Section 13) The ball is dead when the violation occurs and is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation. (6-7-9 EXCEPTION d)**

If we take care of these types of plays, they may not escalate to an opponent getting hit in the face OR the player may learn that elbows are not the way to 'clear space'. Take care of these and call the violation! This rule was changed from a technical foul to a violation a 'few' years ago so that officials would actually make the call without penalizing the offender with a technical foul. Excessively swinging the elbows happens more often than one might think...just don't get caught off guard and even a late whistle for it is better than what could happen if we do not call it.

Friday extra: ENJOY your partners and the game you are working, no matter WHO they are or WHICH game! You are there for a reason!

Double Extra: From a colleague with advice about viewing the video clips in the TOTD:

Not sure if everyone would know this or not, but on some of your videos they'll default/auto to 360p. If users click the Settings gear icon, Quality, and select 720p or 1080p, the resolution will be much better.

Have a great game tonight!

Tim