

Good morning! Another round of TERRIBLE weather here in NW PA....and a second Friday in a row of almost no games....ugh.

Today's tip.....recognizing continuous motion.....here is the rule book definition:

ART. 1

Continuous motion applies to a try or tap for field goals and free throws, but it has no significance unless there is a foul by any defensive player during the interval which begins when the habitual throwing movement starts a try or with the touching on a tap and ends when the ball is clearly in flight.

ART. 2

If an opponent fouls after a player has started a try for goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball. These privileges are granted only when the usual throwing motion has started before the foul occurs and before the ball is in flight.

ART. 3

Continuous motion does not apply if a teammate fouls after a player has started a try for a goal and before the ball is in flight. The ball becomes dead immediately.

So basically if when we have a foul, we need to decide if the habitual throwing movement had started.....this is certainly interpreted differently by different officials. Answering the question "what else was he/she going to do except shoot the ball" can help in this. Many times we 'know it when we see it' if the shooting motion or 'gathering the ball' has happened.

Take a look at the clip [here](#).....there will most certainly be both sides of the fence on whether the 'habitual throwing movement' had started or not. Look specifically at the angle that L had on the call...see why he counted the hoop? There are many continuous motion plays on youtube as well! Get in the rules and case books and look at clip and talk at meetings about these plays!

Have a great game tonight, tomorrow or whenever the your next one is!

Stay safe on those roads also.

Tim