

Good morning!

Hopefully we all got some needed rest this weekend. The last month of the season is upon us.

With the 'stretch run' here, let's remember a couple important rules/POE's that are black and white....NO grey areas.

Rule 10-6-12.....freedom of movement....hand checks.....



First



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Rule



Link to Article

#### ART. 12

The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.

- a. Placing two hands on the player.
- b. Placing an extended arm bar on the player.
- c. Placing and keeping a hand on the player.
- d. Contacting the player more than once with the same hand or alternating hands.

THIS RULE IS A BLACK/WHITE rule. There is NO ROOM FOR JUDGEMENT. This is NOT an advantage/disadvantage rule. It is plainly spelled out.....'the following acts constitute a foul when committed against a ball handler/dribbler.' It does not end that sentence with '.....unless such-and-such happens.....'

A foul is a foul is a foul. THE TEAMS WILL ADJUST! Call it early in the game when it happens! They WILL adjust!!!

Take a look at the clip by clicking [here](#) and see the various types of hand checks that are FOULS! Remember, touching the ball handler/dribbler is allowed in ONE case....*one hot stove touch.....period.*

Have a great day today and get back to calling the hand-check as intended!

Tim