

Good morning! Can you feel the anticipation yet?! TWO DAYS!

Today's tip is an excerpt from the NCAA Men's Officials "Weekly Whistles". The NCAA officiating office publishes regular reminders through video for their officials and their schools. The descriptive words they use are different in NCAA than we have in NFHS, but the plays they are looking at are of importance to us as well.

The plays in this video sequence are all 'hook and hold' fouls. NOTE – the NCAA, by rule, has determined many of these are 'flagrant 1' fouls (intentional fouls in our language). The NFHS has NOT determined these fouls to be necessarily intentional and has made no point of emphasis or even discussed these types of plays. The intent HERE is to make you aware of these fouls and that USUALLY the wrong player gets called for this type of foul. This has been a topic of discussion occasionally over the years with some people but now we have a good look at these specific plays!

Take a look at the video [here](#)....the plays actually start about the 1:25 mark of the video.

These are being shown to make you aware (and ready) when you SEE these in your game. The player who 'hooks and holds' is the player at fault and should be called for a foul. COULD it be intentional? Sure, just as any other foul could be....remember, we need at least two of these three to have an intentional foul: 1) windup, 2) contact, and 3) follow through. The most important part of this type of play is to get the foul on the player doing the holding by hooking his/her opponent. This player has gained an advantage by hooking and/or holding the opponent. THESE ARE FOULS and need whistled!

My opinion is (I FIRMLY BELIEVE THIS) is that by seeing play after play on video that they are tucked away in our brain somewhere and when we SEE it in a game, our whistle, open hand/fist responds accordingly and we get plays right! Watching clips and plays helps immensely!

Talk about these plays in pregame as well.....and get them when you see them!

Gave a great day today enjoy the evening!

Tim