

Good morning!

Several years ago when the 'hand check' or 'freedom of movement' rules moved into the NFHS rules book, an emphasis followed that the offensive player was not permitted to use a hand to 'ward off' a defender as well.

Take a look at an example of the offensive player shielding a defender from himself [HERE](#).

This is a great discussion play! We also only see a 'snapshot' of the game and are not aware of anything that has happened prior to this.

Red 1 definitely has an extended arm and makes some contact with white 5. I am SURE that some people would question whether this is a faking being fouled on white 5. Again, a great discussion play and one that probably needs to follow what the tone of the game has been thus far! The C certainly sees the whole play and is in position to make a call!

Friday extra: We are a month from the end of the season, reflect on how your season has gone and what you want to focus on the next 4 weeks! Be honest, be ambitious!

Have a great game tonight, a great weekend and safe travels!

Tim