

Good morning!

Shooters...if they leave the floor and the spot they are going to land is not occupied by an opponent, then no opponent can move to that spot before the shooter lands.

Take a look at this type of play [here](#).

In this play, white leaves the floor for a 'runner' and the defender not only moves from point A to point B and makes contact, but moves to the spot the shooter would have landed. THIS is illegal defense. See 4.23.4b below:

**ART. 4 . . . Guarding an opponent with the ball or a stationary opponent without the ball:**

- a. No time or distance is required to obtain an initial legal position.
- b. If the opponent with the ball is airborne, the guard shall have obtained legal position before the opponent left the floor.

This is also a great angle for C to SEE what happened and make the call. If C had not, L should come and get it (but C needs to be given the first chance). In a 2-person game, this would most likely need to be the L because the T would still be trailing the play as even in this 3-person game.

Friday extra: We are at the end of January...the final couple weeks of the regular season is upon us. Try to use this weekend to 'catch up' a little with relaxing and maybe some sleep! Be ready for the next two weeks both mentally and physically!

Have a great game tonight!