








2024 Points of Emphasis

- **Post play** ( [Watch the clips](#))
 - Defensive players can use their arms to protect themselves within their cylinder
 - Extension of the arms with contact on a player is considered a defensive/offensive foul
 - Open palms on the offensive/defensive player is considered a foul
- **Body contact under the basket** ( [Watch the clips](#))
 - Body-to-body contact within player's cylinder is accepted
 - The principle of advantage/disadvantage and balance of the offensive player is taken into consideration to evaluate a foul
 - Contact on the lower body affecting the balance of the shooter or the shot is considered a foul
- **Holding and grabbing** ( [Watch the clips](#))
 - Contact that is slowing down a player with or without the ball is considered a foul
- **“Run and hit” on the screener** ( [Watch the clips](#))
 - A defensive player who does not bypass but rather initiates contact on the screener shall be called for a foul
- **Travelling** ( [Watch the clips](#))
 - Offensive player gaining an unfair advantage by lifting the pivot foot against the rules is considered a violation