2023 Points of Emphasis

- **Post play** (Watch the clips)
  - Defensive players can use their arms to protect their cylinder, but cannot use them to attack/push the offensive players
  - Extension of the arms with contact on the offensive/defensive player is considered a defensive/an offensive foul
  - Open palms on the offensive player is considered a defensive foul

- **Body contact under the basket** (Watch the clips)
  - Body to body contact, within cylinder is accepted
  - Notion of advantage/disadvantage and balance of the offensive player in taken into consideration to judge the foul
  - Contact on 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)
  - Defensive player does not bypass the screener and create contact is considered a foul

- **Travelling** (Watch the clips)
  - Offensive player gains unfair advantage by moving their pivot foot against the rules is considered a violation