








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 is 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