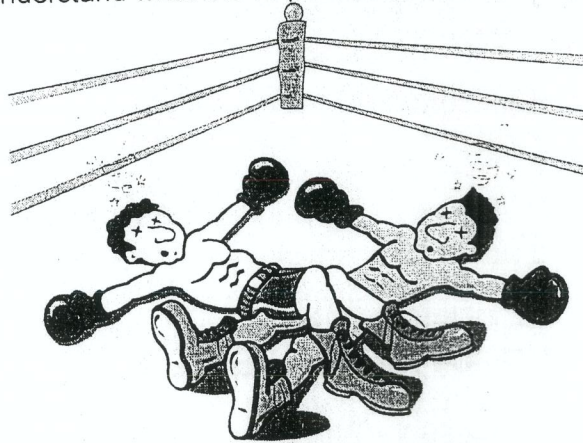


Rough Play in the Post

This is a part of the game that has to be understood thoroughly if all of the participants are going to be on the same page. In any game I officiate, it sometimes takes some "officiating talk" during the game to get both teams to understand what the requirements are to avoid rough play fouls.



This is the result if the coach, officials and the players are not together on rough play in the post.

Principle One Hands Off- This one can be a tough habit to break. Many players have been putting their hands on the opponent in an effort to measure them. The officials have not been consistent in calling them so it takes a few hand check calls to get them to stop. The best thing for the coach to teach is to just keep hands off and emphasize it.

When I am calling a game and I see the hand go on the opponent, I might let it go if they pull it off quickly. If they put the hand on the opponent and keep it there, the whistle will blow. RB 4-24-5

Principle Two Bumping the Cutter - This is a common basketball fundamental that is taught by most coaches. The offensive cutter cut across the post area and the defender obstructs their movement to break the rhythm of the offensive pattern. Still it is often misunderstood by players when they try to make it work. How to make it legal? Pay attention! To be legal the defender may position their body in the path of the cutter and cause the cutter to go around the defender. It is illegal if the defender moves into or dislodges the cutter. In other words, they cannot initiate the contact.

Principle Three Displacement - This is one of the most common calls in the arena of rough play. Picture two post players leaning against each other. Both of them are kind of aggressive, but no one is pushing too much against the other. This can look fearsome, but be perfectly legal as long as the pressure of each is about equal. Now, when do they become illegal?

Illegality appears when one of the post players starts to push the other player off of their location. Each player is allowed to hold their place, but cannot displace or push the other out of their legal spot. If taken to the extreme, the official will call a "push" foul and the reason is displacement. Believe it or not, many coaches teach displacement and don't know they are teaching a foul.

Principle Four – Setting a screen. When setting a screen in post, there is no allowance for more physical play. Stand perfectly still and do not lean. If the player is moving rapidly, you need to give them two steps so they can adjust. One step if he/she is outside the visual field of a stationary opponent. If they are at the side or in the visual field of the opponent anything short of contact is fine. RB 10-6-3 a-d

Avoid these. They are all illegal and contribute to rough play fouls. –

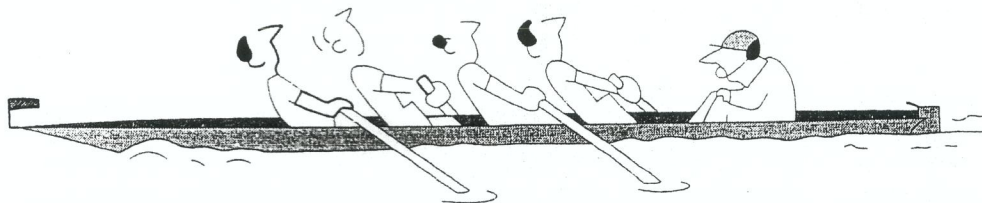
Pushing with the knee.–The defender places the thigh under the back of the offensive player and attempts to push the player away from the lane. This is called displacement and it is a foul.

The “swim” move - the defender pushes their arm down on the offensive players arm to gain an advantage.

Use of elbows - these things are weapons and highly visible. This occurs will post players are struggling for position and after the rebound. If the elbows are thrown excessively after a rebound it is only a violation. Still it is a turnover you don't need. Clear the area with elbows tucked in and a strong spin.

The forearm – a touch may be OK, but when the forearm is used to push, the defender will have trouble with the whistle, the pin – this is usually the offensive player holds the arm of the defender between the upper arm and the side of the upper body.

See Rough Play Points of Emphasis RB 2003-04 for summary of rough play



“Isn't this wonderful, players, coaches and officials all read and studied Rough Play in the Post. Now row!”

State Association Adoptions

The National Federation of State High School Associations allows your state to make certain specific options for your state. These include:

- Ball size for junior high competition RB 1-12-1 Note
- Coaching box size with a fourteen foot maximum RB1-13-2 Note, 10-5-1,
- Artificial limbs RB 3-5-1,
- Head coverings for medical, cosmetic or religious reasons RB 3-5-2,
- Electronic media timeouts RB 5-12-5 Note and game administration equipment RB 2-4-3 Note.

My state of Michigan has adopted the coaching box option which states that one end of the coaching box should start 28 feet from the end line and then go 14 feet back.

They also adopted the running clock. If one team attains a 40 point lead in the second half, the clock runs continuously through all parts of the game except for time outs, injuries, end of a period and free throws shot in the final two minutes of the fourth quarter.

Check your own specific state to see about your own adoptions.