

## OREGON SCHOOL ACTIVITIES ASSOCIATION

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As we enter the new season The NFHS has changed the rule on player gear and apparel. The bottom line:

- Headwear, wristbands, sleeves, and compression shorts all fall under the same guidelines. They must be white, beige, black or the predominant color of the jersey. Each may have one logo. All players must have the same color.
- Braces by the rule book. *A brace is defined as anything worn for a medical purpose to increase stability. In general, it is made of neoprene or elastic knit with an insert embedded to support the joint. It may or may not have a hinge and or straps or an opening over the knee cap.*

This definition is incredibly ambiguous and is wide open for interpretation. In short, if they call it a brace, it's a brace. Move on. Use common sense and don't create a problem where there isn't one. The rule book includes other information and is worth reading. Rule 3-5.

Backcourt baseline mechanic:

- It has been a long understanding in Oregon that it is acceptable in two-person mechanics to bounce the ball across the lane to the in-bounder on the baseline if the ball went out on that side under the basket or on that side just past the lane line extended. This will continue to be an accepted practice in the two-person game.
- When using three-person mechanics the lead, new trail, must move to the spot. We will not be passing the ball across the lane in three-person mechanics.

In basketball we talk about having a patient whistle. There is a big difference between a patient whistle and letting the game become too rough. Anytime the game becomes too physical we are asking for problems. Take a look at this week's video clip (linked below). The play ended with the official calling a live ball technical foul for illegal contact. You cannot have a technical foul for contact when the ball is live. It is either a flagrant personal or intentional.

### LINK TO VIDEO:

<http://osaabasketball.arbitersports.com/Front/105990/Video/player/13901/16838>

NOTE: If your computer does not allow you to go to the video by clicking on the link, please copy and paste the link in your web browser.

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