



## NFHS Basketball Rule 10-6-12 New

The following acts constitute a foul when committed against a ball handler/dribbler:

- Placing two hands on the player.
- Placing an extended arm bar on the player.
- Placing and keeping a hand on the player.
- Contacting the player more than once with the same hand or alternating hands.

**Rationale:** Rather than continuing to make hand-checking a point of emphasis year after year, simply add a brand new rule that requires a personal foul be called any time this type of contact occurs on a player holding or dribbling the ball outside of the lane area. The NFHS game needs this type of illegal contact on the perimeter ball handlers and dribblers eliminated.

## POST PLAYER CLARIFICATION

**A post player becomes a ball handler/dribbler when the post player receives the ball, regardless of position or where he/she is facing.**

**A defensive post player may use a forearm on the back of an offensive post player who does not have the ball as long as equal pressure is being applied and there is no dislodging by either player. When the offensive player gains possession of the ball, the defensive post player must remove hands and forearms from the offensive player or a personal foul shall be charged.**