

2015-16 NFHS Basketball Rules Changes and Interpretations

1. Rule Changes

10-6-12 - The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.

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

Rationale: The current rule covers the ball handler/dribbler situations but ignores the action that goes on in the post area with the hands, arm bars, etc. The additional language will clarify that the illegal acts should be ruled for every position on the floor.

2. New Signal: Established a signal to be used after a basket is made and there is a stoppage in play. The signal is used by the officials to indicate the team inbounding the ball may run the baseline.

3. Editorial Changes:

3-4-2c: By state adoption one commemorative/memorial patch may be worn on the jersey. The patch shall not exceed 4 square inches, shall not be a number and must be located above the neckline or in the side insert.

3-5-3c: All sleeves/tights shall be the same solid color and must be the same color as any headband or wristband worn.

3-5-4a: Headbands and wristbands shall be black, white, beige or the predominant color of the jersey and the same color for each item and all participants. They must be the same color as any sleeve/tights worn.

4. Points of Emphasis:

a. Post Play: Note: It is legal for offensive and defensive players to touch when both are maintaining a legally established position. It is a foul and should be ruled as such when:

- (1). An opponent is displaced from a legally established or obtained position.
- (2). An arm-bar is extended and displaces an opponent
- (3): A locked and/or extended elbow displaces and opponent.
- (4) A leg or knee is used in the rear of an opponent to hold or displace
- (5) Holding, hooking, slapping, pinning or pushing the leg or body of an opponent
- (6) An offensive post player "backs-down" and displaces the defender once that defender Has established a legal guarding position.

b. Rebounding: One of the leading causes of injury in high school basketball continues to be the result of illegal contact that takes place during rebounding. Some examples of illegal rebounding activity are:

- (1). Displacing, charging or pushing an opponent
- (2). Extending the arms or elbows to impede the movement of an opponent.
- (3) Using the hips or knees to hinder or impede an opponent.
- (4) Violations of the principles of verticality

c. Free Throw Shooter: Rule 9-1-3g was revised in 2014-15 to allow a player occupying a marked lane space to enter the lane on the release of the ball by the free thrower. As a result, protection of the free thrower needs to be emphasized. On release of the ball by the free thrower, the defender boxing out shall not touch or cross the free-throw line extended into the semicircle until the ball contacts the ring or backboard. Additionally, a player other than the free thrower, who does not occupy a marked lane space, may not have either foot beyond the vertical plane of the free-throw line extended and the three point line which is farther from the basket until the ball touches the ring or backboard or until the free throw ends. ONLY the free thrower is allowed in the semi-circle until the ball is released and touches the ring or the backboard.