

ARTICLE 33

CONTACT: GENERAL PRINCIPLES LEGAL GUARDING POSITION & GUARDING A PLAYER

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VIDEOS —— CHARGE & BLOCK

by

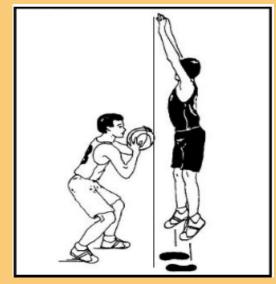
K. AJOY LAWRENCE



LEGAL GUARDING POSITION (LGP)

- Facing the opponent
- Has both feet on the court





BOUNDARIES:

- Extends vertically above from court to ceiling
- May raise arms and hands above the head
- May jump vertically with arms and hands above the head but maintain them in a vertical position within the imaginary cylinder

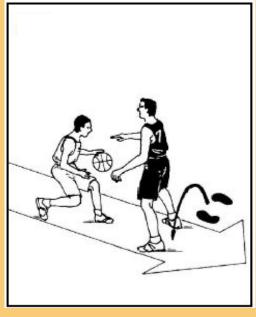


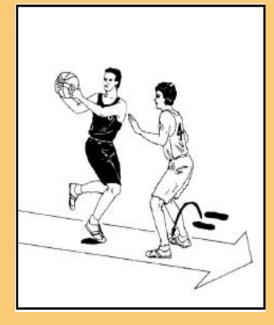
GUARDING A PLAYER WHO CONTROLS THE BALL

ELEMENTS OF TIME AND DISTANCE DO NOT APPLY

RULES FOR THE PLAYER WITH THE BALL

- Must expect to be guarded
- Must be prepared to stop or change direction whenever an opponent takes an initial LGP in front him, even if it is done within a fraction of a second







GUARDING A PLAYER WHO CONTROLS THE BALL

RULES FOR THE DEFENSIVE PLAYER

1

Must establish an initial LGP without causing contact



2

May move to guard his opponent





GUARDING A PLAYER WHO CONTROLS THE BALL

3

May not extend his arms, shoulders, hips or legs to prevent the dribbler from passing by him

ARMS



SHOULDERS



HIPS



LEGS





INVOLVING A PLAYER WITH THE BALL

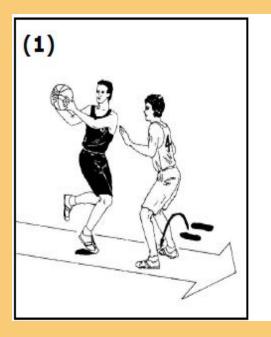
DEFENSIVE PLAYER	
1	Must establish an initial LGP by facing the player with the ball and having both feet on the court
2	May remain stationary, jump vertically, move laterally or backwards in order to maintain the initial LGP
3	When moving to maintain initial LGP, one foot or both feet may be off the court for an instant as long as movement is lateral or backwards but not towards the player with the ball
4	Contact must be on the torso
5	May turn within his cylinder after establishing an initial LGP to avoid injury
IF ANY OF THE ABOVE CRITERIA ARE MET, THE CONTACT IS CAUSED BY THE PLAYER WITH THE BALL	

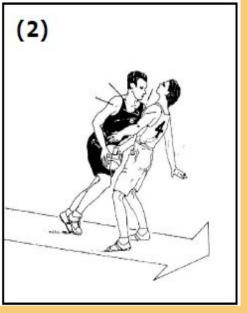


INVOLVING A PLAYER WITH THE BALL

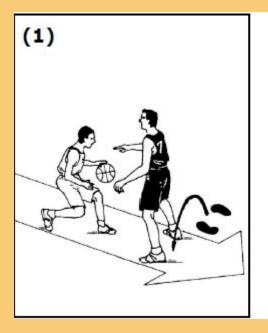
The defensive player has established an initial LGP without contact. The offensive player is responsible for the contact

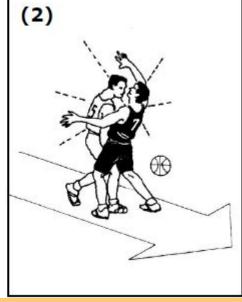
PLAYER RECEIVING THE BALL





PLAYER DRIBBLING THE BALL







INVOLVING A PLAYER WITH THE BALL





INVOLVING A PLAYER WITH THE BALL

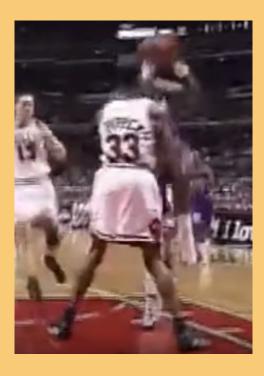
2

STATIONARY

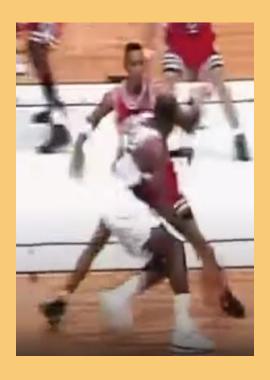




MOVE BACKWARDS











INVOLVING A PLAYER WITH THE BALL

LATERAL











INVOLVING A PLAYER WITH THE BALL



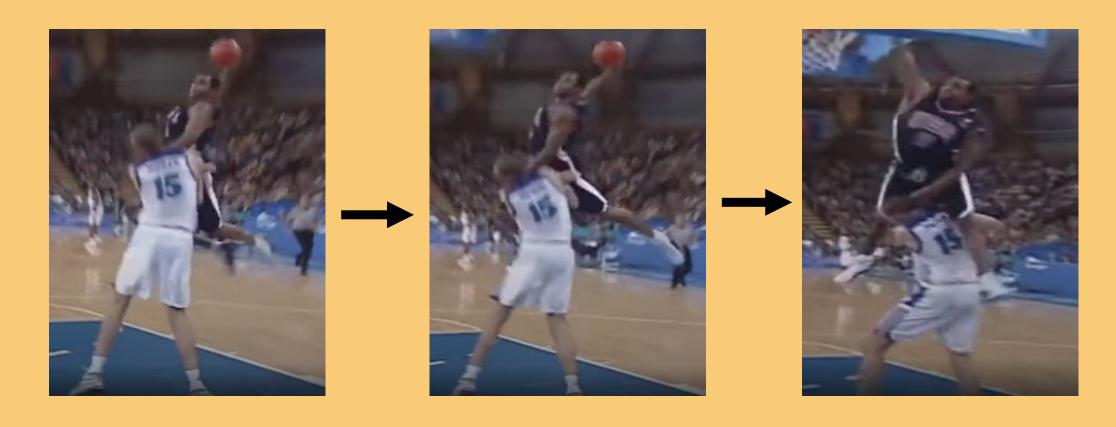








INVOLVING A PLAYER WITH THE BALL

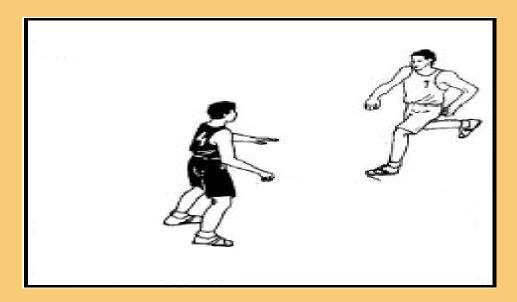




ELEMENTS OF TIME AND DISTANCE SHALL APPLY

A player who does not control the ball is

- entitled to move freely on the court
- take any position not already occupied by another player





RULES FOR THE DEFENSIVE PLAYER	
1	Cannot take position so near and/or so quickly in the path of a moving opponent
2	Has to give the opponent sufficient time and distance to stop or change his direction
3	Distance to be given is directly proportional to the speed of the opponent (never less than 1 normal step)
4	Is responsible for the contact if he does not respect elements of time and distance in taking an initial LGP and contact with an opponent occurs



5

GUARDING A PLAYER WHO DOES NOT CONTROL THE BALL

RULES FOR THE DEFENSIVE PLAYER

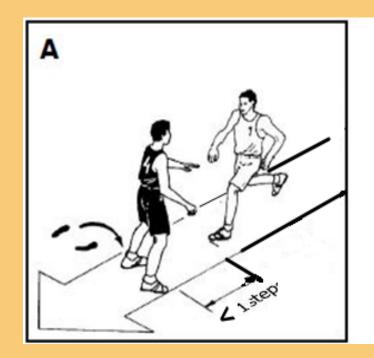
Having established an initial LGP,

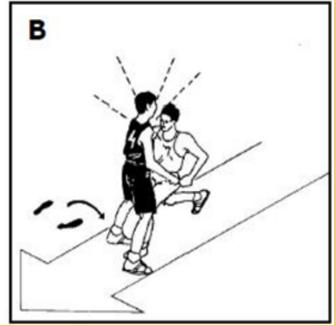
- may move to guard the opponent
- may not prevent him from passing by extending arms, shoulders, hips or legs
- may turn within his cylinder to avoid injury



ILLUSTRATIONS

The defensive player has not established an initial LGP respecting the elements of time and distance. The defensive player is responsible for the contact

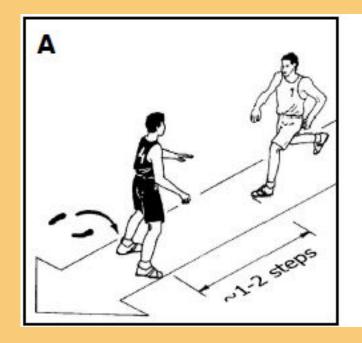


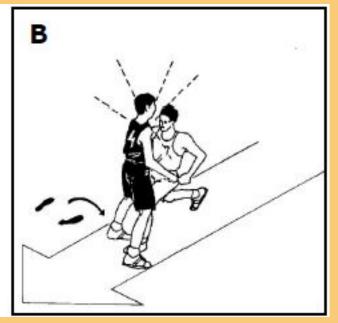




ILLUSTRATIONS

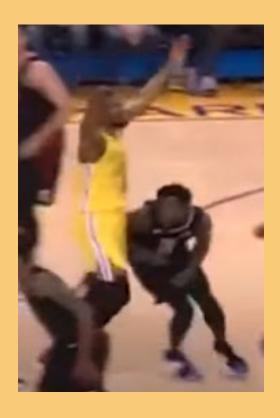
The defensive player has established an initial LGP respecting the elements of time and distance. The offensive player is responsible for the contact







EXAMPLE



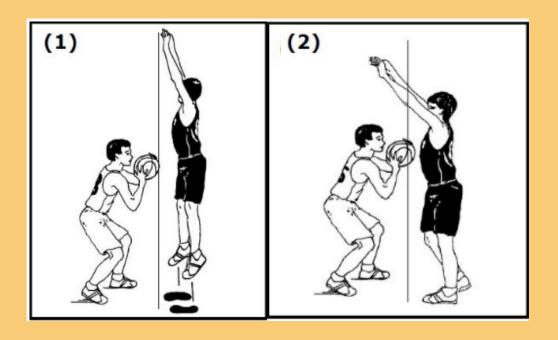


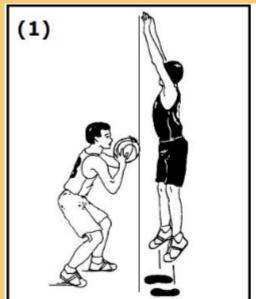


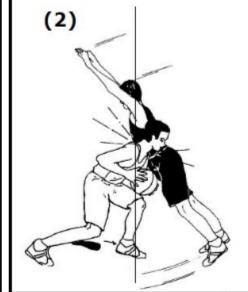


1

The airborne player has the right to land at the same place from where he jumped





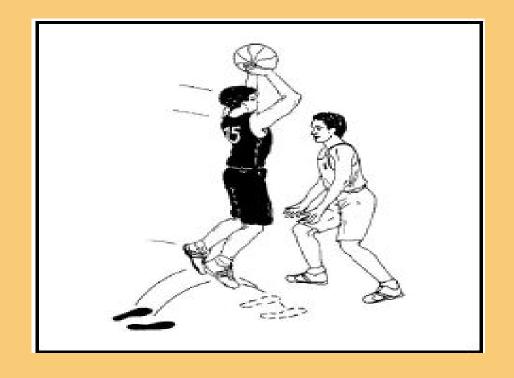




2

The airborne player has the right to land at another place provided the following are not already occupied at the time of take-off

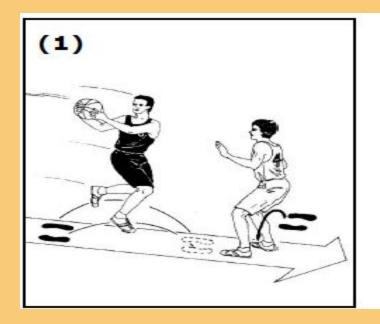
- Landing space and
- The direct path between take-off and landing space

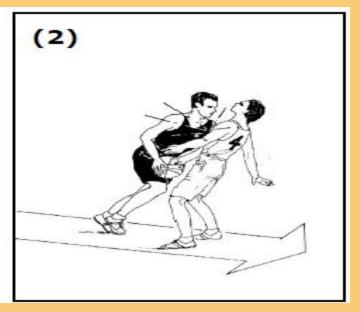




3

The airborne player is responsible for the contact if he contacts an opponent after landing who has established a LGP beyond landing space

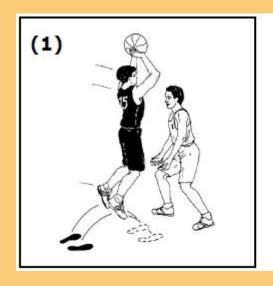


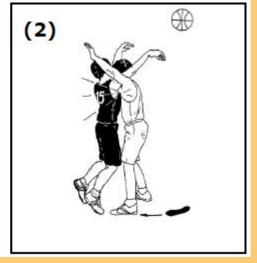


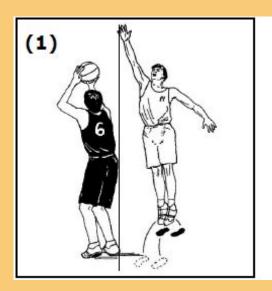


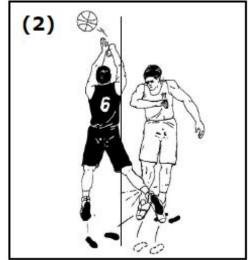
4

Opponent may not move into the path of an airborne player











5

Moving under an airborne player and causing contact is an unsportsmanlike Foul and in certain cases may be a disqualifying foul







