

## Block/Charge Checklist



- Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball and shall be penalized
- Charging is illegal personal contact caused by pushing or moving into an opponent's torso.
- A player can legally hold his or her hands and arms in front of his or her face or body for protections and to absorb force from an imminent charge by an opponent in an attempt to draw a player control foul.
- Players are required to get their torso into position . Moving their feet sideways or backwards is OK, after obtaining legal guarding position.
- A player shall not push, hold, trip or impede the progress of an opponent by extending his or her arm (s), hip(s), or knee(s) or by bending his or her own body into other than a normal position while guarding an opponent.
- A secondary defender is a teammate who has helped a primary defender after that player has been beaten by an opponent because he failed to establish or maintain a legal guarding position.
- Know where you need to be on the court in three-person and two-person mechanics to make the right call when the situation develops.
- Referee the defense, Is the defender facing the offensive player? Does the defender have both feet on the floor ?
- Know the verticality rules and rights of the defender and pivot player.
- A flopper's presence on the floor can present a danger to other players. Blatant flopping, particularly when there is zero contact, needs to be addressed