

# **LOW POST GUIDELINES**

Motivated by the basic premise that the collegiate game of basketball is a game of skill and proficiency, rough play and illegal contact in the low post must be properly addressed. When illegal physical contact, with and without the ball, in the low post results in a player obtaining an unequal favorable position, an advantage to perform has been gained by that player. It is consequential to observe the offensive and defensive play in the low post from the beginning since rough play and illegal maneuvers may cause and effect subsequent physicality. The following guidelines address what is permissible and not permissible in low-post play.

## **LOW POST PLAY WITHOUT THE BALL**

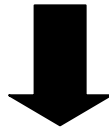
1. Initial contact with body or body parts



No advantage gained



Incidental



No foul

2. Subsequent contact



Stalemate  
(players obtain an equally favorable position)

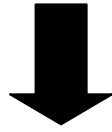


No advantage gained



No foul

**Defensive Play (Without the Ball)**  
Subsequent Contact



Use of hand(s) to hold, grab or push



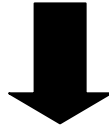
Advantage gained



Foul

## Defensive Play (Without the Ball)

Subsequent Contact



Use of forearm(s)



Ward off legal offensive maneuvering



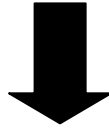
Advantage gained



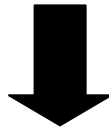
Foul

## Defensive Play (Without the Ball)

Subsequent Contact



Use of body



Preventing establishment of legal position



Advantage gained



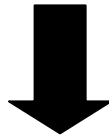
Foul

## **Defensive Play (Without the Ball)**

Subsequent Contact



Use of body parts [hand(s), forearms(s),  
leg(s) and knee(s)]



Preventing establishment of legal position



Advantage gained



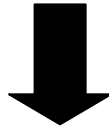
Foul

## Defensive Play (Without the Ball)

Subsequent Contact



Use of body



Preventing the maintenance of legal position



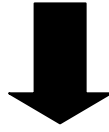
Advantage gained



Foul

## **Defensive Play (Without the Ball)**

Subsequent Contact



Use of body parts [hand(s), forearm(s), leg or knee]



Preventing the maintenance of legal position



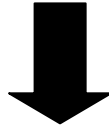
Advantage gained



Foul

## Offensive Play (Without the Ball)

Subsequent Contact



Use of body to push or backs in to establish or maintain position



Dislodges defender



Advantage gained



Foul

## Offensive Play (Without the Ball)

Subsequent Contact



Use of body parts [hand(s), forearm(s), elbow(s)]



Establish/maintain position



Advantage gained



Foul

## Offensive Play (Without the Ball)

Subsequent Contact



Use of swimstroke



Advantage gained



Foul

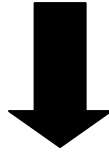
# **LOW POST PLAY WITH THE BALL**

## **Defensive Play (With the Ball)**

1. Continued/constant use of forearm(s)



Advantage gained



Foul

2. Continued/constant use of hand(s)

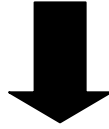


Advantage gained

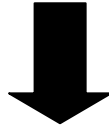


Foul

3. Use of two hands

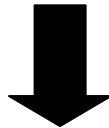


Advantage gained

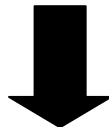


Foul

4. Intermittent Use of Forearm(s) (jabbing)

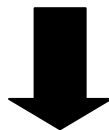


Advantage gained



Foul

5. Intermittent Use of Hand (jabbing)



Advantage gained



Foul

Note: This is consistent with the hand-checking guidelines.

## Offensive Play (With the Ball)

1. Use of body to push or back-in



Advantage gained



Foul

2. Use of hand or arm to “lock” hold



Advantage gained



Foul

## Reminders

1. Mere physical contact between an offensive and defensive low-post player may not be a foul.
2. Without the ball, initial or subsequent physical contact with the body or body part which gains an advantage for the opponent is a foul.
3. When a defensive low post player incidentally places a hand or forearm on the body of the low post offensive player without the ball, it is not a personal foul unless it is used to gain an advantage. However, the hand or forearm shall be removed once the offensive low post player receives and is in possession of the ball.
4. Any time the defensive low post player places a hand or forearm on the body of a low post offensive player without the ball and, in doing so, extends the arm, the player has established a supportive brace which provides for him a favorable position and advantage. Since he has gained an advantageous position and is not concerned with ball denial into the offensive post player, he has committed a personal foul.
5. Any time a defensive low post player places two hands or forearms on the body of an offensive low post player without the ball, the defensive player has committed a personal foul.
6. Defensive low-post guidelines without the ball shall be consistently applied when the defender is using a three-quarter or fronting defensive strategy.
7. In defending a player with the ball, the defender shall comply with the hand-checking guidelines and the legal use of the body/body parts rules.  
Note: Offensive low-post play is entitled to the same liberties as any other offensive player located on the floor.