

Hand Checking and Automatic Fouls

A defender may momentarily touch an opponent with his hand anywhere on the court as long as it does not affect the opponent's movement (RSBQ).

However, there are several types of stayed hand/arm contact with an opponent that result in a foul regardless of their degree. This contact typically involves what defenders can do with their hands/arms when guarding an opponent with the ball, and what they can do is based on the court location.

When guarding an offensive player with the ball, a defender may not make contact using:

- Two hands anywhere on the court;
- An extended forearm above the free-throw line extended;
- An extended forearm to the front of the player below the free throw line extended and outside the lower defensive box, which is the area from the bottom tip of the free throw circle to the endline between the two 3' posted-up marks (but he may use an extended forearm to the back/side of an opponent with the ball to maintain his legally obtained position); or
- Two extended forearms inside the lower defensive box (but he may use an extended forearm and a hand to the back/side to maintain his legally obtained position).