### Three Areas Discussing Screening in the Rulebook

**RULE NO. 4—DEFINITIONS Section IX—Screen**
- A screen is the legal action of a player who, without causing undue contact, delays or prevents an opponent from reaching a desired position.

**RULE NO. 12—FOULS AND PENALTIES B. Personal Foul Section III—By Screening**
- A player who sets a screen shall not (1) assume a position nearer than a normal step from an opponent, if that opponent is stationary and unaware of the screen’s position, or (2) make illegal contact with an opponent when he assumes a position at the side or front of an opponent, or (3) assume a position so near to a moving opponent that he is not given an opportunity to stop and/or change direction before making illegal contact, or (4) move laterally or toward an opponent being screened, after having assumed a legal position. The screener may move in the same direction and path of the opponent being screened.
- In (3) above, the speed of the opponent being screened will determine what the screeners’ stationary position may be. This position will vary and may be one to two normal steps or strides from his opponent.

### Explanatory Criteria

**The “Spot”:**
A player establishes a legal screening position in the path of an opponent when he beats him to the imaginary “spot” on the floor where contact ultimately occurs. Beating the player to the “spot” means that if the opponent is:
- Stationary and in an area that could be visible to the defender, the screener needs to get in the path of his opponent, he does not need to give him any room, but he cannot initiate contact;
- Stationary and outside the defender’s field of vision, the screener must give his opponent room to take at least one step toward him; or
- Moving, the screener must give his opponent enough room to avoid the screen (even if the opponent ultimately initiates contact with the screener).

**Legal Screening Position:**
To be in a legal screening position, the screener must:
- Have his legs/feet balanced so that he can move in any direction, with the inside of his legs/feet at about shoulder-width (i.e., a foot cannot be outside shoulder-width, and/or he cannot be in an unnatural/imbalanced stance),
- Have his arms near the front of his body (i.e., he cannot extend them out),
- Have his elbows extended to the sides no further than when his wrists are touching in the center of his body, and
- Not grab, hold, push or unnaturally restrict an opponent’s movement.

**Movement:**
The screener can be moving to firm up his position when contact occurs provided that if the movement is in his:
- Chest, shoulders or hips, he absorbs the contact from the oncoming player and doesn’t deliver it (e.g., by turning with the opponent rather resisting or restricting his movement or softening his stance to allow the opponent to move through the screen); or
- Legs or feet, contact occurs to the screener’s upper body (chest, shoulder, etc.), and not in his legs or feet.

If the above criteria are met, any contact by the screening player is deemed incidental in the player’s effort to screen his opponent.

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