Freedom of Movement
There is excessive physicality and a lack of freedom of movement in our game. Players must be permitted to move freely without being held, pushed, re-routed or impeded. Enforcing current rules will permit the freedom of movement that must occur.

Contact On and By the Ball Handler/Dribbler
Illegal contact on the ball handler/dribbler is inhibiting the ability for teams to start their offense. For six years, coaches have asked that officials enforce the guideline that one ‘measure-up’ touch is permitted on the ball handler and any contact by the defender on the ball handler/dribbler be called a foul. While the result of this rule enforcement is an increased stoppage of play, the greater result is that defenders allow ball handler/dribblers total freedom of movement. The focus this year is the multiple touches with the hand by the defender as well as the constant full body contact on the ball handler, both of which are fouls. At the same time, legal defenders on the ball handler/dribbler must not be penalized when the ball handler/dribbler makes illegal contact on a legally established defender. Contact BY the ball handler/dribbler should not be confused with contact ON the ball handler/dribbler. Both the defense and the offense are responsible for not creating illegal contact.

Contact on the Shooter
The slightest contact on a shooter’s arm can affect a shot. A defender leaning or reaching outside her vertical plane and contacting a shooter is a foul. In addition, an airborne shooter must be permitted to land without a defender moving into her. Equally important is that shooters not be permitted to jump into legally established defenders.

Screening
Knowing what constitutes a legal screen is imperative. Screeners must establish a legal position without causing contact. Delaying or preventing a player from reaching a desired position is the purpose of a screen and while contact will most likely occur, the screener cannot cause the contact. Following a legal screen, a screener is permitted to roll. This roll/movement may also delay or prevent a player from reaching a desired position, and when done without holding, clamping or making any other illegal contact, is legal. Lastly, defenders cannot be permitted to hold, re-route, push screeners or push through legal screens.
Restricted Area/Lower Defensive Box/Legal Guarding
The purpose of the Lower Defensive Box (LDB) is to provide a more equitable penalty for helpside defenders in the restricted area. The restricted area is in effect when the player with the ball is outside the LDB when she starts her move to the basket, as has been the case for the past two years. The new rule is that the restricted area is NOT in effect when the player with the ball is INSIDE the LDB when she starts her move to the basket. The logic is that when a player receives the ball when within the LDB, the secondary/helpside defenders do not have time to get out of the restricted area and are being penalized with blocking fouls, at no fault of their own, when they have met all other legal guarding restrictions. On plays that begin within the LDB, legally established defenders are permitted to draw a charge/player control foul. The importance of establishing and judging legal guarding position is paramount.

Sportsmanship
Unsporting behavior by coaches, players and bench personnel is not permitted. There is continued support for officials to enforce rules against unsporting behavior by players, coaches and bench personnel.