

Click [here](#) to view a "Bonus" Play of the week.

Click [here](#) to answer a survey to ensure that you have an accurate ruling. Once you submit your answer, you will receive a response with IAABO's point of view on this play.

Bonus Rules Questions

Question: On a fast break A-1 is attempting a successful lay-up when B-1 from behind pushes A-1. The Lead official rules and intentional personal foul on B-1.

How many free throws should be awarded to A-1?

Answer: A-1 would be awarded 2 free throws. The fact that A-1 was fouled in the act of shooting a successful try has no bearing on the penalty. The penalty for an intentional personal foul is 2 free throws for the player who was fouled and the ball will be awarded to the offended team closest spot to where the foul occurred. (Rule 4-19-3, Rule 10-7 Penalty 4)

Question: Defender B-1 standing at the free throw line in Team B's from court, facing opponent A-1 who is dribbling near center circle. A-2 sets a legal screen on defender B-1. A-1 dribbles around screener A-2 and successfully gets head and shoulders past the B-1 on a drive to the basket. B-2 is standing on the lower block on the free throw lane line facing the basket. Dribbler A-1 drives toward the basket and becomes airborne on a try for goal. A-1 displaces stationary defender B-2 contacting him/her in the back when returning to the floor.

What is the correct ruling?

Answer: Player Control Foul. While it is true B-2 never obtained legal guarding position, every player is entitled to a spot on the playing court, provided the player gets there first without illegally contacting an opponent. The contact created by B-1 displaced A-2 and should be ruled a player control foul. (Rule 4-19-6, 4-37-3).

Weekly Wellness Wisdom

NUTRITION 101: What Is Nutrition?

If we asked 100 people to define the word Nutrition we would probably get 100 different answers because there are so many aspects to the concept of nutrition. Most people would define nutrition as the food that we eat, but nutrition really is a science. Nutrition is the study of food, but also the various nutrients and other chemical components that make up the food that we eat and the effects that consumption of that food has on overall health. Our definition of nutrition would not be complete without also considering the factors that affect the overall availability and daily choices we make regarding food.

Much of nutrition seems like common sense, but if it really were common sense then everyone would be eating a well-balanced, adequate and varied diet each and every day. The quote from Thomas Paine says it well, "Common sense requires a common knowledge." The concepts related to nutrition are not difficult, but it is important that you can gain a good working knowledge of key terms and concepts related to nutrition so that you can make sound decisions.

Why is all of this so important? Making good decisions related to nutrition can positively impact our overall health and well-being and more importantly decrease our risk of premature death. Of the various factors that impact our risk of premature death, 60% of our risk is associated with individual behaviors (40%) and other social and environmental factors (20%). The other 40% comes from genetics (30%) and health care (10%).¹ That means that you can personally decrease your risk of an early exit by making healthy choices.

While these choices may not be solely nutrition-related choices there is a strong correlation between dietary choices and the leading causes of the death. Five of the ten leading causes of death (heart disease, cancer, stroke, Alzheimer's and diabetes) are significantly influenced by dietary choices. Diets high in fruits and vegetables, whole grains, low-fat dairy and protein choices and low in processed food, salt, sugar, trans fats and alcohol correlate with lower risk and positive health impacts. On the flip side, diets high in processed foods, added sugar, salt, trans fats, and excess calories have been associated with higher levels of obesity, diabetes, osteoporosis, heart disease, stroke, inflammation, cancer, hypertension, and dementia and the list could go on from there.

Every day you are bombarded with nutrition information in the news, social media, print media, and through word of mouth from "experts" and friends who claim to have found the secret to unlocking weight loss, good health, and longevity. The best advice here is use your common sense. If it sounds too good to be true, it probably is. Even if the information seems to be based in science. Do your homework. Often the information we receive comes in a 2 minute news story, a headline or a 140 character message. Seek out the source of the information and read the whole story before you jump to change your entire approach. Remember that the most credible sources of nutrition information will come from licensed nutrition professionals (i.e. RD-registered dietitians), scientific organizations, health-care providers, government agencies, non-profit professional health organizations, and scientific peer-reviewed publications.

So, what's the take home message? You can positively impact your health and decrease your risk of premature death by making sound choices. Everything you put into your body is a choice. Let's strive to make more good choices than not so good choices. Remember, A goal without a

plan is just a wish.- *Antoine de Saint-Exupery*.

1Schroeder, SA (2007). We Can Do Better-Improving the Health of the American People. NEJM 357:1221-8.IAABO would like to congratulate the New Mexico Activities Association.

Former IAABO Members Continue to Excel

Joe Vaszily, New York, recently officiated the NCAA Division I Women's National Championship. Click [here](#) to read the story.

Mickey Crowley, IAABO Life Member, discusses his current book, "Throw the Ball High" Click [here](#) to watch the video.

NCAA Referee Duke Edsall, Pennsylvania, - Over Three Decades on the Hardwood. Click [here](#) to read the article.

IAABO Foundation Raffle Underway (Cash Option Available)



Help support the IAABO Charitable & Education Foundation by purchasing a raffle ticket to win this beautiful 2018 Nissan Rogue. Tickets are \$100.00 and can be purchased at the upcoming Fall Seminar in Delaware. Tickets can also be purchased by contacting IAABO Past President and Foundation Trustee Peter Carroll, who is the Raffle Chairperson, directly at: commishbd@aol.com

You can also purchase a ticket by contacting any other IAABO Foundation trustee or IAABO Inc. Executive Committee member. Note: A maximum of 1,000 tickets can be sold. The drawing date for the car will be April 28, 2018. The winner may elect the cash option. Thanks to everyone who participated in the annual Officials vs. Cancer campaign that was held during the past week. Donations are still being accepted. To make a donation, please send your check or money order to your board Point of Contact or mail it directly to: Officials vs. Cancer, P.O. Box 355, Carlisle, PA 17013.



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To make a donation online, click on the following URL: www.main.acsevents.org/officialsvscancer

Officials vs. Cancer apparel items are available at: <https://iaabo-gear.com/collections/officials-vs-cancer>



WWW.IAABO-GEAR.COM



Game Tracker Journal

You have likely heard the saying, *“a goal without a plan is just a wish,”* and this age-old adage rings so true for all people pursuing all types of endeavors.



And for basketball officials embarking on the 2017-2018 season absent a basic strategy on how to achieve a stated desire -- a better schedule; advancement to the next level -- you are in a rudderless boat on an open sea hoping the winds of fate blow you to your destination.

Seeking officiating success described in this manner seems laughable, but yet many officials take this approach with their beloved avocation.

But Ref, don't panic now...Help is on the way in the form of the new, and first of its kind, **GameTracker Journal**.

This latest publication from long time IAABO members Billy Martin, Tim Malloy and Al Battista, the creators of Ref60.com, is an innovative tool that provides a template for every basketball official, at every level, to create your own realistic roadmap helping to guide you to your desired destination - one game at a time.

For more information on this **GameTracker Journal** tool visit www.Ref60.com/gametracker.

Special Deals for IAABO Basketball Officials

Briggs and Riley Luggage

Briggs and Riley Luggage - Officials will receive a 60% discount on any product. Officials must use the form which can be obtained by clicking [here](#) - There is a lifetime guaranteed on the luggage.

ASICS

Asics - IAABO Officials (U.S. ONLY) will receive a 40% discount on all Asics products - **EXCLUDING CLEARANCE**. Log into www.asics.com and place an order. (It is recommended that you create an account if you plan to order more than once. Upon checkout, they should enter the following promotion code- DayofgameE



ISlides – Customize your own IAABO ISlides. Click [here](#) to get started.

BRAZYN FOAM ROLLER

The advertisement features a blue and orange color scheme. On the left, a blue vertical banner contains the Brazyn logo (a stylized figure with arms raised) and the text '15% OFF' in large white letters, followed by 'USE CODE: BRZNBB15' in orange. Below this, it says 'SHOP NOW BRAZYN.COM'. The right side of the ad shows a person's hands holding a blue, textured foam roller. The roller is shown in its expanded state and then collapsed into a smaller, more compact shape. The text 'THE MORPH' is written in large white letters on an orange background, with 'The Go Anywhere Collapsible Foam Roller' in smaller white text below it.

BRAZYN
PERFORMANCE LIFE

15%
OFF

USE CODE:
BRZNBB15

SHOP NOW
BRAZYN.COM

THE MORPH
The Go Anywhere
Collapsible Foam Roller

“**The Morph**” is a collapsible foam roller that can be packed in your roller bag and taken on the road with you. No more will you have to ask the training room for a foam roller.

Move Better – Feel Better – Move More – Experience More

Expands instantly

Collapses instantly

Light weight (1.5 lbs)

Strong (up to 350 lbs)

Targeted – releases knots and flushes toxins

True usability – standard size – easy to use

Sustainably made – eco-friendly materials

Use the code BRZNBB15 at check out and get 15% off.

www.brazyn.com

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Smitty Officials' Apparel – Smitty is the exclusive vendor for IAABO Logoed products. Click [here](#) to view a listing of preferred retailers.

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