Rule 6-9 – Picks
An illegal pick would be a violation of Rule 6-9. Guidelines for legal picks include:
   a. Offensive players may not extend their arms outside their shoulder width, nor use their hands, to set the pick.
   b. When setting a non-swimming or stationary pick, offensive players must be set before making contact with the defender.
   c. Once players setting a swimming pick make contact with their opponents, they must keep swimming, or they must follow the guidelines above for a non-swimming pick.
   d. Ducking under by the offensive player is impeding.