Introduction to Refereeing Basketball

Compiled and produced by Basketball New Zealand under the review of the National Referees Officer
1 How to prepare

1.1 Rules
- Learn them from beginning to end

1.2 General
- What is best for the game?
- How to react to difficult occasions (coach, player, fans)
- Advantage/disadvantage - how is this going to be called?
- Type of game, tempo, etc
- Type of call - a referee should call what affects the play
- Enjoyment - referees must enjoy what they are doing or they should give it away

2 Referee structure
- Use the attached chart (Appendix I) to explain how a referee is advanced to higher grades/levels and by whom.

3 How the game is scored
- Refer to the attached score sheets (Appendix II) and explain the following:
  - Match details: Name of teams, grade, date
  - Personal details: Players names and numbers
  - Notation of scores: Personal and running scores
  - Notation of fouls: Personal and team tally
  - Notation of time outs
- Discuss the referees’ responsibilities at half time and full time. Check that both the personal and running scores are the same and then sign off the sheet.

4 Video
Play the video “Officiating Made Easy’ and refer to (Appendix VII) Basketball Rules for Beginners and (Appendix VIII) “How to Referee Basketball’.

5 Court
Refer the students to the attached court diagrams (Appendix III) and explain the following:
- Court dimensions
- Boundary lines
- Centre circle — other circles
- Restricted area — free throw lanes
6  Game start - jump ball

6.1 Beginning of a game
A jump ball starts all games.

7  Areas of responsibility

- Refer to the attached diagram titled “Areas of Responsibility for Both Officials” (Appendix IV) and discuss those responsibilities.

8  Mechanics

8.1 Purpose

- Mechanics have been designed to help with the efficient operation of the game, provide proper coverage of play situations and effect communication and administration of the game. Mechanics also establish ideal teamwork and understanding between officials.

8.2 Signals

- Very important — One must know and practise the exact signals that are in the FIBA Rule Book.
- Impression — If one communicates properly and with confidence, that feeling is contagious. Players, coaches and spectators have the right to know what is happening or has happened.
- Sell the call — Correct signals will help the official in difficult situations.
- Communication — Signals as in the FIBA Rule Book are the official’s way of communicating. If done properly, it helps to prevent problems.
- Practice — Like everything else, to be done properly signals must be practised. Signalling in front of a mirror helps.
  - Count: 3, 5 and 8 seconds. Practise counting in your head as it is very important. It would be unfair for a team pressing if the count were slow or for the offence if the count were too fast.
- Tossing the ball: Practise, either one or two hands, so that it is higher than the players can jump.
  Remember: It is better to toss the ball too high than too low.
- Handling the ball: Out of bounds, free throws, etc, are only small things but must be done correctly.

8.3 Court positioning - general responsibilities

- Explain the Lead and Trail positions and refer to the attached diagram regarding the “boxing-in principle” (Appendix V). Also refer to the positioning on the jump ball and which referees go to which positions.

8.3.1 Lead Referee

- Do not look up
- Open hips to the play
- Move continuously
- Anticipate ball movement and subsequent defensive player responsibility
8.3.2 Trail Referee

- Move continuously.
- Look away from the ball if it is not in your area.
- If the ball penetrates (goes below the foul line extended) on a pass, dribble or shot, the trail referee must penetrate to at least the foul line extended to help partner with calls under the basket. Most of the contact in the game occurs in the restricted area (key).
- Look for spaces between players. No space could be a foul.
- Anticipate ball to defensive player responsibility.
- Do not back away when offensive team shoots. Penetrate and help partner.
- Anticipate the fast break by reacting quickly after the team on defence secures the ball.
- If caught behind the play on a fast break, hook in behind the players for a better angle.

8.3.3 Both Referees

- Do not focus on the ball if it is not in your area of responsibility.
- Keep all players boxed in between the referees as much as possible.
- Make eye contact as much as possible.

8.3.4 Referee not calling foul

- Freeze: Usually, if anything is going to happen, the time is immediately after a foul. DO NOT chase the ball (someone will get it sooner or later as the game cannot continue without it). Keep all players in view and wait until your partner has reported the foul to the bench, then proceed to position.

9 Official signals

- Refer to the attached diagrams (Appendix VI) detailing the correct signals.
- Explain and demonstrate the different signals emphasizing the need for them to be easily understood by the score table, players, bench and spectators.
- Explain and demonstrate the correct foul and violation sequence at both the place where it occurs and the reporting to the score table.

10 Personal Foul

There are three attributes that constitute a personal foul.

- Player foul - all personal fouls can only be called on the ten players actually on the court.
- Contact involved - all personal fouls must involve actual physical contact.
- Opponents - all personal fouls must involve contact between opponents.

Note:
Personal fouls may occur during both live and dead ball periods.
11 Technical Foul

Technical fouls are all non-personal fouls (no contact) during playing time and all fouls (including contact) during intervals of play. There are two types of technical fouls.

- **Unsatisfactory conduct** - this involves conduct by a player, coach or bench personnel that includes swearing, disputing decisions, obscene or demeaning gestures, leaving the coaches box, players illegally leaving the court or illegally coming onto the court during play.

- **Procedural infractions** - this involves procedural errors such as 6 players on the court, requesting a time out when none are left, substitution errors, etc.

**Note:**
Make every effort to sort out these procedural infractions without calling a technical foul. Most of these errors are not intentional; therefore, only penalise the ones that you believe are deliberate.

12 Types of Contact

Instructor should demonstrate the following personal fouls and discuss the type of contact that would result in a foul being called:

- Blocking
- Charging
- Hands/hand checking
- Holding
- Pushing
- Illegal screens — blocking off ball

Instructor should demonstrate and discuss the following situations in relation to calling a personal foul:

- Legal defensive stance/Guarding position
- Legal position — Block/Charge
- Principle of verticality
- Guarding a player without the ball
- Player in the air
- Post play

Instructor should discuss the following penalties and their relationship to specific types of fouls.

- Sideline
- Two or three shots
- Team control
- Technical Foul by Player— 2 + possession
- Unsportsmanlike — 2 + possession
- Disqualifying — 2 + possession
- Bench by Coach or Bench Personnel — 2 + possession
13 Act of shooting

Instructor should demonstrate and discuss the following matters in relation to the shooting action:

- The gathering of the ball following a dribble and the start of the shot.
  
  **Note:** There is no set time or distance involved, with limitations only being continuous motion and travel. If there is a pause or a second gather in the act, then the shot ends immediately.

- The gathering of the ball and the start of the shot from a non-dribbling position

- A tap for goal

- A dunk for goal

14 Free throws

14.1 **Duties of the Trail Referee**

After returning from reporting the foul to the score table and allowing reasonable time for the players to take their positions, the Trail Referee shall:

- Check lanes spaces
- Check score table for incoming substitutions or problems
- Back away and move to a position where the free throw line intersects the 3 point line and using your arms, hold up the number of free throws to be taken. This should be held at shoulder height.
- Check right side of lane and the shooter's feet for violations and fouls
- Observe whether the ball goes through the basket or misses the ring
- Signal point if free throw successful

14.2 **Duties of the Lead Referee**

- See that the players are lined up in the correct positions
- Bounce ball to the shooter
- Take a position off the end line with one foot either side of the line extended lane and observe the free throw lane opposite your side for violations and fouls

14.3 **Technical Foul/Unsportsmanlike/Bench Technical Foul Administration**

- No players shall line up along the lanes
- Lead referee administers free throws at the free throw line
- Trail referee waits at the centre line for the completion of the shots then administers the throw-in from that spot
- Following the free throw, the Lead Referee bounces the ball to the Trail Referee who administers the throw-in from the centre line
15 Travelling

15.1 Pivot Foot
A pivot takes place when a player, who is holding the ball, steps in any direction with the same foot while the other foot is kept at its point of contact with the floor. Instructor should demonstrate the pivot foot when the following occurs.
- Receiving the ball with both feet on the floor
- Receiving the ball with one foot on the floor
- Receiving the ball with both feet off the floor

15.2 Progressing with the Ball
Instructor should demonstrate the following:
- A legal stop
- The first count
- The second count
- The pivot movement after a jump stop
- The pivot movement after a stride stop
- The allowable lifting of the pivot foot

15.3 Dribbling
Instructor should demonstrate the following.
- A legal dribble
- An illegal dribble
- When does a dribble begin?
  - player must have control
  - dribble can begin with a throw, tap or bounce
  - ball must contact the floor
  - player must touch it again before it touches another player
- When does a dribble end?
  - when the ball comes to rest in one or both hands
  - when the dribbler contacts the ball during a dribble with both hands simultaneously

  **Note:** Any number of steps may be taken during a bounce or single dribble.
- What a player can do after a legal dribble:
  - shoot for goal
  - pass
- What a player cannot do after a legal dribble
16 Out of Bounds

- A player is out of bounds when the player touches a sideline, end line, or the floor or any object (including a non-player) beyond those lines.
- The ball is out of bounds when the ball touches a sideline, end line or the floor or any object (including a non-player) beyond those lines.
- If a player touches a live ball while they are out of bounds, they immediately cause the ball to go out of bounds.
- If a loose ball goes out of bounds, it is caused to go out of bounds by the last player to have touched it.
- If two opposing players are involved in a held ball situation and one player steps out of bounds, a jump ball results.

17 Throw-in

The following are throw-in violations:

- 5-second time limit to release the ball
- Failure to cause the ball to be touched by a player on the court
- Ball cannot be handed to a player on the court; it must be thrown or tossed
- Movement limitations at the throw-in spot:
  - one normal lateral step along the side line from the place designated by the referee before releasing the ball
  - laterally means along the side line; therefore, a player is permitted to move back as far as they like
  - approximately one metre in total distance covered, not one normal step laterally plus another normal step laterally back to the original point. A player could possibly take two or three very small steps as long as the total distance covered is approximately 1 metre

18 3 Seconds

It is a violation for any offensive player to stay in the restricted area for more than 3 seconds. The count starts once a player on the court has player control and the ball is in that team’s front court and ends when the player’s team no longer has team control.

Notes:

- It is not automatically a violation if a player stays in the restricted area for more than 3 seconds; advantage/disadvantage needs to be taken into account.
- The count is suspended if the player receives the ball inside the restricted area before 3 seconds and begins a try for goal.
- The violation is not for 3 seconds but for more than 3 seconds.
19  5 Seconds
It is a violation to hold the ball for 5 seconds either in the court or for a throw-in from out of bounds. The following criteria are needed for a violation to be called on the player who is in the court.

- The player must be holding a live ball.
- The defender must be making an active attempt to gain the ball or to aggressively guard.
- The defender must be within touching distance of the player with the ball.

The only criterion for a violation to be called on the throw-in from out of bounds is that the 5 seconds has elapsed.

Note:
The violation is for 5 seconds, not more than 5 seconds.

20  8 Seconds
It is a violation for the offensive team to take more than 8 seconds to progress the ball into their front court. The following criteria are needed for an 8 second violation to be called.

- The offensive team must have team control
- The ball does not cross the centre line before 8 seconds has elapsed

Note:
Whilst the referees are the sole judge of the 8 second count, they are advised to use the 24 second clock (call on 16 seconds) as this is visible to players, coaches and spectators.

21 Ball returned to the Back Court
It is a violation if the offensive team, once it has progressed the ball to its front court, returns the ball to its back court. The following criteria are needed for a back court violation to be called:

- Team control must first have been established in the front court
- The ball returns to the back court
- The ball is last touched in the front court by an offensive player
- The ball is first touched in the back court by an offensive player

Note:
All the above conditions must occur to be a violation. If one is missing, then it cannot be a violation.

22 Time Outs

22.1 Requests
A request for a charged time out must come from the coach, assistant coach or playing coach.

22.1.1 When Allowed

- The clock is stopped and the ball is dead.
- After the opposition has scored a field goal.
- Time outs will not be granted between free throws.
Note:
A coach may withdraw a request up until the sounding of the horn to signal the request to the referees.

22.1.2 Number and Limits
- The number of time outs varies depending on each local Association’s rules as well as the various League rules. Familiarise yourself with the local rules regarding time outs
- Time outs last 60 seconds, but the players must come back from the time out after 50 seconds so that the game can re-start after 60 seconds has elapsed
- Time outs may be taken one after the other
- After the last time out is taken in a half, the referees shall inform the coach that there are no more time outs left

23 Substitutions

23.1 Requests
A request for a substitution must come from the player who is substituting into the game. The player reports to the score table then waits for the next available opportunity to enter the game. At local Association level, this is not strictly enforced as coaches, assistant coaches and playing coaches can generally request substitutions. Check the local playing conditions regarding substitutions.

23.1.1 When allowed
- The clock is stopped and the ball is dead
- Before the ball becomes alive ie. at the disposal of the in bounds player or free throw shooter
- Substitutions will not be granted between free throws
- After the opposition has scored a field goal in the last two minutes of the final quarter/second half

23.1.2 Limits
- Free throwers may not be substituted except in case of an injury.
- If a team wishes to substitute the free thrower, the request must be made before the ball goes into play for the first free throw.

24 Injuries to Players
The referees may stop the game in case of injury to players.
If the ball is live when the injury occurs, the referees shall withhold their whistles until the play is completed, a shot for goal or the ball is lost by the team in control.

Note:
The referees MUST suspend play if there is a danger to the injured player.
APPENDIX I

Structure of Referees in New Zealand
Structure of Referees in New Zealand

To standardise referee levels throughout Oceania, it has been recommended that the region adopt a standard system that all countries will use. The following system has been recommended and will be adopted by Basketball New Zealand.

Level 1

This level incorporates three internal levels that are all based at a local association level.

C Grade

Prospective referees participate in a Orientation Level Referee School that is theory based and deals mainly with positioning, signals and the main aspects of calling. The referees will be mainly juniors who currently play basketball and their main reasons for taking up officiating would be for continued involvement in their sport as well as a monetary return i.e. a part time job.

The course would run for 8 hours over say four sessions and on completion they would then be linked in with their local competition and begin refereeing with a senior domestic official. This official would provide a hands on teaching role with the view to progressing the trainee to the stage where they know the correct court positioning, signal clearly and make the obvious calls. At this stage the official would be graded as C grade and become a member of the local association.

B Grade

After one season of regular officiating, consistently honoring appointments and a general improvement in overall performance, then the official would be upgraded to B grade.

Level 1/A Grade

After twelve months of regular officiating, a B grade official can apply to attend a Level 1(A Grade) school. This school would be both a theory and practical course with on court assessment being conducted on games of senior domestic standard. To attain a Level 1 the official would need to pass a rules examination, have clear and accurate signals and call the game where accuracy, control and court mechanics are of a sufficient standard to comfortably officiate at senior local level.

At this point local referees may choose to remain at this level and only officiate in their local competitions but for those who wish to progress to the higher levels of basketball, the following levels are in place.

Level 2

All officials who wish to progress beyond local basketball will need to attend a Level 2 course. This will involve a more intensive on court assessment on games of a higher standard. Elements of the on court emphasis will be accuracy, advantage/disadvantage, control, man management, presence/body language and mechanics. To obtain a Level 2, the official would need to pass a rules examination, FIBA fitness test as well as a satisfactory on court assessment.

Once the Level 2 has been obtained the officials will be entitled to officiate at Premiership and National tournaments.
Level 3

Promotion to Level 3 will be based on performances at Premiership and National tournaments. Once Level 3 is obtained the officials will be entitled to officiate all basketball in New Zealand except the men’s National League.

Level 4

Promotion to Level 4 will be based on performances in all the leagues other than the men’s National League. Once Level 4 is obtained the officials will be entitled to officiate in the men’s National League.

Level 5

This level is the FIBA officials. Beside international appointments, it is expected that some of these officials will officiate in the Australian NBL.

Note:

To maintain Levels 2, 3 & 4 all officials will need to annually pass a rules examination and fitness test as well as maintain their on court performance. As this is a new requirement for most referees there will be a phase in period for passing of the fitness test for referees at Level 2, however the fitness test for the other levels will be commenced for the 2004 season. All referees at these levels will be sent the fitness test requirements and will have at least six months to reach the required fitness level.
APPENDIX II

Scoresheets
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<th>Cartoons</th>
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<td><strong>24” operator</strong></td>
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<tr>
<td><strong>Final Score</strong></td>
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**RUNNING SCORE**

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**Cartoons**

- J. Hook
- R. Roadrunner
- M. Mouse
- D. Duck
- S. Sylvester
- F. Precious
- T. Tweety, (c)
- G. Goofy
- S. Chicken-Little
- W. E. Coyote
- W. Disney
- M. Blanc

**Actors**

- H. Simpson
- P. Muldoon
- P. Hankey
- R. Burr
- C. Grant
- M. J. Fox, (c)
- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters
- T. Cruise
- M. Gibson

**Referee**

- J. Hook
- R. Roadrunner
- M. Mouse
- D. Duck
- S. Sylvester
- F. Precious
- T. Tweety, (c)
- G. Goofy
- S. Chicken-Little
- W. E. Coyote
- W. Disney
- M. Blanc

**Actors**

- H. Simpson
- P. Muldoon
- P. Hankey
- R. Burr
- C. Grant
- M. J. Fox, (c)
- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters
- T. Cruise
- M. Gibson

**Assistant Referee**

- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters

**Assistant Umpire**

- M. Rooney
- G. Chapman
- W. Peters

**Umpire**

- M. Rooney
- G. Chapman
- W. Peters

**Scorekeeper**

- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters

**Assistant Scorekeeper**

- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters

**Timekeeper**

- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters

**24" Operator**

- J. Wayne
- M. Rooney
- G. Chapman
- W. Peters

**Final Score**

- Team A
- Team B

**Name of Winning Team**

- Team A
- Team B
**FEDERATION INTERNATIONALE DE BASKETBALL**  
**INTERNATIONAL BASKETBALL FEDERATION**  
**SCORESHEET**

### Team A: Cartoons
- **Players:**  
  - J. Hook: 4  
  - R. Roadrunner: 5  
  - M. Mouse: 6  
  - D. Duck: 7  
  - S. Sylvester: 8  
  - P. Precious: 9  
  - T. Tweety (c): 10  
  - G. Goofy: 11  
  - W. E. Coyote: 12  
  - W. Disney: 13  
  - M. Blanc: 14  
  - M. J. Fox (c): 15
- **Time-outs:** Period 1: 2, Period 2: 2, Period 3: 2, Extra periods: 2
- **Players in:**  
  - J. Hook: P, P, P  
  - R. Roadrunner: P, P, P  
  - M. Mouse: P, P, P  
  - D. Duck: P, P, P  
  - S. Sylvester: P, P, P  
  - P. Precious: P  
  - T. Tweety: P, P, P  
  - G. Goofy: P, P, P  
  - W. E. Coyote: P, P, P  
  - W. Disney: P, P  
  - M. Blanc: P

### Team B: Actors
- **Players:**  
  - W. Goldberg: 4  
  - E. Degeneris: 5  
  - M. Gibson: 6  
  - T. Cruise: 7  
  - G. Chapman: 8  
  - M. Rooney: 9  
  - J. Wayne: 10  
  - M. J. Fox (c): 11  
  - R. Burr: 12  
  - P. Hankey: 13  
  - P. Muldoon: 14  
  - A. Hitchcock: 15
- **Time-outs:** Period 1: 2, Period 2: 2, Period 3: 2, Extra periods: 2
- **Players in:**  
  - W. Goldberg: P, P, P  
  - E. Degeneris: P, P, P  
  - M. Gibson: P, P, P  
  - T. Cruise: P, P, P  
  - G. Chapman: P, P, P  
  - M. Rooney: P, P, P  
  - J. Wayne: P, P, P  
  - M. J. Fox: P, P, P  
  - R. Burr: P, P, P  
  - P. Hankey: P, P, P  
  - P. Muldoon: P

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### Running Score

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### Scores

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<th>Extra periods</th>
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<td>B</td>
<td>14</td>
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### Final Score

<table>
<thead>
<tr>
<th>Name of winning team</th>
<th>Score</th>
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<tbody>
<tr>
<td>Cartoons</td>
<td>63</td>
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<tr>
<td>Team A</td>
<td>62</td>
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<tr>
<td>Team B</td>
<td>65</td>
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</table>
APPENDIX III

Court Diagrams and Movement on Jump Balls
APPENDIX IV

Areas of Responsibility for Both Referees
LEAD OFFICIAL: Area 4 and share Area 5

AREA 5 IS SHARED BY BOTH OFFICIALS

TRAIL OFFICIAL: Areas 1, 2, 3, 6 and share Area 5

BACK COURT
Back Court is the Trail Officials responsibility
APPENDIX V

Lead and Trail Position re: “Boxing-in Principle”
"Boxing-in" (or "sandwich") principle.
APPENDIX VI

Official Signals
A - OFFICIALS’ SIGNALS

A.1 The hand signals illustrated in these rules are the only official signals. They must be used by all officials in all games.

A.2 It is important that the table officials are also familiar with these signals.

I. SCORING

1. ONE POINT
   - One finger, ‘flag’ from wrist

2. TWO POINTS
   - Two fingers, ‘flag’ from wrist

3. THREE-POINTS ATTEMPT
   - Three fingers (extended)

4. THREE-POINTS SUCCESSFUL SHOT
   - Three fingers (extended) on each hand

5. CANCEL SCORE OR CANCEL PLAY
   - Scissor-like action with arms, once across chest

II. CLOCK-RELATED

6. STOP CLOCK (blowing whistle simultaneously) OR DO NOT START CLOCK
   - Open palm

7. STOP CLOCK FOR FOUL (blowing whistle simultaneously)
   - One clenched fist, other palm down pointing to offender’s waist

8. TIME IN
   - Chop with hand

9. TWENTY-FOUR SECOND RESET
   - Rotate hand, index finger extended

III. ADMINISTRATIVE

10. SUBSTITUTION (blowing the whistle simultaneously)
    - Cross forearms

11. BECKONING-IN
    - Open palm, wave towards the body

12. CHARGED TIME-OUT (blowing whistle simultaneously)
    - Form T, index finger showing

13. COMMUNICATION BETWEEN OFFICIALS AND TABLE OFFICIALS
    - Thumb up

14. VISIBLE COUNT (Five and eight seconds)
    - Fingers showing counting
## IV. TYPE OF VIOLATIONS

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<tr>
<td>15</td>
<td>TRAVELLING</td>
<td>Rotate fists</td>
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<td>16</td>
<td>ILLEGAL DRIBBLE OR DOUBLE DRIBBLING</td>
<td>Patting motion</td>
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<td>17</td>
<td>CARRYING THE BALL</td>
<td>Half rotation, forward direction</td>
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<td>18</td>
<td>THREE SECONDS</td>
<td>Arm extended, show 3 fingers</td>
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<td>19</td>
<td>FIVE SECONDS</td>
<td>Show 5 fingers</td>
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<td>20</td>
<td>EIGHT SECONDS</td>
<td>Show 8 fingers</td>
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<td>21</td>
<td>TWENTY-FOUR SECONDS</td>
<td>Fingers touch shoulder</td>
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<tr>
<td>22</td>
<td>BALL RETURNED TO BACKCOURT</td>
<td>Wave arm, index finger pointing</td>
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<td>23</td>
<td>DELIBERATE FOOT BALL</td>
<td>Point finger to the foot</td>
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<td>24</td>
<td>OUT-OF-BOUNDS AND/OR DIRECTION OF PLAY</td>
<td>Point finger parallel to sidelines</td>
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<td>25</td>
<td>JUMP BALL SITUATION</td>
<td>Thumbs up followed by point finger in direction of possession arrow</td>
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V. REPORTING A FOUL TO THE SCORER'S TABLE (3 Steps)

STEP 1 - NUMBER OF PLAYER

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STEP 2 - TYPE OF FOUL

38 ILLEGAL USE OF HANDS
   Strike wrist

39 BLOCKING (offence or defence)
   Both hands on hips

40 EXCESSIVE SWINGING OF ELBOWS
   Swing elbow backwards

41 HOLDING
   Grasp wrist downward

42 PUSHING OR CHARGING WITHOUT THE BALL
   Imitate push

43 CHARGING WITH THE BALL
   Clenched fist, strike open palm

44 BY TEAM IN CONTROL OF THE BALL
   Point clenched fist towards basket of offending team

45 DOUBLE
   Wave clenched fists

46 TECHNICAL
   Form T, palm showing

47 UNSPORTSMANLIKE
   Grasp wrist upward

48 DISQUALIFYING
   Clenched fists
**OFFICIAL BASKETBALL RULES 2006**
**A - OFFICIALS’ SIGNALS**

**STEP 3 - NUMBER OF FREE THROW(S) AWARDED**

<table>
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<th>Description</th>
<th>Signal</th>
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<tr>
<td>49</td>
<td>ONE FREE THROW</td>
<td>Hold up 1 finger</td>
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<td>50</td>
<td>TWO FREE THROWS</td>
<td>Hold up 2 fingers</td>
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<tr>
<td>51</td>
<td>THREE FREE THROWS</td>
<td>Hold up 3 fingers</td>
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*OR*

**- DIRECTION OF PLAY**

<table>
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<td>52</td>
<td>AFTER FOUL BY TEAM IN CONTROL OF THE BALL</td>
<td>Point finger, arm parallel to sidelines</td>
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<tr>
<td>53</td>
<td>Clause to point finger, arm parallel to sidelines</td>
<td>Clenched fist, arm parallel to sidelines</td>
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</table>
VI. FREE-THROW ADMINISTRATION (2 Steps)

STEP 1 - INSIDE THE RESTRICTED AREA

54 ONE FREE THROW 55 TWO FREE THROWS 56 THREE FREE THROWS

1 finger horizontal 2 fingers horizontal 3 fingers horizontal

STEP 2 - OUTSIDE THE RESTRICTED AREA

57 ONE FREE THROW 58 TWO FREE THROWS 59 THREE FREE THROWS

Index finger Fingers together 3 fingers extended on each hand
APPENDIX VII

Basketball Rules for Beginners
Teams

Teams consist of up to 12 players (most competitions only allow 10 players) and a coach. A team may have an assistant coach. At any time there are 5 players on the court. The coach may address his/her players during the game provided he/she remains in the team bench area.

Uniforms

Teams must be in correct uniform. Singlets must be the same colour numbered on the front and back using the numbers 4 to 15. Most competitions allow the numbers 20-25, 30-35, 40-45, 50-55. Players from the same team may not wear the same number.

Shorts must be of the same colour but not necessarily the same colour as the singlet.

Scoring

The winner of a game of basketball is determined by the team scoring the greater number of points. If scores are tied at the end of the 4th period, extra period(s) of 5 minutes are played until a result is obtained.

Goals from the field score 2 points or 3 points. 3 points are awarded if the ball is released from the three point area (outside the 3 point line). The position of the shooter is determined from where the shooter last touched the court before releasing the ball.

Free throws may be awarded to a player resulting from a foul committed by the opposing team. Each successful free throw scores 1 point.

If the ball passes through the basket from below no points can be scored and a violation is called.

If a team accidentally scores a goal in the wrong basket, the points are awarded to the court captain of the opposing team.

If a team deliberately scores a goal in the wrong basket, no points can be scored and the ball is awarded to the scoring team out of bounds opposite the free throw line.

Act of Shooting

A player is in the act of shooting when the player has started an attempt to score and continues until the ball leaves the player's hand(s). If the shooter is in the air, the act of shooting continues until the player's feet return to the floor.
Team Control

Team Control occurs when a player of the team is holding or dribbling a live ball or when team-mates are passing the ball. This includes when the ball is at the disposal of a player out of bounds.

Team control ends:

- When the ball leaves the hand on a shot.
- The ball becomes dead (whistle is blown).
- The other team gains control of the ball.

A fumble is when a player accidentally loses control of the ball

Charged Time-outs

Each team is permitted 2 time-outs in the first half, 3 times-outs in the second half and 1 time-out in each period of extra time. The length of a time-out is one(1) minute.

The scorekeeper (or chairman) shall sound his/her signal after 50 seconds has elapsed.

A time-out is requested by a coach or assistant coach. He/she goes to the score table and makes the request. The scorekeeper (or chairman) signals the officials at the next opportunity.

Time-outs are granted after any whistle to stop the play or if an opponent scores a goal.

Substitutions

Requests are made when a substitute (not the coach) goes to the score table and asks for a substitution. The substitute should be dressed ready to play.

Substitutions are permitted by either team when the whistle is blown to stop the game.

After a basket is scored in the last 2 minutes of the last period (or any extra period) only the team who are scored against may initiate a substitution. The other team may then substitute.

A fouled out or disqualified player must be substituted within 30 seconds.

If the game is delayed (approx 15 seconds) to attend to an injured player or the player is treated or bleeding, the player must be substituted.

Any player may be substituted if the last free throw is successful or the ball becomes dead after the last free throw. Substitutions are not permitted once the ball is at the disposal of player out of bounds.

Jump Ball

The game commences with a jump ball at the centre circle. This is the only jump ball in the game.

During a jump ball:

- The jumpers occupy their half of the circle with one foot close to the line.
- The non-jumpers are entitled to alternating positions around the circle or any other position on the court.
The jumpers shall not:

- Tap the ball until the ball has reached its highest point.
- Touch the court on or over the line until the ball has been legally tapped.
- Tap the ball more than twice.
- Leave the jump circle until the ball has been legally tapped.
- Catch the ball until it has touched a non-jumper, the floor, the basket or the backboard (or referee).

The non-jumpers shall not enter the circle until the ball has been legally tapped. Any violations of the above shall be called immediately and the ball awarded to the non-offending team at the nearest point out of bounds. If the ball is not tossed straight, the ball touches the floor without being tapped or both teams violate the jump ball, the jump ball shall be retaken.

A held ball occurs when two (or more) opponents have one or both hands firmly on the ball so that neither player can gain control.

Jump Ball Situations

Jump ball situations occur for the following:

- Held ball
- Simultaneous (or unknown) out of bounds.
- Both teams violate a missed last free throw.
- Ball lodges between the backboard and the ring.
- Game is stopped with neither team in control.
- Double foul or fouls involving equal penalties (with neither team entitled to possession.

In jump ball situations the ball is awarded to a team using the alternating possession procedure. This is indicated by the direction arrow. At the start of the game, the direction arrow is first pointed in the direction of play (towards the opponent’s basket) of the team that did not gain control of the ball from the jump ball.

The alternating possession procedure starts when the official places the ball at the disposal of the player and ends when the ball is legally touched on court or the throw-in team commits a violation. The direction arrow is reversed when the throw-in ends. A foul called before the throw-in ends does not cause the throw-in team to lose the possession arrow.

If at the start of the game a jump ball situation occurs and neither team has had control of the ball, the game shall recommence with a jump ball at the centre circle.

All other periods commence from out of bounds at mid court opposite the score table. The direction arrow determines possession except for a technical foul called during an interval of play.
Free Throws

The shooter (A1)

- Takes a position behind the free throw line and in the semi circle.
- Does not fake the free throw.
- Shoots the ball within 5 seconds.
- Ensures that the ball hits the ring or enters the basket.
- Does not touch the free throw line or restricted area until the ball hits the ring or it is apparent the ball will miss.

Players in the rebound position

- Maximum 3 defensive (B1, B2, B3 or B4) and 2 offensive players (A2 and A3) may occupy the rebound positions as shown.
- Players may only occupy positions they are entitled to.
- May not enter the restricted area until the ball has left the shooter’s hand.

Other players

- May occupy any other position on the court behind the free throw line extended and outside the 3 point line and remain there until the ball hits the ring.

*Opponents may not disconcert the shooter by waving hands or making noises.
If there is no rebound after the last free throw, there is no line up along the free throw lanes.

Free Throw Violations

During the last or only free throw.

If MISSED:
- Violation by the shooter or team-mate - opponent’s ball out of bounds.*
- Violation by opponent of free throw shooter - substitute free throw is awarded.
- Violation by both teams - jump ball situation.

If SUCCESSFUL:
- Violation by shooter - cancel the basket and complete the free throws.
- Violation by team mate or opposition - award one point and ignore the violation.

* Opposite the free throw line.

During a free throw to be followed by another free throw or further penalty if successful:
- Violation by the shooter - cancel the basket and complete the free throws.
- Violation by team-mate or opposition - award one point and ignore the violation.
Defaults

A team with less than two players left on the court defaults the game. If the winning team is ahead at the time, that score is the final result. If the winning team was not ahead, the result is recorded as 2-0.

Timing Regulations

Length of a game: 4 periods of 10 minutes, extra periods 5 minutes.

Intervals of play: 15 minutes half time, 2 minutes after first and third period and before extra periods.

Forfeits: A team forfeits a game if it does not have 5 players present and ready to play within 15 minutes of the scheduled starting time. The score is recorded 20-0.

GAME CLOCK STARTS:
- Jump ball - when the ball is legally tapped.
- Out of bounds - when the ball touches a player on the court.
- Missed free-throw - when the ball first touches a player on the court.

GAME CLOCK STOPS:
- When an official blows their whistle.
- When a field basket is scored and the opposing team has requested a charged time-out.
- When a field goal is scored in the last 2 minutes of the 4th (or extra) period.
- At the end of a period.

Violations

Violations are infractions of the rules. The penalty is the awarding of the ball to an opponent at the nearest point out of bounds, except directly behind the backboard, unless otherwise stated.

Out of Bounds

Includes the sidelines and end lines, the floor and objects outside of these lines. Also includes structures, supports, the back of the backboard, lights and overhangs.

A player is out of bounds if he/she contacts any of the above.

The ball is out of bounds if it touches any of the above or a player who is out of bounds.

The ball is caused to go out of bounds by the last player to touch the ball before it is out of bounds.

**If the distance out of bounds is less then 2 metres, all other players on the court must remain at least 1 metre from the player out of bounds.**
Throw in from Out of Bounds
Once the ball is at the disposal of the player out of bounds, the player
• Must release the ball within 5 seconds so that it touches a player on the court.
• Must not touch the ball on the court until it has touched another player,
• Must not step into the court before releasing the ball.
• Must not move laterally more than 1 metre.
• Must not cause the ball to touch out of bounds or enter the basket before
  touching a player on the court.
Other players may not have any part of their body over the boundary line
(plane). If an opponent deliberately delays the throw-in, a technical foul may be
called.
The player may move along the end line or pass to a team-mate behind the end
line, provided the ball is in bounded under the conditions given on page 45.

Illegal Dribble
A dribble is made when a player in control of the ball bounces, throws, taps or
rolls the ball and touches it again before it touches another player. During a
dribble the ball must come in contact with the floor. The dribble ends when the
player touches the ball with both hands simultaneously or permits the ball to
come to rest in one or both hands.
The following are not dribbles: fumbles at the beginning or end of a dribble,
successive shots for goal, attempts to gain control of the ball by tapping the ball
from another player.
A player may not make a second dribble after completing a dribble.
A player may dribble again after a shot is attempted, the ball is batted away by
an opponent, a pass or fumble is touched by another player.

Carried Ball
A player may not allow the ball to come to rest in the hand during a dribble.

Travelling (Progression with the ball)

A pivot is the movement of one foot while the other (pivot) foot
remains at its point of contact.

Establishing a Pivot Foot
When a player receives the ball, he/she is entitled to stop, move, shoot or pass
under the following conditions:
Player catches the ball with both feet on the floor - may use either foot as a
pivot foot.
Player catches the ball while moving or dribbling may stop as follows:

If one foot is touching the floor:
- This foot becomes the pivot foot as soon as the other foot touches the floor.
  or
- The player may jump off this foot and land simultaneously on both feet. In this case NEITHER foot is the pivot foot.

If both feet are off the floor and the player lands:
- Simultaneously on both feet and then either foot is the pivot foot.
  or
- On one foot followed by the other then the first foot is the pivot foot.
  or
- On one foot, jumps and lands simultaneously on both feet. In this case NEITHER foot is the pivot foot.

**Progressing with the Ball**

After coming to a legal stop the player with a pivot foot:
- Must release the ball before lifting the pivot foot when commencing a dribble.
- May lift the pivot foot or jump to shoot or pass. The ball must be released before the pivot foot returns to the floor.

After coming to a legal stop the player without a pivot foot:
- Must release the ball before lifting either foot when commencing a dribble.
- May lift one or both feet to shoot or pass. The ball must be released before either foot returns to the floor.

**Return to Back Court**

*The centre line is a part of a team’s back court.*

The team with control of the ball in its front court (including out of bounds) may not cause the ball to return to the back court. The ball returns to the back court when it touches a player or the floor or over the centre line. The violation occurs when a player of the team in control of the ball is the first to touch the ball in its back court after the ball was last touched in the front court by the player or a team mate.

**Goal Tending and Interference**

*Goal tending and interference also applies to free throws.*

- A player may not touch the ball on its downward flight on a shot for goal while the ball is above the level of the ring until the ball touches the ring or it is apparent it will not touch the ring.
- A player may not touch the backboard or basket while the ball is in contact with the ring.
- On a shot, a player may not reach through the basket from below and touch the ball.
• A defensive player may not prevent a goal from being scored by touching the ball or basket while the ball is within the basket.

• A defensive player may not cause the backboard or ring to vibrate in such a way that the ball has been prevented from entering the basket.

• An offensive player may not cause the backboard or ring to vibrate in such a way that the ball has been caused to enter the basket.

If the ball is in flight on a shot for goal and the referee blows the whistle or time expires, no player may touch the ball after the ball touches the ring while it still has a possibility of entering the basket.

• For violations by a defensive player ➞ award 2 (or 3) points and the game is restarted from the end line as if the violation had not occurred.

• For violations by an offensive player ➞ no points can be scored and the game is restarted from out of bounds opposite the free throw line.

• For violation by both teams ➞ no points can be awarded and the game recommences using alternating possession (jump ball situation).

Playing the Ball

• A player shall not deliberately play the ball with the foot or the leg.

• A player shall not play the ball with closed hand (fist).

• On a pass or rebound, a player may not reach through the basket from below and touch the ball.

Three Second Rule

When a team has control of a live ball in its front court and the clock is running, a player must not remain in the opponent's restricted area for more than three (3) consecutive seconds.

Allowances must be made for a player who is leaving the restricted area or is in the act of shooting (including a team mate) or receives the ball, dribbles in and shoots for goal.

Five Second Rule (Closely Guarded Player)

A player holding the ball and is closely guarded by an opponent must pass, shoot or dribble the ball within five (5) seconds. To be closely guarded, the opponent must be within one (1) metre and actively guarding the player.

Eight Second Rule (In the Back Court)

A team in control of a live ball in its back court must cause the ball to go into the front court within eight (8) seconds. If the same team retains possession in the back court as a result of the ball going out of bounds, a jump ball situation, the game stopped due to an injury to a player of the team in control, a double foul or foul penalties that cancel then the eight (8) second count will continue with the remaining time only.

The ball touches the front court when it touches the front court or a player in the front court.
Twenty Four Second Rule (Shot Clock)

If the twenty four(24) second device is in use, the team in control of the ball on
the court must shoot for goal within 24 seconds. The sounding of the 24 second
signal when the ball is in flight on a shot shall be ignored if the ball hits the ring
or enters the basket or the opposing team gains immediate control of the ball.
The 24 second clock starts when a team gains control of the ball on the court
and stops when team control ends (except on a shot for goal).
From out of bounds the 24 second clock is reset unless the same team retains
possession as a result of the ball going out of bounds, a jump ball situation,
a stoppage caused by the team in control of the ball, a double foul or foul
penalties that cancel.
If the 24 second signal sounds in error, the 24 second signal shall be ignored. If
the game is stopped by this error then the 24 second clock shall be corrected and
the team in control of the ball, shall be awarded the ball. If neither team had
control of the ball, a jump ball situation occurs.

Personal Foul

Is illegal contact on an opponent. Illegal contact occurs when the player
responsible for the contact gains an advantage and/or the player contacted is
disadvantaged.

Unsportsmanlike Foul

Is a personal foul that is not a legitimate attempt to play the ball or causes
excessive contact on an opponent with or without the ball.

Disqualifying Foul

Is a flagrant unsportsmanlike foul or if a player receives two unsportsmanlike
fouls.

Technical Foul

Involves unsportsmanlike behavior by a player, coach or substitute.

EXAMPLES:

• Disrespectfully addressing officials or ignoring their warnings.
• Using abusive or obscene language or gestures.
• Delaying the game by preventing the ball from being thrown-in.
• Hanging on the ring (or damaging equipment).
• Falling down to fake a foul.

In many circumstances a warning is sufficient unless the action is to gain an
unfair advantage, is deliberate or a repetition after a warning.

Types of Personal Foul

Holding - When a player uses his/her hands, arms or legs to stop the movement
of an opponent.

Pushing - When a player forcibly moves or attempts to move an opponent. This
includes body contact when a player jumps or reaches from behind.

Illegal use of Hand(s) - When a player uses his/her hand(s) to hit or strike an
opponent in an attempt to play the ball.

Blocking - When a player causes contact that impedes the progress of an
opponent. This usually occurs when a player fails to gain or maintain a legal
guarding position and stops the player with the body or legs. Blocking also includes illegal screens that impedes the progress of an opponent (see guidelines below).

**Charging** - When the player with the ball forcibly pushes (or moves) into an opponent who is in a legal guarding position.

**Hand Checking** - A defensive player may not contact an opponent with his/her hands or extended arms to gain an advantage.

A player gains an initial legal guarding position on the court by being first to the position, facing the opponent with both feet on the floor (in a normal stance) without causing contact. A player may maintain this position by moving backwards or laterally as the opponent moves. An opponent with the ball may be guarded as close as possible without causing contact. An opponent without the ball must be allowed sufficient space to stop or change direction.

The maximum distance for a fast moving player is two normal paces.

**Principle of Verticality**

Each player has the right to a position on the floor and the space (cylinder) above him/her. A player may not leave his/her vertical position (cylinder) and cause contact with an opponent in a legal position.

The cylinder is limited by the palms of the hands to the front, the back of the buttocks to the back and the outside edges of the arms and legs to the sides of a player in a normal basketball stance. The hands and arms may be extended in front of the torso no further than the position of the feet. The distance between the feet is proportional to the height of the player.

A defensive player may turn within his/her cylinder to avoid injury.

**When judging a charging foul consider the following**

A defensive player must establish a legal guarding position. A defensive player may remain stationary, jump vertically, move laterally or backwards to maintain his/her legal guarding position. Contact must be on the torso (body).

**Foul Penalties**

When a foul (or a number of fouls) is called, the game is restarted by awarding free throws, awarding the ball to a team out of bounds or using alternating possession (jump ball situation).

**Foul on a player in the act of shooting:**

- The goal shall count if successful plus one free throw.
- If missed - 2 (or 3) free throws are awarded.

**Foul on a player not in the act of shooting:**

- The ball is awarded to the player or team mate at the nearest point out of bounds.

**Unsportsmanlike Foul**

**Act of shooting:**

- A goal scored is awarded, plus one free throw, plus possession at mid court.
• Shot for goal misses - 2 (or 3) free throws plus possession at mid court.
• Not in the act of shooting - 2 free throws plus possession at mid court.

**Disqualifying Foul**

Same as for unsportsmanlike fouls. In addition the disqualified player or coach shall go to the change room or leave the building until the end of the game. A coach that receives 2 technical fouls personally or 3 technical fouls accumulated by himself, assistant coach, substitute or team follower must be disqualified.

**Technical Foul**

Two(2) free throws plus possession from mid court opposite the score table. 
*Exception: A technical foul during the interval of play before the game shall be penalised with two(2) free throws. After the free throws the game shall commence with a jump ball.*

Technical fouls against a coach do not count towards the team fouls for the period.

**Four Team Fouls**

After four(4) team fouls in a period, any additional fouls shall be penalised by two(2) free throws unless a greater penalty is involved. *(Exception: Team control fouls)*

• Any extra periods are considered a part of the 4th period.

**Team Control Fouls**

Are personal fouls committed by the team in control of the ball.
• No points can be scored.
• The penalty for these fouls is awarding the ball to an opponent out of bounds (except for unsportsmanlike or disqualifying fouls). *This also applies to fouls by a team entitled to the ball.*

**Double Foul**

Occurs when two players from opposing sides foul each other at approximately the same time. The game is recommenced by awarding the ball out of bounds to the team in control of the ball or entitled to the ball when the double foul was called. If neither team is in control of the ball the game recommences using alternating possession (jump ball situation). If a valid field goal is scored the ball is awarded to the opposition from the end line.

**More than one Foul**

If more than one foul is called on one or both teams at approximately the same time or during the stopped clock period that follows, all fouls are recorded. Fouls that involve the same penalty are cancelled and the remaining penalties are administered in the order they occurred. If no penalties remain, the game is recommenced as for a double foul. Once the ball becomes alive on free throws or throw-in, this penalty cannot be used for cancelling other foul penalties.

**Player with Five Fouls**

When notified by the referee the player must leave the court immediately. The substitution must be made within 30 seconds or a time out may be charged.
Mechanics of Refereeing

Court Coverage

Sidelines and End lines
During the game one official is responsible for sideline 1 and end line 1 while the other official is responsible for sideline 2 and end line 2. An out of bounds call should only be called by the official responsible for that sideline or end line. If an official is unsure of who caused the ball to go out of bounds, the other official may help.

Lead and Trail Positions

- The official ahead of the play (on the end line) is called the Lead Official. This official is responsible for watching the activity on and around the ball when the ball is in areas 4 and 5 (and part of 6). At other times the lead official is responsible for watching the other players.

- The official that follows behind the play is called the Trail Official. This official is responsible for watching the activity on and around the ball when the ball is in areas 1, 2, 3, 5 and 6. At other times the trail official is responsible for watching the other players. The trail official is also responsible for most of the play in the back court.

- When the ball is in area 5 (restricted area) and part of area 6 both officials are responsible for on the ball and off the ball activity. The closer official should make the call.

It is most important that the officials:

- Keep up with the play.
- Look for spaces between the players.
- Know their areas of responsibilities.
- Keep moving to obtain the best position.
- Keep most of the players between them (“boxing in”).

The shaded areas below show which official is responsible for watching ON the ball:

If a violation or foul occurs in this shaded area, the ball is inbounded from the end line. Except: If a goal/free throw is cancelled, violation of the free throw or an offensive basket interference, the ball is in bounded on the sideline opposite the free throw line.

Switching on Fouls
The official that calls the foul becomes the new trail official.

Blowing the Whistle
The whistle should be blown in a short, sharp manner to stop the game. Do not blow the whistle when a goal is scored unless there is a time-out by the opposing team or a foul called.
Signalling Goals
The trail official is responsible for the awarding of goals using the correct signal. 2 point goal - signal #2. Attempt for 3 point goal - signal #3, 3 point scored - signal #4.

Out of Bounds
The nearest official is responsible for the handing the ball to the player out of bounds.

Do not handle the ball when a goal is scored.
In some circumstances a bounce pass to the player is permitted.

If the same team receives the ball out of bounds in the back court with less than 8 seconds to progress to the front court, advise the player how much time remains.

Jump Balls
At the beginning of the game the referee takes a position outside the centre circle, facing the score table. The referee is responsible for tossing the ball. The umpire takes a position on the sideline on the same side as the score table and is mainly responsible for the calling of violations and will take the lead position. It is important that officials practice tossing the ball for a jump ball. The ball should be thrown up straight and higher than either players can reach when jumping.
Free Throws

The position of the officials are shown on the diagram of the restricted area on page 53.

Official Trail takes a position at the intersection of the free throw line extended and the 3 point line. Trail official is responsible for giving the correct free throw signals (#56, #57, #58) and awarding successful free throws (#1). Lead official is responsible for administering all free throws.

For sets of free throws to be followed by possession or further sets of free throws, players do not line up along the free throw lanes.

Both officials are required to look for violations.

Violations on the shooter are to be called immediately, see page 44 for penalties.

If the last free throw is unsuccessful, call any violations.

If the last free throw is successful, ignore the violation (except on the shooter).

Calling Violations

On each violation* the official must give three signals.

- Stop the clock (by blowing the whistle) signal #6.
- Reason for the violation signals #14 - #24. *not required for out of bounds calls.
- Direction of play
  - If the ball enters the basket (exception on defensive basket interference) the goal must be cancelled signal #5.

Calling Fouls

To the Player

- Give the foul signal (and blow the whistle) signal #7 or #44 - #47.
- Award or cancel any goal made, signal #2, #4, #5.
- Penalty direction of play #23 or number of free throws #48, #49, #50 or team control signal #43.

To the Score Table

- Award or Cancel any goal made.
- Team colour and the offending player’s number signal #25 -#36 see rule book.
- Reason for the foul signals #37 - #41.
- Penalty - direction of play or number of free throws or team control signal.

It is essential that the official calling the foul comes clear of the players (6 - 8 metres from the score table) before signalling to the score table. The other official should “freeze” and observe the players before swapping positions if required.

Time outs and Substitutions

Whenever a time-out or substitution is requested, the closer official blows the whistle and gives the appropriate signal (time-out #12, substitution #10 and beckoning #11).

During a time-out officials take a position as shown (X) on page 53. After a time out or substitution check that each team has 5 players and recommence the game as soon as possible.
The Scoresheet

Completing Names and Recording Fouls, Time-outs

Players’ names are recorded in the spaces provided. Also include coaches name (and assistant coach). Fouls are recorded as shown by the table.

<table>
<thead>
<tr>
<th>P</th>
<th>-</th>
<th>Personal Foul (No free throws)</th>
</tr>
</thead>
<tbody>
<tr>
<td>P1</td>
<td>-</td>
<td>Personal Foul (1 free throw)</td>
</tr>
<tr>
<td>P2</td>
<td>-</td>
<td>Personal Foul (2 free throws)</td>
</tr>
<tr>
<td>P3</td>
<td>-</td>
<td>Personal Foul (3 free throws)</td>
</tr>
<tr>
<td>U2</td>
<td>-</td>
<td>Unsportsmanlike Foul (2 free throws)</td>
</tr>
<tr>
<td>T2</td>
<td>-</td>
<td>Technical Foul (2 free throws)</td>
</tr>
<tr>
<td>D2</td>
<td>-</td>
<td>Disqualifying Foul (2 free throws)</td>
</tr>
<tr>
<td>C2</td>
<td>-</td>
<td>Coach Technical Foul (2 free throws)</td>
</tr>
<tr>
<td>B2</td>
<td>-</td>
<td>Bench Technical Foul (2 free throws)</td>
</tr>
<tr>
<td>PC</td>
<td>-</td>
<td>Personal Foul (Penalty cancels)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time-outs</th>
<th>Team fouls</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Period 1</td>
</tr>
<tr>
<td>8</td>
<td>Period 2</td>
</tr>
<tr>
<td>10</td>
<td>Period 3</td>
</tr>
<tr>
<td>4</td>
<td>Extra periods</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Licence no.</th>
<th>Players</th>
<th>No.</th>
<th>Player in</th>
<th>Fouls</th>
</tr>
</thead>
<tbody>
<tr>
<td>001</td>
<td>MAYER, F.</td>
<td>4</td>
<td>X</td>
<td>P1</td>
</tr>
<tr>
<td>002</td>
<td>JONES, M.</td>
<td>5</td>
<td>X</td>
<td>P1, P1</td>
</tr>
<tr>
<td>003</td>
<td>SMITH, E.</td>
<td>6</td>
<td>X</td>
<td>P1, P2</td>
</tr>
<tr>
<td>004</td>
<td>FRANK, Y.</td>
<td>7</td>
<td>X</td>
<td>U1</td>
</tr>
<tr>
<td>010</td>
<td>NANCE, L.</td>
<td>8</td>
<td>X</td>
<td>P1, P1</td>
</tr>
<tr>
<td>012</td>
<td>KING, H. (CAP)</td>
<td>9</td>
<td>X</td>
<td>P1, P1</td>
</tr>
<tr>
<td>014</td>
<td>VONG, P.</td>
<td>10</td>
<td></td>
<td></td>
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<tr>
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<td>11</td>
<td>X</td>
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<td>X</td>
<td>P1, P2</td>
</tr>
<tr>
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<td>X</td>
<td>P1, P2</td>
</tr>
<tr>
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<td>15</td>
<td>X</td>
<td>P1, P2</td>
</tr>
<tr>
<td></td>
<td>Coach</td>
<td></td>
<td>LOOR, A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Assistant Coach</td>
<td></td>
<td>MONTA, B.</td>
<td></td>
</tr>
</tbody>
</table>

Recording Scores

Write the number of the player that scored next to the total for the team.

Mark the score 15 for a field goal

• for free throw

For a 3 point goal circle the player’s number (15)

At the end of the first three periods draw a circle around the last score and a horizontal line under the last score and the number of the last player to score.

At the end of the game draw a circle around the last score and two horizontal lines under the last score and the number of the last player to score. Draw a diagonal line through the remaining unused scores in the column. Complete the details at the bottom of the sheet ensuring that the correct team is recorded as winning the game.

After the score sheet is complete the umpire signs the sheet and the referee then checks and signs the sheet.
APPENDIX VIII

How to Referee Basketball
How to Referee Basketball

So you want to be a basketball referee! It’s not all that easy, you know. It takes fitness, good eyes and good reflexes to be a referee and a great deal of common sense arising from a basic understanding of the game.

You can almost guarantee that for every decision you make during a game about half the players, coaches and spectators will disagree. Still there can be great rewards in terms of self-satisfaction of doing your best and maintaining control in difficult circumstances. Also, there are financial opportunities to supplement your income on a part-time basis as your skill improves.

This booklet will attempt to simplify the job of refereeing to the bare minimum—providing a survival kit for those interested in refereeing. If you’re interested in furthering your education as a referee, it is recommended that you find how to improve your qualifications and knowledge by attending Referees Courses. This booklet glosses over a lot of the rules and attempts only to give you enough to get by. Be flexible out there and learn as you go!

The task of the referee can be broadly broken down into the following categories:

- Administration
- Decision
- Violations
- Fouls
- Communication

**ADMINISTRATION**

It is the referee’s role to start and end the game. The game normally runs in four, ten-minute quarters (timing rules may vary in various non-championship level competitions). The clock normally stops on every whistle, but this may vary as well.

Each team has five players on the court and may have up to seven substitutes on the team bench. Substitutions can be freely made, usually when there is any break in play. A break in play happens when the referee blows their whistle to indicate a rule violation, foul or a time out.

*Each team has five players on court and may have as many as seven substitutes who can replace any other player.*

The game commences with a jump ball at the start of the game. Each team puts a player in the centre circle facing the direction they’ll be attacking. The other players must remain outside the circle until a player in the jump ball touches the ball, but they need not line up on the circle.
The players jumping must tap the ball (max 2) to the other players, they may not catch the ball nor are they allowed to punch it with the closed hand.

Two officials usually referee games but sometimes there may be only one referee.

If you referee alone you should keep a position on the court where you can best see the play, stay out of the players’ way and be able to quickly get to the other half of the court when the direction of play changes. Normally, a single official will operate on the scorebench sideline in the half court area between the foul lines.

When two officials are refereeing they should try and sandwich the action between them so that one referee – Lead, is ahead of play and one referee – Trail, is behind the play on the opposite sidelines. This is the “Boxing-in” or “sandwich” principle.

There are some rather complex rules about the mechanics of how the two officials interact but basically if you can maintain the sandwich principle you’re doing okay. The rest will come with time.

The purpose of the game is to shoot (throw) the ball through the basket.

The team with the ball is attacking on “offence” and the other team is defending its basket on “defense”. A successful shot scores two points for the team who has “made the basket” or three points if shot from behind the three point line. When this occurs the other team must take the ball out behind their end line, then throw it back into play. The referee does not need to touch the ball or blow the whistle after a score but signal a successful basket helpful to the people recording the scores on the scorebench.

After a score the ball is returned into play from behind the end line.

The job of the official when the ball is in play is basically to protect the rights of both the “offensive” and “defensive” players. Essentially, all players should be able to move or stand anywhere they like on the court providing they do not displace an opposition player in doing so.

A fair degree of contact between players occurs in any basketball game but the referee needs only to get concerned about it when the player causing the contact gets some sort of advantage out of it. If this happens a “foul” has occurred and the referee then must make a decision.

The foul is recorded next to the player’s name on the scoresheet. Any player who gets five fouls is no longer able to participate in the game.
If a player is fouled in the act of shooting, and the shot misses, the shooter is awarded two free throws or three free throws if the shot was taken beyond the three-point line. If the shot counts, the shooter is awarded one free throw.

When free throws are awarded the player who was fouled must take them. The player stands behind the free throw line while the teams line up and is handed the ball by the referee.

The players lining up on either side of the foul lane may rebound a missed shot as soon as the ball leaves the foul shooters hand. During a free throw each of the spaces adjacent to the end line must be occupied by the defense. The free throwers team members may occupy the next spots along and one further defensive player may occupy the third spot.

A successful foul shot scores one point. After the first foul shot the ball is returned to the foul shooter by the referees. After the second shot the ball is in play. If it misses the game proceeds as it would after any missed shot with both teams attempting to rebound the ball. If the second shot goes in the team not shooting the foul shot takes the ball behind the end line and throws it into play (just as after a successful basket in normal play).

If a foul is made on an offensive player who is not shooting, the penalty is to increase the defense’s foul tally and the team with the ball returns it back by throwing it in from outside the line near where the foul occurred.

However, if a team has committed more than four fouls during a quarter then each foul by the defense is penalised by awarding two shots to the opponent.

**Offensive Foul**

If a player makes a foul when the player or a teammate is in possession of the ball, the offender’s foul tally is increased and the team loses possession of the ball. The other team throws it in from behind the sideline level or the end line to where the foul occurred. Foul shots are never given for these “team control” fouls.

A big job for the referee is to get the game going and protect the rights of all players. The team with possession of the ball has certain restrictions as to what they can do when moving with the ball. Infringements of these ball movement rules are called violations and the team loses possession of the ball. The other team gets the ball from out of bounds in the non-shooting foul situations.

**The referee handles the ball after all violations and fouls.**
Jump Ball
When two opposing players both have equal possession of the ball, rather than allowing a tug-of-war to proceed where inevitably a foul will occur, the referee should blow the whistle to end play and call a jump ball. Possession of the ball is determined by the directional arrow. NOTE: There is only one jump ball per game and that is at the start of the game.

Time Outs
Teams can have two time-outs in the first half and three time-outs in the second half, called by the coach. The referee must wait until the ball is out of play, after the opposition scores or on any whistle before allowing time out, which is a full minute long.

DECISION
This is the easiest yet in many ways the hardest skill for a referee to learn. Blow the whistle confidently, indicate the problem then advise the scorebench of your decision. There are so many grey areas in a game that it is inevitable that you will occasionally make an error and not see it precisely as it occurred. Since half the people may be unhappy at whatever your decision is anyway, do not let self-doubt bug you. The important thing is to do your best to reach the correct decision then sell it. If something happened that you think is against the rules, stop the game by blowing your whistle, sort it out by firmly declaring your decision then get on with the game.

A beginning referee has a hard time blowing the whistle at first because it draws attention and magnifies natural self-consciousness. The referee may also feel even more awkward if unsure of their own ability to recognise fouls and violations. However, no-one else need be aware of these self doubts if the referee remains calm, blows a sharp, short whistle and then handles the taking-of-the decision part with confidence.

A referee is greatly aided through the ability to “sell” decisions by learning the basic signals that communicate decisions to everyone in a professional, calm way. If you do not know the signal – use your voice.

“Call ‘em as you see ‘em” is a pretty good philosophy for a referee to abide by. Do not anticipate or call what you think might have happened: If you are a witness, call it; if not, do not guess.

VIOLATIONS
There are certain restrictions regarding the movement of the ball which referees should be aware of:

Out of Bounds
Firstly, the ball must be kept in the playing area. The ball goes out-of-bounds when it touches the sideline or the end line or anything outside of them (including players). The player who causes the ball to go out of bounds has made a violation and the opposition team gets the ball for a throw-in from where the ball left the court. When the ball goes out-of-bounds, blow the whistle and point the offensive direction of the team to get the ball.
**Pivoting and Travel**

A player holding the ball has three options: to pass, dribble or shoot it. While the player is deciding which option to use, the player’s movement is restricted to one spot on the floor. One foot must remain on the same spot. The player can spin around that foot (called the pivot foot) in a pivoting action but cannot lift that foot off the floor unless passing or shooting. The referee should watch to ensure one of the player’s feet remains in contact with the floor if the player is not passing, shooting or dribbling. A player who changes has committed a traveling violation.

Blow the whistle and signal the travel.

*Legal method of starting a dribble.*
*The ball leaves the hand before the foot is lifted.*

*It is legal to lift the pivot foot to shoot or pass.*

*It is not legal to lift the pivot foot to start a dribble.*

If the player wishes to pass or shoot, the pivot foot can be lifted and a step taken in a continuous motion but the player must release the ball before the one step becomes two and the pivot foot comes back to the floor. To dribble the player has to have released the ball out of the hand in the bouncing action before lifting the pivot foot. While continuing to dribble the footwork is of no concern to the referee at all.

*In this sequence number 6 performs a stride (two count) stop. After gaining possession of the ball in the air or picking up a dribble in mid-stride, number 6 lands with a two count, first his right foot, then he steps forward with his left to stop his momentum or balance up. Make sure the right foot stays on the spot unless the player goes on to pass or shoot.*
Number 8 picks up his dribble in mid-stride or receives a pass while in the air. The first foot to hit the ground becomes his pivot foot. Since he is shooting he is allowed to pick up his pivot foot and take another step. As long as number 8 releases the ball by shooting or passing before coming to the ground again this is a legal move.

The key to a legal dribbling action is that the ball is tapped or pushed to the floor with only one hand and that hand should be on the top half of the ball. A player cannot carry the ball – that is, let it come to rest in their hand. To do so is a violation. It is also a violation to dribble the ball with two hands at once.

As soon as the ball is taken up in two hands, that ends a player’s dribble and the pivot foot restrictions come into force. A player who ends their dribble cannot dribble again so they must either pass or shoot. Violations of this sort are illegal dribbles. Blow the whistle and signal.

This is a common example of a “carry” violation. In frame 1 no. 4 is dribbling normally. In frame 2 he places his dribbling hand on the underside of the ball in order to make a very sharp change of direction. In doing so he has virtually carried the ball in pushing it to the new direction (frame 3) where he continues his dribble (frame 4).

There are quite a few other violations, which you can pick up as you gain experience. You will probably hear the phrase “How long in there?” very early on in your refereeing career.

Offensive players cannot be in the restricted area for more than three seconds at the time (N.B the restricted area is the key way area from the free throw line to baseline). The younger the players the less notice you need to take of this particular rule.

As was said, there are other violations that are described in the rulebook; however, you do not need to know them just to survive.
FOULS

Most of the fouls, which occur in a game, involve the person with the ball and the majority of them are pretty obvious. Basically, an opponent cannot touch the player with the ball unless it’s on the hand holding the ball. Hacking contact with the arms, holding, pushing, tripping etc are fouls. Focus on situations where there are body collisions between an offensive and a defensive player. Remember, the defensive player has a right to be at any spot on the floor and is under no obligation to move just because the ball carrier wants to go through. The defensive player cannot use arms or legs to impede the ball carrier, but if the centre of the body is in the offensive player’s way, the offensive player fouls if the player runs into the defense (offensive charging foul). If the contact is very minor, however, just ignore it providing the offensive player seeks to find a new path.

When No.8 contacts the dribbler with his extended arm then this is a “holding foul”.

No. 8 has taken a legal guarding position in the path of the dribble. Number 4 must avoid contacting the trunk of number 8.

The only time this isn’t true is when the player with the ball is in the air. Once they have left the ground they must be allowed a place to land providing their path was clear at take off. This means a defensive player cannot move into the offensive player’s path after they have left the ground. If the defender was in position before the player left the ground they have a perfect right to be there.

You should watch carefully when a player is taking a shot. Even very slight contact is liable to put off a shooter and fouls should be called. At the same time remember defensive players have the right to an established position and may legally lift their hands straight above and even jump straight up. If the defender is stationary in this vertical position and a bit of “chesting” occurs or the shooter comes into contact with the defenders hands or arms, this is the offensive players problem. Defenders in these situations are within their rights and it is normally a play-on decision. Of course, the defensive player may also block the shot but if arms move out of the vertical, contact is illegal.
Two different perspectives of the same play-action.

On the right the referee has his vision of the potential contact areas blocked by the body of the shooter, no. 4.

However, on the left the referee has hustled to a position where he can see between the two players, and has no problem in detecting the illegal contact of the defensive player.

When the shots are going up it is very important to get a vantage point where you can see where the potential areas of contact are.

Fouling can occur away from the ball as well. Players use their hands to push past an opponent or hold a player with an arm or leg to try and stop them from moving. Players can establish a position in another’s path but they have to be at the spot first and should be stationary. An offensive player can block or screen a defender providing they have established a stationary position. Offensive and defensive players have equal rights but because of the nature of the game most of the fouling tends to be done by the defense.

This is simplifying the situation a bit but it is the basic idea of what you should keep and eye on.

These are the signals for the basic FIVE fouls.

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<td>a defensive</td>
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<td>guarding position</td>
<td>interferes with</td>
<td>progress of an</td>
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<td>opponent by</td>
<td>where contact is</td>
<td>his freedom of</td>
<td>opponent who has</td>
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There is a sequence in which signals should be given but to start off just worry about letting the person who fouled know what you called on them (if you do not know the signal–tell them). Also make sure the score bench knows who the foul is on so that it can be recorded against their name.

Make sure you blow your whistle – that’ll stop the action and give you everyone’s undivided attention to indicate what happened.

Whenever a foul occurs, the official responsible for the play must:

1. Blow the whistle once and simultaneously stop the game clock with the arm raised straight (not a bent arm action) and a clenched fist.

2. Make sure that the player is aware he is being charged with the foul by pointing to his waist with a straight arm, palm facing the floor. Where free throws are awarded, indicate how many.

3. Move towards the scorer’s table, taking a position so that the scorer has a clear and unobstructed view of you, approximately 6 to 8 metres.

4. Signal very clearly and slowly the number of the player who has committed the foul. It is advisable to ‘hold’ the signal for a couple of seconds, as it is vital that the scorer records the correct number.

5. Next, indicate the type of the foul.

6. Complete the communication procedure by indicating the number of free throws or the direction of play that is to follow.

7. On completion of the signals the official who made the call goes to the trail position.
COMMUNICATION

This booklet is intended for those starting out in refereeing at the local level. The more unskilled the players, the more fouling and violations are likely to occur. This can make things tougher for a novice referee. However, the referee isn’t out there to catch every little thing. They are there so people can have an enjoyable game of basketball. If the skill level is low, and both teams are making the same sort of mistakes – let the unimportant mistakes go.

Certainly, if there’s too much fouling, you’ve got to establish control by making the calls so that tempers don’t flare. With young players, the referee may adopt almost a teacher’s role. Saying something in passing like, “be careful not to move your pivot foot” is a lot more constructive sometimes than whistling the player for a violation. Of course, if the player is getting great advantage out of his travel then you have to blow it, but usually this is not the case. The three seconds rule is another that needs enlightened enforcement. Very small children cannot possibly hit a shot from outside the restricted area, so; consequently, they tend to spend a lot more time in there. Say something like “don’t stay in there too long” when they linger but don’t blow the whistle unless your caution goes unheeded.

In many games you quite possibly could call a foul or violation every trip down the court—don’t!

Pick the significant ones, let the rest go.

Give little coaching asides but, basically, let them play and have fun.

Be aware of the level of competition. The more experienced the players; the more flexible you may be with your calls.

You’ll probably run into a few of coaches who carry on like it’s the World Championships. Communicate to them your interest in providing an enjoyable, calm environment for the kids to play in. They may not buy it but stick to your guns. Again, it really is a matter of recognising the level of the competition and the relative importance of the contest. Young kids, in particular, are pretty keen to have a good game. Providing you aren’t intimidating and are making an honest effort and take your decision in a positive manner, they’ll respond well to your refereeing. Remember they probably know less about the game than you do!

Keep practicing your officiating and remember to enjoy refereeing basketball!