

OFFICIALS SIGNALS

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	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	10 SUBSTITUTION (blowing 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	14 TRAVELLING Rotate fists	15 ILLEGAL DRIBBLE OR DOUBLE DRIBBLING Patting motion
16 CARRYING THE BALL Half rotation, forward direction	17 THREE SECONDS Arm extended, show 3 fingers	18 FIVE SECONDS Show 5 fingers	19 EIGHT SECONDS Show 8 fingers	20 TWENTY-FOUR SECONDS Fingers touch shoulder	21 BALL RETURNED TO BACKCOURT Wave arm, index finger pointing	22 DELIBERATE FOOT BALL Point finger to the foot
23 OUT-OF-BOUNDS AND/OR DIRECTION OF PLAY Point finger parallel to side lines	24 JUMP BALL SITUATION Thumbs up followed by point finger in direction of possession arrow	28 No. 7 Show 7 fingers	35 No. 14 Show 14 fingers	37 ILLEGAL USE OF HANDS Strike wrist	38 BLOCKING (offence or defence) Both hands on hips	39 EXCESSIVE SWINGING OF ELBOWS Swing elbow backwards
40 HOLDING Grasp wrist downward	41 PUSHING OR CHARGING WITHOUT THE BALL Imitate push	42 CHARGING WITH THE BALL Clenched fist, strike open palm	43 BY TEAM IN CONTROL OF THE BALL Point clenched fist towards basket of offending team	44 DOUBLE Wave clenched fists	45 TECHNICAL Form T, palm showing	46 UNSPORTSMANLIKE Grasp wrist upward
47 DISQUALIFYING Clenched fists	48 ONE FREE THROW Hold up 1 finger	49 TWO FREE THROWS Hold up 2 fingers	50 THREE FREE THROWS Hold up 3 fingers	56 ONE FREE THROW Index finger	57 TWO FREE THROWS Fingers together	58 THREE FREE THROWS 3 fingers extended on each hand

So
they've
asked
you to
Referee.....



**FIBA
OCEANIA**

We Are Basketball

This booklet is an introduction to the rules of basketball based on the FIBA rules. It is not intended to replace the official rule book. It is essential that every referee obtains a copy of the official rule book and have a complete understanding of the rules.

Please consult your local competition rules as timing regulations, time out rules, uniform rules may vary from the FIBA regulations.

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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 during playing 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. Many 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 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 opposing 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 charged time-outs in the first half, 3 time-outs in the second half and 1 time-out in each period of extra time. The length of a time-out is 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 asst. 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. *Exception: when a defensive goal tending or interference violation is called.*

After a basket is scored in the last 2-min 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.

The free throw shooter may be substituted if the last free throw is successful or the ball becomes dead after the last free throw. The other team is also entitled to one substitution.

Substitutions are not permitted once the ball becomes alive (at disposal of player on free throw line or out of bounds).

The Scoresheet

Completing Names and Recording Fouls, Time-outs

Players' names are recorded in the spaces provided. Also include coach's name (& asst. coach). Fouls are recorded as shown by the table.

PLAYER'S NAME	No	1	2	3	4	5
R.SMITH	4	⊗	P			
F.McKENZIE(cap)	5	X	P ₂	U ₂		
J.HALLIDAY	6	X	P	P ₁		
K.BROWN	14		P	P _C	T ₁	
J.DONALD	15	⊗	P			
S.BARRETT	Coach		C ₂	B ₂		
T.FRAZER	Asst.Coach					

⊗ for starting five X when sub. enters the court.


X = Time-outs
 XX = X - Used Time-outs
 = - Unused Time-outs


Team Fouls
 XXXX 4 Cross out team fouls up to 4 fouls per period

- P - Personal Foul (No free throws)
- P₁ - Personal Foul (1 free throw)
- P₂ - Personal Foul (2 free throws)
- P₃ - Personal Foul (3 free throws)
- U₂ - Unsportsmanlike Foul (2 free throws)
- T₂ - Technical Foul (2 free throws)
- D₂ - Disqualifying Foul (2 free throws)
- C₂ - Coach T - Foul (2 free throws)
- B₂ - Bench T - Foul (2 free throws)
- P_C - Personal Foul (penalty cancels)

Recording Scores

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

Mark the score  for a field goal

 For a free throw

For a 3 point goal, circle the player's number.

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 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 scoresheet is complete the umpire signs the sheet and the referee then checks and signs the sheet.

	A	B
	1	1
8	1	2 11
	3	● 14
6	1	● 14
	5	5
	6	6
10	7	7
10	● 8	9
9	● 9	
	10	10 11
	35	25 10
10	37	● 11
	37	37
8	38	38
	39	39
	40	40

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.

Signaling 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 goal scored - signal #4

Out of Bounds - The nearer official is responsible for **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 backcourt with less than 8 sec to progress to the frontcourt, advise the player out of bounds how much time remains

Jump Balls - At the beginning of the game the referee takes 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 practise tossing the ball for a jump ball. The ball should be thrown up straight and higher than either player can reach when jumping.

Free Throws - The position of the officials are shown on the diagram showing the restricted area (on page 3). Official [R1] takes a position at the intersection of the free throw line extended and the 3 point line, R1 is responsible for giving the correct free throw signals (#56, #57, #58) and awarding successful free throws (#1). Official [R2] 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 4 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 (and blow 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 (except on defensive basket interference) the goal must be cancelled (#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 (6m-8m from the score table) before signaling 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 position as shown [X] on page 9. After a time-out or substitution check that each team has 5 players and recommence the game as soon as possible

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 2 (or more) opponents have one or both hands firmly on the ball so that neither can gain control.

Jump Ball Situations

Jump ball situations occur for the following:

- * simultaneous (or unknown) out of bounds
- * ball lodges between the backboard and the ring
- * double foul or fouls involving equal penalties (with neither team entitled to possession)
- * held ball
- * both teams violate a missed last free throw
- * game is stopped with neither team in control

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 midcourt opposite the scoretable.

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 along the free throw lanes

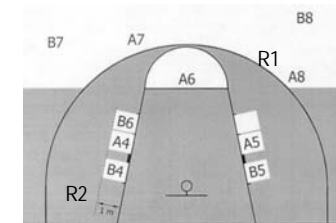
- maximum 3 defensive [B1, B2, B3 or B4] and 2 offensive players [A2 and A3] may occupy the rebound positions as shown.
- players may only occupy positions they are entitled to.
- may not enter the restricted area until the ball has left the shooter's hand.

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.



MECHANICS OF REFEREEING

Free Throw Violation

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 - the game recommences using alternating possession.
- if successful*
- * violation by the shooter - cancel the basket - opponent's ball out of bounds.
 - * violation by team-mate or opposition - one point and ignore the violation.

During a free throw to be followed by another free throw

- if successful*
- * violation by the shooter - cancel the basket and complete the free throws
 - * violation by team-mate or opposition - one point and ignore the violation.

Defaults - A team with less than two players left on the court **defaults** the game. If the non-defaulting team is ahead at the time, that score is the final result. If the non-defaulting 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: 15min half time, 2min after first and third period (before extra periods).

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

Game Clock

- * Jump Ball >> when the ball is legally tapped.

STARTS

- * Out of bounds >> when the ball touches a player on the court.
- * Missed last free throw >> when the ball first touches a player on the court.

Game Clock

- * When the official blows the whistle

STOPS

- * When a field basket is scored **and** the opposing coach has requested a charged time-out.
- * When a field basket is scored in the last 2 min 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 endlines, 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 when they contact 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.

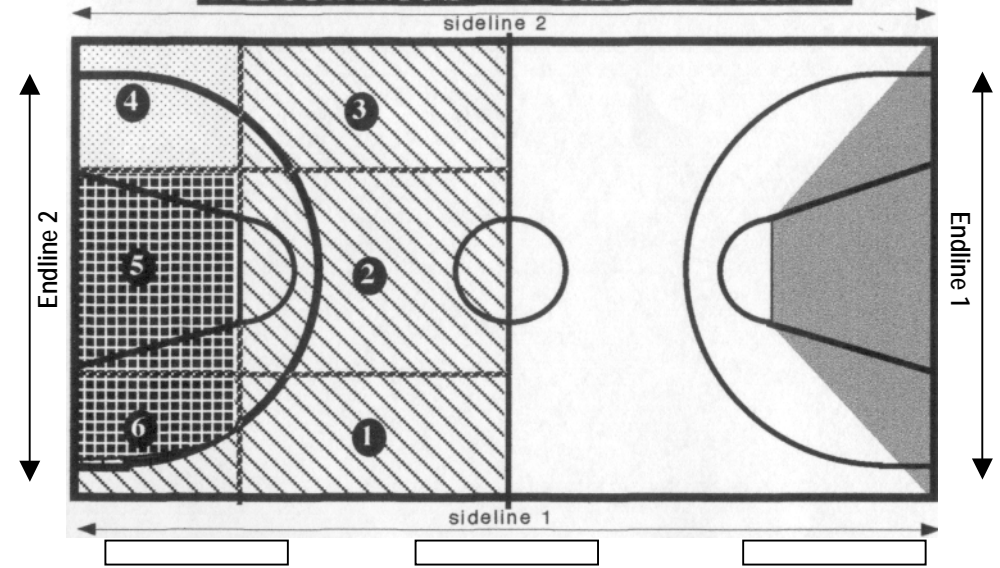
Throw in from Out of Bounds

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 1m. #
- 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.

If the distance out of bounds is less than 2m, all other players on the court shall remain at least 1m from the player out of bounds.



COURT COVERAGE

Sidelines and Endlines - During the game one official is responsible for sideline 1 and endline 1 while the other official is responsible for sideline 2 and endline 2.

An out of bounds call should only be called by the official responsible for that sideline or endline. If an official is unsure of who caused the ball to go out of bounds, the other official may help.

Switching on Fouls

Officials switch their positions if a foul is called on a team in their backcourt.

Lead and Trail Positions

- The official ahead of the play (on the endline) is called the **Lead Official**. This official is responsible for watching the activity on and around the ball when the ball is in area 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 backcourt.
- 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 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.



Trail Official



Lead Official



Both Officials
(Shared Responsibility)



If a violation or foul occurs in this shaded area, the ball is inbound from the endline. Except: if a goal / free throw is cancelled, violation by free the throw shooter or an offensive basket interference, the bail is inbound on the sideline (free throw line extended)

FOUL PENALTIES

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

- 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. {see definition of act of shooting}
- 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, (unless a defensive foul is called and this makes more than 4 team fouls in the period).
- Unsportsmanlike Foul
Act of shooting
- a goal scored is awarded, plus one free throw, plus possession at midcourt.
 - shot for goal misses - 2 (or 3) free throws, plus possession at midcourt.
- Not in the act of shooting
- 2 free throws, plus possession at midcourt.

Disqualifying Foul

Same as for unsportsmanlike fouls. In addition the disqualified player or coach shall go to the changeroom 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**
- on a player - 1 free throw plus possession from midcourt.
 - on a coach - 2 free throws plus possession from midcourt.

A technical foul during an interval of play (before the game, intervals between periods) shall be penalised with two (2) free throws. After the free throws the period shall commence with a jump ball (1st and 3rd) or by using alternating possession (2nd and 4th). 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. (except for 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. If a valid field goal is scored the ball is awarded to the opposition from the endline.

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 - must leave the court immediately. The substitution must be made within 30 seconds or a time-out may be charged.

After a field goal or successful last free throw the ball is put in from behind the endline (except following a technical foul or an unsportsmanlike foul).

The player may move along the endline or pass to a team-mate behind the endline, provided the ball is inbounded under the conditions given on page 4 (except #).

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.

Traveling (*Progression with the ball*)

Establishing a Pivot Foot

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

When a player receives the ball, they are 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 the 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 can be the pivot foot.

If both feet are off the floor and the player lands:

- simultaneously on both feet then **either foot** is the pivot foot.

or

- on one foot followed by the other then the **first foot** to touch is the pivot foot.

or

- on one foot, jumps and lands simultaneously on both feet. In this case **neither** foot can be 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.

Travelling is any infraction of these conditions

The centre line is a part of a team's backcourt

Return to Backcourt

A team with control of the ball in its front court (including out of bounds) may not cause the ball to return to the backcourt. The ball returns to the backcourt when it touches a player or the floor on 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 backcourt after the ball was **last** touched in the frontcourt by the player or a team-mate.

Goal Tending and Interference with the Ball

- 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.
- A **player** may not reach through the basket from below and touch the ball.
- A **defensive player** may not touch 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.

If on a shot for goal the referee blows the whistle, the 24 second signal sounds or time expires, all provisions of goal tending or interference with the ball shall still apply.

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.

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 a closed hand (fist).

Three Second Rule

A player, of the team in control of the ball on the court must not remain in the opponents restricted area for **more than three (3) seconds**. An allowance must be made for a player who:

- receives the ball, dribbles in and shoots for goal.
- is leaving the restricted area

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 Backcourt*)

A team in control of a live ball in its backcourt must cause the ball to go into the frontcourt within eight (8) seconds. The team receives a new 8 seconds each time they gain control of the ball in their backcourt. The ball enters the frontcourt when it touches the frontcourt or a player in the frontcourt.

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 on a shot for goal, the 24 second clock is reset when the ball hits the ring or a goal is scored or the other team gains control of the ball, or enters the basket.

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 **except** if the **same team retains possession** as a result of :

- the ball going out of bounds
- the game was stopped due to an injury to a player of the team in control
- the game was stopped by actions of the team in control of the ball
- a double foul

If the 24 second signal sounds in error the 24 second signal shall be ignored. If a team had control of the ball, the 24 second device shall be reset to 24 seconds. If neither team had control of the ball, the 24 second device shall be reset to 24 seconds when a team gains control of the ball on the court.

A team which fails to release the ball for a shot before the 24 second signal sounds, has committed a violation. The opponents shall be awarded the ball, out of bounds at a spot closest to where the violation occurred.

FOULS

Personal Foul involves 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.

Technical Foul involves unsportsmanlike behaviour by a player, coach or substitute.

- examples include
- disrespectfully addressing an official.
 - 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).

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 Fouls

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

Pushing occurs 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) occurs when a player uses his/her hand(s) to hit or strike an opponent in an attempt to play the ball.

Hand Checking – a defensive player may not contact an opponent with their hands or extended arms to gain an advantage

Blocking occurs 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.

Charging occurs when the player with the ball forcibly pushes (or moves) into an opponent who is in a legal guarding position. (*see guidelines below*)

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 rear and the outside edges of the arms and legs to the sides of a player in **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.

When judging a charging foul consider the following:

- Defensive player must establish a legal guarding position.
- 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).
- Defensive player may turn within his/her cylinder to avoid injury