FIBA

We Are Basketball

FIBA NATIONAL REFEREE CURRICULUM

LEVEL 1

LEVEL 1

FIBA NATIONAL

REFEREE CURRICULUM

LEVEL 1

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CHAPTER 1

INTRO

INTRODUCTION

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INTRODUCTION

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1 INTRODUCTION

This Level 1 training material has been divided into the 5 core categories of:

1. General Provisions
2. Violations
3. Fouls
4. Refereeing Knowledge
5. Basketball Knowledge

The training material promotes home study, so that you can work through it in your own time and at your own pace. Following this there is a face to face component that will assist your development as a basketball referee.

The key objective of this training module is to increase your knowledge and skills as a basketball referee and to support you to better your performance each time you take the court. Most significantly it will give you the opportunity to apply that learning and to put it into practice when you referee.

In addition to learning more about refereeing, this module will teach you about the game of basketball with sessions by an experienced team coach who will work with you to better understand teams and the offensive and defensive strategies they use during the game.

At the end of the course, participants will be assessed and will have to meet a minimum standard to pass the Level 1.

This training manual is a guideline that is provided to assist national federations in the training and education of officials. It is understood that some topics will require more focus and attention than others and the time allocated can be adjusted to suit the needs of the current skills and experience of the officials being trained.

Please note that this manual has to be studied along with the 2018 FIBA Official Basketball Rulebook (OBR) and Official Basketball Rulebook Interpretations (OBRI).

For example, "Reference OBR Art 12" refers to the article number 12 in the 2018 Official Basketball Rulebook (relates to the jump ball procedure).

1.2 GLOSSARY AND SYMBOLS

Basic terms you have to know before studying the material:

	LEAD REFEREE	The referee who leads the play up the court, in blue colour on diagrams. He can be called "Lead" or "L". The base of the triangle represents the facing direction of the Lead official.
	TRAIL REFEREE	The referee who stays behind the play, in green colour on diagrams. He can be called "Trail" or "T". The base of the triangle represents the facing direction of the Trail official.
	CREW-CHIEF	Crew-chief
	UMPIRE 1	Umpire 1
	DIRECTION OF THE PLAY	Direction of the play
	DIRECTION OF THE LEAD REFEREE	Direction of the Lead referee
	DIRECTION OF THE TRAIL REFEREE	Direction of the Trail referee

OBR	Official Basketball Rules
OBRI	Official Basketball Rules Interpretations
IOT	Individual Officiating Techniques: technical aspects of individual refereeing and how to referee the play using proper techniques
ACTIVE REFEREE	The referee who hands the ball to a foul shooter or a player for a throw-in, or to administer the jump ball to start the game
PASSIVE REFEREE	The referee who is not administering the free throw or a throw-in, or not tossing the ball during the jump ball in the start of the game
2 PO (2 PERSONS OFFICIATING)	An officiating concept where two officials are working on the game. The officials are Crew Chief and Umpire and they are working during the game in Lead and Trail position
BALL SIDE	This refers to the position of the ball. When the playing court is divided by an imaginary line extending from basket to basket, the side of the playing court on which the ball is located is called the "ball side"
OPPOSITE SIDE	This refers to the side of the playing court which is furthest away from the scorer's table
TABLE SIDE	This refers to the side of the playing court which is on the scorer's table side
PRIMARY COVERAGE	Area of responsibility and actions that the referee has to be able to cover always
ACTION AREA	Action area may involve players with or without ball. Knowledge on various play situations (pick & roll, post-ups, rebounding) will help referees identify action areas in their primary
MECHANICS	The technical aspects of refereeing i.e. how referees move, coverage, signals, administration of foul shots, jump ball situations, throw-ins etc

CHAPTER 2

GENERAL PROVISIONS

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GENERAL PROVISIONS

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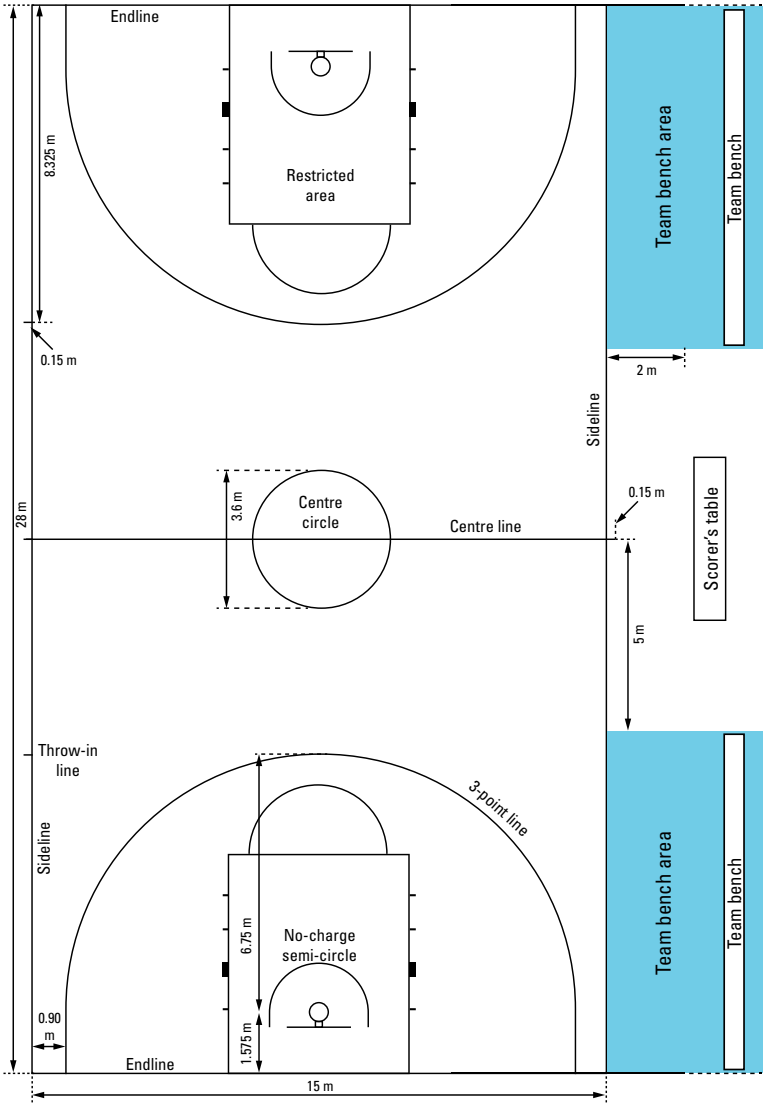
2.1. THE PLAYING COURT

Reference OBR Art 2



D1 - Playing court

2.2 TEAMS AND UNIFORMS

Reference OBR Art 4

A Team may have:

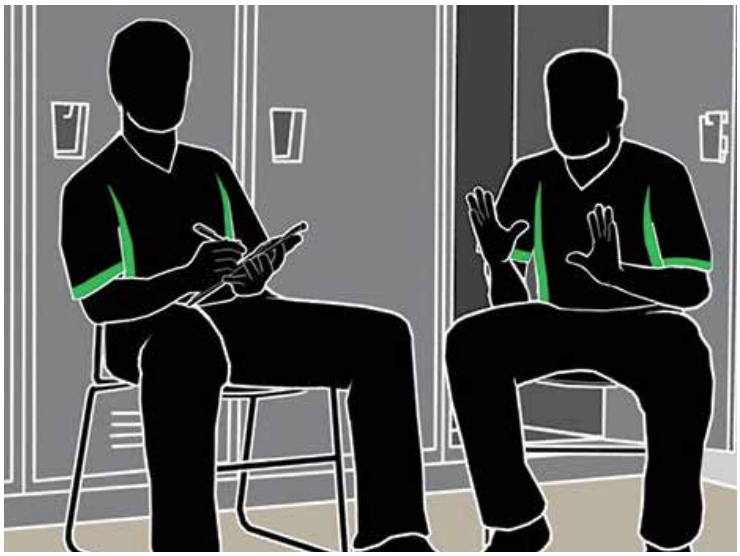
- 12 players in total
- A Coach
- An Assistant Coach
- A Manager
- Only 5 players are allowed on the court at any one time from each team.
- Singlets and shorts should be of the same dominant colour – front and back
- Numbers can be: 0, 00 and 1 to 99

2.3 PREPARING FOR A GAME

Be on time and early enough to get ready for the game properly. Please refer to the local applicable regulations to know how early you have to arrive.

Being early allows you time to get focused on the game, meet your partner and prepare for the game. Where time allows, it is best to meet with your partner to talk about the game and officiating. This is often referred to as a 'Pre Game Conference'. The concept is to ensure you and your partner are on the same page when officiating together. This promotes good teamwork and good officiating. Some tips on arrival.

- Check in with your Supervisor
- Check in and meet with with your partner
- Make sure you have plenty of water / fluids for the game.
- Review any local rules or regulations.



D2 - Referees' briefing in the locker room

D3 - Referee's uniform

The referee uniform consists of:

- A black whistle and a lanyard
- A referee shirt
- Black Referee trousers
- Appropriate black Footwear
- Black socks

2.4 STATUS OF THE BALL AND TEAM CONTROL

"The ball can be either live or dead"

Reference OBR Art 10 & 14, p18

During the game, the referee makes a number of decisions and central to these decisions is understanding who is controlling the ball and whether the ball is live or dead at the time a decision is made. This is a critical element as it informs the outcome of a decision made by the referee. For example, using IOT – active mindset looking for illegal actions, a referee may identify an illegal action. The next decision is who is responsible for causing that illegal action. Generally, it is either by the team with the ball during live play or with ball at their disposal (team control, therefore a team control foul) or by the defensive team (therefore a defensive foul). Additionally, consideration has to be given if the ball is live or dead at the time of the decision. As a basic understanding, during general play, the ball is considered to be live and when the game is stopped the ball is considered to be dead. OBR Articles 10 and 14 will outline the full rules associated with this topic and how to apply penalties based on the outcomes of your decisions in these circumstances.

2.5 PLAYING TIME

Reference OBR Art 8, p17

The game shall consist of 4 quarters of 10 minutes each, with intervals of 2 minutes between the 1st and 2nd quarter, and between the 3rd and 4th quarter.

The interval between the 2nd and 3rd quarter is a 15 minutes halftime.

If ever the score is tied at the end of the 4th quarter, then teams will continue to play a 5 minute overtime period until a team wins.

The playing time may vary according to the level and age category, please refer to the local applicable regulations.

2.6 JUMP BALL - ACTIVE AND PASSIVE OFFICIAL

"A jump ball occurs when an official tosses the ball in the centre circle between any 2 opponents at the beginning of the first quarter"

Reference OBR Art 12, p19

HOW TO START THE GAME

Positions at the start of the game:

The referee (crew chief) tossing the ball stands at the jump ball circle, facing the scorer's table. He checks to make sure his partner and the teams are ready to play.

The other referee (umpire) stands in front of the score table facing their partner.

D4, 5 & 6 - Jump ball toss

ACTIVE REFEREE'S TARGET:

To identify the different phases and correct techniques during the ball toss.

Jump-ball situations are and should remain as an exciting start to a game, but unfortunately sometimes the active referee is unable to toss the ball properly. Analysis indicate that 50% of the violations during the jump-ball are caused by the referee's poor toss of the ball. In other words, they could have been avoided. Tossing the ball is something that needs to be trained on a regular basis, unlike what is currently the case.It is crucial to understand that the jumpers are tense and will react easily on any movement caused by the referee. So therefore, it is crucial to avoid any unnecessary movements, making the tossing of the ball a surprise, yet in a seamless motion.

A checklist for a successful ball toss:

a) Players are tense – avoid any extra movements

b) Style of tossing the ball is irrelevant (two hands – low or high, one hand – low or high)

c) The most important is to have one solid upward - movement to toss the ball

d) Level of the ball at the start: the lower the ball is, the longer it has to travel to reach the "highest point"

e) Speed & intensiveness of the toss (lower starting point – more intensive and faster)

f) No whistle in the mouth when administrating the toss

PASSIVE REFEREE'S TARGET:

To identify the different tasks and techniques for non-administrating (passive) referees during the ball toss.

The passive referee has only very limited duties during the jump-ball situations. Even so, from time to time we will still witness obvious violations or administrating error(s) that are not officiated properly. A possible reason is that the passive referee is not ready to react to any illegal actions by the players or administrating errors by their partner. An active mindset is the key for appropriate coverage. The passive referee should remind himself (self-talking) to identify illegal actions and the proper procedures that follow in case they take place.

A checklist for successful coverage by the passive referee:

a) Call back the poor toss (too low, not straight, incorrect timing)

b) Call the violation if the ball is touched by jumpers on the way up (stealing the tap)

c) Call the violation if the non-jumpers are not staying outside the circle until ball is tapped legally by the jumper(s)

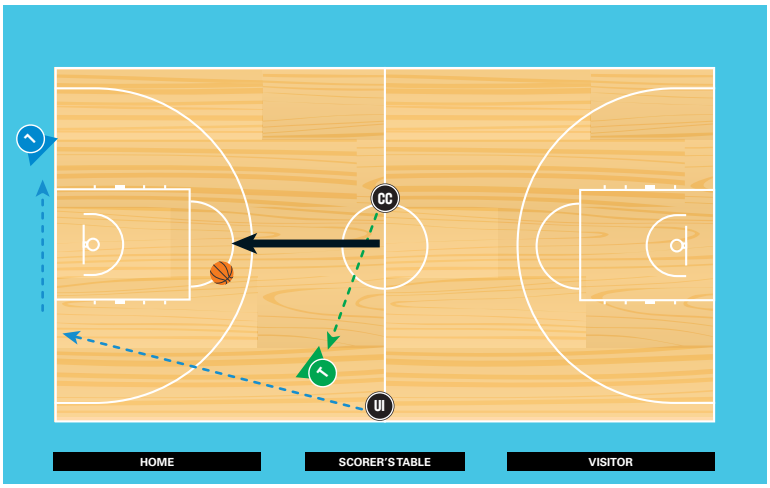
d) Controlling the game clock (10:00) and the shot clock (24') – ensuring they are reset where a violation is called before the ball is legally tapped

e) Ensuring that any throw-in as a result of a violation by the jumper is placed in the new frontcourt, close to the mid court line

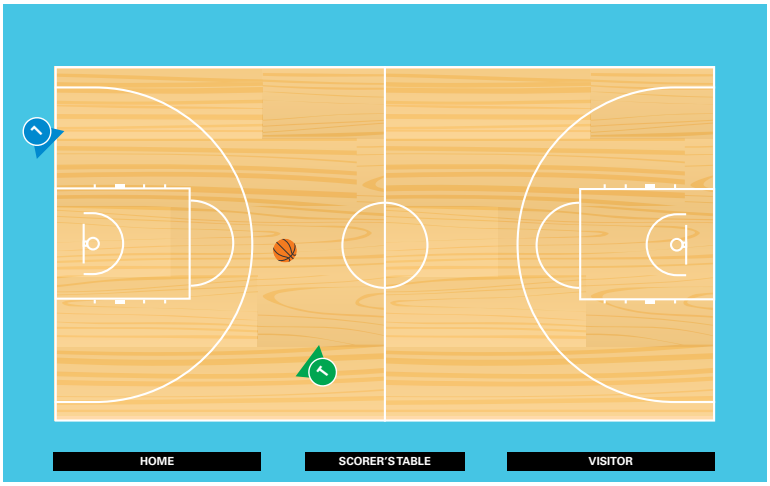
POSITION AFTER THE INITIAL JUMP BALL

The umpire runs in the direction of play towards the end-line and remains in front of the play. This is Lead.

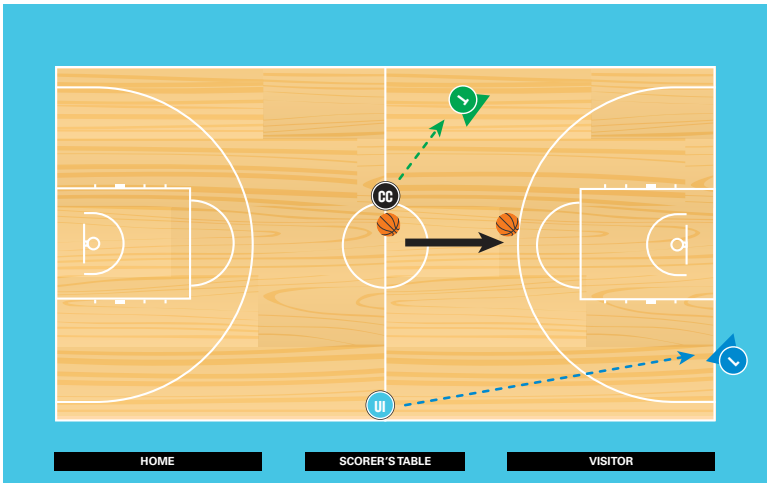
The referee tossing the ball follows the direction of the ball and remains behind the play. This is Trail.



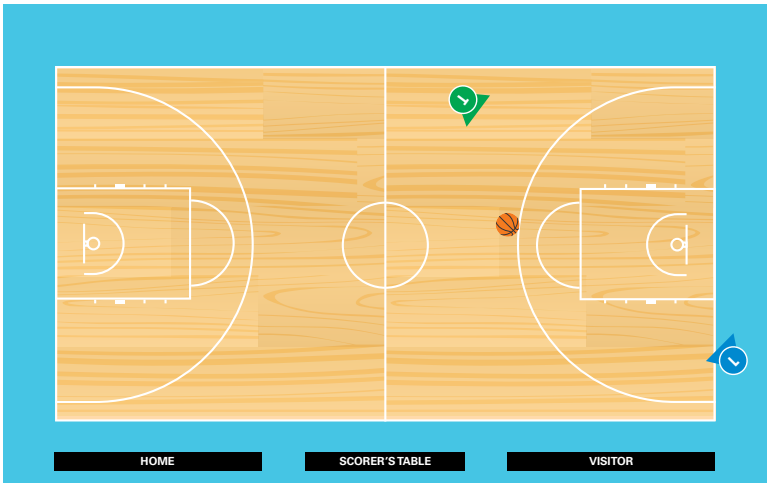
D7 - Ball goes left after jump ball



D8 - Position after jump ball / left side



D9 - Ball goes right after jump ball



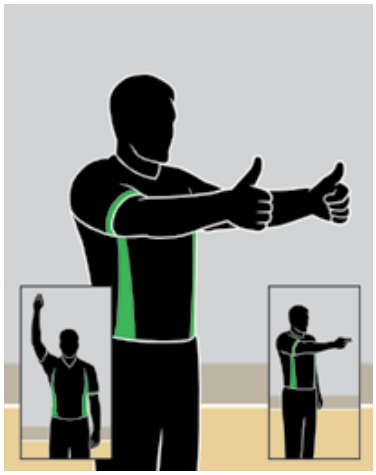
D10 - Position after jump ball / right side

JUMP BALL SITUATIONS DURING THE GAME

A jump ball situation occurs when:

- Ball gets stuck between the ring and backboard
- Two players from opposite teams are holding the ball (Held Ball)
- The ball goes out of bounds and the officials are in doubt.

When a jump ball situation occurs, the game is restarted for the team in the direction of the Alternating Possession Arrow.



D11 - Held ball / jump ball signal

2.7 PLAYER IN THE ACT OF SHOOTING

"The act of shooting:

- *Begins when the player starts the continuous movement normally preceding the release of the ball and, in the judgement of an official, he has started an attempt to score by throwing, tapping or dunking the ball towards the opponents' basket.*
- *Ends when the ball has left the player's hand(s) and, in the case of an airborne shooter, both feet have returned to the floor"*

Reference OBR Art 15, p21

The concept of the game is for one team to score more points than the other team to win the game. To achieve this, players are encouraged to attempt shots and to do so often with a variety of techniques; lay- ups, jump shots and dunks to name just a few.

Witnessing the skills of the athletes is obviously the largest part of the game and of course, remains as one of the most entertaining aspects for spectators.

Referees play a large role in ensuring the game is played fairly and that players can attempt to score baskets without illegal activity or if there is illegal activity it will be identified and actioned by the referees. The IOT principles are critical in assisting referees in identifying when a player has the ball in his hands and is attempting a shot for goal.

By identifying the concepts of when a player is in the act of shooting (as defined in OBR Article 15), a referee can apply the most appropriate outcome to any decision made regarding illegal or legal actions. Contact during the act of shooting can be a source of frustration or conflict with players if it is not officiated correctly.

By adopting correct IOT and understanding the principles outlined in the rule, together with accurately officiating this type of play, will no doubt help minimise any conflict that may arise. It further allows the referee to communicate with players and coaches more effectively about what he 'saw' and what he 'judged' and why a decision was made.

2.8 VALUE OF MADE GOAL

"A goal is made when a live ball enters the basket from above and remains within or passes through the basket entirely"

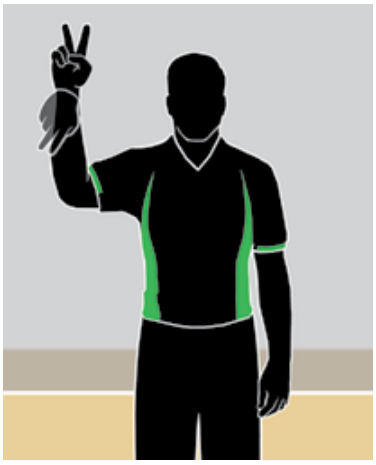
Goals can be worth 1, 2 or 3 points.

Reference OBR Art 16, p22

THE TRAIL REFEREE SIGNIFIES POINTS SCORED TO THE SCORER'S TABLE:

D12 - **ONE POINT** is awarded for a successful free-throw shot.

Signal: 1 finger, "flag" from wrist.



D13 - **TWO POINTS** are awarded for baskets scored within the three-point line.

Signal: 2 fingers "flag" from wrist.

D14 - **THREE POINTS** are awarded for a successful basket from outside the three-point line

Signal: 3 fingers extended One arm = attempt

Both arms = successful

2.9 THROW-IN ADMINISTRATION

"A throw-in occurs when the ball is passed into the playing court by the out-of-bounds player taking the throw-in"

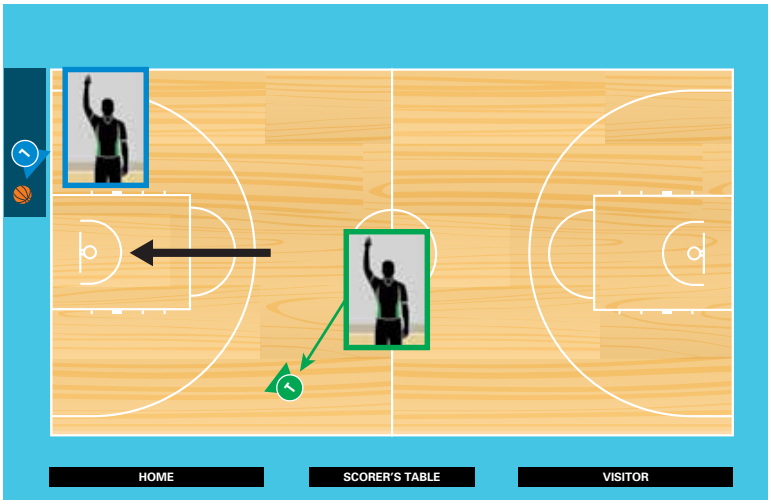
Reference OBR Art 17, p23

The throw-in administration should be an automatic (muscle memory) procedure. If done every time and with the proper technique, the referee will always be ready physically and mentally to cover the various types of play situations that can occur with a throw-in action.

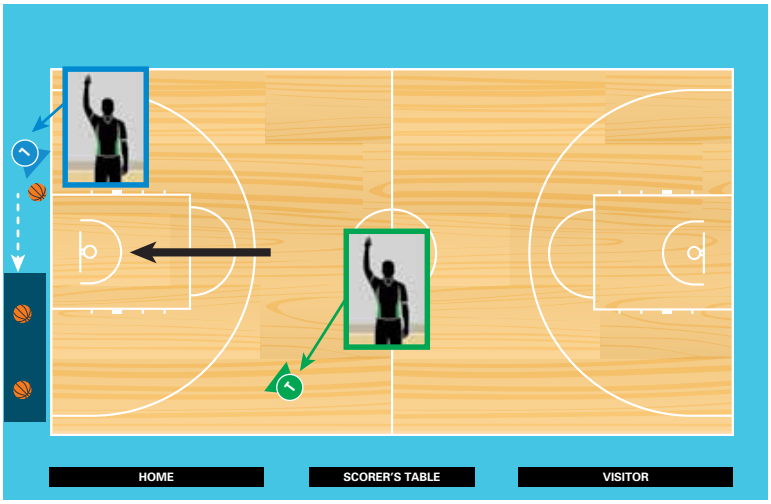
THE DIFFERENT PHASES OF THE CORRECT THROW-IN PROCEDURE:

- A player taking the throw-in:
- Has 5 seconds to throw the ball in
- Must stand outside the court area
- Must not move more than 1 metre sideways once the referee has given him the ball
- Can move directly backwards

POSITIONING OF THE REFEREES:



D15 - The Lead shall stay on the left-side of the thrower-in and not cross the imaginary central line.

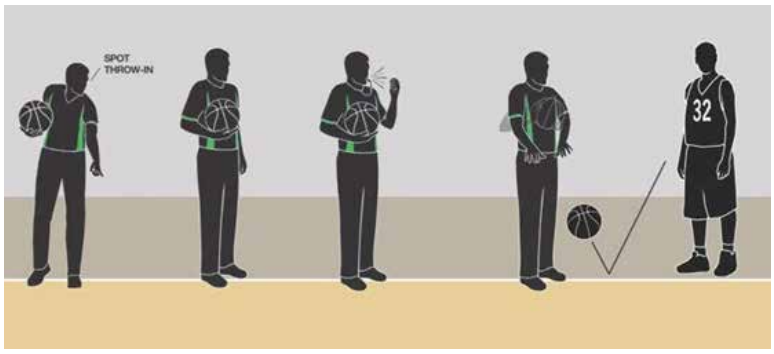


D16

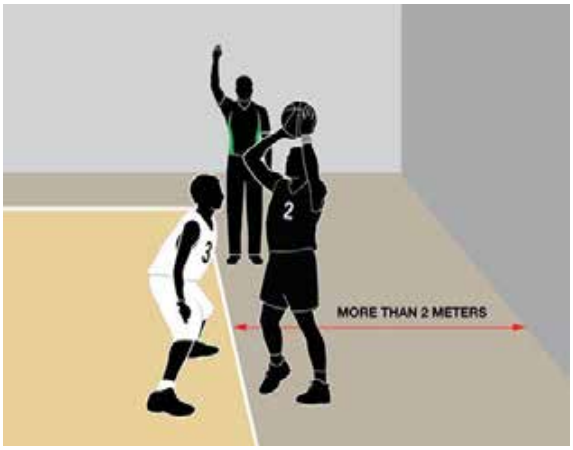
Checklist for the general throw-in procedure as the active referee:

1. The active referee shall designate the throw-in spot and use preventive officiating eg. “on the spot”, “stay” or “don’t move”
2. He shall take and maintain distance from the play, then put the whistle to his mouth while holding the ball
3. He shall blow his whistle ONLY if the throw-in is taken on the endline (and it is that teams front- court)
4. Then he shall make a bounce pass to the player in charge of the throw-in and observe the throw-in and action surrounding

THROW-IN SEQUENCE



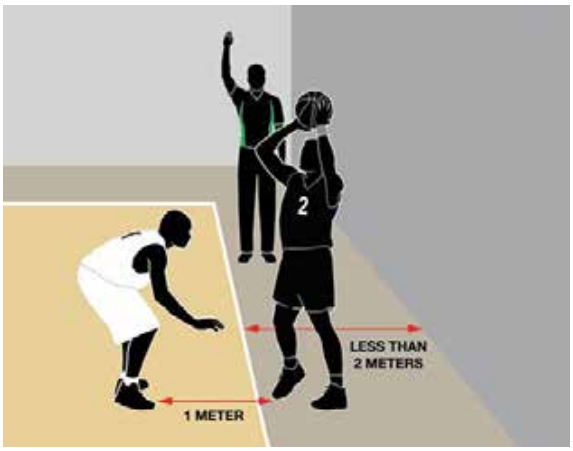
D17 - Throw-in sequence



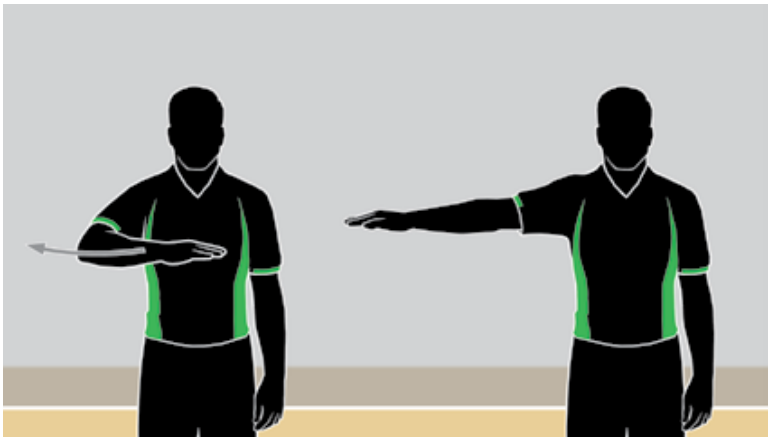
D18

A player who is defending:

- Must not touch the ball, or the player that is taking the throw-in
- Must stand behind the line
- Must stand 1 metre back from the line if the thrower-in does not have 2 metres behind them free from obstruction (D18 & 19)



D19



D20 - Then the referee should show a visible count (with verbal support) and start the clock when the ball touches a player on the court.

Signal: Visible count (counting while moving palm).

D21 - Start the clock

SIGNAL BEFORE THE THROW-IN WHEN 2 MINUTES OR LESS ARE REMAINING IN THE FOURTH QUARTER (AND OVERTIME):

D22 - This signal is a warning to prevent violations and delays of the game in the last two minutes.

If the defensive player commits a violation after this warning, it is a technical foul.

Signal: Illegal boundary line crossing (wave arm parallel to boundary line).

2.10 TIME-OUT PROTOCOL

"A time-out is an interruption of the game requested by the coach or assistant coach"

Reference OBR Art 18, p24

A time-out goes for 1 minute

Numbers of time-outs and opportunities:

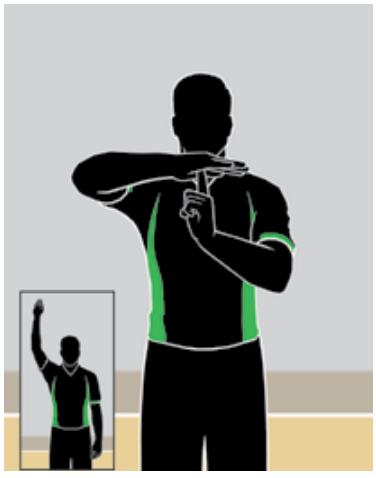
Each team can be granted:

- 2 time-outs during the first half
- 3 time-outs during the second half with a maximum of 2 when the game clock shows 2:00 or less in the 4th quarter
- 1 time-out during each overtime

A time-out opportunity begins when:

- The ball becomes dead and the game clock is stopped
- The ball becomes dead after a successful last free-throw
- For the non-scoring team, a field goal is scored

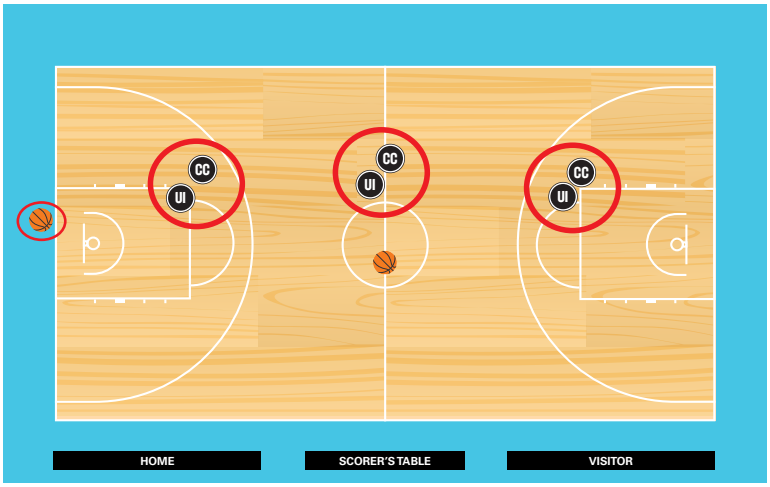
And it ends when the ball is at the disposal of a player for a throw-in or a first free-throw.



D23 - Time-out.

Signal: Form T, show index finger.

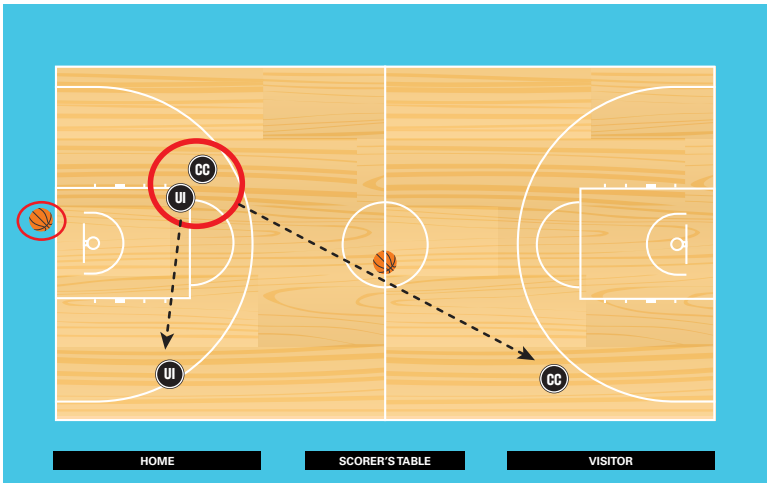
GENERAL TIME-OUT POSITIONS:



D24

Position during time-out.

Referees have three standard positions during the time-outs (always on the opposite side). They can select any of the three positions they feel are the most appropriate (Note: leave the ball on the court where the game will be resumed).



D25

Position after time-out.

When a time-out has 20 seconds remaining, the two referees will move close to the team bench areas in order to be ready to activate the teams to return back to the court when the 50 seconds warning signal sounds.

Last 2:00 minutes time-out protocol (where a team has the opportunity to advance the ball to the frontcourt):

When the clock shows 2:00 minutes or less in the fourth quarter and in overtime when the team requesting the time-out is entitled to possession of the ball from its backcourt:

Referees have three standard positions during the time-outs (always on the opposite side). They can select any of the three positions they feel are the most appropriate.

During the time-out, the ball is to remain in the hands of the crew chief (Note – this signals that a decision for the throw-in location is yet to be made).

When a time-out has 20 seconds remaining, the crew chief and the umpire will move close to the team bench areas. The crew chief will go to the team that is entitled to possession of the ball.

When the 50 seconds signal sounds the officials will activate the teams to return back to the court.

The crew chief will ask the head coach to decide whether the throw-in will remain in the backcourt or whether it will advance to the frontcourt. The crew chief will show a signal to the location of the throw-in by pointing to and moving to that location for the throw-in. The crew chief will normally administer the throw- in.

The Umpire will be responsible for ensuring the shot clock (if being used) is appropriately set.

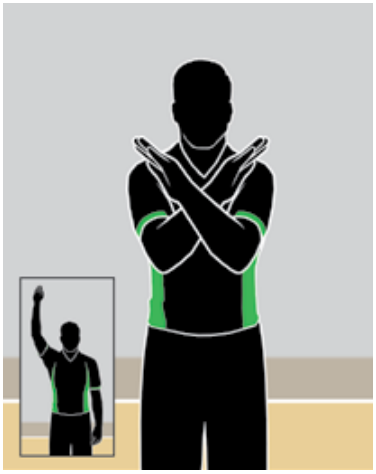
2.11 SUBSTITUTION

"A substitution is an interruption of the game requested by the substitute to become a player"

Reference OBR Art 19, p26

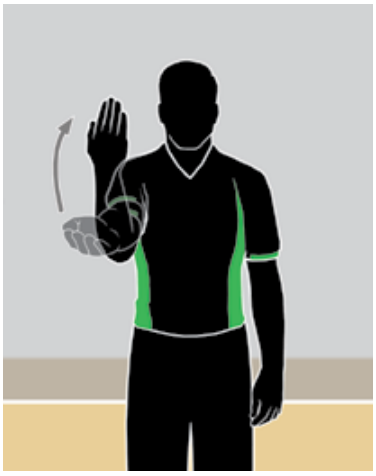
Can occur when the game is stopped; or

- After a successful 2nd free throw
- In the last 2 minutes of the last quarter, after a basket; the non-scoring team may request a substitution. If granted, the scoring team may also substitute a player.



D26 - Substitution.

Signal: Cross forearms.



D27 - Beckoning.

Signal: Open palm, wave towards the body.

2.12 SAFETY

When to stop the game:

- Player is injured or bleeding
- Floor is wet
- Another ball comes onto the court
- A small child has walked onto the court

CHAPTER 3

VIOLATIONS

CHAPTER 3

VIOLATIONS

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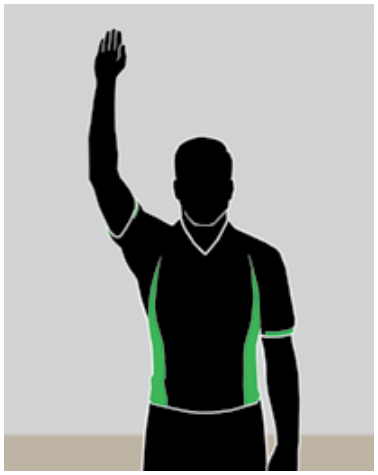
3. VIOLATIONS

"A violation is an infraction to the rules"

Reference OBR Art 22, p29



D28 - When it occurs, the referee shall blow his whistle to stop the clock.

Signal: Show the type of violation signal.

3.1 OUT-OF-BOUNDS

"A player is out-of-bounds when any part of his body is in contact with the floor, or any object other than a player above, on or outside the boundary line."

Reference OBR Art 23, p28

The ball is out-of-bounds when it touches:

- A player or any other person who is out-of-bounds
- The floor or any object above, on or outside the boundary line
- The backboard supports, the back of the backboards or any object above the playing court

D29 - Direction of play.

Signal: Point in direction of play, arm parallel to sidelines.

Remember that the location of a player is determined by where he is touching the floor, and if he is airborne, by where he last touched the floor (OBR Art 11, p19).

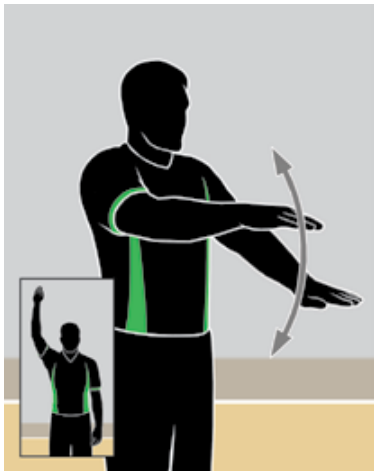
3.2 DOUBLE DRIBBLING / CARRYING THE BALL (OR PALMING)

Reference OBR Art 24, p29

DOUBLE DRIBBLING

A player shall not dribble for a second time after his first dribble has ended unless between the 2 dribbles, he has lost control of a live ball on the playing court because of:

- A shot for a field goal
- A touch of the ball by an opponent
- A pass or fumble that has touched or been touched by another player"



D30 - Double dribbling.

Signal: Patting motion with palm.

Remember that a player can *accidentally* lose and then regain control of a live ball *at the beginning or at the end of a dribble*, this is called a **"fumble"** and it is a legal action.

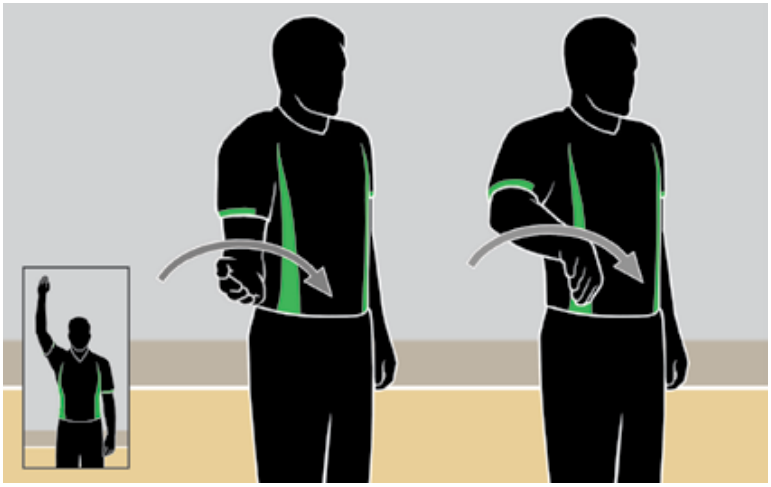
CARRYING THE BALL

Occurs when the dribbling player continues to dribble after allowing the ball to come to rest in one or both hands.

This is also referred to as 'palming' the ball becase the ball comes to rest in the palm of the hand.

D31 - Carrying the ball

Signal: Half rotation with palm.



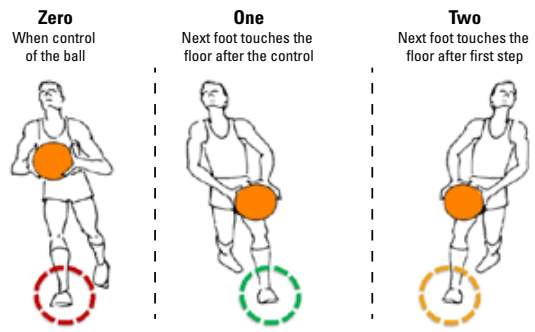
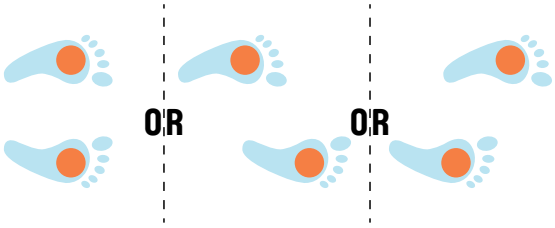
3.3 TRAVELLING

"Travelling is the illegal movement of one foot or both feet beyond the limits outlined in this article, in any direction, while holding a live ball on the playing court"

Reference OBR Art 25, p30

Players on the court move very dynamically, especially when they have the ball. Taking control of a ball or commencing a dribble can occur by a player from a stationary position or whilst moving.

Recent changes to the travel rule require greater attention and accuracy by referees in identifying the pivot foot of the player when they have the ball. The below diagram identifies the different cases:

THE PRINCIPLE – "ZERO STEP"	D32 - Using a term "Zero Step" is only for the sake of the clarity in training the referees. It is not mentioned in the rule text.	
WHILE STANDING WITH BOTH FEET ON THE FLOOR	D33 - A player who catches the ball with both feet on the floor.	

START DRIBBLE – STATIONARY LEGAL	D34 - To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).	
START DRIBBLE – STATIONARY ILLEGAL	D35 - To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).	

D36 - Travelling

Signal: Rotate fists.

3.4 3 SECONDS

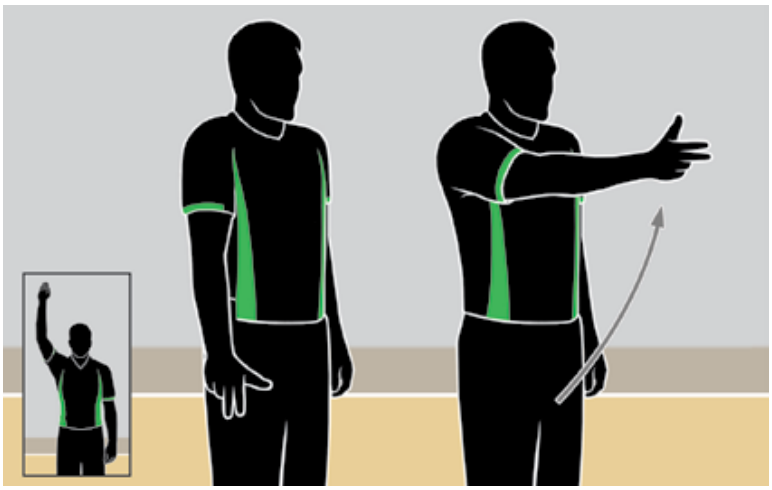
"A player cannot remain in his opponent's restricted area for more than three seconds"

Reference OBR Art 26, p31

Referees shall have in mind that there are allowances when a player who is in the restricted area:

- Makes an attempt to leave it
- Has one of his team-mates in the act of shooting
- Dribbles to shoot for a field goal after having been there for less than 3 consecutive seconds

D37 – Arm extended,
Signal: Show 3 fingers.

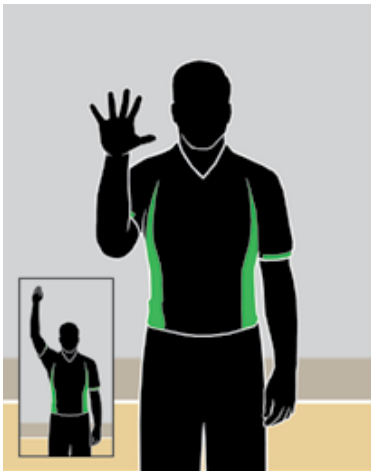


3.5 CLOSELY GUARDED PLAYER

"A closely guarded player must pass, shoot or dribble the ball within 5 seconds"

Referees are encouraged to referee the defence and look for illegal actions. This however cannot be at the expense of recognising active legal defence whilst closely guarding a player with the ball. In such instances, referees are encouraged to signal a visible count using the arm on the outside of the play, together with verbally supporting the signal.

By doing so, it is providing a visual image to other players and participants that a person with the ball is being closely guarded and if a five-second violation occurs, it does not come as a surprise when the referee makes the call.



D38 - 5 seconds violation signal.

Signal: Show 5 fingers.

3.6 8 SECONDS

Whenever:

- *A player in the backcourt gains control of a live ball, or*
- *On a throw-in, the ball touches or is legally touched by any player in the backcourt and the team of that player taking the throw-in remains in control of the ball in its backcourt,*

That team must cause the ball to go into its frontcourt within 8 seconds.

Reference OBR Art 28, p31

The Trail official is responsible for officiating the backcourt and for determining whether the team in control of the ball has caused the ball to go into their frontcourt within 8 seconds.

The Trail referee is encouraged to adopt the following procedures:

1. Check the game clock and shot clock to ensure it is running.
2. Where a shot clock is clearly visible to all participants, it is not necessary for the trail official to signal a visual count in the backcourt. Trail is still required to maintain a mental count. If a violation occurs, make the call when the shot clock is on 15 seconds.
3. Where a shot clock is not visible or not being used, the Trail official should signal a visible count with the outside arm whilst maintaining a mental count. Officials are encouraged to regularly practice their mental counting and to measure their mental count against a clock.

D39 - 8 seconds violation signal.

Signal: Show 8 fingers.

3.7 24 SECONDS

Whenever:

- *A player gains control of a live ball on the playing court,*
- *On a throw-in, the ball touches or is legally touched by any player on the playing court and the team of that player taking the throw-in remains in control of the ball,*

That team must attempt a shot for a field goal within 24 seconds.

Reference OBR Art 29, p32

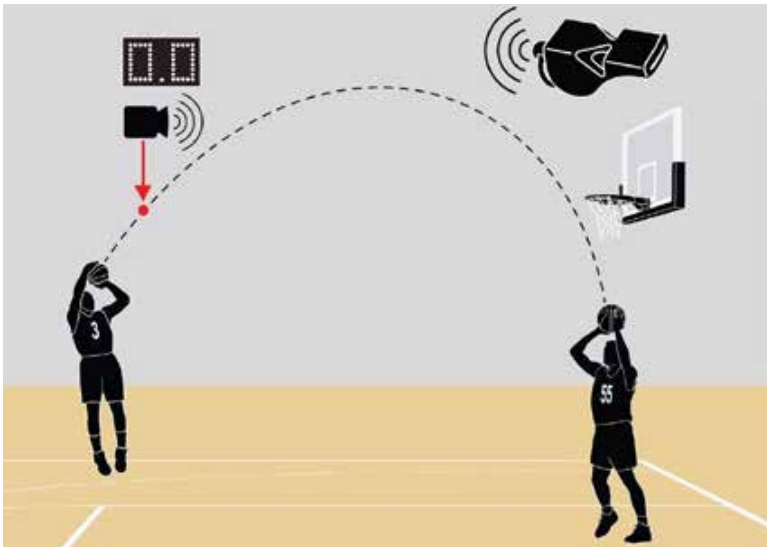
Prior to the commencement of the game, referees are encouraged to check all equipment and, in particular, the shot clock and associated equipment if there are any.

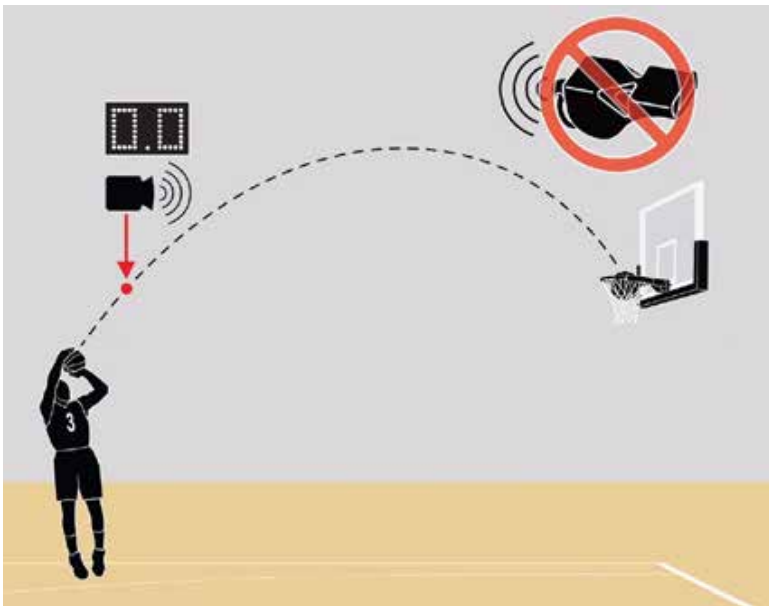
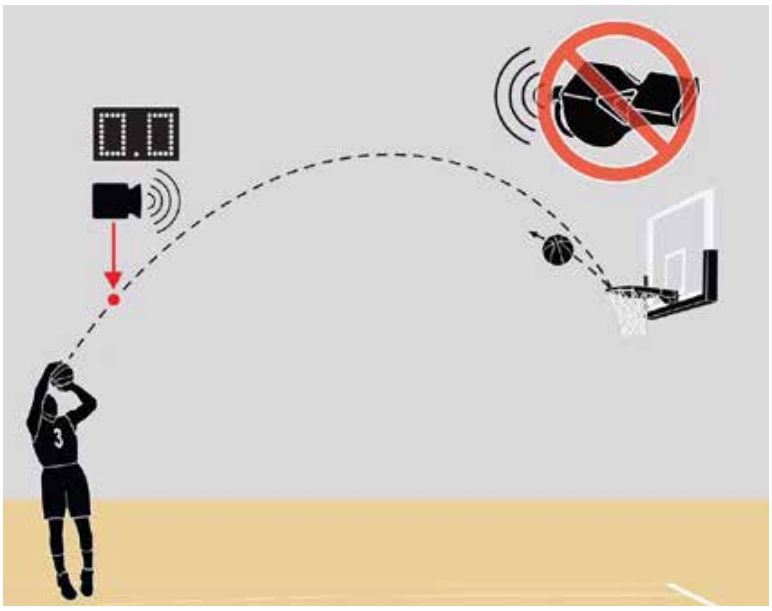
In general, it is the responsibility of the Trail to call shot clock violations. The Trail should be mindful of the shot clock, especially when it counts down below 10 seconds, meaning the team in control of the ball is likely to shoot the ball very quickly.

Of course, there are some countries where local rules apply to shot clocks and whether they are even used at all. Referees should adapt to the local playing rules.

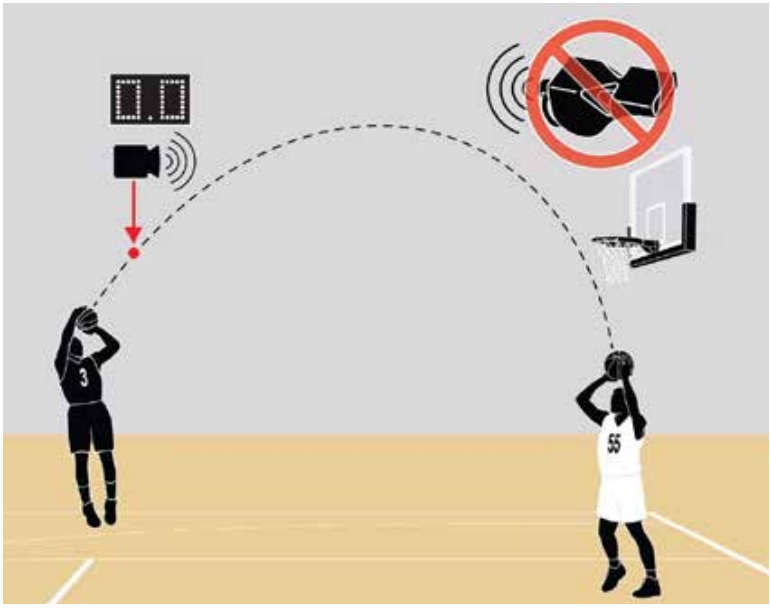
For countries that enforce the shot clock rule (but there is no shot clock available for that court), the most practical solution would be that the referee who is in front of the scoreboard (generally the Trail) should count and announce clearly by using his voice when there are only 10 seconds left to release the ball for a shot. He shall shout “ten” so that all the players and coaches can hear him and then count down the remainder of the shot clock period with one of his hands. If a shot is not attempted when the referee gets to 0, a violation should be called.

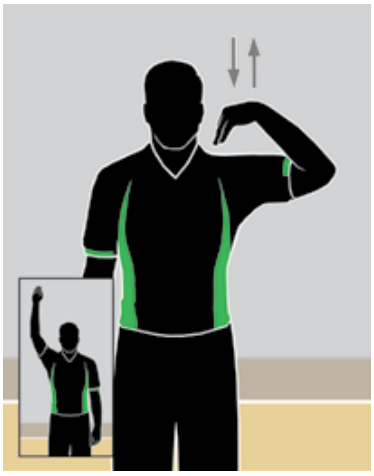
D40 - The signal sounds when the ball is in the air, the ball does not touch the ring and an offensive player gets the ball = SHOT CLOCK VIOLATION, THE REFEREE SHALL BLOW HIS WHISTLE.



D41 - The signal sounds when the ball is in the air and then the ball enters the basket = GOAL MADE, NO CALL.	
D42 - The signal sounds when the ball is in the air, the ball touches the ring but does not enter the basket = NO CALL.	

D43 - The signals sounds when the ball is in the air, the ball does not touch the ring and the defensive player gains immediately and clearly the control of the ball = NO CALL.





D44

Signal: Fingers touch shoulder.

3.8 BALL RETURNED TO BACKCOURT

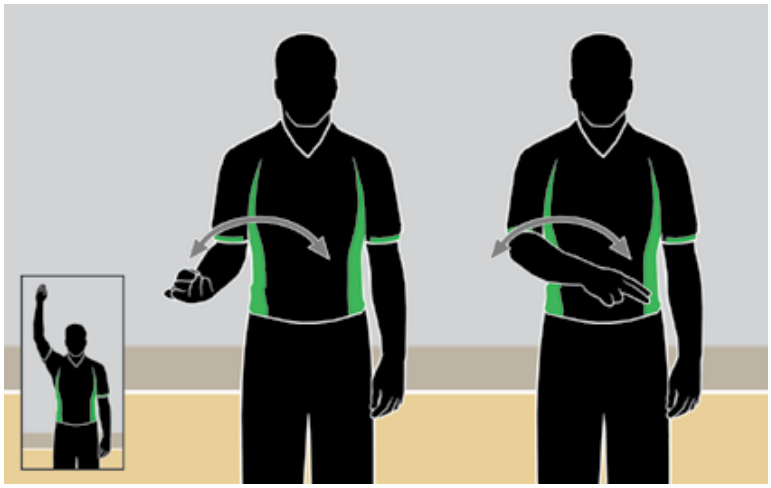
Reference OBR Art 30, p34

A team is in control of a live ball in its frontcourt when:

- A player of that team is touching his frontcourt with both feet while holding, catching or dribbling the ball in his frontcourt, or
- The ball is passed between the players of that team in its frontcourt.

D45

Signal: Wave arm in front of body.



3.9 GOALTENDING AND INTERFERENCE

Reference OBR Art 31, p35

Goaltending occurs during a shot for a field goal when a player touches the ball while it is completely above the level of the ring and:

- It is on its downward flight to the basket, or
- After it has touched the backboard.

In general play, whilst referees are encouraged to stay with the play to ensure a player in the act of shooting is not illegally contacted, it is also important to understand the next action that needs to be officiated. One of those actions is ensuring that illegal activity does not occur that will affect the ball from legally entering the basket.

In general play, this will usually be the responsibility of the Trail. However, in some cases, such as fast break situations, the Lead, during transition should have an awareness of where the play is at and can assist in judging goaltending and interference on his side of the basket.

For Trail and Lead, during such situations, both officials should be considering the rules and be clear on the differences between the two.

If the violation is committed by an **offensive** player:

- The basket is cancelled (if the ball has entered the basket).
- The ball is awarded to the opponents for a throw-in.

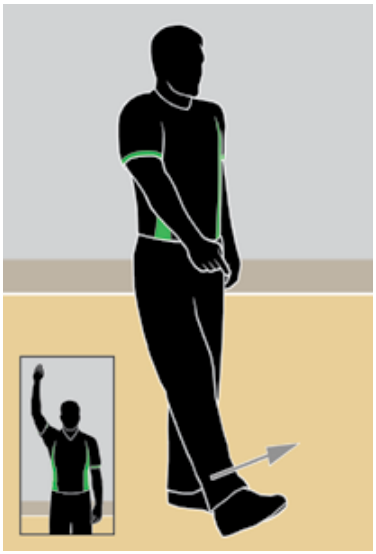
If the violation is committed by a **defensive** player:

- 1,2 or 3 points are awarded to the offensive team.

3.10 DELIBERATE KICK

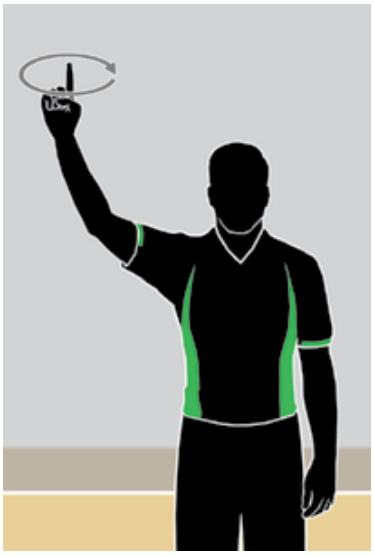
"A player cannot deliberately kick the ball or block it with his leg"

Reference OBR Art 13, p21



D46

Signal: Point to the foot.



D47 -If 13 seconds or less are remaining on the shot clock (if any), the referee shall show the "reset" signal to reset the device to 14 seconds.

Signal: Rotate hand, extend index finger.

CHAPTER 4

FOULS

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FOULS

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4.1 CONTACT AND CRITERIA – WHEN TO CALL

"A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behaviour"

TARGET:	TO UNDERSTAND THE PRINCIPLES OF WHEN TO CALL A FOUL.

Reference OBR Art 32, p37

"There is one game, two referees but still only one set of criteria (refereeing)"

A player who has committed 5 fouls shall be informed by the referee and must leave the game immediately. The player is to be substituted as quickly as possible.

The touching of an opponent is, in itself, not necessarily a foul.

- Officials shall decide whether the illegal contact has had an effect on the play. If contact caused by a player in any way restricts the freedom of movement of an opponent or forcibly moves an opponent, it is a foul.
- When deciding on contact, the officials should weigh up the following fundamental principles:
  - The spirit and intent of the rules.
  - Consistency and effect on the play. Establishing early and maintaining the criteria from the first call to the last call.
  - Should not interrupt the flow of the game unnecessarily to penalise marginal contact. Call what is obvious, and do not miss the big one (flies and elephants).

Consistency in maintaining a balance between game control and game flow, having a 'feeling' for what the players are trying to do and calling what is right for the game.

4.2 CYLINDER PRINCIPLES

TARGET: **TO UNDERSTAND THE CYLINDER PRINCIPLES AND THE SPACE OCCUPIED BY A PLAYER ON THE COURT (PRINCIPLE OF VERTICALITY)**

Reference OBR Art 33.1 and 33.2, p37

As a referee it is important to understand the cylinder principles when determining the cause of illegal contact. The game of basketball is constantly evolving and so is the manner in which it is being played. With the increase in player speed and physicality, it is even more critical for referees to have a greater understanding of who caused the illegal contact, why and how.

In understanding that any player can occupy any space on the court (as long as he got there first), together with employing good officiating techniques, a referee will be best placed to see and subsequently determine who caused the illegal contact.

As a general rule a player is entitled to the space on the floor he occupies and the space above him (his cylinder). So, if a player jumps in the air from a place on the court he is occupying, he has the right to land again in that space. Often players will enter the cylinder of an opponent player and this by itself is not necessarily a foul. However, if illegal contact occurs, the official will need to judge who is responsible and whether it should be called as a foul.

D48 - cylinder

4.3 LEGAL GUARDING POSITION

TARGET:	TO UNDERSTAND THE PRINCIPLES OF THE LEGAL GUARDING POSITION

Reference OBR Art 33.3, 33.4 and 33.5, p38

A defensive player has established an initial and legal guarding position when:

- He is facing his opponent and
- He has both feet on the floor

This position extends vertically above him (cylinder) from the floor to the ceiling.

When guarding a player who controls the ball, the elements of time and distance do NOT apply. That means that the player with the ball must expect to be guarded and must be prepared to stop or change his direction whenever an opponent takes an initial legal guarding position in front of him. The defensive player can move backwards or laterally, but not towards the player with the ball.

When guarding a player who does not control the ball, the elements of time and distance shall apply. That means that the defensive player cannot take a position so near and/or quickly in the path of a moving opponent. The distance is proportional to the speed, but never less than one normal step.

4.4 SCREENING PRINCIPLES

TARGET:	TO UNDERSTAND THE CRITERIA TO KNOW WHETHER A SCREEN IS LEGAL OR NOT

Reference OBR Art 33.7, p39

A player setting a screen is to establish a legal position on the floor and remain within his cylinder.

Illegal Screens

- Extended arms or a wide position out of his cylinder.
- Moving outside the cylinder to create illegal contact.
- Moving parts of the body outside the cylinder to create illegal contact.

Time and distance apply to players without the ball. Those with the ball should expect to be guarded.

Officiating Tips

- Position yourself to see where the screener is coming from
- Check the feet of the screener to make sure he is set and within his cylinder (stationary)
- Look for illegal actions
- Anticipate the screen rolling
- Use your voice to prevent illegal contact
- See the whole play, from screener coming, to being set, to the release of the screen.

4.5 NO-CHARGE SEMI-CIRCLE

TARGET:

TO UNDERSTAND THE PRINCIPLES IN OFFICIATING THE NO-CHARGE SEMI-CIRCLE (IF THERE IS ONE THE PLAYING COURT)

Reference OBR Art 33.10, p40

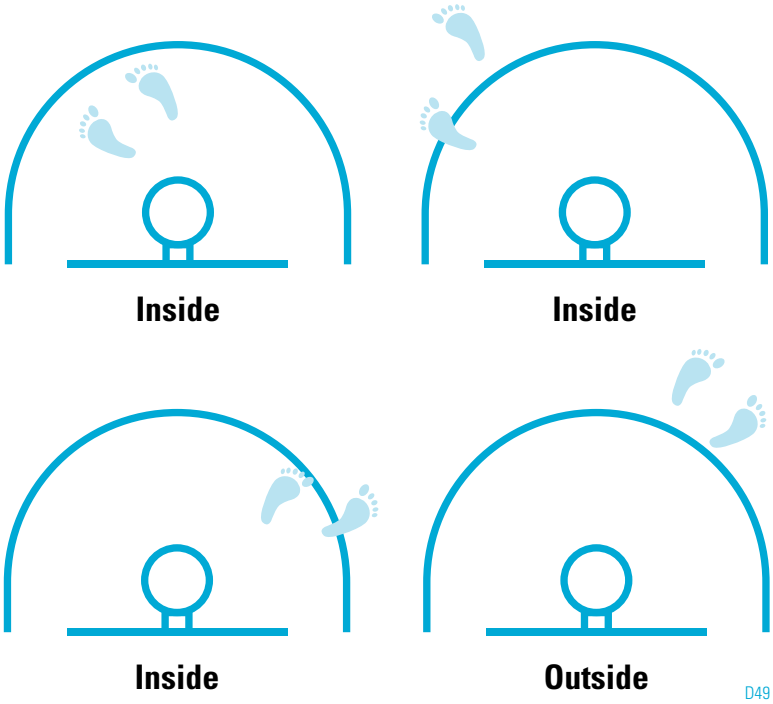
In 2-person officiating, it is the responsibility of both officials to referee the action relating to the no-charge semi-circle – subject to where the action is occurring.

In assessing a charge / block / no call relating to the no-charge semi-circle, officials should consider the following principles if contact occurs:

1. Is the offensive player in the air
2. Is the defensive player inside the no-charge semi-circle area.

Adopting good officiating techniques and refereeing the defence will allow officials to identify the location of the defender early and as such will increase the accuracy in judging illegal contact.

As a general guide, where illegal contact occurs in the restricted area, officials are encouraged to signal the foul without showing a secondary signal. This will remove any chance of conflicting calls signalled during double call situations. It is the responsibility of the officiating team to determine in the pre-game conference the protocol of which official will report to the scorer's table.

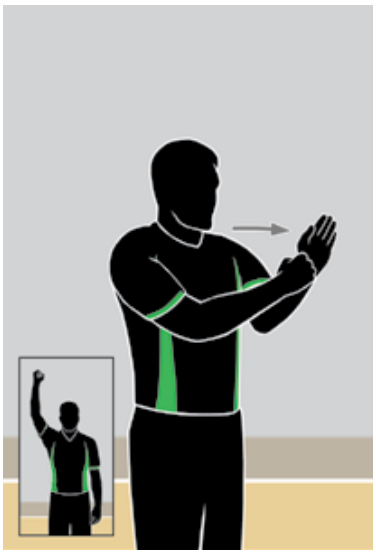


D49

4.6 TYPES OF FOULS

4.6.1 CHARGING

Reference OBR Art 33.8, p40



D50 - When the player with the ball forcibly pushed into an opponent's torso who is in a legal guarding position.

4.6.2 BLOCKING

Reference OBR 33.9, p40

D51 - When a player impedes illegally the progress of an opponent.

Signal: Both hands on hips.

4.6.3 CONTACTING AN OPPONENT WITH THE HAND AND/OR ARM

Reference OBR Art 33.11, p41

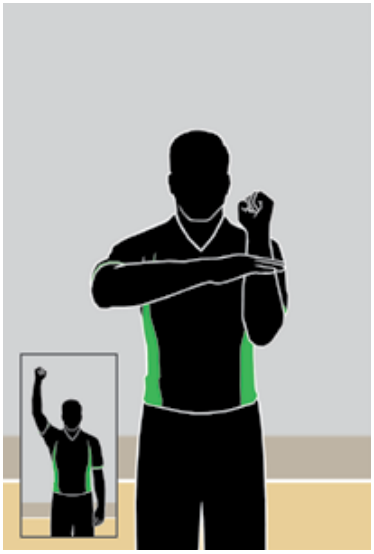
Both offence and defence have the same rights. A defensive player can momentarily touch an opponent as long as it does not restrict his freedom of movement.

ILLEGAL USE OF HANDS

D52 - When using hands to strike an opponent in an attempt to play the ball.

Signal: Strike wrist.

ILLEGAL CONTACT TO THE HAND



D53 - When using hands to strike an opponent during the act of shooting.

Signal: Strike the palm towards the other forearm.

HAND-CHECKING

D54 - When a defensive player is in a guarding position and his hand(s) or arm(s) is placed upon and remains in contact with an opponent with or without the ball, to impede his progress.

Signal: Grab palm and forward motion.

4.6.4 POST PLAY

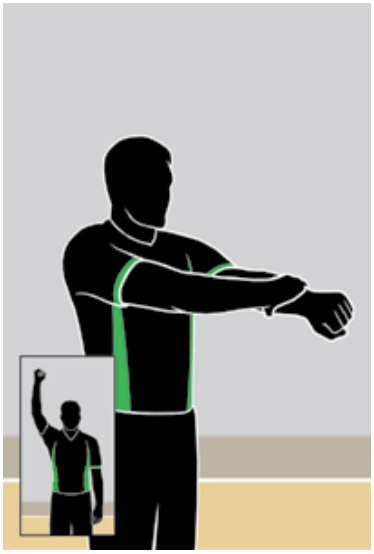
Reference OBR Art 33.12, p41

The principles of verticality apply and each player (offensive and defence) must respect each other's rights to a vertical position.

Should be viewed as a physical (not rough) contact between two opponents (especially big players). There can be no 'let them play' attitude when the contact is excessive or rough.

4.6.5 HOLDING

Reference OBR Art 33.14, p41

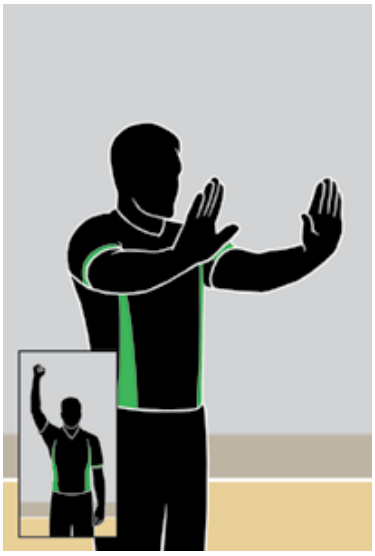


D55 - When using hands, arms or legs to stop illegally the movement of an opponent.

Signal: Grasp wrist downward.

4.6.6 PUSHING

Reference OBR Art 33.15, p41



D56 - When using any part of the body to forcibly move or attempt to move an opponent.

Signal: Imitate push.

4.6.7 HIT TO THE HEAD

D57 - When a player hits his opponent's head with the hand.

Signal: Imitate the contact to the head.

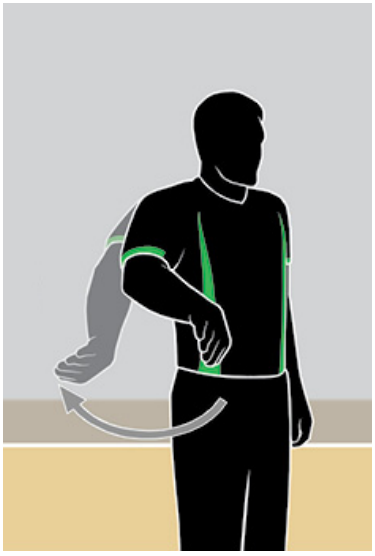
4.6.8 EXCESSIVE SWINGING OF ELBOWS

D58 - When an *offensive* player illegally creates more space using his elbows.

Signal: Swing elbow backwards.

But remember that if a player swings excessively his elbows WITHOUT CREATING CONTACT, he should be called a technical foul.

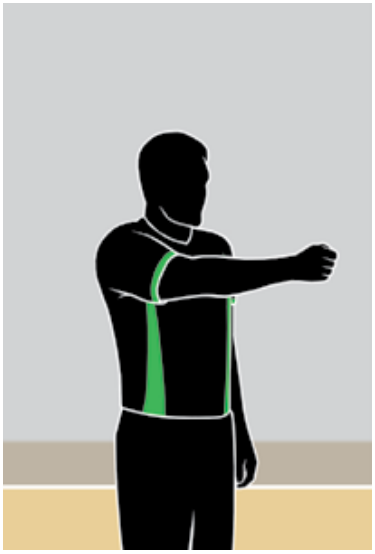
4.6.9 HOOKING



D59 - When an *offensive* player hooks or wraps an arm or an elbow around a defensive player in order to take an advantage.

Signal: Move lower arm backwards.

4.6.10 FOUL BY TEAM IN CONTROL OF THE BALL



D60 - When a player from the team in offence commits a foul.

Signal: Point clenched fist towards basket of offending team.

4.6.11 UNSPORTSMANLIKE FOUL (UF)

Reference OBR Art 37, p 44

Rough, severe, dangerous, flagrant contact should not be tolerated at any time. Detect the players who do not play basketball.

The official must interpret the unsportsmanlike fouls consistently throughout the game and to judge only the action and not be concerned about the penalty. In analysing the action, referees need to process the sub elements of each criteria.

CRITERIA:

C1	Not a legitimate attempt to play the ball within the spirit and intent of the rules.
C2	Excessive, hard contact caused by a player in an effort to play the ball or an opponent.
C3	An unnecessary contact caused by the defensive player in order to stop the progress of the offensive team in transition: This applies until the offensive player begins his act of shooting.
C4	Contact by the defensive player from behind or laterally on an opponent in an attempt to stop the fast break and there is no defensive player between the offensive player and the opponent's basket: This applies until the offensive player begins his act of shooting.
C5	Contact by the defensive player on an opponent on the playing court during the last 2 minutes in the 4th period and in each extra period, when the ball is out-of-bounds for a throw-in and still in the hands of the official or at the disposal of the player taking the throw-in.

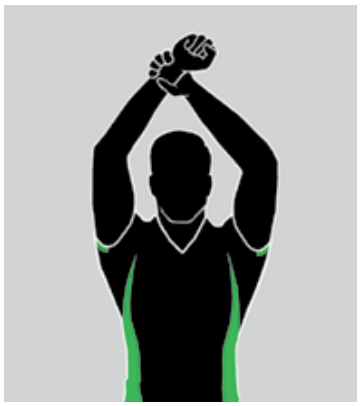
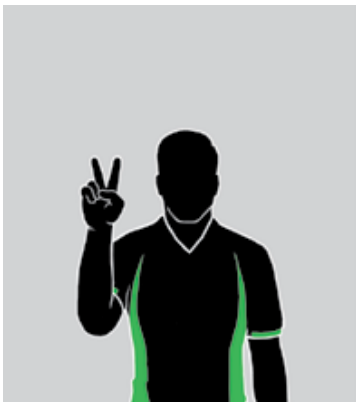
Protocol for calling a UF:

0 – See the action and make a decision (call)

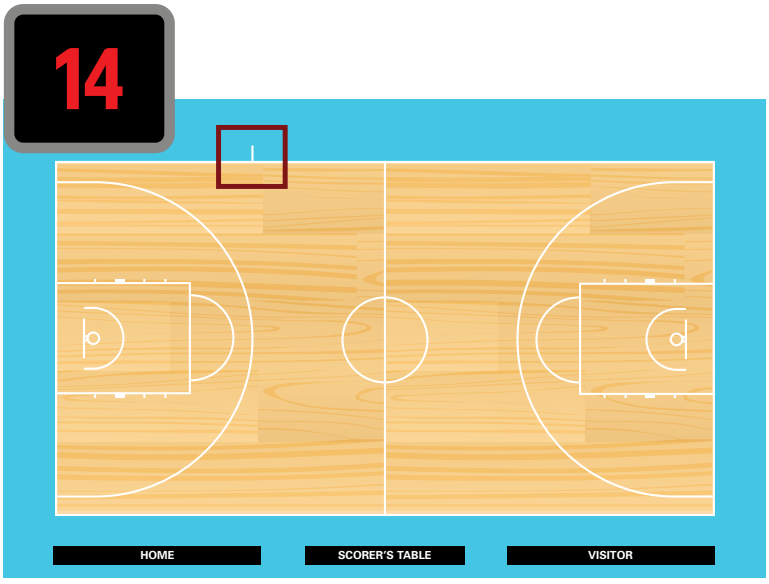
1 – Show the decision (personal foul signal), re-process the play (analyse the criteria)

2 – Upgrade the signal to UF if necessary

PROCEDURE:

GAME CLOCK STOPS (1)	UPGRADE TO UF (2)	PENALTY: 1, 2 OR 3 FREE-THROWS + POSSESSION
		
D61 - Stop the clock (foul).	D62 - UF (Grasp wrist upward).	D63 - Two free-throws.

TO RESUME THE GAME:



D64 - UF throw-in frontcourt.

All throw-ins as part of an UF shall be administered from the throw-in line in the team's frontcourt. In all cases, the team shall have 14 seconds on the shot clock.

4.6.12 TECHNICAL FOUL (TF)

Reference OBR Art 36, p 43

A technical foul is a player non-contact foul of a behavioural nature including, but not limited to:

- Disregarding warnings given by officials
- Disrespectfully dealing and/or communicating with the officials, the commissioner, the table officials, the opponents or persons permitted to sit on the team benches
- Using language or gestures likely to offend or incite the spectators
- Baiting and taunting an opponent
- Obstructing the vision of an opponent by waving/placing his hand(s) near his eyes
- Excessive swinging of elbows
- Delaying the game by deliberately touching the ball after it passes through the basket or by preventing a throw-in from being taken promptly
- Fake being fouled
- Hanging on the ring in such a way that the weight of the player is supported by the ring, unless a player grasps the ring momentarily following a dunk shot or, in the judgement of an official, is trying to prevent injury to himself or to another player
- Goaltending during the last free throw by a defensive player. The offensive team shall be awarded 1 point, followed by the technical foul penalty charged against the defensive player"

Referees are to deal with inappropriate behaviour rather than ignoring it and letting it affect the control and spectacle of the game. Referees may prevent technical fouls by giving a warning or even overlooking minor infractions which are obviously unintentional and have no direct effect upon the game, unless there is repetition of the same action after a warning has been given. Where a warning has been given for inappropriate behaviour, any repetition of this behaviour should be dealt with by way of technical foul.

PROCEDURE:

TECHNICAL FOUL CALLED	PENALTY: ONE FREE-THROW	TO RESUME: BALL RETURNS TO THE TEAM WHICH WAS CONTROLLING THE BALL OR WAS ENTITLED TO THE BALL
D65 - Form T, showing palms.	D66 - One free throw.	D67 - Direction of play.

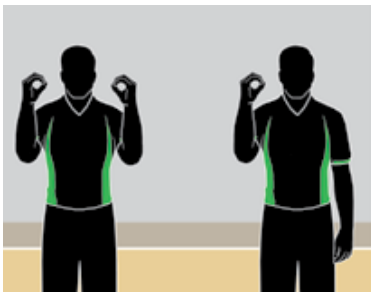
Players cannot have many technical or unsportsmanlike fouls

T + T = Game disqualification

T + U = Game disqualification

U + U = Game disqualification

4.7 FOULS NUMBERING



D68

Signal: Number 0 and 00: right hand or both hands show number 0.

D69

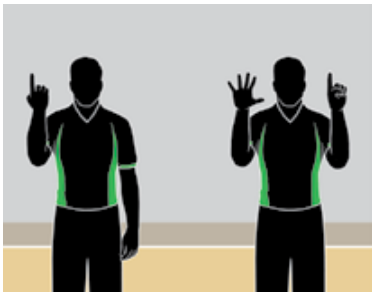
Signal: Number 1 to 5: right hand shows number 1 to 5.

D70

Signal: Number 6 to 10: right hand shows number 5,
left hand shows number 1 to 5.

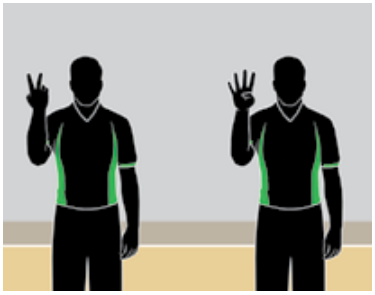
D71

Signal: Number 11 to 15: right hand shows clenched fist, left hand shows number 1 to 5.



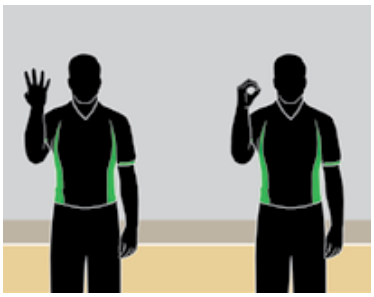
D72

Signal: Number 16: first reverse hand shows number 1 for the decade digit – then open hands show number 6 for the units digit.



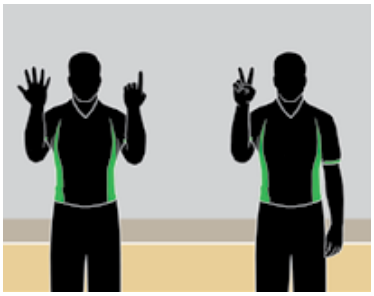
D73

Signal: Number 24: first reverse hand shows number 2 for the decade digit – then open hand shows number 4 for the units 5.



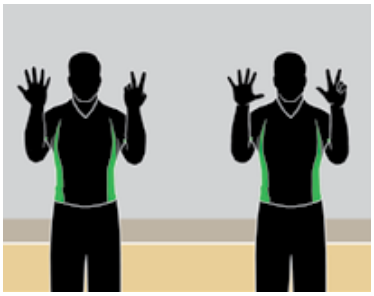
D74

Signal: Number 40: first reverse hand shows number 4 for the decade digit – then open hand shows 0 for the units digit.



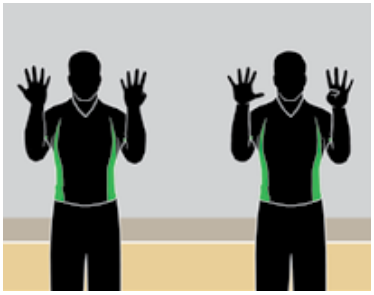
D75

Signal: Number 62: first reverse hands show number 6 for the decade digit – then open hand show number 9 for the units digit.



D76

Signal: Number 78: first reverse hands show number 7 for the decade digit – then open hands show number 8 for the units digit.

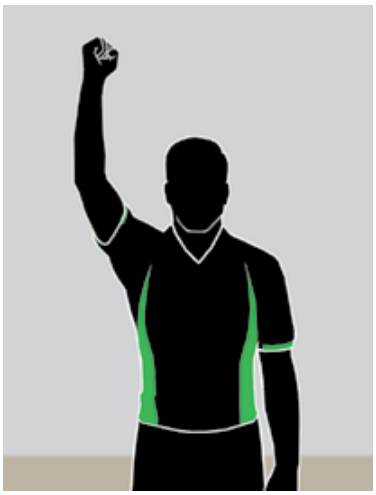


D77

Signal: Number 99: first reverse hands show number 9 for the decade digit – then open hands show number 9 for the units digit.

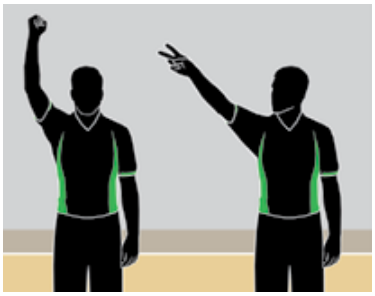
4.8 REPORTING TO THE SCORER'S TABLE

- Walk sharply or run where there are no players between you and the scorer's table
- Come to a stop and take a breath
- Signal clearly and slowly the number of the player who has committed the foul
- Then signal the type of the foul
- Indicating the number of free throws or the direction of play that is to follow
- During this process use your voice, for example: "Blue 7 pushing, white ball OR Blue 7 pushing, 2 shots white".
- Run to the next position



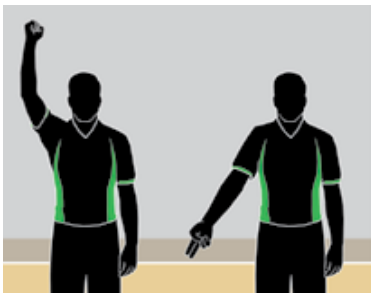
D78 - Signal to stop the clock:

Signal: One clenched fist.



D79 - If a foul is committed during the act of shooting (2 free-throws granted):

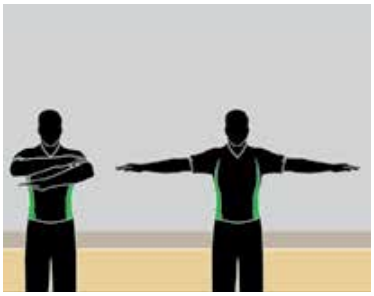
Signal: One arm with clenched fist, followed by indication of the number of free-throws). Ensure each signal is individually shown. It should be seen as two separate signals and not one. This means there is a pause between the two signals.



D80 - If a player is fouled before he starts his act of shooting:

Signal: One arm clenched fist, followed by pointing to the floor. Ensure each signal is individually shown. It should be seen as two separate signals and not one. This means there is a pause between the two signals.

Remember that there is no need to point the floor if the foul is not followed by an act of shooting. For example, when a player is fouled when dribbling in the backcourt.



D81 - If a foul is committed before an act of shooting but the player scores a field goal, then the basket has to be cancelled and the referee shall signal as below:

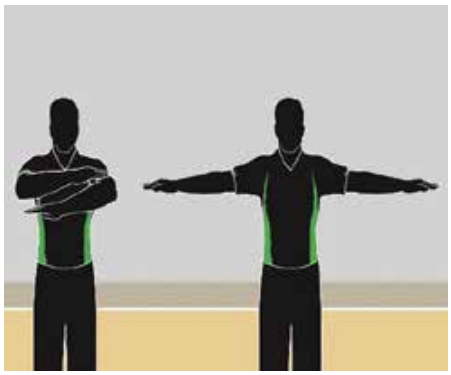
Signal: Scissor-like action with arms, once across chest.

EXAMPLE 1: A FOUL IS CALLED AGAINST A DEFENSIVE PLAYER (NUMBER 6) WHO PUSHED HIS OPPONENT DURING THE ACT OF SHOOTING (2-POINT SHOT). THE SEQUENCE SHOULD BE THE FOLLOWING:

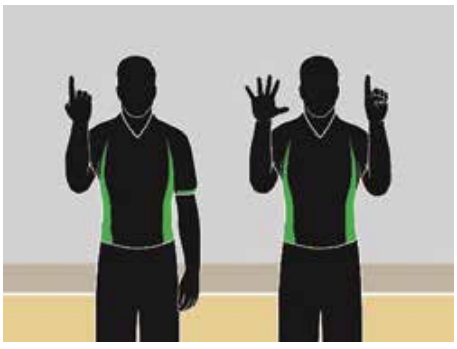
CALLING		REPORTING		
Game clock stops		**Number of the player**	**Foul nature**	**Penalty = 2 free-throws**
D82 - Stop the clock.	D79	D83 - Number 6 (right hand shows number 5, left hand shows number 1).	D84 - Pushing.	D85 - Two free-throws.

EXAMPLE 2: A FOUL IS CALLED AGAINST A DEFENSIVE PLAYER (NUMBER 16) WHO BLOCKS HIS OPPONENT DURING THE DRIBBLE: AFTER THIS, THE OFFENSIVE PLAYER CONTINUES HIS DRIBBLE TO THE BASKET AND SCORES.

CALLING

As the referee calls the foul	Points the floor	and cancels the basket
		
D86 - Stop the clock (foul).	D80	D87

REPORTING

Number of the player	Foul nature	Penalty = throw-in
		
D88 - Number 16 (first reverse hand shows number 1 for the decade digit – then open hands show number 6 for the units digit)	D89 - Blocking	D90 - Direction of play

CHAPTER 5

REFEREEING KNOWLEDGE

CHAPTER 5

REFEREEING KNOWLEDGE

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5.1 PRE-GAME DUTIES / CREW CHIEF AND UMPIRE

TARGET: **TO UNDERSTAND THE CREW CHIEF AND UMPIRE'S DUTIES BEFORE THE GAME AND BEFORE THE QUARTER COMMENCES**

Reference OBR Art 46 and 47, p53

Ten minutes before game time, the CC shall go to the scorer's table to:

- Check that the scoresheet is correctly filled out
- Ensure that coaches have signed the scoresheet and have also indicated their 5 starters

Before the game starts, the referees should ensure:

- that the table officials are ready
- players do not have illegal equipment (such as earrings) and
- players have their shirts tucked into their shorts.

The crew chief is responsible for administering the jump ball to begin the first quarter and an alternating possession throw-in to begin all other quarters and overtimes.

Start of quarter Protocol – Blow the whistle:

1. At 3:00 minutes and 1.30 minutes before the first and third quarters commence
2. Before the start of the second and fourth quarters or overtime.

Referees:

1. At 30 seconds before each quarter (and overtime) ensure starting players are on the court and ready to commence the game.

5.2 PRE-GAME CONFERENCE AND iREF PRE-GAME CONFERENCE (PGC) APP

TARGET:

TO KNOW THE GUIDELINES OF A PRE-GAME CONFERENCE AND TO BE INTRODUCED TO iREF PGC APP

A pre-game conference is very important to lay out the groundwork for the game. Referees are encouraged to talk about the game for several minutes, discussing topics like:

- Context of the game
- Players and coaches
- Mechanics
- Criteria
- Communication

In order to help to prepare a pre-game conference, FIBA created a specialized app called FIBA iRef PGC (see D91 & 92). It includes videos, basketball officiating glossary, pre-game checklist, technical manuals, rules and interpretations, full and half-court with referees, players, coverage area symbols and drawing tool. To sum-up, everything you need for pre-game preparation.

It can be downloaded for any smartphone or tablet (available on iOS and Android).

App logo

D92

5.3 MAKING A CALL, DECISION MAKING AND COMMUNICATION

TARGET:	TO KNOW HOW TO MAKE THE CALL AND BEING ABLE TO IMMEDIATELY COMMUNICATE THE DECISION VERBALLY AND WITH STANDARD HAND SIGNALS.

When blowing the pea-less whistle, it is important to have enough air (force) in a short period to enter into whistle. This creates the strong decisive sound. Given the need to communicate verbally the decision after making the call, it is imperative we retain some air in our lungs.

Therefore, the following key points are important:

1. Hold the whistle in your mouth using your teeth
2. Technique how to blow the whistle – strong blow ("spit") into the whistle – one time
3. Release the whistle out of the mouth after making the call
4. Indicate the relevant signals for the decision
5. Support your decision verbally "blue 5, pushing"

5.4 2PO COURT COVERAGE

Both officials should know where the ball is at all times. This does not mean that both officials are responsible for decisions around the ball at all times.

The eyes of the official should be constantly roving, trying to cover the whole floor, always knowing where all ten players are located. However, they must always be aware of their primary Areas of Responsibility.

One official must be looking at the action near the ball and the other official looking at the action away from the ball.

PRINCIPLES

Go where you need to go to see what you need to see:

- When the ball moves, the officials must always adjust so you can see the defender
- Box-in, that is, keep all the players sandwiched between the two officials
- Look for the space between opponents, maintaining an appropriate distance from the play. This will help to have a wider angle of vision on the play and improve court coverage
- Maintain a stationary position when making decisions. This requires moving into the right position as quickly as possible to see the space between opponents in a contest.

Stop, observe and decide

DIVISION OF RESPONSIBILITIES ON THE PLAYING COURT

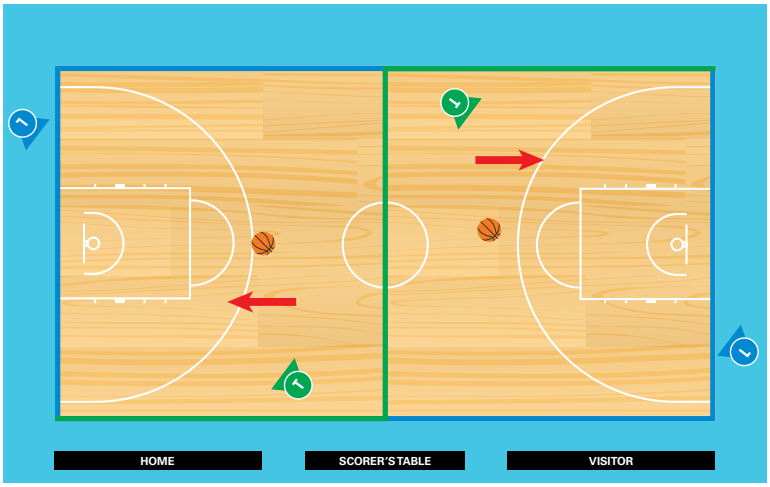
The Trail's primary responsibilities are:

- Two-point and three-point field goal attempts, including judging whether time has expired at the end of playing time for a quarter or extra quarter or a shot clock violation has occurred.
- Goaltending and interference
- Ball-returned-to-back-court violations
- His left-sideline and the centre line (see D93)

The Lead's primary responsibilities are:

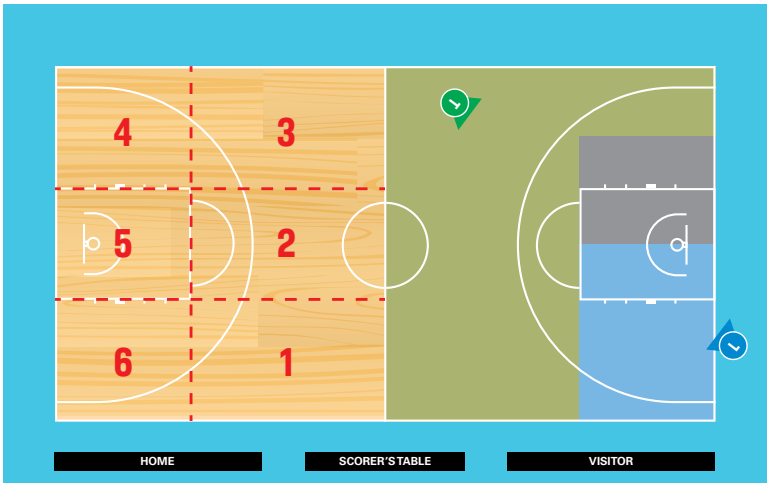
- Pivot/post play
- Play under the basket
- Drive to the basket on lead's side of the playing court
- Endline and his left sideline (see D93)

LINES' COVERAGE BY THE REFEREES



D93 - Please note that the boundary lines are not part of the playing court and that the centre line is part of the backcourt.

DIVISION OF RESPONSIBILITIES



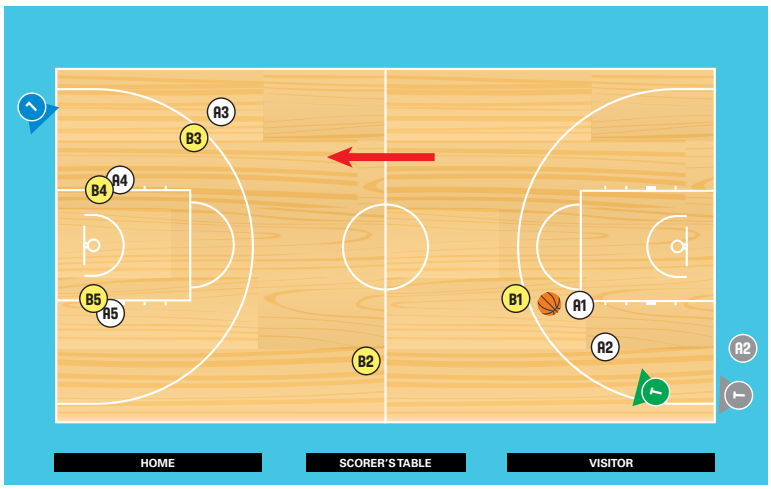
Modern officiating requires the two (2) officials to work in cooperation with each other, one (1) official taking responsibility for on-the-ball and the other for off-the-ball coverage.

In order to achieve proper coverage, the two (2) officials should seek to obtain the best possible position to judge the play, using the system of mechanics contained in this manual as a guideline.

To simplify this, each half of the playing court has been divided into rectangles, numbered 1 to 6 (Left, left side)

On the right side of the court are the areas of the court that the officials have to cover (green by the Trail, blue by the Lead, and grey by both)

BOXING-IN



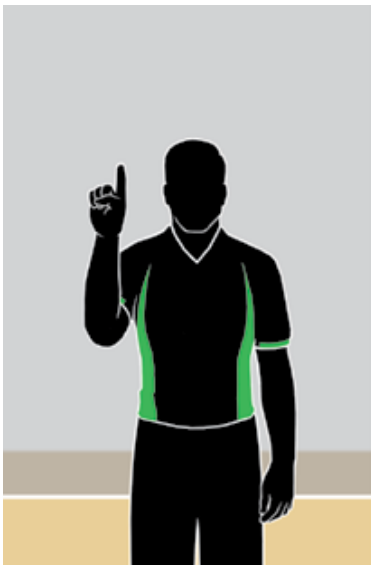
95 - The Trail should always remain behind the play whereas the Lead should be in front of the players; but running while looking at them. The aim is to keep the players between the two referees, which is called the “boxing-in” principle.

5.5 2PO MECHANICS

5.5.1. FREE-THROW POSITIONING

Positioning, coverage and signals by the referees

ADMINISTRATION OF SCORE OR NUMBER OF FREE-THROWS IS DONE BY THE TRAIL REFEREE:

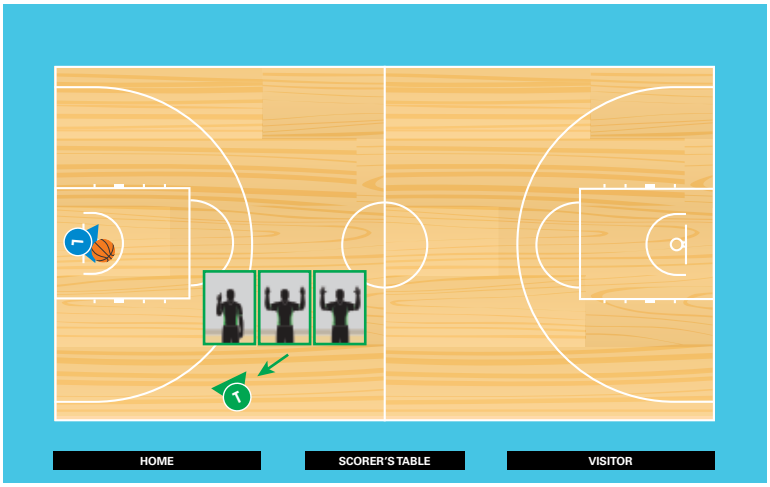


D96 - One free throw (index finger).

D97 - Two free throws (fingers together on both hands).

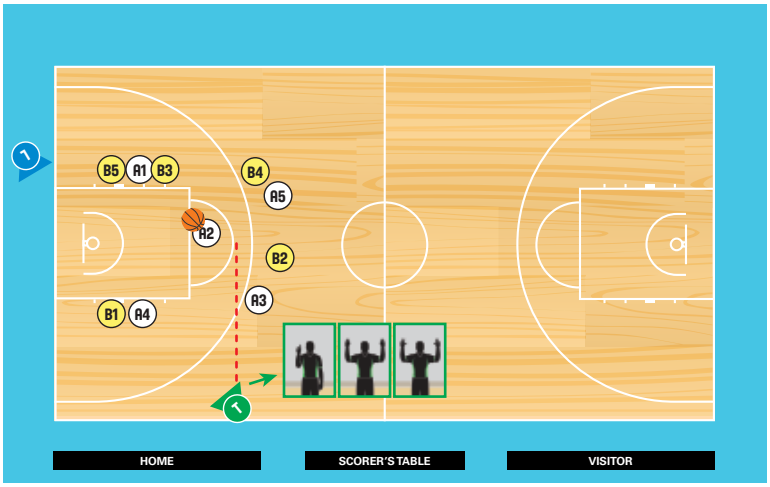
D98 - Three free throws (3 fingers extended on both hands).

ADMINISTRATION OF THE BALL TO THE FREE-THROW SHOOTER IS DONE BY THE LEAD REFEREE:

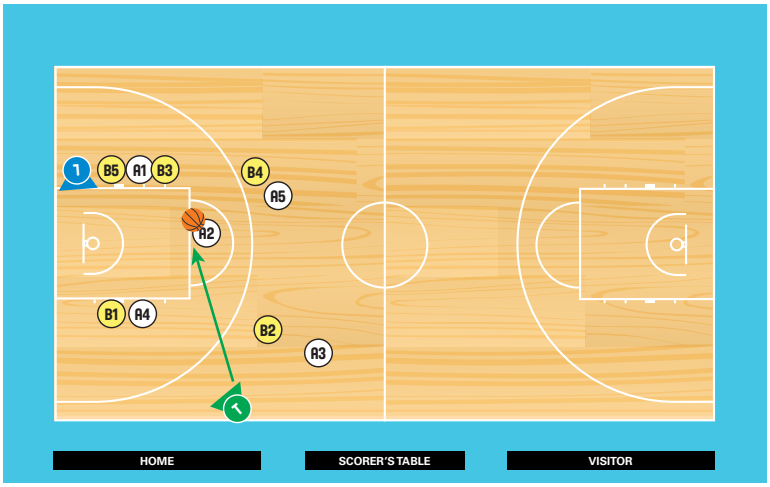


POSITIONING:

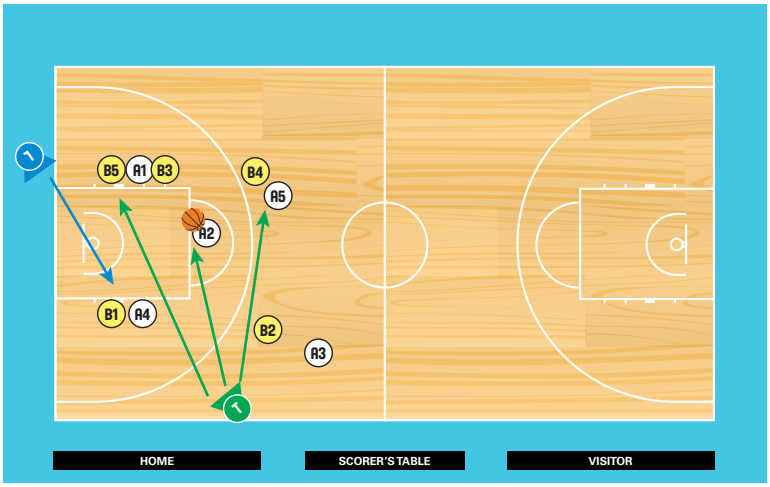
D99 - During free-throws, the Trail and the Lead are to position themselves in the front court consistent with the general working areas.



D100 - The Trail's position during the free-throw is generally on the top of the free throw semi circle line extended, close to the sideline.



D101 - On the first free-throw, the Trail shall pay attention that the shooter does not commit a violation by stepping over the free-throw line.



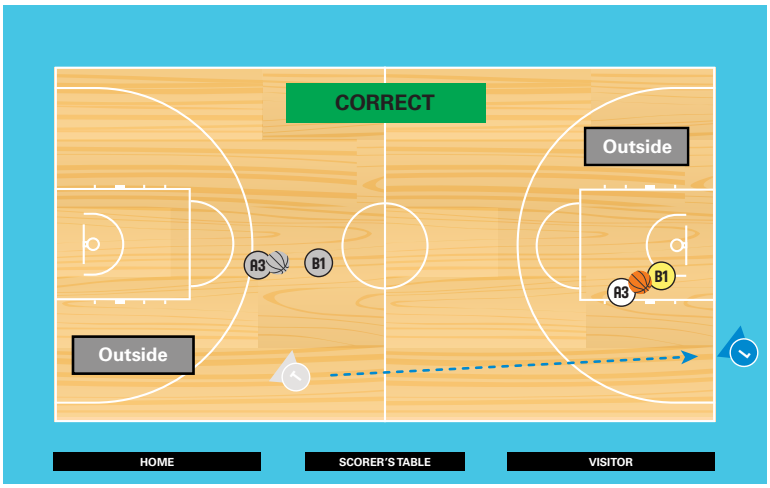
D102 - During the second free-throw, the Trail shall pay attention to the shooter but also to the defensive players behind the free-throw line extended and behind the 3-point field goal, and those in rebound places on the right-side of the shooter.

The Lead shall pay attention to the defensive players in rebound places in the left-side of the shooter.

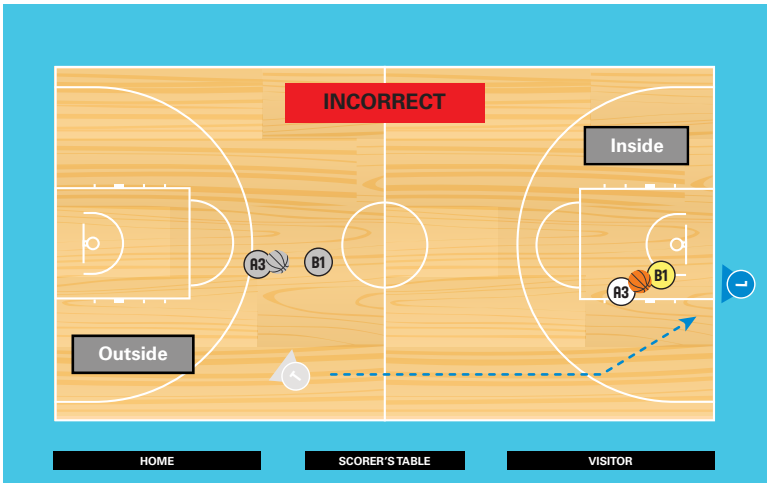
When a violation occurs during the last or only free-throw, the official is to blow the whistle without delay to indicate a violation has occurred (there is no need to wait if the ball enters the basket or not). If the ball enters the basket, the whistle is to be ignored allowing the throw-in to occur (without the official administering the ball).

5.5.2 LEAD POSITION AND TRANSITION

- During transition, the new Lead should arrive to the endline in four seconds or less, and should be in a position ready to referee. The new Lead should also be in good position to referee the play throughout transition down the floor. This is only possible when the following correct techniques are applied:
  a) Stay with the previous play before the new transition – namely, wait until the ball has entered the basket in the case of a successful shot for goal or when a defensive player has gained control of a rebound;
  b) After turning with a power step, be sure to face the court all the time (when done properly, the referee should also able to pick-up the game clock);
  c) Start transition with full speed and maintain it until arriving at the endline;
  d) Face the court during the entire transition (actively looking for next play to come and refereeing defence);
  e) Run straight to the endline to set-up position (keeping the same distance from the play all the way) – "out-side/out-side" angle;
  f) Stop on the endline with "one-two" count (step) in a stationary position and be ready to referee the play when it starts.



D103 - Lead moves correctly with straight line to the endline.



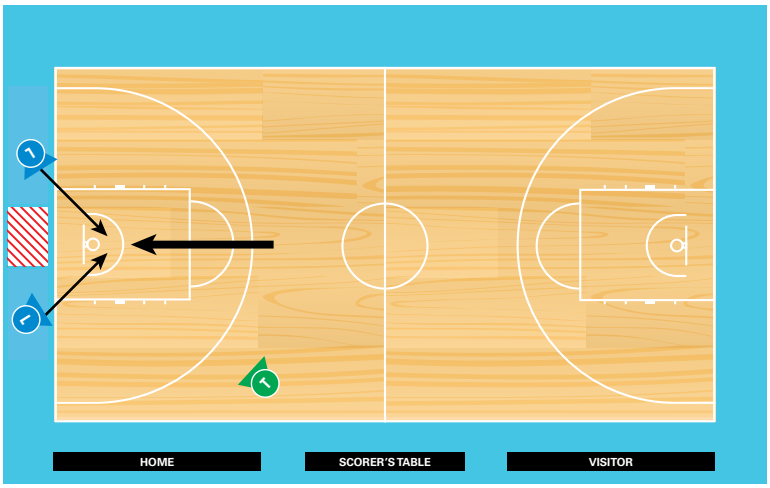
D104 - Lead curves incorrectly close to the basket and maintaining the same distance from the play – speed and play are coming at Lead.

- Lead works on the endline in a 45° angle facing the basket. Position should be not more than 1 metre deep from the endline and normally outside the paint. The Lead's working area is from three-point line to the lane line of the key.
- The normal set-up point for Lead is between the lane line of the key and the three-point line. The Lead should move on the endline according to the movement of the ball, ensuring they have position on the edge of the play. The Lead should work off-the court.

If the ball is located on the Trail's side and close to the low post, with a likelihood of post play on this side, the Lead may move across to officiate the post play near the ball. He shall cross by walking (not running), and without stopping or remaining directly behind the basket (hatched area on D105), whilst maintaining an open angle.

THE PROTOCOL TO ADOPT IS:

1. Ball and post same side as Trail.
2. Ball is below free-throw line extended.
3. Lead may cross, scanning the paint.
4. Lead to maintain an open angle
5. Lead may return to his normal position when the post has dissolved, or the ball has gone across Rectangle 2.



LEAD WORKING AREA

D105 - Lead working area is between 3 point line and edge of the board. To find out if you have the correct position is to check that you will see the front of the rim.

D106 - Lead angle 1.

D107 - Lead angle 2.

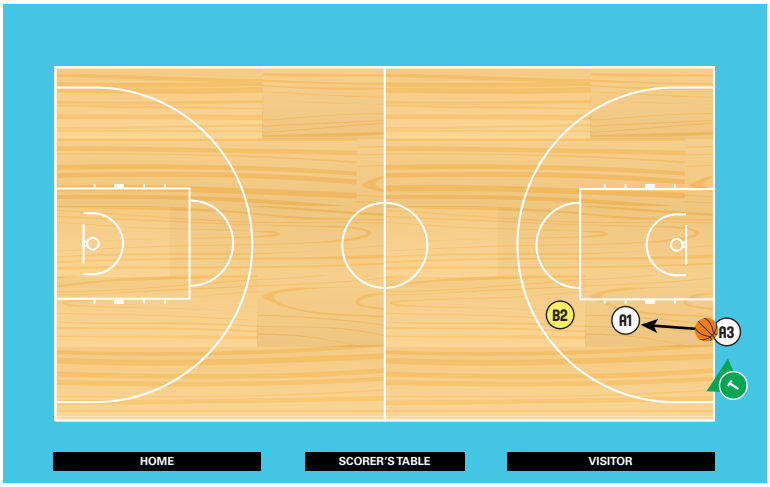
5.5.3 TRAIL POSITION AND TRANSITION

- During transition, the new Trail should always trail the play (behind the play – not in line or in front of the play). This way the Trail is able to easily control the clocks and analyse the next possible plays to come. This is only possible when the following correct techniques are implemented:

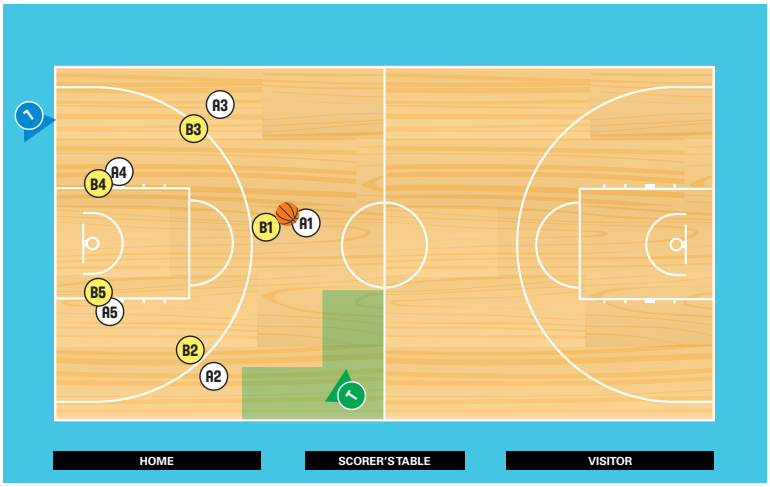
a) Wait behind the endline until the ball is either passed to a teammate on the court after a valid basket and the thrower-in has advanced on to the court (the new Trail should wait to have a minimum of 3 metres distance from the ball before they step on to the court);

b) Always maintain a proper distance behind the play – 2-3 steps (no yo-yo running);

c) Be the last to arrive in the front court and have a 45° angle facing the basket (all players should be between straight arms extended = right/left side sideline & left/right side centre line).



108 - New Trail applies correct techniques by waiting behind the endline that ball is passed to the teammate after the basket and the thrower-in has advanced to the court.



TRAIL WORKING AREA

109 - Trail working area is one step on the left of the bench area line and to the limit of the centre circle. The Trail should be able to control a wide area if they are keeping a proper distance from the players with an active mindset to analyse the next movements of the players. Trail normally works on the court.

5.6 WARM UP AND STRETCHING

TARGET:	TO KNOW HOW TO WARM-UP IN ORDER TO BE PHYSICALLY READY FOR THE GAME AND AVOID INJURIES.

Prior to the game, the most important part of the warm up are the 20 minutes when the referees come to the basketball court. These 20 minutes of specific warm up tries to help the referees to reach a good state physically and psychologically.
The warm up should be as specific as possible and on the basketball court.

The exercises will go for the most general (running medium intensity) to the most specific ones (sprints up and down the court) and increasing the intensity in the last 5 minutes prior to the tip off. We should include active stretching drills during the warm up to obtaining a good range of motion in our muscles and prepare them for high intensity actions during the game.

5.7 PHYSICAL BASIC FITNESS TEST

TARGET: **TO TRAIN ON THE FIBA BASIC FITNESS TEST.**

Participants in the Level 1 programme are encouraged to pass the FIBA Basic Physical Fitness Test. To pass, male officials are required to complete 86 laps and female officials 66 laps. The test should not be considered as mandatory for this level but to serve as an opportunity to experience the test, more so thinking about it as a physical training exercise. In fact, some national federations modify the pass mark to suit domestic rules and requirements and this is perfectly fine.

If conducting the fitness test under proper test conditions (rather than an exercise program) follow these guidelines:

- Two parallel lines 20m apart must be clearly visible on the running surface.
- The candidate must touch the line at the sounding of the signal (neither earlier nor later – see D110).
- The test supervisor shall issue a warning to any candidate who, based on when the signal sounds:
- reaches the line too early or too late;
- does not reach the line at all.
- For any repetition of the above actions, the candidate shall be instructed to stop and will fail the test.

Candidates are advised to warm up correctly and stretch before attempting the test.

The audio file contains the necessary verbal instructions for conducting the test. The test begins after the demonstration lap, which is the second (2nd) signal after the countdown of "5-4-3-2-1". Candidates should listen carefully to the verbal instructions given on the audio file.

D110 - To run the test, the audio file can be downloaded at **http://www.fiba.basketball/official/become-an-official#|tab=element_2_3.**

5.8 CONTROLLING THE GAME - DISCIPLINE

TARGET: **TO DEAL WITH BEHAVIOUR.**

- Officials are encouraged to have open and respectful communication with players and coaches. Respectful questions asked in a calm manner by a player or a coach are to be answered by the official when an opportunity permits. Officials are to listen, understand, respect and respond accordingly. Officials are to provide short, sharp responses.
- All attempts should be made to resolve any conflict in a timely and professional manner, ensuring the game is not unnecessarily delayed.
- Inappropriate and unacceptable behaviour by a player or coach will not be tolerated.
- Mistakes made by coaches, players, administrators and officials are a part of the game. Disrespectful, inappropriate and unacceptable behaviour when mistakes are made will not be tolerated.
- At no time shall a player or coach be disrespectful to officials and/or table officials, for example:
  a) Any obvious or blatant verbal or non-verbal disputation of an official's decision.
  b) Any action that belittles or demeans an official.
  c) Any obvious non-verbal reactions which may incite the crowd.
  d) Any use of audible foul language.
- Officials should not allow any continuous questioning towards the officials or continual commentary on the game.
- Officials should not allow assistant coaches or bench players rising to their feet to complain about an official's decisions.
- Officials should not allow coaches to become the centre of attention with theatrical gestures and constant complaining.

PROCESS:

Officials are to warn the player or coach that this behaviour is inappropriate and is to stop. A repetition of this behaviour should result in a Technical Foul.

5.9 CONTROLLING THE GAME – SHOT CLOCK

TARGET:	IDENTIFY THE CORRECT TECHNIQUES OF HOW TO CONTROL THE GAME & SHOT CLOCK.

The control of the game and shot clock by referees has become a standard routine nowadays. Five years ago, it was practically inexistent or at the least very rare. It has been previously questioned as to how a referee is able to control the clocks almost all the time and still focus fully on play situations.

The secret is in the correct technique and appropriate timing.

This combined with thousands of repetitive actions (practice) will ensure it becomes an automatic skill (developed and maintained in your muscle memory). The basic element being that the game clock will be controlled every time there is new team control.

Note: These techniques work when timing displays are visible to the referees.

	LEARN TO CONTROL GAME CLOCK
Game clock - when it should be started	**Starting the game clock when:** A. During a jump ball, the ball is legally tapped by a jumper. B. After an unsuccessful last or only free throw and the ball continues to be live, the ball touches or is touched by a player on the playing court. C. During a throw-in, the ball touches or is legally touched by a player on the playing court.
Game clock -when it should be stopped	**Stopping the game clock when:** A. Time expires at the end of playing time for a period, if not stopped automatically by the game clock itself. B. An official blows his whistle while the ball is live. C. A field goal is scored against a team which has requested a time-out. D. A field goal is scored when the game clock shows 2:00 minutes or less in the fourth quarter and in each overtime. E. The shot clock signal sounds while a team is in control of the ball.

5.10 COACH – REFEREE RELATIONSHIPS

TARGET: **TO UNDERSTAND THE COACHES' EXPECTATIONS AND HOW TO INTERACT WITH THEM IN THE RIGHT WAY.**

Both players and coaches (and indeed spectators and media) assume that officials will:

- Officiate fairly, impartially and to the best of their ability;
- Know, understand and consistently apply the rules of the game;
- Understand the game.

The first two of these expectations form the oath taken by a judge/official (on behalf of all officials) in the opening ceremony of the Olympic Games. The third expectation is somewhat problematic and is often the basis upon which coaches criticise referees – "they don't understand the game". This may arise simply because the coach disagrees with a call but can also arise when a literal interpretation of the rules may not necessarily be the best call (for example, calling travelling violation in the back court, when there is no defensive pressure).

Indeed, having a "feel for the game" is an asset for any official both in terms of understanding how the game is played and the perspective of players and coaches and the pressures that they are under.

Coaches will also complain when they believe that decisions are not "consistent" (e.g. significant contact being allowed at one end of the court but not at the other). Whilst this perception may arise because of the different perspective the coaches have (they are closer to one end of the court than the other) it can also arise if the officials are calling the game differently. This can be addressed by the officials having a productive pre-game meeting and having a high level of dialogue between themselves during the game.

Coaches also expect to be able to communicate with referees – to question why a call was made or to ask referees to pay attention to a specific situation of concern. The behaviour of some coaches in how they communicate with officials is inappropriate, but officials should not fall into the trap of ignoring or not communicating with coaches.

Some tips to follow when communicating with coaches:

- Introduce yourself before the game and try to establish a rapport with the coach – for example, ask how their season is going or what they expect the game to be like;
- Be prepared to acknowledge when exceptional things happen – funny things do happen during a game sometimes or players do exceptional things and officials should be prepared to acknowledge when they do occur;
- Speak to the coach in a conversational tone and stand beside them, not in front of them;
- Accept that the coach has a different perspective and they may have seen the play differently;
- Speak to the coach during breaks in play. If they raise something whilst the play is continuing, come back to them in the next break to discuss;

Be prepared to briefly explain a rule or to explain the reason for a call;

Do not let the coach continually complain or repeatedly ask the same question;

Do not debate with the coach. Listen to their question. Give whatever explanation is required or acknowledge that you will "look at it" and then return to the game.

5.11 COMMUNICATION AMONGST THE CREW

TARGET:	TO UNDERSTAND PROTOCOLS THAT WILL ASSIST WITH YOUR COMMUNICATION.

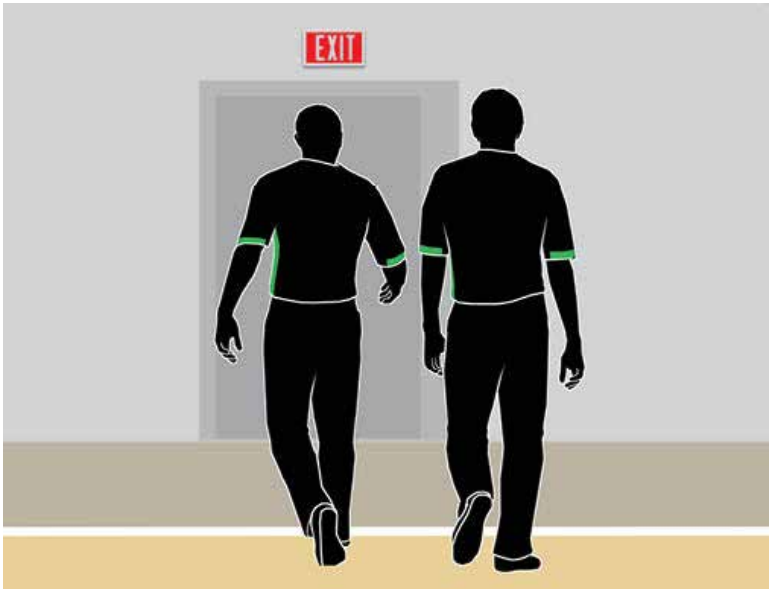
When communicating with your partner(s), it is important to keep it simple and relevant to what you need to decide and achieve. Don't be afraid to communicate with your partner(s). As a tip, try and make it quick and to the point. It is best to first ask the question why you have come together and then get each person to say what they saw.

From this you have gathered the information needed to make a decision. Rely only on what was seen or heard, not what you 'think' happened.

To help you along the way, consider these tips:

- Stop
- Breathe
- Come together decide on the problem that needs to be resolved
- Each say what they saw and heard
- Make a decision
- Communicate the decision so everybody knows

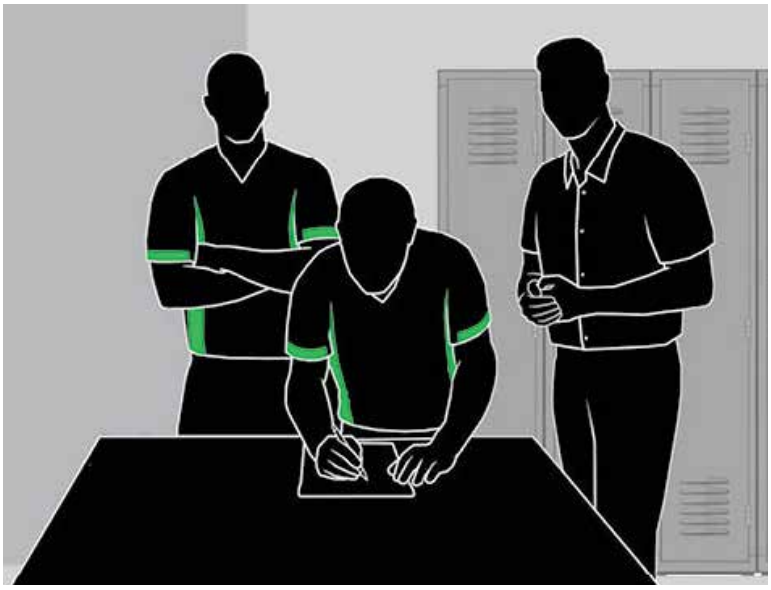
5.12 AFTER-GAME RESPONSIBILITIES



My job is not over until I:

- Thank and shake my partner's hand
- Check the scoresheet to make sure it has been correctly filled out
- Sign the scoresheet

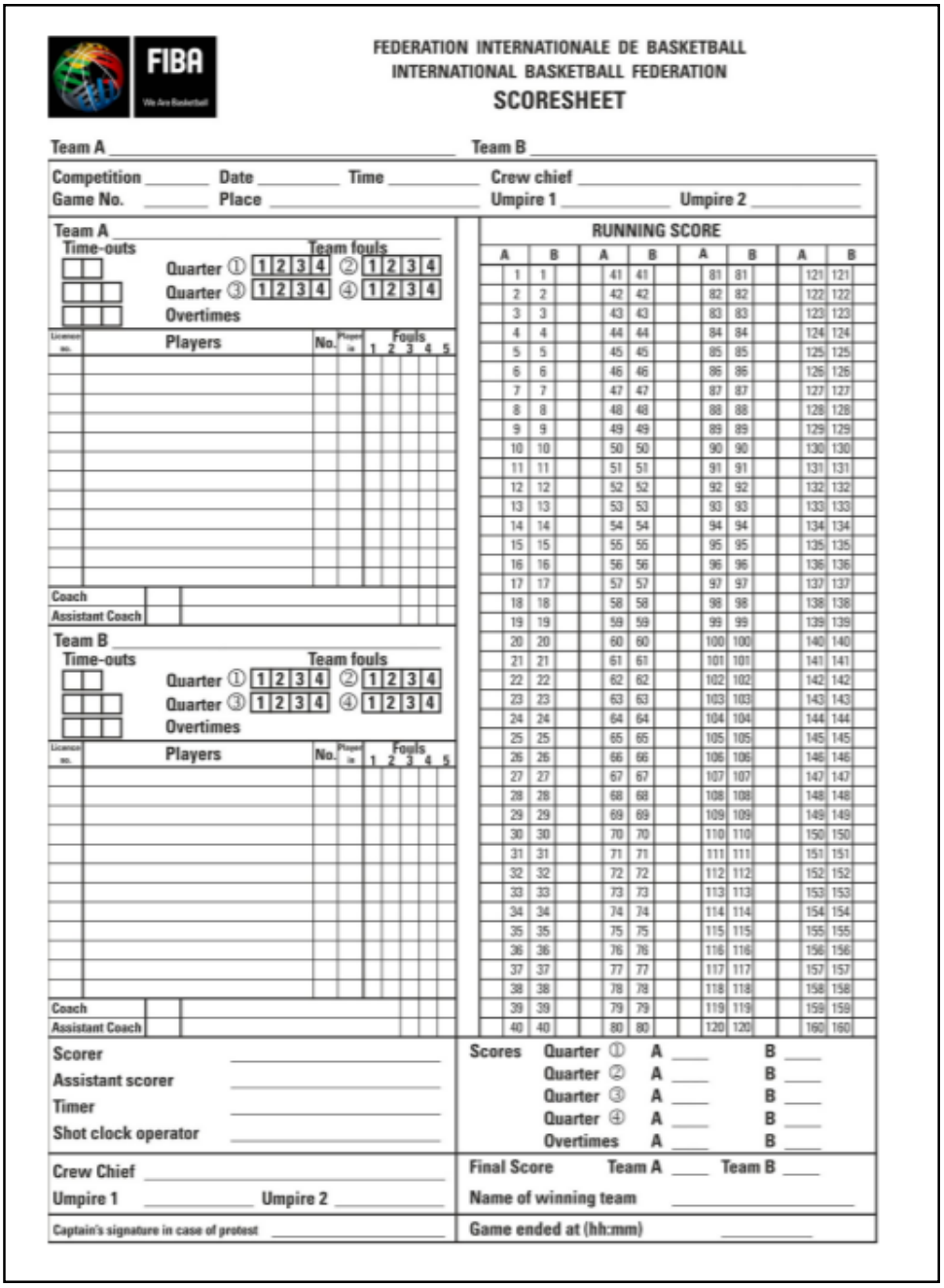
D111 - Referees going back to locker room



When checking the scoresheet:

- Check the final scores match up with the scores in the columns
- Ensure the correct team has been written in as the winner of the game
- Check the score for each quarter has been filled in
- You and your partner sign the scoresheet

D112 - Referees signing scoresheet



FEDERATION INTERNATIONALE DE BASKETBALL
INTERNATIONAL BASKETBALL FEDERATION

SCORESHEET

Team A _____ Team B _____

Competition _____ Date _____ Time _____ Crew chief _____
Game No. _____ Place _____ Umpire 1 _____ Umpire 2 _____

Team A _____
Time-outs
Quarter ① 1 2 3 4 ② 1 2 3 4
Quarter ③ 1 2 3 4 ④ 1 2 3 4
Overtimes

Licence no.	Players	No.	Player is	Fouls 1 2 3 4 5
Coach				
Assistant Coach				

Team B _____
Time-outs
Quarter ① 1 2 3 4 ② 1 2 3 4
Quarter ③ 1 2 3 4 ④ 1 2 3 4
Overtimes

Licence no.	Players	No.	Player is	Fouls 1 2 3 4 5
Coach				
Assistant Coach				

RUNNING SCORE

A	B	A	B	A	B	A	B
1	1	41	41	81	81	121	121
2	2	42	42	82	82	122	122
3	3	43	43	83	83	123	123
4	4	44	44	84	84	124	124
5	5	45	45	85	85	125	125
6	6	46	46	86	86	126	126
7	7	47	47	87	87	127	127
8	8	48	48	88	88	128	128
9	9	49	49	89	89	129	129
10	10	50	50	90	90	130	130
11	11	51	51	91	91	131	131
12	12	52	52	92	92	132	132
13	13	53	53	93	93	133	133
14	14	54	54	94	94	134	134
15	15	55	55	95	95	135	135
16	16	56	56	96	96	136	136
17	17	57	57	97	97	137	137
18	18	58	58	98	98	138	138
19	19	59	59	99	99	139	139
20	20	60	60	100	100	140	140
21	21	61	61	101	101	141	141
22	22	62	62	102	102	142	142
23	23	63	63	103	103	143	143
24	24	64	64	104	104	144	144
25	25	65	65	105	105	145	145
26	26	66	66	106	106	146	146
27	27	67	67	107	107	147	147
28	28	68	68	108	108	148	148
29	29	69	69	109	109	149	149
30	30	70	70	110	110	150	150
31	31	71	71	111	111	151	151
32	32	72	72	112	112	152	152
33	33	73	73	113	113	153	153
34	34	74	74	114	114	154	154
35	35	75	75	115	115	155	155
36	36	76	76	116	116	156	156
37	37	77	77	117	117	157	157
38	38	78	78	118	118	158	158
39	39	79	79	119	119	159	159
40	40	80	80	120	120	160	160

Scorer _____
Assistant scorer _____
Timer _____
Shot clock operator _____

Scores Quarter ① A ____ B ____
Quarter ② A ____ B ____
Quarter ③ A ____ B ____
Quarter ④ A ____ B ____
Overtimes A ____ B ____

Crew Chief _____
Umpire 1 _____ Umpire 2 _____

Final Score Team A ____ Team B ____
Name of winning team _____

Captain's signature in case of protest _____

Game ended at (hh:mm) _____

This is the official FIBA scoresheet. The governing body may use another scoresheet according to national/local regulations

CHAPTER 6

BASKETBALL KNOWLEDGE

CHAPTER 6

BASKETBALL KNOWLEDGE

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6 BASKETBALL KNOWLEDGE

In 2016 FIBA introduced a global education program for teaching basketball and this has been made available to coaches throughout the world through an online Knowledge Base **(www.fiba.basketball/wabc)**.

FIBA also introduce the global education program for Referee instructors (FRIP), which included modules to improve the instructors' ability to teach "the game" of basketball. In conjunction with FIBA's Players' Commission, FIBA's World Association of Basketball Coaches prepared a curriculum of "Basketball Knowledge" for officials.

FIBA has now prepared a national referee curriculum that can be used by Federations, and the National Referee Instructors within each Federation, to teach referees. The curriculum has three levels and again, Basketball Knowledge is a key component in each level of the curriculum. This content has been prepared by the WABC and is consistent with the global coach education program, although not necessarily as detailed.

Basketball Knowledge in the Level 1 curriculum includes 4 modules. These modules are also included with Levels 2 and 3 with varying content in each level:

1. The Game of Basketball
2. Offensive Tactics and Strategies
3. Defensive Tactics and Strategies
4. Creating Contact

A referees' ability to adjudicate situations of contact will be greatly enhanced by them understanding how team coaches deliberately create situations of contact both offensively (e.g. screening situations) and defensively (e.g. rebounding contest).

However, it is not only situations of contact that are include in the curriculum, which also includes the tactics utilised by teams to affect the tempo of the game.

Referee instructors are not teaching referees how to coach or play basketball. However, by giving insight to referees on how the game is played, the instructors will assist the referees to get in the best possible position to officiate the game. In brief, the Level 1 curriculum includes:

The Game of Basketball:
like all sports, basketball has a language of its own, which is often specific to a particular country or region. The more language can be standardised the better.

Offensive Tactics and Strategies:
different styles of play lead to different movement and spacing on the court, which impacts the mechanics employed by the officials.

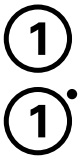
Defensive Tactics and Strategies:
understanding how teams move defensively will help referees to determine whether a defender has established position.

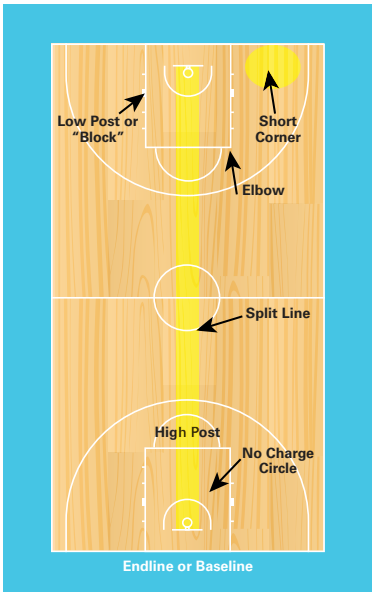
Creating Contact:
there are many situations where coaches specifically want to create contact. Being able to anticipate where that occurs will help referees to adjudicate the situation.

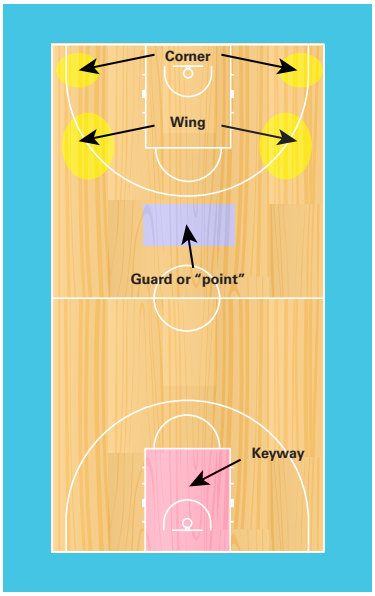
Throughout this resource, references are provided to the WABC Knowledge Base, where referees can get more information on the topic, including video.

6.1 THE GAME OF BASKETBALL

6.1.1 WHAT DO WORDS MEAN – AREAS ON THE COURT

x1	DEFENSIVE PLAYER	The defensive player is numbered to show both who they are defending (Player 1) and also their position: – 1. Point Guard – 2. Shooting / Off Guard – 3. Small Forward – 4. Power Forward – 5. Centre
1	PLAYER	A number signifies an offensive player and the number may indicate position.
	PASS	The dotted line shows the path of a pass, here from Player 1 to Player 2.
	PLAYER DRIBBLING	The path of a player dribbling is shown by a zig-zag line.
	PLAYER MOVING	The path of a player moving on the court is shown by an arrow.
	PLAYER WITH THE BALL	An player with the ball is shown either as a circled num ber or by the use of a small dot next to the player.
	SCREEN	A screen is shown by a vertical line at the end of a hori-zontal line. The horizontal line shows the path that the player setting the screen moves on the court.





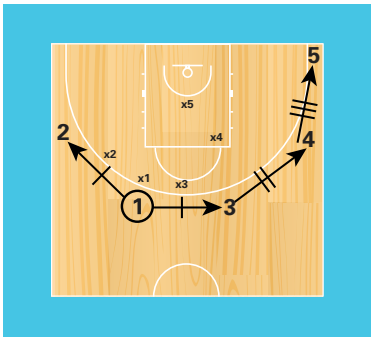
Areas on the court that coaches commonly refer to:

Elbow	either end of the free throw line;
Low Post or "Block"	where the offensive rebounder lines up during a foul shot;
Wing	at the 3 point line, opposite the free throw line;
High Post	at the foul line;
Short Corner	between the key and the 3 point line, opposite the basket;
Split Line	the middle of the court. The "line" is imaginary going from one basket to the other.

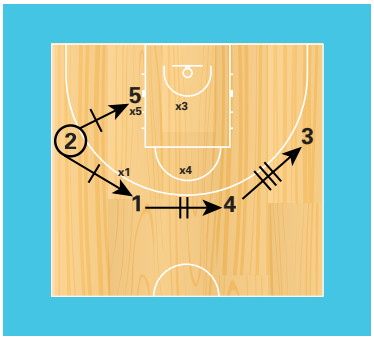
6.1.2 WHAT DO WORDS MEAN – GLOSSARY OF BASKETBALL TERMS

"1 PASS AWAY", "2 PASSES AWAY" ETC.

The number of "passes away" that a player is describes how close they are to the person that has the ball. The concept is relevant for defensive positioning – generally, they closer a player is to the ball, the closer their defender needs to be to them.



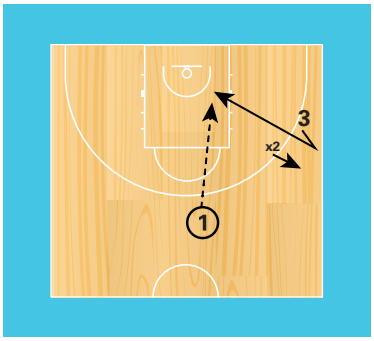
- Player 1 has the ball.
- Players 2 and 3 are "one pass away"
- Player 4 is "two passes away"
- Player 5 is "three passes away"



- Player 2 has the ball
- Players 1 and 5 are "one pass away"
- Player 4 is "two passes away"
- Player 3 is "three passes away"

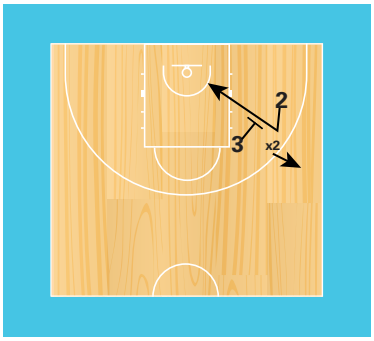
ACTIVE HANDS

When defending the person with the ball, the defender should keep one hand in front of the ball and the other hand "active" to make it hard for player to pass the ball. If the player is dribbling, keep the hand opposite the ball low to prevent a crossover and the other hand up to prevent a pass.



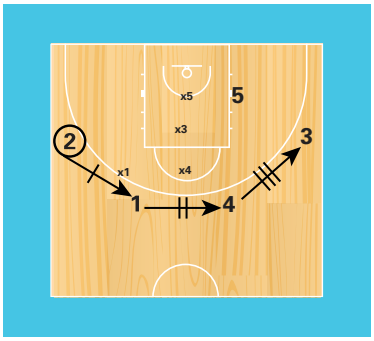
A "Back Door" cut is a quick cut, usually toward the basket. The cut is performed if a player is being denied and cannot receive a pass.

- Step away from basket, showing hand as a passing target
- Push off and cut to the basket. Do NOT take only one or two steps



A "back cut" can also be performed off a screen.

The defender may step in the path of the cutter so that they cannot over the top of the screen. The cutter steps into their defender (as if cutting over the top of the screen) and then changes direction to "back cut" toward the basket.



BALL REVERSAL

Ball reversal is moving the ball from one side of the court to the other. It is usually done by passing, however dribbling can be used.

"BIG TO BIGGER" (OR "DEFENSIVE SLIDE")

"Big to Bigger" is used to describe defensive footwork.

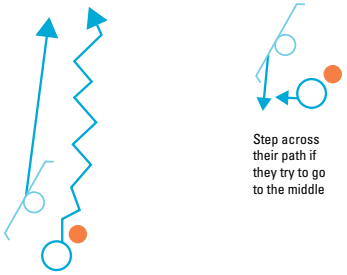
When moving laterally to guard someone with the ball, defenders should be taught to use "big to bigger" footwork, sometimes called "defensive slide". The premise is simple – when moving to your right, step with the right foot first. The second step brings you back to a balanced stance.

"BOX OUT" OR "BLOCK OUT"

When a shot is taken, each defender must first make contact with their player and stop them from rebounding. This is called "boxing out". Players should box out 1-2 metres away from the basket. If they are too close to the basket the rebound will bounce over their head.

BUMP THE CUTTER

"Bumping" the cutter is simply getting in the way of a person cutting into the keyway to stay between them and the ball and to make them cut behind the defender.



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CLOSE OUT

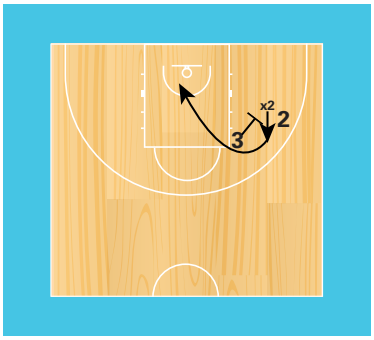
When an offensive player catches the ball, their defender must sprint to get within an arm's length of them by the time they catch the ball. This "close out" is a difficult skill. The defender sprints and then as they get close to their opponent, take small, quick steps. Head position is critical as it affects the defender's balance if it is too far forward or back.

CLOSE OUT – LONG AND SHORT

If the offensive player catching the ball is a "shooter", the defender may close out "long" even running past them to ensure they get their hand to pressure the shot. If the offensive is a "driver", the defender may close out "short"- stopping 2-3 metres before them in order to be able to guard any drive.

CROSS OVER STEP (SEE ALSO ONSIDE STEP)

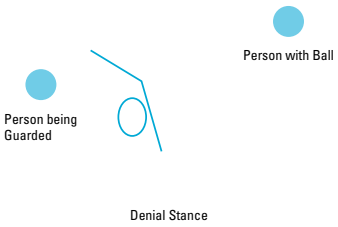
A cross over move is when a player steps across their body either to change direction or to start moving.



"CURL CUT"

If the defender stays below the screen (to stop a "back cut") the cutter steps toward them and then cuts off the top of the screen.

If the defender "locks" to the cutter to run behind them, the cutter curls to cut to the basket. As the defender is behind them, if they made a straight cut, the defender



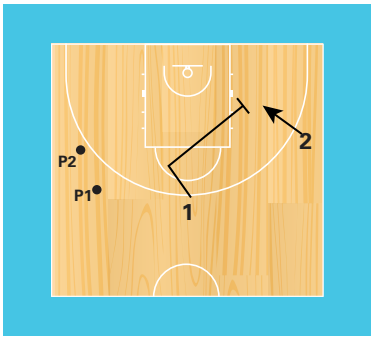
DENIAL STANCE

"Denial stance" is used to stop a player that is "one pass away" from the ball from receiving a pass.

In denial stance the defender's back is to the ball and their chest faces their opponent. The arm closest to the ball is stretched out, thumb pointed to the ground and palm facing the ball.

DOUBLE TEAM

When two defenders both guard the player with the ball. The defenders must stand near each other so that the player cannot dribble or step past them.

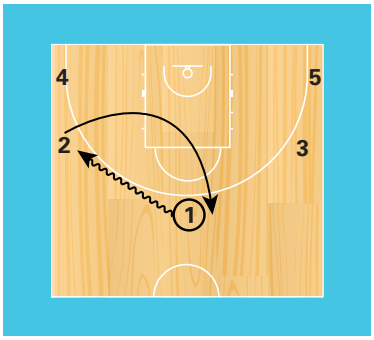


DOWN SCREEN

A down screen is set by a player moving toward the baseline, for example:

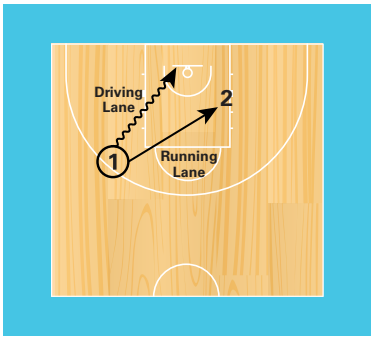
- high post player setting a screen for a low post player;
- guard setting a screen for a wing perimeter player.

Typically the screener's back will be facing the ball.



"DRIBBLE ENTRY – SHALLOW CUT"

Rather than passing the ball, a "dribble entry" is where the ball is dribbled to the wing. The player that is dribbled at moves. They can simply replace the dribbler – a shallow cut.



DRIVING LANE (SEE ALSO PASSING LANE)

The "driving lane" is simply the path between a dribbler and the basket. On a fast break, if the defender does not commit to the driving lane, the player should drive to the basket. If the defender does commit, they should pass.

DROP STEP

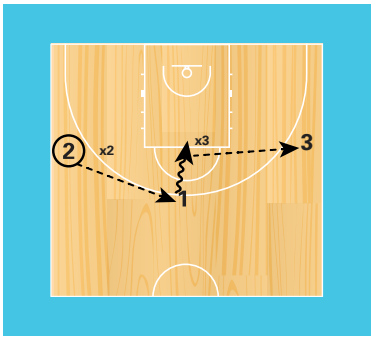
A "drop step" is a reverse pivot.

FOOT ADVANTAGE

To get open, an offensive player must try to get their foot past their defender - "foot advantage". This applies equally to defenders - move your feet to beat an opponent.

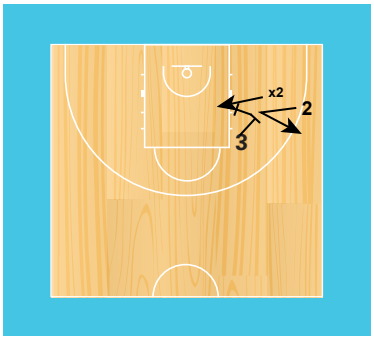
FAST BREAK

A "fast break" is where a defensive team get position of the ball and then try to move into offence as quickly as possible, before there are defenders in position.



FREEZE DRIBBLE

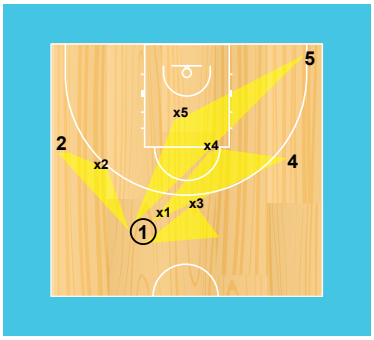
A "Freeze Dribble" is where the offensive player dribbles at a particular defender in an effort to commit that defender to guarding the ball, which will stop them from guarding another team mate.

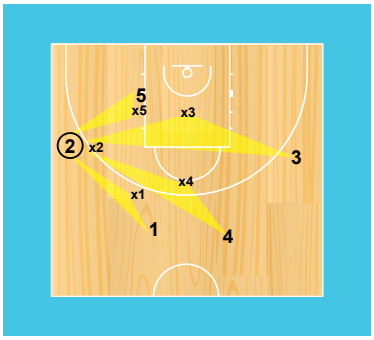


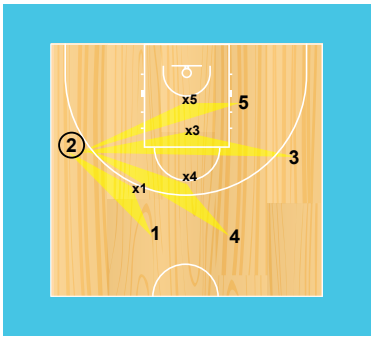
"FLARE CUT"

If the defender moves under the screen, in order to beat the cutter to the "other side" of the screen, the cutter should move toward the screen and then move away from the screen, so that the screener is between them and their defender.

The screener may also turn to face the defender and "re-screen"





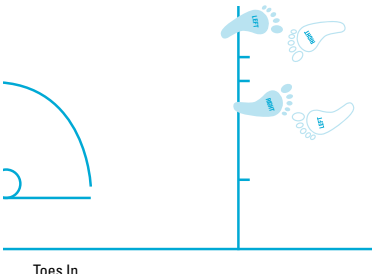


FLAT TRIANGLE

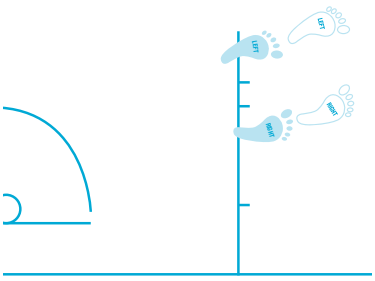
This is a defensive concept and is used to emphasise to defenders that they must be able to see both their immediate opponent and the player that has the ball. In the diagrams below, each defender adopts a position, based upon how close their opponent is to the ball. The yellow triangles represent the defender's vision – being able to see both the player with the ball and their direct opponent.

FLOATING DEFENDER

A "floating defender" is not denying the ball being passed to their direct opponent and are in a position to help defend the ball.



Toes In



Toes Out

FRONT THE POST

"Fronting" the post player, means that the defender stands between the post player and the perimeter player. There are two methods – "toes in" and "toes out".

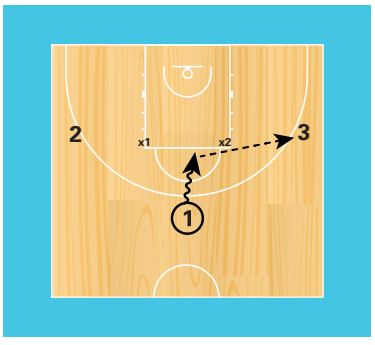
"Fronting defence" requires both good pressure on the person with the ball and also "split line" help (a defender near the basket that can intercept any attempted lob pass).

"Toes In"

The defender's back faces the potential passer. This position makes it easier to adjust position if the ball is passed to another team mate on the perimeter.

"Toes Out"

The post defender faces the perimeter passer and keeps contact with the post player.



GAP DRIBBLE

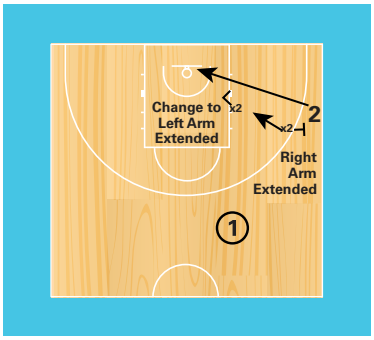
A "Gap Dribble" is simply dribbling between two defenders in a zone defence

HAND OFF

A "hand off" is where an offensive player that has the ball is stationary and a teammate runs past and grabs the ball from them. It may be a guard cutting past a post player, or a player dribbling, coming to a stop and another team moving past them. This "dribble handoff" is often done whilst both players are moving.

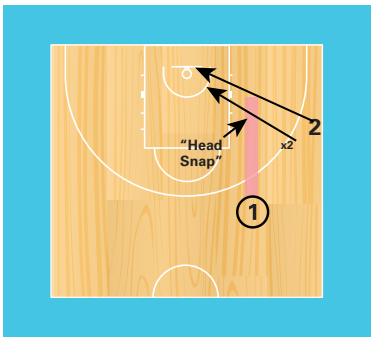
HEAD ON THE BALL

To make a player change direction, the defender must get in front of them and get your "head on the ball" (see also Turning the Dribbler).

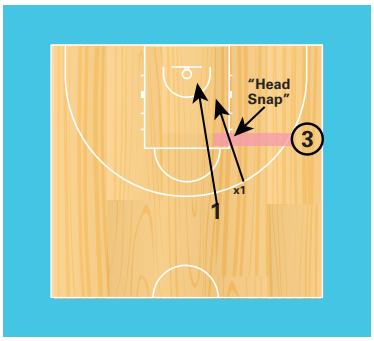


"HEAD SNAP" ("CHIN TO SHOULDER")

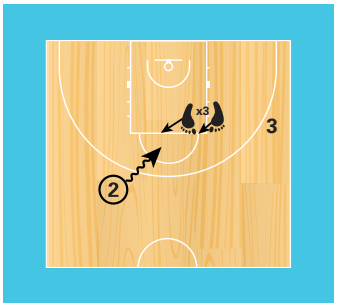
In denial stance, the arm closest to the person with the ball is extended in the passing lane and by placing "chin to shoulder" the defender can see the player with the ball and the player they are guarding.



As the defender cuts to the basket (denying their opponent) they get to a point where to keep vision of both ball and their player they need to turn their head and put the other arm in the passing lane. This technique is called "head snap" or "head and hands" snap.



The point where the defender needs to "head snap" is when they get to the line of the ball.



HEDGE (OR HELP) & RECOVER

"Hedging" is a defensive fake - starting to move toward a position (e.g. going to guard the ball) but not going all the way to that position.

For example x3 takes two steps toward Player 2, wanting them to think that they are coming to guard them. As Player 2 changes direction or stop, x3 "recovers" back to guard their player.

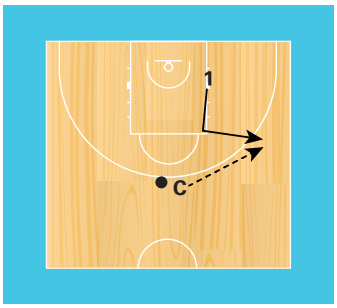
This movement is called "hedge and recover" and is used in full court and half-court defence.

INSIDE FOOT

The "inside" foot is the foot closest to the middle of the court. When leading out to the perimeter.

"KICK" THE BALL

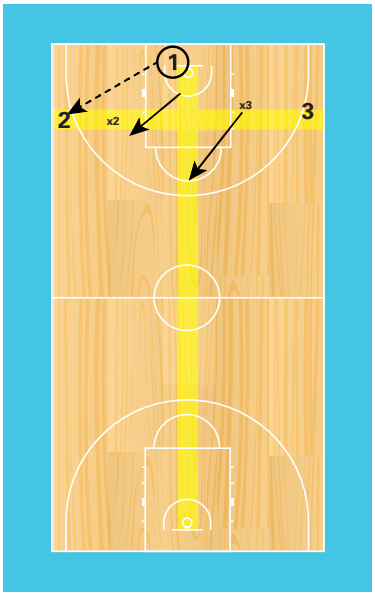
To kick the ball is to make a pass and, in particular, to make a pass quickly after receiving a pass.



"L CUT"

An "L Cut" is a sharp change direction, forming an "L shape"

- Walk up the key and make a quick change of direction to cut to the perimeter



"LINE OF BALL"

The "line of the ball" is an imaginary line across the court level with the person that has the ball. This concept applies in defence where players move "below" the "line of the ball" even if their player is behind the ball. This is done in order to be in a position to help guard a dribbler.

When Player 2 receives the ball, X1 moves to the "line of ball" and is now in a position to guard Player 2 if the dribble toward the middle.

The shaded vertical line is the "split line".

"MAN TO MAN" DEFENCE

Defensive structure where each defender is responsible for guarding one particular opponent. During play, defenders may switch (or change) who they are guarding or may help a teammate defend a particular player. However, each defender remains responsible for guarding a particular player.

MOTION OFFENCE

"Motion Offence" is an offensive structure that it is recommended be taught to beginning athletes. Rather than having strict pre-determined movements, in "motion offence" players are taught principles of court spacing and movement.

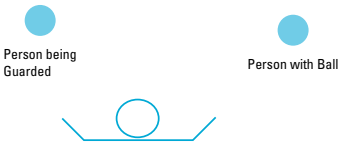
ON BALL STANCE

The defender guarding the person with the ball has their chest facing the offensive player and their nose at the height of their chest. One foot should be slightly in front of the other and they should be close enough to touch the ball.

Team defences will often force the player to dribble with their non-preferred hand. To force them left, the defender's nose should be level with their right shoulder and the defender's right foot must be outside the left foot.

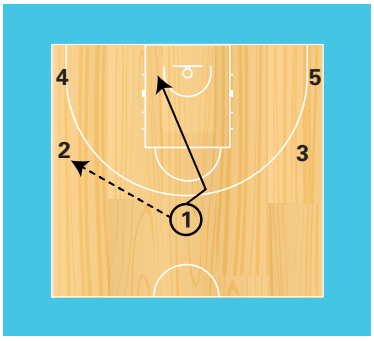
ONSIDE MOVE

An "onside" move is when a player steps or dribbles without stepping across their body.



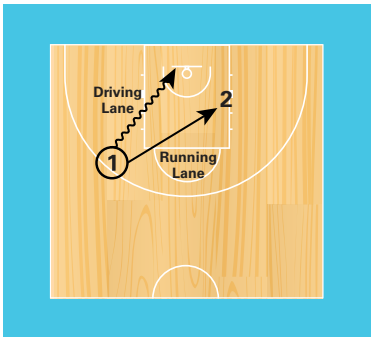
OPEN STANCE

In an open stance, the defender generally has their back to the basket and is standing "side on" to both the player they are guarding and the player with the ball.



"PASS AND CUT" / "GIVE AND GO"

Perhaps the simplest play in basket in "pass and cut" or "give and go". The player passing the ball, then cuts to the basket looking to receive a pass back.



PASSING LANE

An imaginary line between the player with the ball and a team mate that they may pass to. Defenders may want to be as close to the passing lane as possible provided that they can still see both the player with the ball and their direct opponent.

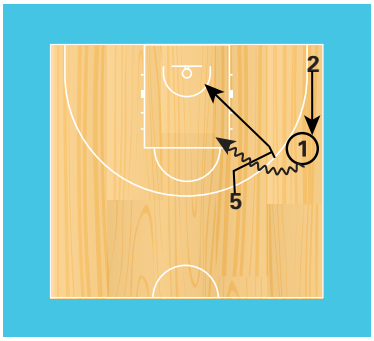
For offensive players on a fast break, if the defender is in the "passing" lane this is a cue for the dribbler to attack the basket. For a perimeter offensive player, if the defender is "in the lane", it is a cue to cut to the basket ("back door").

PENETRATION

Penetration is getting the ball into the keyway either by dribbling it or by passing it to a teammate that is in the keyway.

PICK AND ROLL

A "pick and roll" is where a screen is set for a teammate that has the ball. The basic action is that the screener then moves toward the basket (the "roll"). If the screener moves to the perimeter it is referred to as "pick and pop".



EXAMPLE OF "PICK & ROLL"

Dribbler: Drive hard to the elbow (separation)

Screener: Roll belly to the ball to the basket

Corner: Lift out of corner and fill where the ball started

If dribbler can't score or hit the roller look back to the corner player lifting to the wing to feed the roller on a baseline entry

PIVOT

A pivot is where one foot remains on the ground and the player steps with the other forward. The "pivot foot" is the stationary foot that remains on the ground. They may pivot forward or backwards ("reverse pivot").

Once a player that has a ball (and is not dribbling) pivots, they cannot change to pivot on their other foot. If a player catches the ball with feet in the air and lands on both feet at the same time, they may then choose to pivot on either foot. If they land one foot after the other, then the first foot to land is their pivot foot.

POST PLAYER

A "post player" is generally situated in the keyway or alongside it. All players need to be able to "post up", however generally taller players play in the post most often.

"POST SIDE" OR "STRONG SIDE" (SEE ALSO "WEAK SIDE")

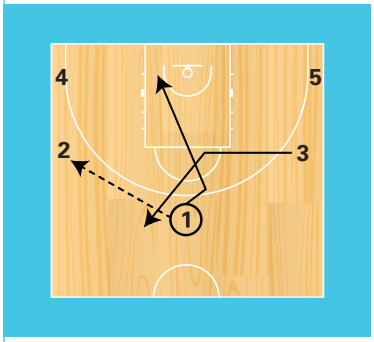
The "Post Side" of the court is the side that an offensive player is occupying a post position near or in the key.

"RECEIVERS"

"Receiver Principles" are an offensive concept setting out where offensive players should move two, when the ball is dribbled into the keyway (they can also apply equally to when the ball is passed into the keyway). Generally, two offensive players should be in the keyway and at least one player should be on the perimeter opposite the ball.

REPLACE CUT (OR "REPLACE")

A "Replace Cut" (often just called "Replace") is where an offensive player moves to the position that a teammate had occupied. The Replace Cut is made after the teammate has cut or dribbled away from that position.



"PASS, CUT AND REPLACE"

After cutting to the basket, the player nearest to the "gap" cuts toward the ball and then "fills" the space on the perimeter. The other players then balance to fill the positions on the perimeter.

RE-SCREEN

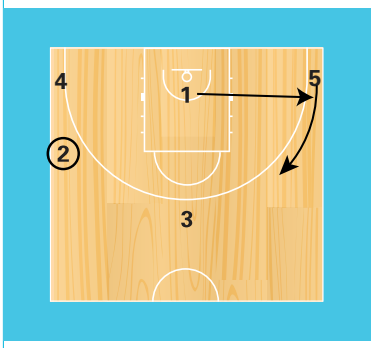
Sometimes when a team sets off-ball screens, the defence will "cheat" or move to a position anticipating where the cutter will go, but before the cutter has actually cut off the screen. In this situation, the screening may need to adjust their position (or "re-screen") in order to be in a position to get their team mate open.

SCREEN

A "Screen" is where one offensive player stands in a position on the court in an attempt to block the path of a defender and to accordingly free their teammate. A screen may be used for a teammate that has the ball or a teammate that does not have the ball.

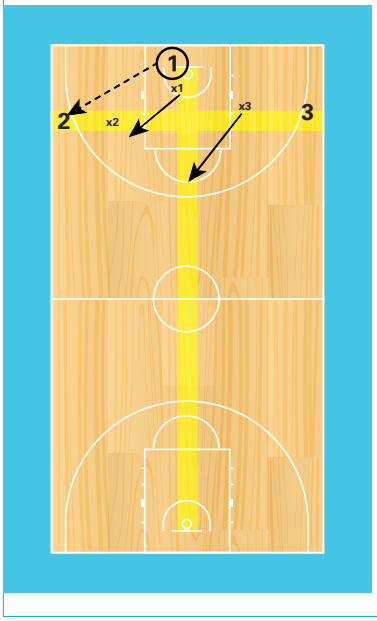
SKIP PASS (SEE ALSO "BALL REVERSAL")

A "skip pass" is a pass from one side of the court to the other side of the court. Accordingly, it is a way to "reverse" the ball however it is slower than making two passes (as a skip pass must be thrown high to avoid interception).



SPACING

"Spacing" is simply the distance between players. It may be used in connection with a whole team (e.g. offensive players spreading across the court) or in connection the distance between two players.

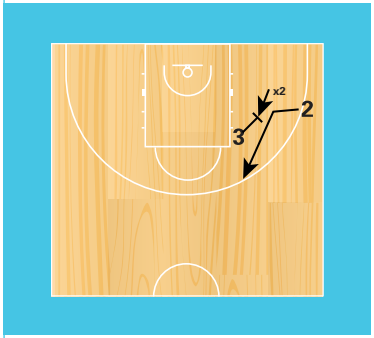


SPLIT LINE (OR HELP LINE)

The "split line" is an imaginary line from basket to basket (the vertical shaded line). It is mostly a defensive concept, indicating the position on the court that a defender should get to when the player they are guarding is on the opposite side of the court to the ball.

SQUARE UP

"Square Up" means to face the basket. It is mostly used in connection with a player catching the ball and then turning to face the basket.



STRAIGHT CUT

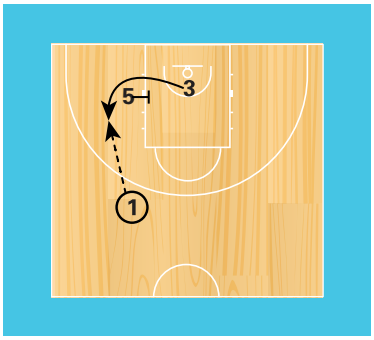
The cutter moves toward their defender and then cuts over the top of the screen. If the defender steps into the screener makes a straight cut.

TRANSITION

"Transition" is the period when a team moves from offence or defence or vice versa.

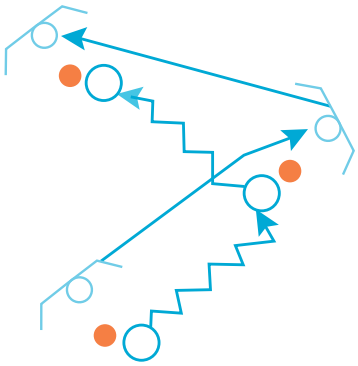
TRAIL CUTTER

"Trailing" is a specific technique when guarding a player that is cutting off a screen – the defender follows closely behind the cutter.



TURN OUT CUT

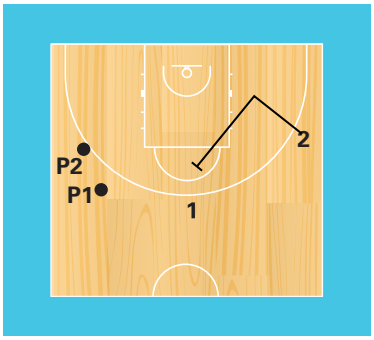
A "turn out" cut is used off a screen that is set at the side of the keyway, with the screener having their back facing the sideline, away from the keyway.



TURNING THE DRIBBLER

"Turning" the dribbler is simply making them change direction and is a strategy used particular whilst they are in their back court.

To turn the dribbler, the defender must get their "head on the ball" and be directly facing them. In this position the dribbler cannot continue in this direction and must change direction.

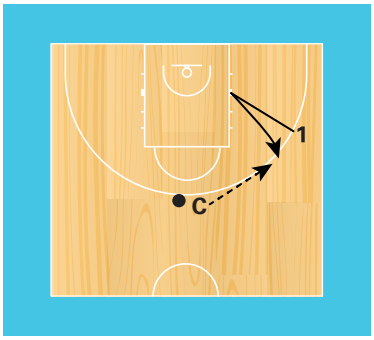


UP SCREEN

An up screen is set by a player moving away from the baseline, for example:

- Wing perimeter player setting a screen for a guard;
- High Post player setting a screen for a perimeter player.

Generally, the screener has their back facing the baseline or the baseline/ sideline corner.



"V CUT"

A "V Cut" is where an offensive player moves in one direction and then moves (usually back toward the ball) in a different direction – forming a "V".

- After cutting toward the basket, change angle to get into the path of defender
- Establishing "Foot advantage" is important to create a passing lane as is using a change of pace.

WEAK SIDE OR "OPEN SIDE" (SEE ALSO "POST SIDE")

The "Weak Side" is the side of the court opposite to where a post player is in or near the keyway. There is not always a "weak side". For example if all players are on the perimeter, or if there is a post player on either side of the keyway.

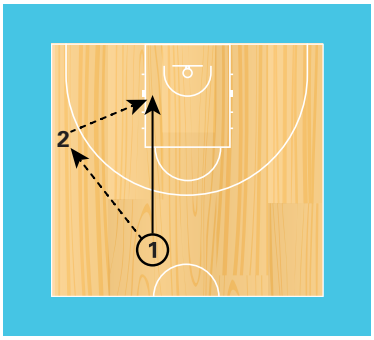
ZONE DEFENCE

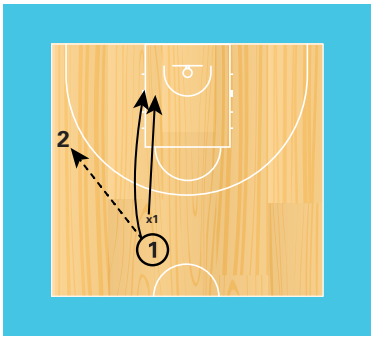
A defensive structure where players are responsible for guarding particular areas of the court, rather than a specifically assigned player.

6.2 OFFENSIVE TACTICS AND STRATEGIES

6.2.1 BASIC OFFENCE – PASS, CUT & REPLACE

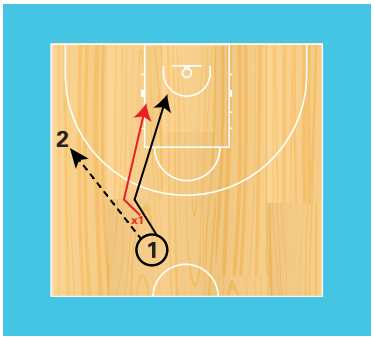
Basketball is an "invasion sport" – the object of the game is to move the ball into the opponent's area of the court and score a goal. This is different, for example, to volleyball where teams never enter their opponent's territory.





One of the most common movements in an "invasion sport" is to "pass and cut" (or "give and go" as it is often called in football). This is simply where a player passes the ball to their team mate and then moves toward the opponent's goal.

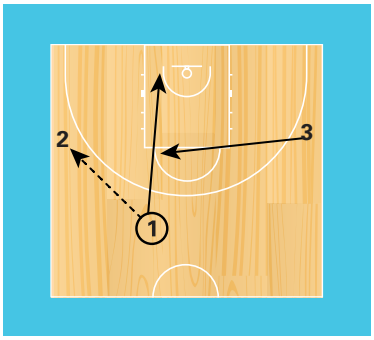
The "Pass and Cut" can be particularly effective if the defensive player (x1 in the 2nd diagram) does not move or simply moves toward the basket.



Most coaches will instruct defenders to "jump to the ball", which simply means to move in the direction that the ball was passed. If the defender does this quickly, then they are in position to stop any pass being made to the player that cuts to the basket.

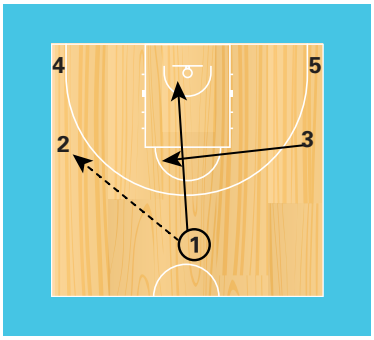
This is also a situation where defenders will commonly hold or "bump" the cutter, in an effort to slow them down.

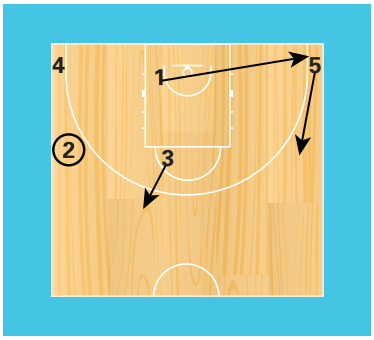
The "pass and cut" typically only involves two offensive players – the person that threw the pass (and then cut) and the person that they threw to. Most teams will have in place rules to create movement by other players.

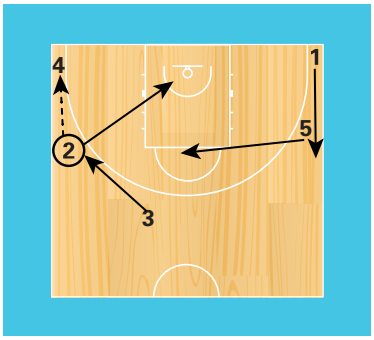


A very common movement is for another player to "replace" the cutter. In this diagram, 1 passes the ball to 2 and then cuts to the basket.

3 then cuts toward the ball. There may be some hesitation before 3 cuts, to make sure that 1 has created a "gap".







As each player moves, the create a "gap" or a space that another team mate may move into.

For example, 1 cuts to the basket and 3 moves toward the free throw line. 5 lifts from the corner and then 1 can move out to the corner.

Similarly, when 2 passes to 4, they can execute a "pass and cut" and then other players will move to "replace" the previous cutter.

This movement does not have any screens, however teams can add screening in to make cuts more effective to get a player open.

Almost every team will use an element of "pass and cut" in their offensive structures. It is also common to use it in a full court context when the ball is initially moved to the offensive end of the court.

WABC ON-LINE PLATFORM REFERENCES – PASS, CUT & REPLACE

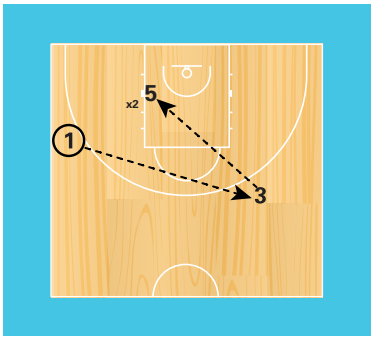
Level 1 – Team

1. Offensive Tactics and Strategies
   - 1.1 Offensive Movement
     - 1.1.1 Motion Offence – 5 out – pass and cut/give and go
     - 1.1.2 Motion Offence – 5 out – replacing the cutter

6.2.2 BALL REVERSAL

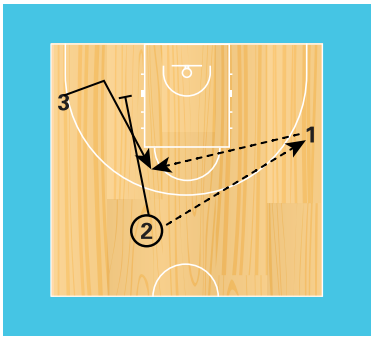
Basketball is an "invasion sport" – the object of the game is to move the ball into the opponent's area of the court and score a goal. This is different, for example, to volleyball where teams never enter their opponent's territory.

A TEAM MAY "REVERSE" THE BALL FOR A VARIETY OF REASONS, SUCH AS:



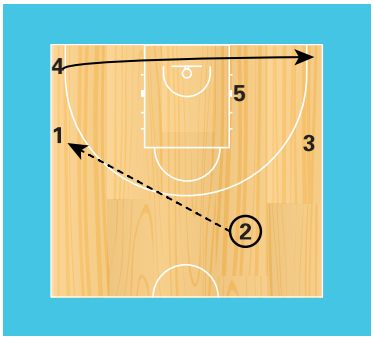
CHANGE THE "ANGLE OF ATTACK"

For example, with x5 standing in front of the post player it may be difficult for 1 to pass the ball to 5. However by "reversing" the ball to 3, they have a good angle to pass the ball.



CREATE "WEAKSIDE" OPPORTUNITIES

"Ball Reversal" will also be used to create an opportunity on the "weakside" (i.e. side of the court opposite the ball), which may also be done, for example, through screening.



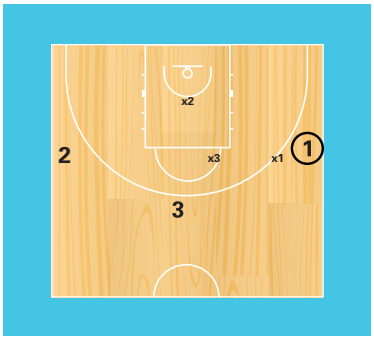
GET THE BALL TO A PARTICULAR PLAYER

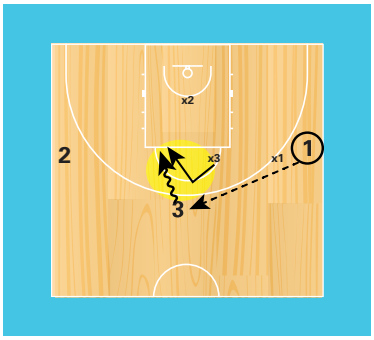
Ball reversal is often used to get the ball to a certain player, particularly if the offence has "cleared out" (i.e. other players are on the other side of the court).

The ball reversal can give the player a chance to beat their opponent 1v1, before any help defence can set up.

Another reason why ball reversal is so common is to attempt to put the defensive team at a disadvantage. One of the most difficult defensive skills is to "close out", which occurs when a defender has to move to defend an opponent who is catching the ball.

The further the defender is away from the opponent the more difficult the skill is to execute as the defender must defend both a shot and the player dribbling. irect opponent and are in a position to help defend the ball.

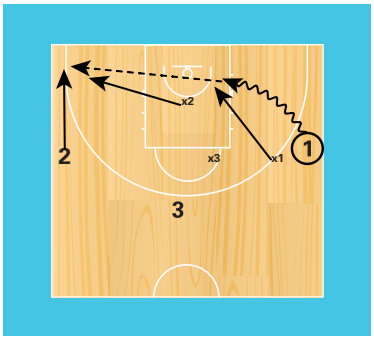




"Close Outs" exist in both zone and man to man defences, as defenders move away from their player to be able to put some pressure on the player that has the ball.

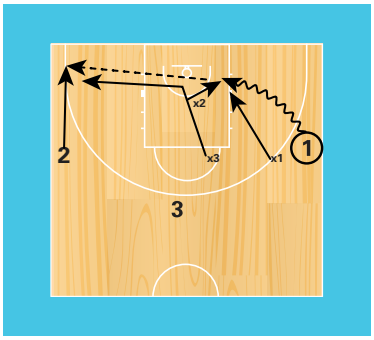
Here, both players x2 and x3 would need to "close out" if the ball was thrown to their opponent. x3 has a short close-out and x2 would have a long close out.

The further the distance the more difficult to both defend a possible shot and any dribble.

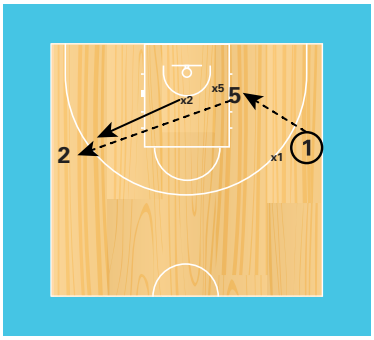


The offensive team will attempt to "force" a close out situation by moving the ball from one side of the court to the other.

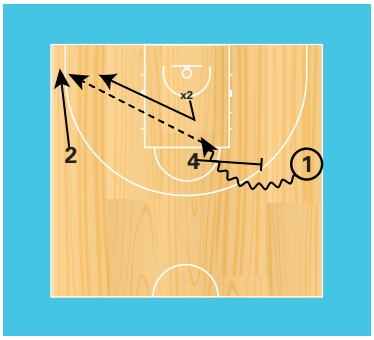
This can be done after dribble penetration.



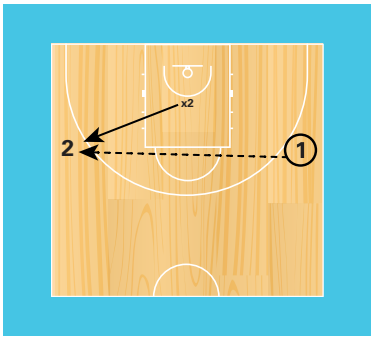
Dribble penetration is particularly effective if it attracts a help defender (e.g. x2 moves to stop 1 getting into the keyway) and then a separate defender (e.g. x3) must "close out" to 2.



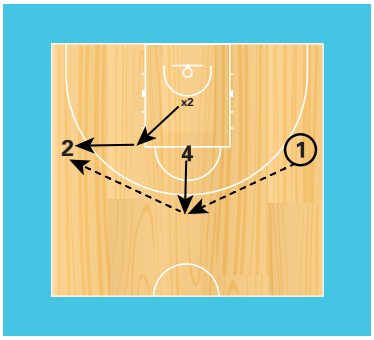
Ball reversal can also be done by passing to a post player, who then passes to the opposite side of the court. As with dribble penetration, x2 may initially help to defend the post player which makes the close out more difficult.



The ball reversal can also come after screening action, which again can be particularly effective if x2 stays inside the key to help to defend the dribble and then must close out "long".

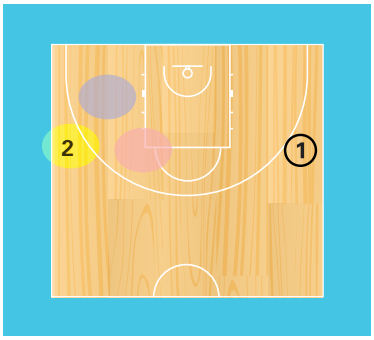


Some teams will use a “skip pass” which is to throw from one side of the court to the other. This is often relatively a relatively slow pass, which may not be as effective in creating the long “close out”.



“Ball reversal” can also be done with two passes, which will force a close out situation. The quicker the second pass (from 4 to 2) the longer the close out for x2 is likely to be.

Particularly against a zone defence, if 4 dribbles toward the key to “freeze” x2 (staying in the key to help defend the dribble) this can be effective in creating a longer close out.



On a close out, there are typically three potential areas of contact. First, where the player catches the ball is a potential contact area if they shoot the ball or if the defender attempts to intercept the pass near the player.

The other potential contact areas are to the left or right, if the player dribbles after catching the ball. This is a dynamic situation with players moving quickly and the defender often using their hands to an initial “bump” to slow the dribbler.

WABC ON-LINE PLATFORM REFERENCES – BALL REVERSAL

Level 1 – Player

1. Defensive Basketball Skills
   - 1.1 Defensive Footwork
     - 1.1.2 Closing Out

Level 1 – Team

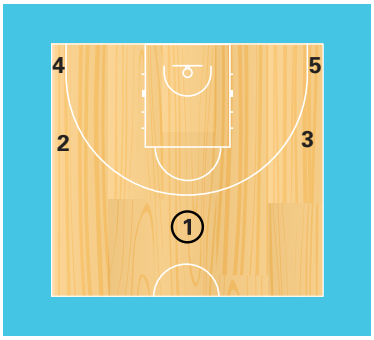
1. Defensive Tactics and Strategies
   - 1.1 Man to Man Defence
     - 1.1.2 Distance from Opponent
     - 1.1.7 Help Defence – Split Line Defence
2. Offensive Tactics and Strategies
   - 2.1 Offensive movement
     - 7.2.1 Motion Offence – 5 out – Purposeful movement – timing and spacing
     - 7.2.2 Motion Offence – 5 out – Ball Reversal

6.2.3 OFFENSIVE ALIGNMENTS

Broadly, there are 3 offensive alignments used in half court play:

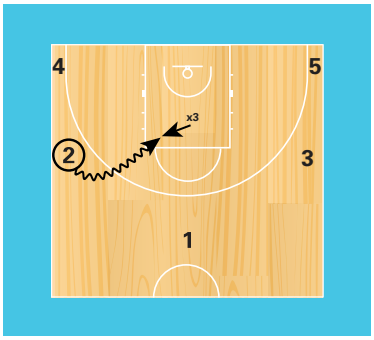
- "5 Out" - where all players are on the perimeter, attempting to utilise "space" most effectively.
- "4 Out, 1 In" - where one post player plays predominantly in the keyway, although increasingly these players are also able to step to the perimeter.
- "5 Out, 2 In" - where two post players play predominantly in the keyway, often utilising a "high-low" alignment.

CHARACTERISTICS OF 5 OUT



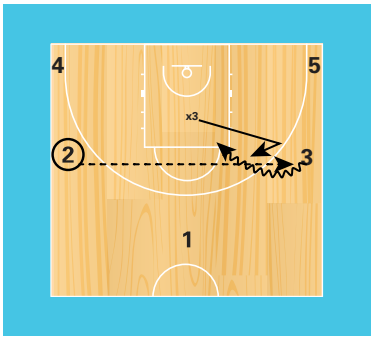
All players play on the perimeter, although players certainly will cut to the basket. The precise alignment will differ, but the intent is to "stretch" the defence to have to cover the court.

The "corner 3" is particularly important, as the shooting percentage from this position is higher than at the wing or top of the key. This may be a result of the corner being slightly closer, however it is more a reflection on this being the hardest area for the defence to cover.



Most defensive teams, will have defenders move into the key and away from perimeter players that are on the side of the court opposite the ball.

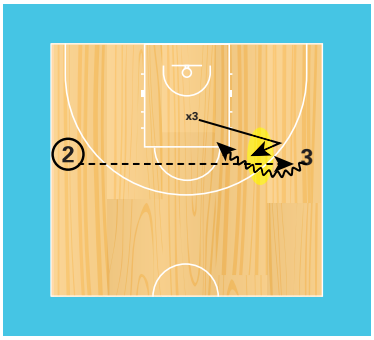
Here x3 is on the "split line" (a position that is in line with the basket), which places them in a good position to pressure any dribble penetration by 2.



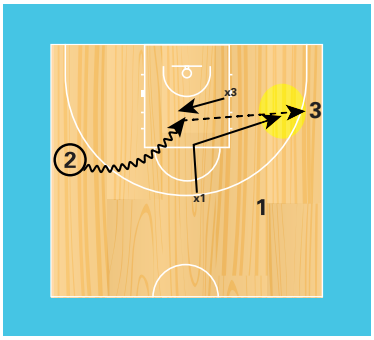
This "split line" positioning creates the opportunity for the offence to force a "long close-out", which is simply where x3 must move back to the perimeter to defend 3.

2 quickly passes to 3, who may catch and shoot or more likely will drive. Defensively this is very difficult as the player must sprint to get to the perimeter and then be able to move laterally.

Defensive players are taught to make this lateral movement by moving their feet, however commonly players may "bump" the dribbler or make contact with the hands. They may also reach in (even without making contact) to pressure the ball.



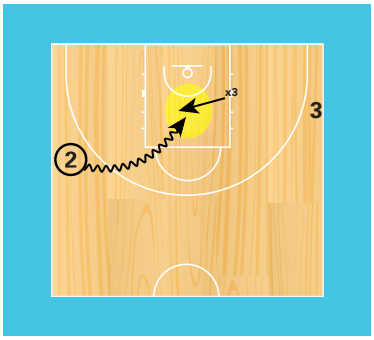
The shaded error shows the likely "contact point" – not where 3 catches the ball, but after they have taken a dribble.



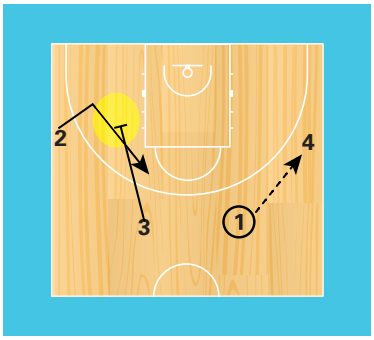
The offence can also create a "long close-out" situation for the defence from dribble penetration.

As x3 moves into the keyway to stop 2 getting to the basket, a pass to 3 creates a very difficult situation to defend. Often, another defender (here x1) will "help the helper" and move to the perimeter. Again, the shaded area shows the likely contact area.

This "penetrate and pitch" is also more likely to create an open shot for 3, as defensive players move toward the ball and then out to the perimeter.

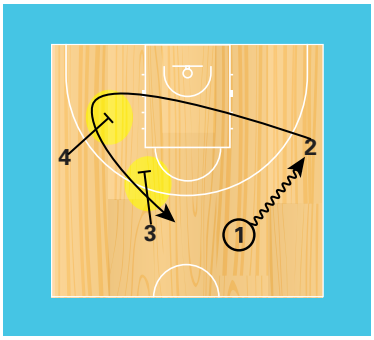


Dribble penetration also creates a likely contact point in the keyway, as a "helping" defender moves to stop the dribbler. The defender may only be moving 1 or 2 steps but may not be moving until relatively late, depending upon when their team mate was beating by the dribbler.



Another characteristic of "5 Out" is the prevalence of screens being set by one perimeter player for another and this often take place on the side opposite the ball.

The screener (here 3) is instructed to "find" the defender that they are screening, rather than simply screen at a particular spot on the floor. This increases the intensity of contact.



The perimeter screens are often set for a player that is moving away from the ball and then comes back to the ball. Often, a player will use more than one screen, creating multiple areas of contact – all well away from the ball.

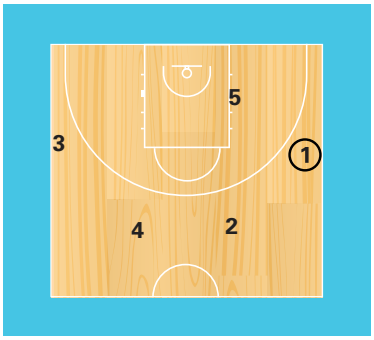
WABC ON-LINE PLATFORM REFERENCES – 5 OUT

Level 1 – Team

2. Offensive Tactics and Strategies
   - 2.1 Offensive Movement
     - 2.1.1 Motion Offence – 5 Out – pass and cut/give and go
     - 2.1.2 Motion Offence – 5 out – replacing the cutter
     - 2.1.3 Motion Offence – 5 out – Purposeful movement – timing and spacing
     - 2.1.4 Motion Offence – 5 out – Ball Reversal

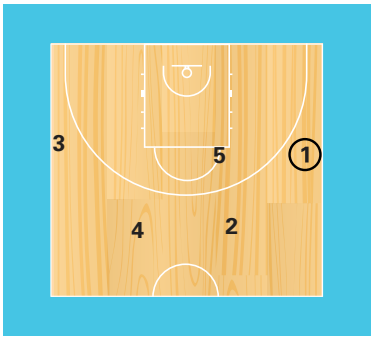
CHARACTERISTICS OF 4 OUT, 1 IN

In "5 Out" players may "post-up" but will then move back to the perimeter if they do not receive the ball. In "4 Out, 1 In", one player will play in a post position (high or low) throughout the offence. It is not necessarily the same player all the time.

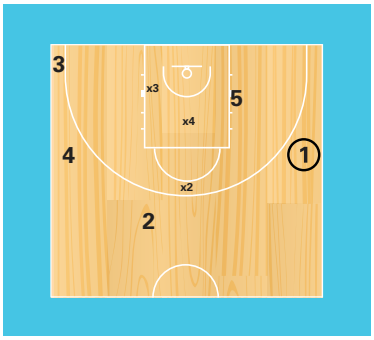


Four players on the perimeter and one player in a post position, at the keyway. Players may interchange during the offensive play, particularly after screening action.

Here, the post player is in the "low post" or "block".

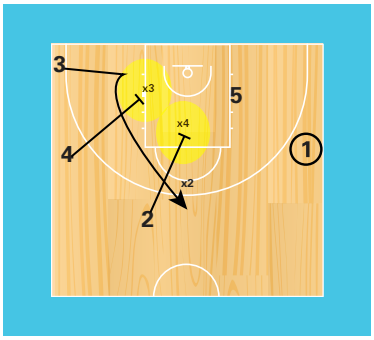


The post player may be in a high position, at the free throw line. This particularly creates space for players to cut to the basket.

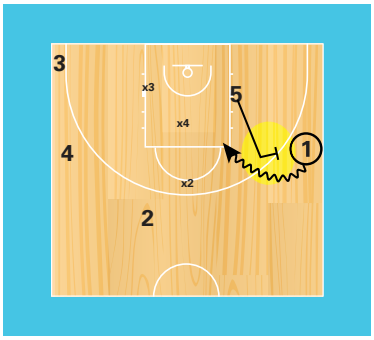


The alignment of the perimeter players may change, particularly to take advantage of the "weakside" (opposite to the ball) corner.

As with "5 Out", the offence looks to create opportunities where a defender may have a "long close-out" (if for example 1 passed to 4).

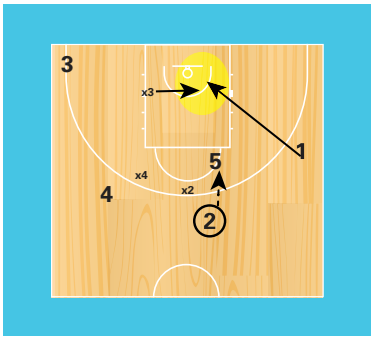


In this alignment, the offence often divides the court into a strong side ("2 man" game) and the weakside ("3 man" game), with screens and interchange on the weakside.

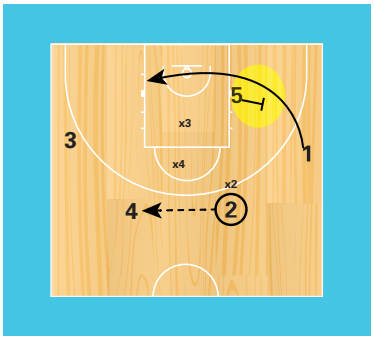


Screens on the ball are very common in 4 Out, 1 In, which creates a situation of contact at the screen. This contact often continues as the screener moves after the dribbler has gone.

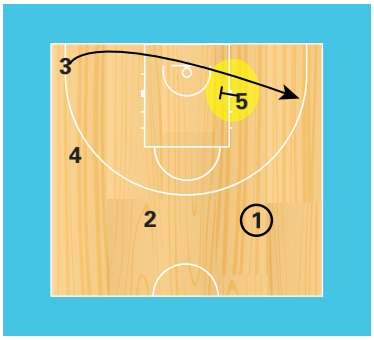
This may be a movement toward the basket or may simply be to further interfere with the defensive player.



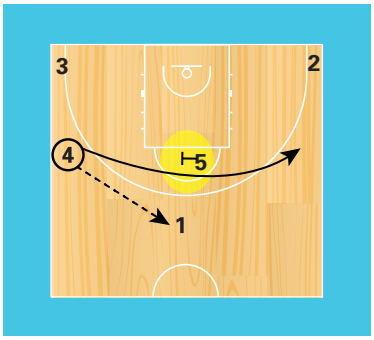
With a high post player, perimeter players will often cut (or "back cut") to the basket, which is a relatively open space. This can create situations of contact near the basket as defenders move across to help defend the cut.



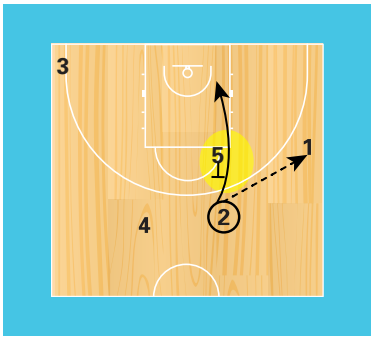
The post player will often set a screen for a perimeter player to cut. Here the 1 cuts toward the basket.



Here, 3 cuts toward the perimeter using a “turn out” cut.



Similarly, perimeter players may cut off the high post. Here, 4 cuts to the perimeter.



Here, 2 cuts toward the basket. In this play, 3 may also move toward the wing, to take their defensive player away from the basket.

Some offensive teams will use the short corner (half-way along the baseline between the keyway and 3pt line) as a post position as well.

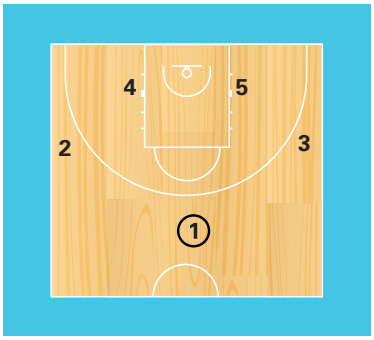
WABC ON-LINE PLATFORM REFERENCES – 4 OUT, 1 IN

Level 2 – Team

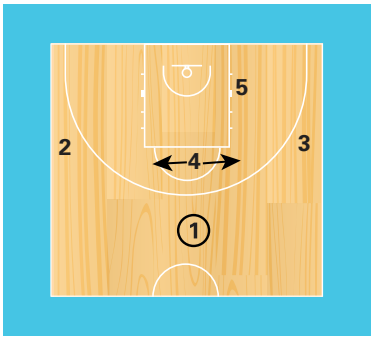
2. Offensive Tactics and Strategies
   - 2.1 Offensive Movement
     - 2.1.3 Motion Offence with post – 4 out, 1 In

CHARACTERISTICS OF 3 OUT, 2 IN

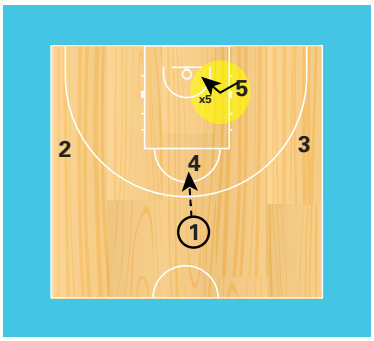
It is less common nowadays for teams to play two post players and it is perhaps most commonly used against a zone defence.



Three players on the perimeter and two players in post positions, at the keyway. Both post players may play in the "low post" or "block" or they may alternate with one post low and one player at the high post player.

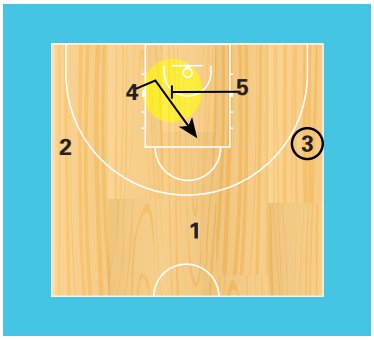


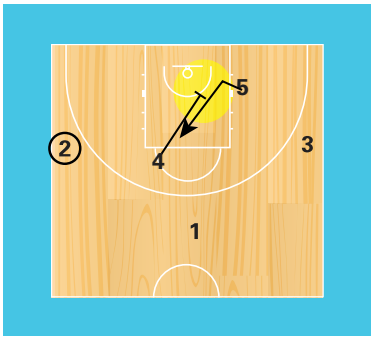
The high post player may play anywhere along the free throw line.



The post players typically work together, so that when the ball is passed to the high post, the low post will present to receive the ball.

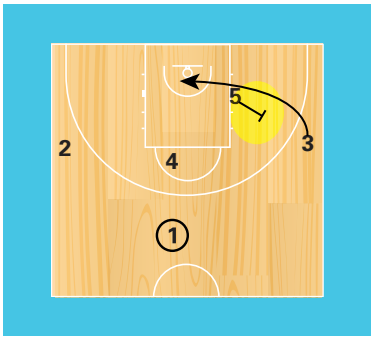
The low post player (5) may step high or may seal behind their defender to receive a lob pass, with the position of their defender determining which will be effective. If the offensive player can step past the "high" foot (i.e. foot closest to free throw line), they will usually step toward the ball.

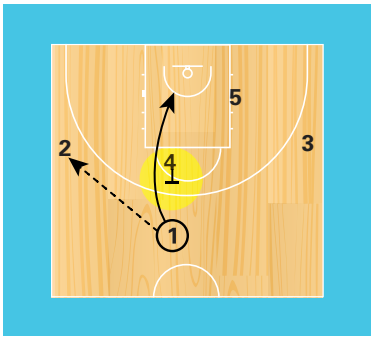




With two post players, there is often a lot of screening action between the two of them. This is usually in the confined area of the key way, resulting in a lot of contact.

As it is a "big to big" screen, many team defences will switch automatically which can be effective to deny the cutter receiving a pass, but also gives the screener an advantage to then "seal" and establish position.

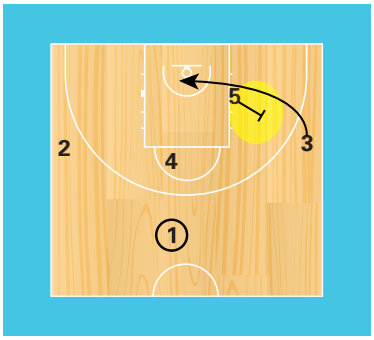


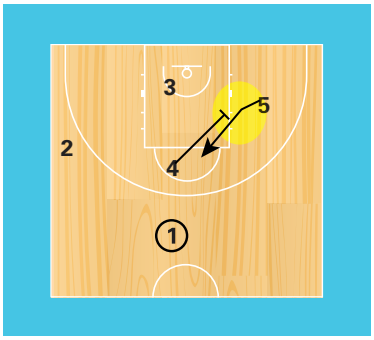


Also, common in the "3 Out, 2 In" alignment are the post players setting back screens for the perimeter players to cut toward the baskets. These screens are usually set behind the defensive player and as that player does not have vision of the screen, they are also called "blind" screens.

Often the post player will attempt to set the screen quite close to the defender – "headhunting" them and the amount of space is an important factor for referee consideration.

The post player will usually set the screen facing the defender they are screening, but may then reverse pivot to make further contact with the defender as they attempt to move around the initial screen.

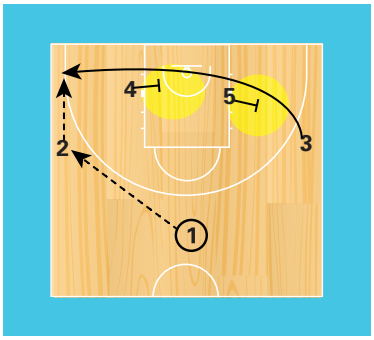




A common tactic after an initial back screen (e.g. 5 screens for 3) is for the other post player to then "screen the screener" (4 screening for 5).

This often results in contact on players moving as the defence attempt to negotiate the first screen and then also deal with the second screen.

The first screen is typically on the "weakside" of the court (away from the ball) and then the second screen is "behind" the play as the first cutter is moving to the basket and the defence is moving to defend that cut.

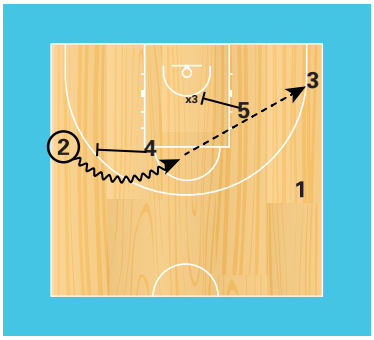


The two post players will also set staggered screens for a shooter to attempt to get open. Here the two screens are set from the low post, as the cutter (3) cuts to the counter.

When the ball is on the wing, the posts may set staggered screens at both the low post and the high post, aiming to free the cutter at the top of the key.

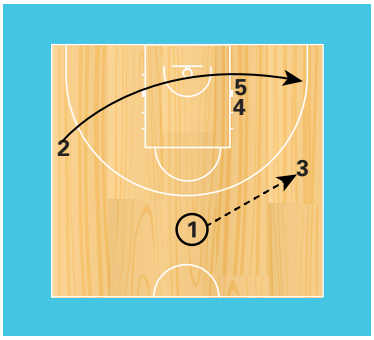
The second screener often moves at a relatively late stage, as the gauge how the defenders have defended the initial screen.

As with most screens in a 3 Out, 2 In alignment, the contact areas are relatively close to the key.



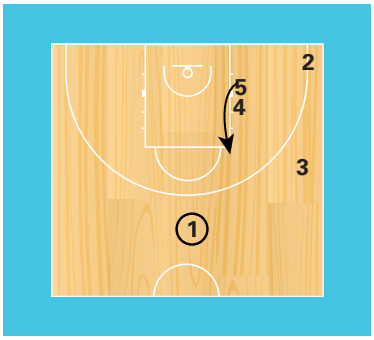
The offence may also use an alignment with two players on one side of the court and three players in a "triangle" on the other side. This is the basic alignment utilised by both the Chicago Bulls and Los Angeles Lakers under coach Phil Jackson.

There are numerous different options in this alignment, including setting screens on both sides of the court.



Another screening alignment is where the post players set a double screen – standing together to create a wide barrier for the defender to have to get past.

This can be set at either a low post or high post area.



After a double screen, one of the post players will generally cut toward the ball and whilst there may not be a screen between the two players there is likely to be a considerable amount of contact on this play.

WABC ON-LINE PLATFORM REFERENCES – 3 OUT, 2 IN

Level 3 – Team

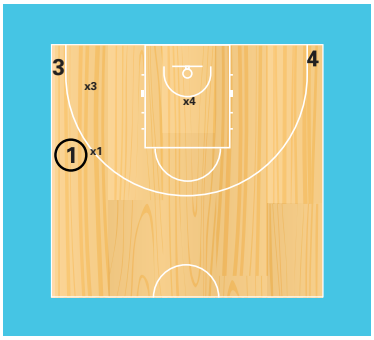
2. Offensive Tactics and Strategies
   - 2.2 Offensive movement
     - 2.2.1 Motion Offence – 3 Out 2 In – Screen The Screener
     - 2.2.2 Motion Offence – 3 Out 2 In – Multiple Screens For Shooter
     - 2.2.3 Motion Offence – 3 Out 2 In – Double Screens
     - 2.2.4 Motion Offence – 3 Out 2 In – Blind (Back) Screens
     - 2.2.5 Motion Offence – 3 Out 2 In – Pick And Roll With Triangle On Help Side
     - 2.2.6 Motion Offence – 3 Out 2 In – Cuts Off High Post Screen
     - 2.2.7 Motion Offence – 3 Out 2 In – 1V1 Isolation

6.3 DEFENSIVE TACTICS AND STRATEGIES

6.3.1 SPLIT LINE DEFENCE

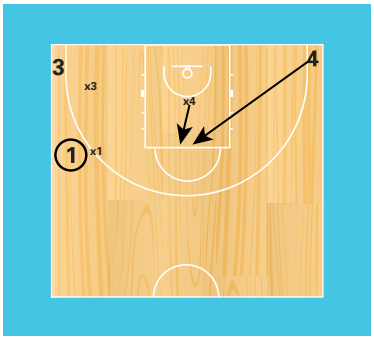
Every score is made with the ball. Accordingly, defences often look to put additional pressure on the ball.

With the high level of offensive skills, it is often difficult for a single defender to stop a player from driving into the key.

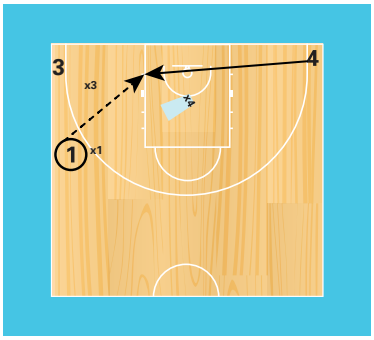


As a general defensive rule, the closer an offensive player is to the ball the closer a defender will be. This applies to both zone and man-to-man defences. This places more pressure on the ball and also means there is less space for players to move into.

In the first diagram, 3 is reasonably close to the ball ("1 pass away") so the defender (x3) stays close to them. 4 is a long distance away from the ball so x4 moves closer to the ball.

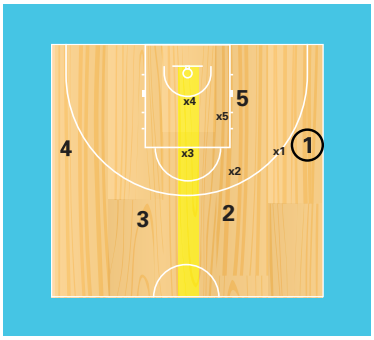


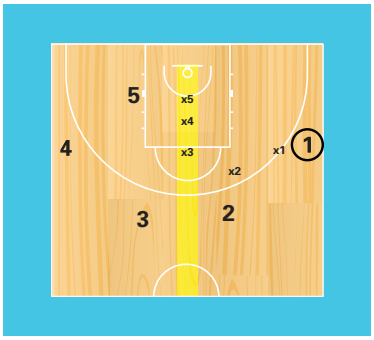
If 4 moves toward the ball, their player will typically move closer to them, often "bumping" the cutter. This contact can be considerable an may still occur quite a distance from the ball (e.g. at the side of the key) so it is important to have officiating coverage off the ball.



Commonly, a defender may make the mistake of watching the ball, and losing sight of a player that is on the other side of the floor (this happens in zone and man-to-man defence). Offensive players are often taught to cut toward the ball whenever they can see the back of a defender's head (this means they have no vision of you).

Such a cut often results in the offensive player getting open and the defender moving late an there may be contact to stop a shot being taken.

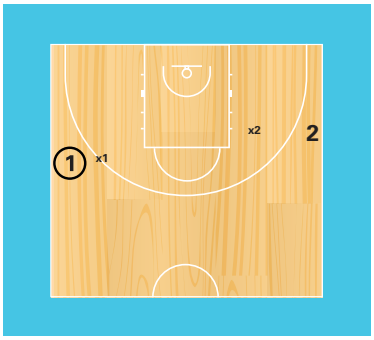




The "split line" is shown in yellow on these diagrams.

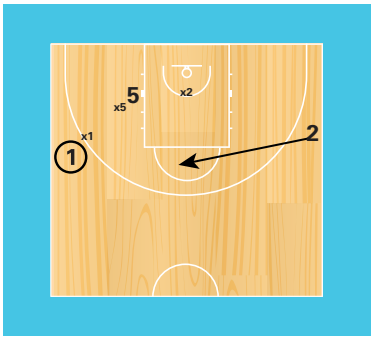
In the first diagram x4 and x3 are in a "split line" position, because their players are on the opposite side of the court to the ball. In the second diagram, x5 also has moved to the split line.

Zone defences similarly usually have defenders move to the "split line" once the ball is on one side.



Defenders will adjust their position depending upon the player that they are defending. If the player is a good perimeter shooter (or if the game situation is that a team needs to score a 3 point shot), the defender will often move away from the split line and toward the offensive player.

This can create more room for dribble penetration.



On some occasions the offensive will deliberately attempt to move a defender from the split line.

x2 is on the split line, which makes it difficult to throw a lob pass to the post player (5).

2 cuts high, which forces x2 to decide:

- If they move to defend 2, the lob pass can be thrown to 5;
- If they stay to defend the lob pass, 2 will be open.

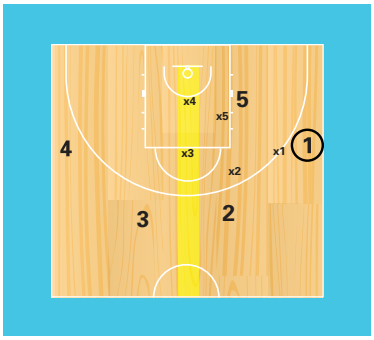
The concept of "split line" applies equally to zone defences as it does to man-to-man defence and a zone defence will often make sure that there are players in the middle of the keyway which can help to stop dribble penetration and also takes away the space that players might cut into.

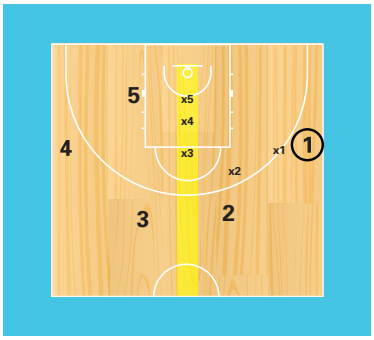
WABC ON-LINE PLATFORM REFERENCES – DEFENSIVE ROTATION AGAINST DRIBBLE

Level 1 – Team

1. Defensive Tactics and Strategies
   - 1.1 Man to Man defence
     - 1.1.7 Help Defence – split line defence

6.3.2 HELP ROTATION ON DRIBBLE PENETRATION

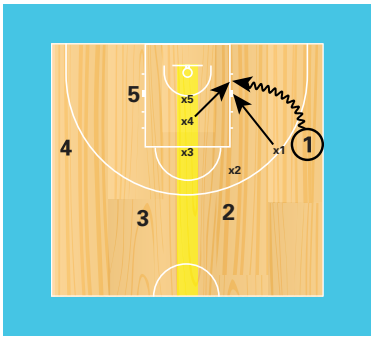




The "split line" is fundamental to most defensive schemes and divides the court into two sides. The further a defender is away from the ball, the closer to the ball the defender is.

In the first diagram x4 and x3 are in a "split line" position, because their players are on the opposite side of the court to the ball. In the second diagram, x5 also has moved to the split line.

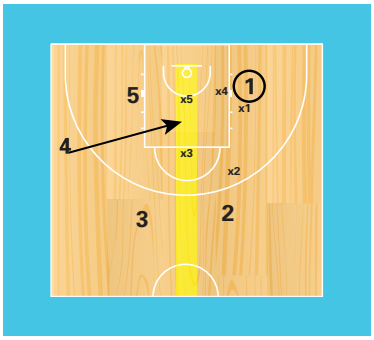
Zone defences similarly usually have defenders move to the "split line" once the ball is on one side.



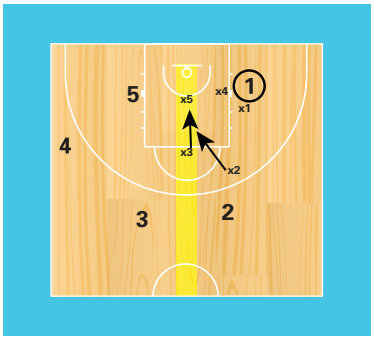
The purpose of the "split line" defender is to help should the defender on the ball be beaten. The defender moves from the split line to stop the dribbler getting into the key.

This is a situation where contact is likely and it can be difficult to ascertain if the "rotating" defender has established legal guarding position prior to any contact.

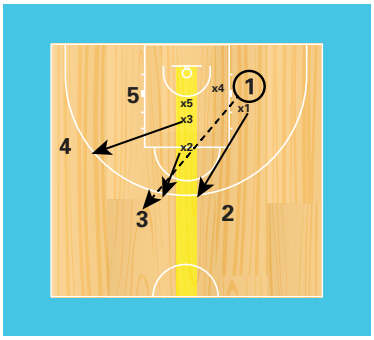
Many teams will not have the centre (x5) rotate (often because they are slower), which means that the defender that does rotate (x4) may be in a less advantageous position.



This initial rotation leaves a player undefended and x1 is in a poor position to be able to switch onto that player. x5 may be able to help defend 4 when 4 cuts into the key, but it would be difficult for them to defend 5 and 4 whilst 4 remains on the perimeter.

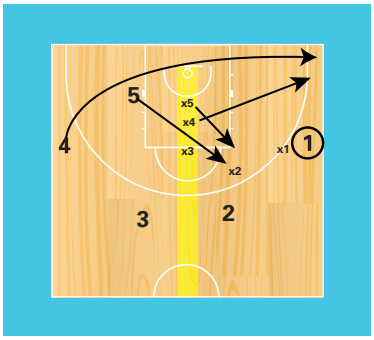


Most teams will have a "secondary" rotation, shown as x3 rotating to defend 4 ("helping the helper") and x2 rotates to the top of the key and is responsible for both 3 and 2 (whichever player gets the ball).



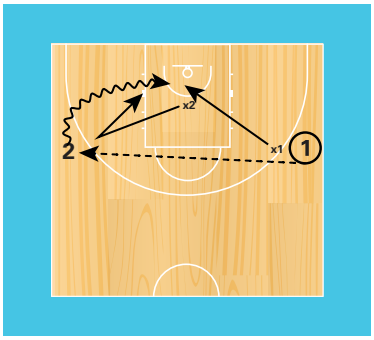
As the ball is passed, the defenders have changed responsibility. x2 defends 3, x3 defends 4, x1 defends 2 and x4 remains with x1.

This "scramble" can create mismatches (such as x4 now defending 1).



To reduce the effectiveness of help defence, teams will often move players away from the split.

Here 5 cuts to the high post and 4 cuts to the corner – threatening positions and as their defenders move to defend them, there is now no low split line defenders to help on dribble penetration.



Another effective tactic used by offensive teams is "ball reversal" which can both create a long "close out" (as x2 as a long distance to defend 2) and creates a situation where there is limited help defence, as x1 has not been able to get to the split line before 2 dribbles.

WABC ON-LINE PLATFORM REFERENCES – HELP ROTATION ON DRIBBLE PENETRATION

Level 1 – Team

1. Defensive Tactics and Strategies
   - 1.1 Man to Man defence
     - 1.1.7 Help Defence – split line defence
     - 1.1.8 Help Defence – help to defend dribble penetration
     - 1.1.9 Help Defence – helping the helper / defensive rotation

6.4 CREATING CONTACT

6.4.1 REBOUNDING CONTEST

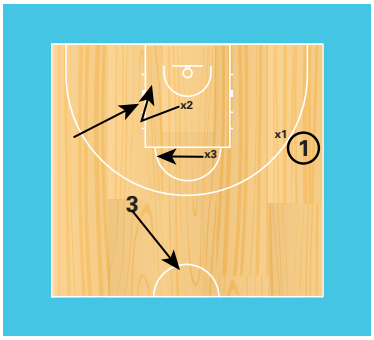
Rebounding is not simply a matter of which player can jump or reach higher. Instead, the rebounding contest is likely to involve a high level of contact between players, specifically with defenders being taught to make contact! This will be particularly so when a defender is against a taller or more athletic player.

Defensive players are taught to "block out" or "box out" their opponent and it is a weakness of zone defences that defenders do not have a particular person to stop in the rebounding contest.

The key to blocking out is:

1. **See** your opponent. When a shot is taken, the defender should turn to face or see their opponent.
2. **Balance.** Players must have good balance with knees bent.
3. **Contact** with your opponent. The defender must move to establish contact with their opponent. This should be done using an "arm bar" that is kept close the body (within the "cylinder"), so it requires moving the feet! A defender that is on the "split line" may be a significant distance from their opponent. In this instance, step to the side of the key, so that if their opponent moves to rebound contact is made there.
4. **Turn** to the basket. After making initial contact, the player should then pivot to face the basket, again keeping contact with their opponent.
5. **Hands Up** and rebound. One of the most common mistakes players make is having their hands down. Hands should be just above shoulder height, elbows out, which makes the player "wider" and harder to get around.

Potentially there will be 5 separate rebounding contests after each shot and although they are in a relatively small area of the court (usually in the keyway) the angles of each contest are likely to be different. Accordingly, it can be difficult for referees to adjudicate all rebounding contests. There may also be contact with the shooter, particularly after the shot has been released.



Defenders are usually taught to move to the side of the key to meet their opponent if they attempt to rebound. Here, x2 moves to the side of the keyway and would make contact with 2.

x3 also moves closer to their opponent, however there will not be any contact as 3 chooses not to contest the rebound.

Having regard to how players are taught to "block out", the referees need to consider:

- Was the initial contact by the defender made from within their "cylinder";
- Was the offensive player in the air when contact is made;
- Does the defensive player attempt to move the offensive player after making contact (typically pushing into the player);
- Did the offensive player make any contact with the defender (particularly pushing into their back)? If contact was made, was it from within the offensive player's "cylinder"?

Offensive players may also create contact in the rebounding contest, particularly attempting to "push" the defender closer to the basket (most rebounds are taken at least a metre or two from the basket).

Players in the rebound contest may push with their hands but more subtly will push with their hips or legs.

WABC ON-LINE PLATFORM REFERENCES – THE REBOUNDING CONTEST

Level 1 – Player

1. Defensive Basketball Skills
   - 1.1 Individual defensive movement and position
     - 1.2.4 Blocking out an offensive rebounder

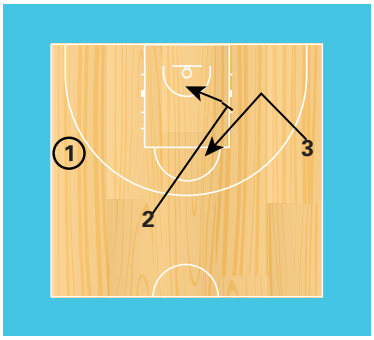
6.4.2 SCREENING PRINCIPLES

A "screen" is where an offensive player stands in the path of a defensive player to stop that defender from moving to defend a second offensive player. The purpose of the screen is to create contact – sometimes that contact will be the defensive player running into the stationary screener, however at times there will be contact as both screener and the defender are moving.

Broadly, there are four types of screen:

- Down Screen
- Up Screen
- Back Screen
- Ball Screen

Screening brings 4 players very close together in one point on the court and the "vision angles" vary depending upon how the players cut and move. There are numerous different options of each screen.

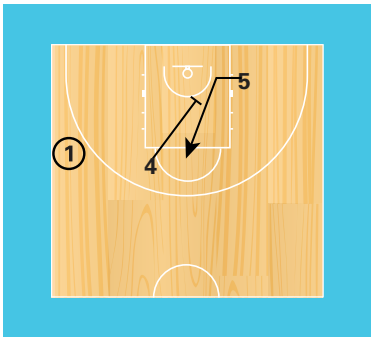


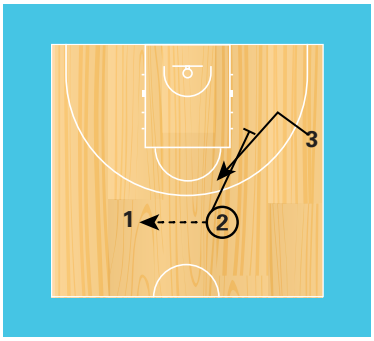
DOWN SCREEN

A Down Screen is set by a player that is moving toward the baseline and is usually set on the side of the court opposite the ball.

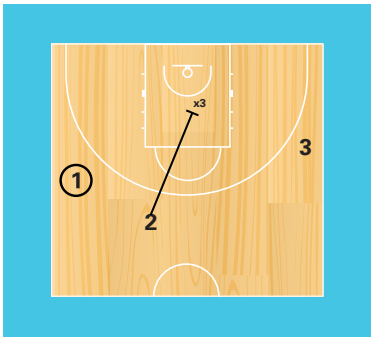
After 3 cuts using the screener, the screener will then also present an option to receive a pass (here 2 moves to the basket).

Typically, the screener has their back to the person with the ball when setting the screen.

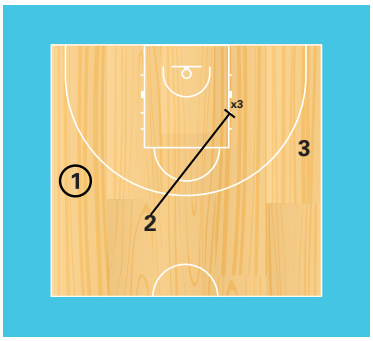




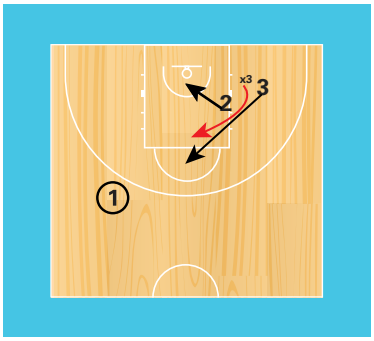
A down screen can be used between post players or between perimeter players.This perimeter screen differs from the previous one as it is set higher on the court.



The role of the screener is to move to wherever the defender is, not simply a spot on the floor. For example, x3 may be on the split line, meaning that the screen will be set in the key.

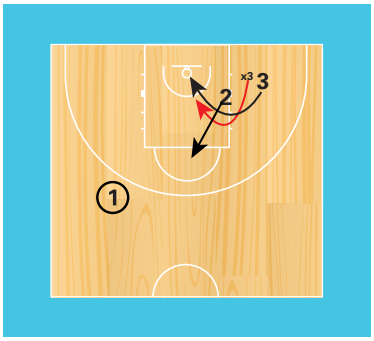


However, if 3 is a good outside shooter, x3 may be positioned closer to them so that the screen will be set outside the key. Referees accordingly need to be aware of where defenders are positioned to anticipate where a screen (and contact) may occur.

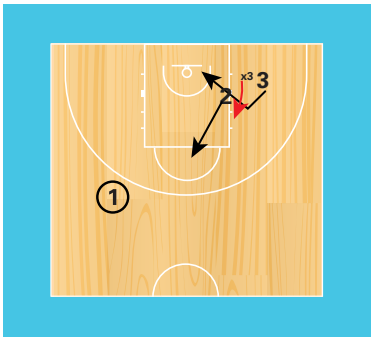


There are many different movements that can be made off a screen, and they are usually directed by what the defender does.

Here, 3 makes a straight cut as x3 also goes over the top of the screen. As 3 has cut to high, 2 moves toward the basket.

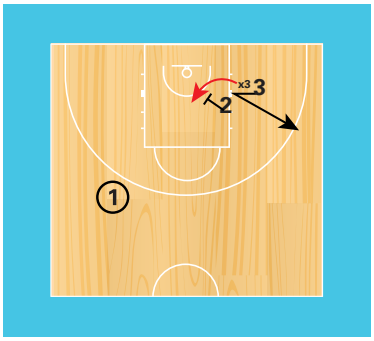


However, if x3 is behind 3 as they make the cut off the screen, 3 will curl to the basket and 2 will cut high.

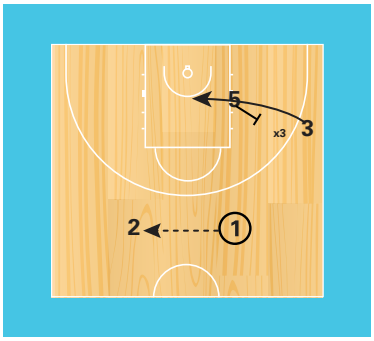


If x3 gets in front of 3 as they move to cut over the top of the screen, 3 will then change direction and cut toward the basket (a "back door" cut).

2 will initially maintain their position, to remain in the way of x3, but will then cut high.



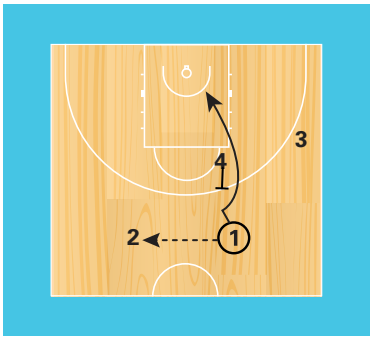
x3 may also cheat underneath the screen, anticipating that where the offensive player will cut. In this instance, 3 moves toward then screen and then makes a "flare cut" away from the screen. The screener, turns and steps toward x3



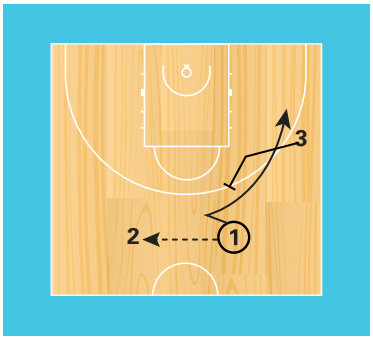
BACK SCREEN / UP SCREEN

A back screen is set by a player that is stepping away from the basket and is generally set as the ball is moving away from the player for whom the screen is set.

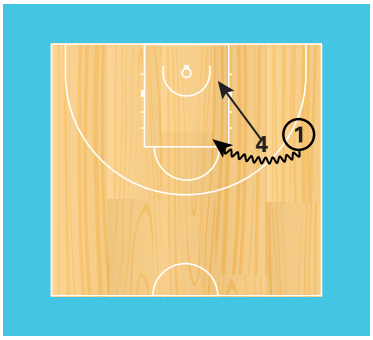
The screen is set from behind the defensive player who will usually not have vision of the screener and accordingly the screener should give the defender more space to be able to avoid contact.



A similar screen is an up screen, where the screener is stepping “up” the floor, in contrast of a dowAn screen.



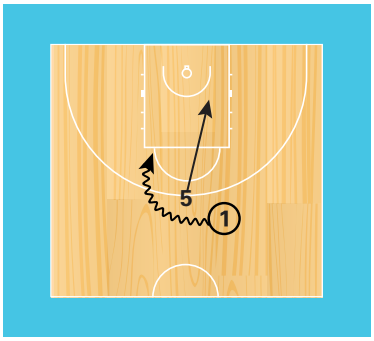
Typically, a back screen or up screen is set by a post player, for a perimeter player that is moving toward the basket. However, it can also be used by a perimeter player moving to the perimeter.



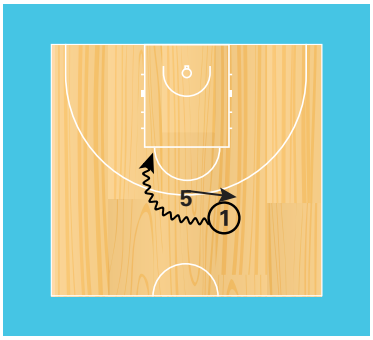
BALL SCREEN

A ball screen is simply where a player screens the defender who is guarding the player with the ball. It may be set before the person has dribbled or can be set while they are dribbling.

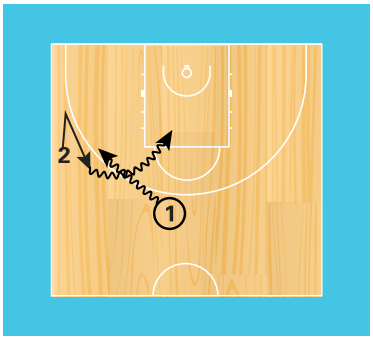
After the dribbler uses the screen, the screener will often “roll” and move to the basket. This creates a lot of contact, which continues for several steps.



Ball screens are also commonly set in the middle of the court with the screener again "rolling" to the basket.



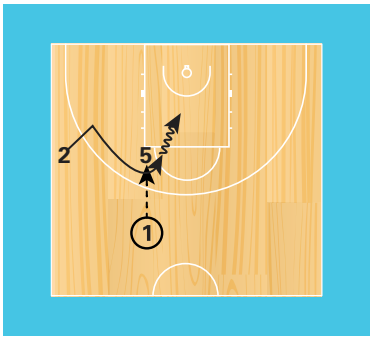
Sometimes the screener will "pop" or move to the perimeter.



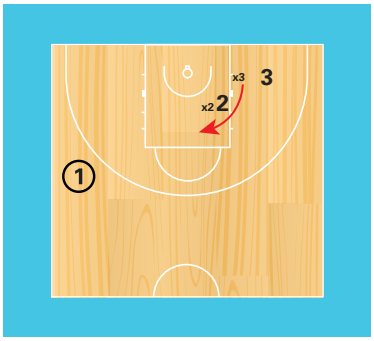
DRIBBLE HAND OFF

A similar offensive movement to a ball screen is a dribble hand off, where a player moves past the player that has the ball to receive the ball, while their defender moves into the team mate.

This is often done with the dribbler moving toward their team mate and then coming to a stop and holding the ball at their hip so that the team mate may grab it as they run past.



A hand off can also be done when the person with the ball is stationary (e.g. a post player) and a team mate runs past them.

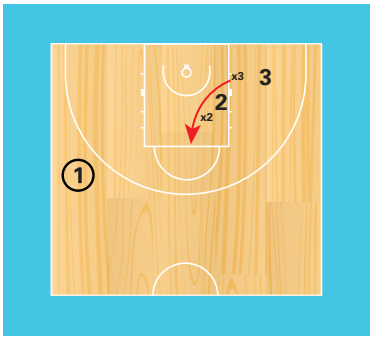


DEFENDING OFF BALL SCREENS

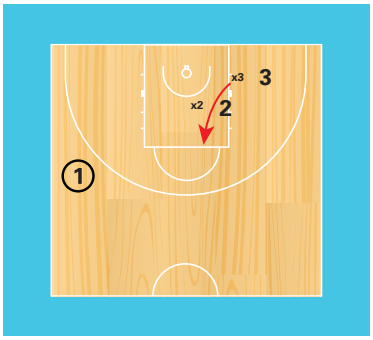
There are several methods used to defend an off-ball screen. x3 goes "over" the screener attempting to create enough space for them and the offensive player to both move past the screen.

The defender will often push the cutter with an arm bar or their hip to help to make room.

The screener's defender may also step so that they are in the way of the cutter, which is called "showing" (or "show your number").

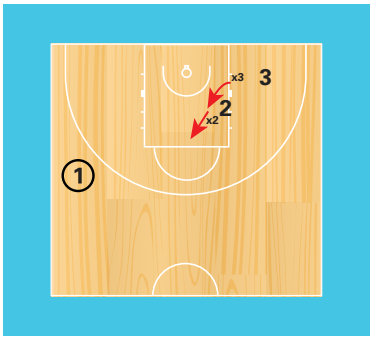


A second method is for x3 to go "under" moving behind both the screener and x2. Again, x2 will "show" to help to delay the cutter.



Similarly, x3 may go "through" where x2 steps away from the screener to create a gap for x3 to move behind the screener but get to the cutter more quickly.

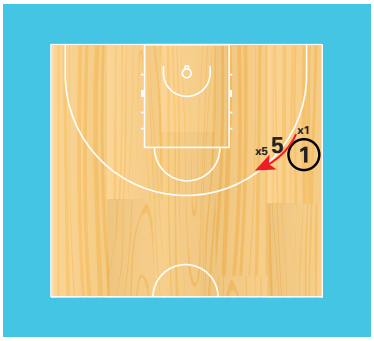
When "under" or "through" is used, the cutter may flare cut, and 2 may "re-screen".



Finally, x3 and x2 may switch and change who they are defending. This can be very effective to put pressure on the cutter (as x2 is in good position to move into their path), however 2 may "seal" x3 making it difficult for that defender to establish position.

Switching is mostly done when the two offensive players are of similar size otherwise it can create a mismatch for the defenders. However, some teams will also do it automatically when there is limited time left on the shot clock.

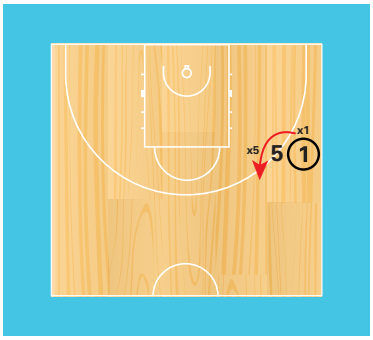
DEFENDING BALL SCREENS



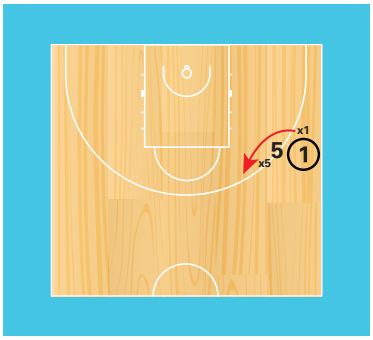
x1 will usually adjust position so that 1 must use the ball screen – denying them any dribble to the baseline.

x1 will also usually use an arm bar on the hip of the dribbler trying to force enough room for both players to go "over" the screen.

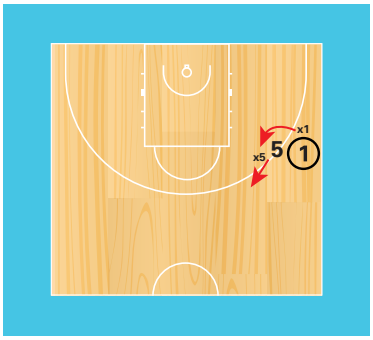
x5 may "show" their numbers however will usually also keep some contact with the screener.



x1 may also go "through" a gap created by x5 stepping away from the screener and going behind the screener. This is usually only done when 1 is not a good perimeter shooter.

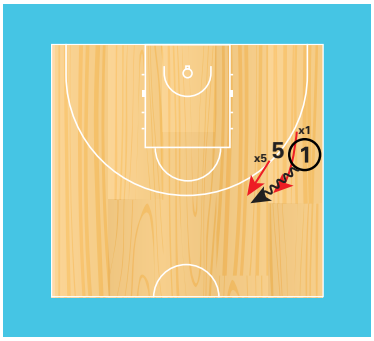


x1 may also go "under" the screener, with x5 "showing" their number. Again, this is unlikely to be done if 1 is a good perimeter shooter.

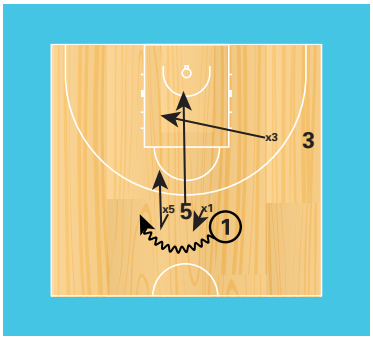


Switching is used by some teams, particularly if the screener and dribbler are similarly sized players. A switch can create two mismatches for the defence, with a "big" defending a dribbler and a guard defending the "big" (screener).

Particularly when there is limited time on the shot clock, a switch may be used to prevent an easy shot.



Teams will also double team the dribbler, with x5 stepping onto their path and x1 move over the top of the screen. This may be a "hard show" when x5 stays with the dribbler for one or two dribbles or can be a double team where the two defenders pressure the dribbler.



On a ball screen, the screener often cuts hard to the basket, particularly when the screener's defender either "hard shows" or looks to double team.

To combat this, the defensive team will often rotate a third defender across to defend the "big", which can create a mismatch. This often creates significant contact in the keyway.

Increasingly, players will be moving when they set a screen and often will continue to move to deliberately impede the defender. Some common techniques are:

- The screener turns to face the ball and at the same time moves into the path of a defender;
- The screener never comes to a stop and instead runs into the screener "area" and then changes direction;
- The screener leaning to ensure that the defender makes contact with them. Whilst this is common, it is rarely taught as it is likely a foul.

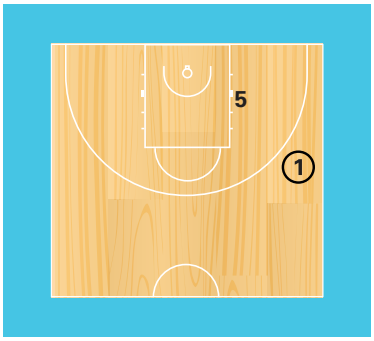
WABC ON-LINE PLATFORM REFERENCES - SCREENING

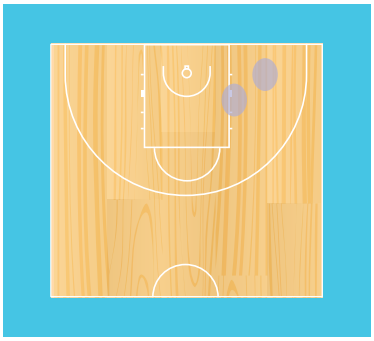
Level 1 – Team

1. Defensive Tactics and Strategies
   - 1.2 Defending Screens
2. Offensive Tactics and Strategies
   - 1.1 Offensive Movement
     - 1.1.7 Introducing Screens – 5v0 – Pass and Screen Away
   - 1.2 Screening

6.4.3 LOW POST PLAY – ESTABLISHING POSITION

The low post or "block" is an area where there is considerable contact from both the offensive and defensive player. The "block" is on the side of the keyway, near where the rectangle is located. The offensive post player may also step to the short corner, approximately half way between the keyway and the 3-point line.





The defender often attempts to stop the offensive player from getting to the post area and may push with their hips, shoulders, an arm bar or with their hands. However, it is wrong to assume that any contact that occurs has been initiated by the defender.

Offensive players will initiate contact to get position to receive the ball. Typically:

- Offensive player will attempt to step across the foot of the defender and then face the passer. They will "sit" on the leg of the defender and use their arms to create an area for the passer to throw to.
- If the offensive player cannot get a "front foot", they will often step into the defender, contacting an arm bar to the chest, and then reverse pivot to again have the defender on their back with arms high to clear a passing area.
- The offensive player will use their arms to help to establish their position – often knocking their opponents arms out of the way. Typically, if the defender's arm is high (shoulder height) the offensive player will knock it up. Whilst if the defender's arm is low (waist/chest height) the offensive player will "swim over" pushing the arm down.

Contact in the low post is frequent and often both offence and defence are moving, which makes it important for the officials to see the "gap" between the two players so that they can correctly adjudicate the contact situation.

Often the majority of contact in the post comes well before the ball is passed to the post player. Indeed, there is likely to be considerable contact even if the ball is on the other side of the floor. Offensive players are taught not to "chase" the ball and instead are instructed to "attack" their player – establish and hold a position. It is the responsibility of their team mates to then move the ball to a position that it can be passed to the post player.

Once the post player receives the ball, they have several options:

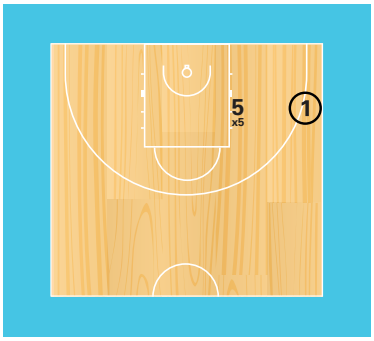
- Face the basket (either with a forward or reverse pivot), which is usually done if the defender has "stepped off" leaving space between the defender and the offensive player.
- Use a drop step (either to the baseline or middle) – where the player will pivot on one foot and step past the defender (if the defender is playing high, the post player will step with the foot closest to the baseline). The post player will often then use a power dribble, where the take one bounce and either bring their feet together or jump further into the key. A drop step is usually used if the defender is playing to either the low or high side and is close enough that the post player can step past them.
- Forward spin move, where the post player pivots 180 degrees to step past the defender and to be moving to the basket. This is most successful when the defender is playing very close, but behind, the post player.

After their initial move, the post player may look to score (or pass). If they are inside the key, they may use a "counter move" where they will shot fake and then either forward or reverse pivot to get past a defender. When using a forward pivot, the player will usually pivot on their heel (lifting their toes).

The post player may also "step off" the block to receive a pass and then either face the basket or they may "back in", dribbling with their back to the basket. This move involves a lot of contact as the dribbler will attempt to "hit" the defender to move them backwards. The defender will most successfully be able to "hold" their ground, if they initiate the contact so it is a difficult situation for the referees to adjudicate.

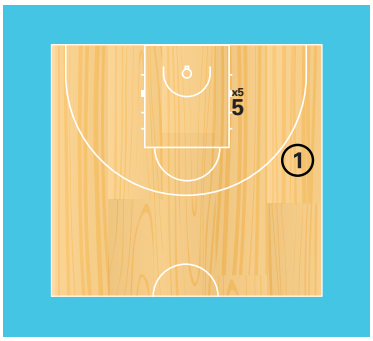
6.4.4 LOW POST PLAY – DEFENSIVE PRINCIPLES

There are a number of ways that teams can choose to defend the low post.



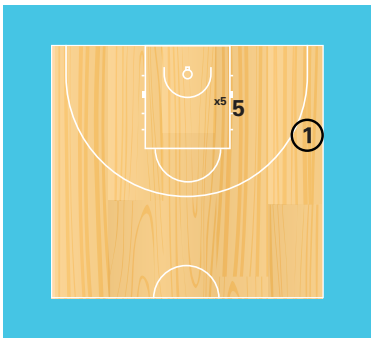
x5 may play "high" (closer to the free throw line) of the post player. Often, they will keep one foot behind the post defender and one foot in front of them.

To make a successful pass, 1 tends to move closer to the baseline.

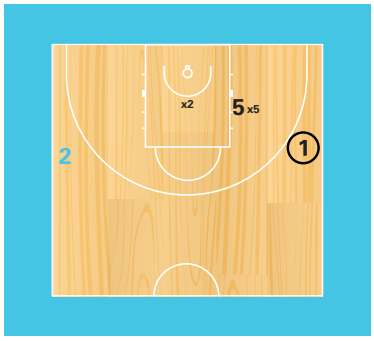


Alternatively, x5 may play on the low side (closer to the baseline) of the post player, again usually with one foot behind and one foot in front of them.

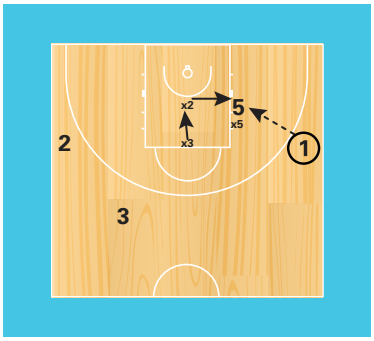
In this situation, 1 will tend to move up the court to have a successful passing angle.



x5 may also play from behind the post player, which may concede a pass into them but gives maximum 1 on 1 protection to defend any move to the basket.

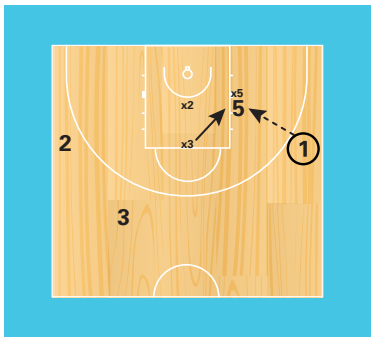


x5 may also deny the post player by standing in front of them, which they may do facing the passer ("toes out") or facing the post player ("toes in"). This defence is not usually adopted unless there is a defender on the low split line to prevent any lob pass over x5.



Many teams will also double team the low post player as they catch the ball. If x5 was on the "high" side, the double team tends to come from the low split line (x2).

x3 then rotates down the key to "help the helper" and another player would rotate to the top of the key (not shown).



If x5 defends the post player from the low side, the double team is likely to come from the high split line, with x2 remaining in the low split line.

How a team chooses to defend a low post will very much depend upon the skills of the offensive player as well as the characteristics of the defensive team. If they do not have a good post defender, they may double team or "front" the post to stop them being effective.

The team may also change the tempo of the game to attempt to impact the effectiveness of post players. A faster tempo can negate "post play" as the offensive player often has not got to the post position before a shot is taken.

WABC ON-LINE PLATFORM REFERENCES – LOW POST PLAY

Level 1 – Player

1. Defensive Basketball Skills
   - 1.2 Defending in the low post
2. Offensive Basketball Skills
   - 2.8 Offensive Moves
     - 2.8.2 Getting post position
     - 2.8.3 Drop step
     - 2.8.4 Drop step – counter move

Level 2 – Player

1. Defensive Basketball Skills
   - 1.1 Individual Defensive Movement and Positions
     - 1.1.2 Off ball defence – fronting the post
2. Offensive Basketball Skills
   - 2.2 Catching
     - 2.2.2 Post catch
   - 2.6 Offensive Moves
     - 2.6.1 Post move – "backing in"
     - 2.6.2 Post move – "forward spin move"

Level 3 – Team

1. Defensive Tactics and Strategies
   - 1.4 Advanced defensive techniques
     - 1.4.2 Double team post players

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