

## #11 JUNIOR REFEREES TRAINING SHEET

### Fouls:

#### **Personal Foul:**

A personal foul is a player's illegal contact with an opponent, whether the ball is live or dead.

A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his/her hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his/her body into an *abnormal* position (outside his/her cylinder), nor shall he/she indulge in any rough or violent play.

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*Referees should be using their voice to try and prevent having to call fouls before contact occurs (we call this preventative officiating).*

*Referees also need to ensure they call the obvious illegal contact (call what everyone sees).*

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#### **Types of Fouls:**

*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**

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

#### **Illegal Contact to Hands**

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

#### ILLEGAL USE OF HANDS



Strike wrist

#### ILLEGAL CONTACT TO THE HAND



Strike the palm towards the other forearm

### **Hand-Checking:**

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.

### **Hit to the Head:**

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

### **Holding:**

Holding is illegal personal contact with an opponent that interferes with his/her freedom of movement. This contact (holding) can occur with any part of the body.

### **Pushing:**

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

#### HANDCHECKING



Grab palm and forward motion

#### HIT TO THE HEAD



Imitate the contact to the head

#### HOLDING



Grasp wrist downward

#### PUSHING OR CHARGING WITHOUT THE BALL



Imitate push