

## #12 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.

*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).*

#### **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.*

#### **Blocking**

When a player impedes illegally the progress of an opponent.

BLOCKING (DEFENSE),  
ILLEGAL SCREEN  
(OFFENSE)

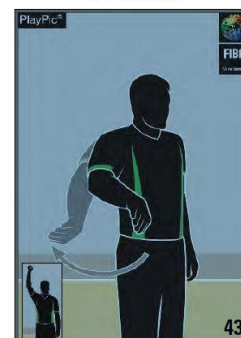


Both hands on hips

#### **Hooking**

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

HOOKING



Move lower arm  
backwards

## Charging

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

### CHARGING WITH THE BALL



Clenched fist  
strike open palm

## Excessive swinging of elbows

When an offensive player illegally creates more space using their elbows.

*But remember that if a player swings excessively their elbows WITHOUT CREATING CONTACT, they may be charged with a technical foul.*

### EXCESSIVE SWINGING OF ELBOW



Swing elbow  
backwards

## Foul by team in control of the ball

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

### FOUL BY TEAM IN CONTROL OF THE BALL



Point clenched fist  
towards basket of  
offending team