

#3 JUNIOR REFEREE TRAINING SHEET

Free Throws:

The positions of the Referees are shown on the diagram below

Trail official takes a position at the intersection of the free throw line extended and the 3-point line.



Trail (T) is responsible for giving the correct free throw signals and awarding successful free throws.



Official (L) is responsible for administrating all free throws.

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

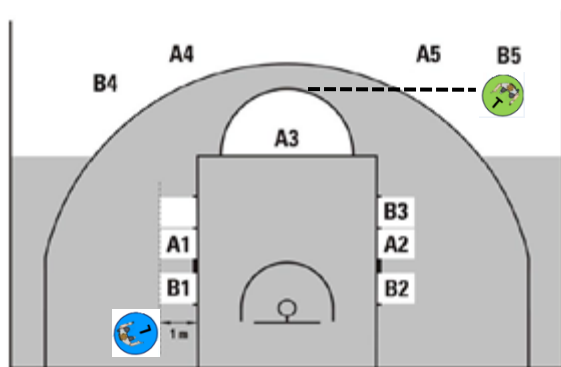
Both officials are required to look for violations:

Trail:

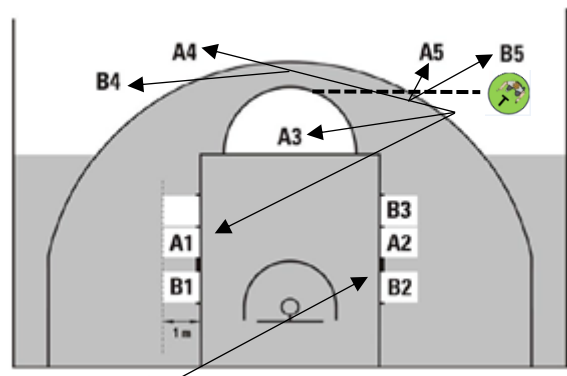
- Outside players
- Free Throw Shooter
- Opposite rebounders

Lead:

- Opposite rebounders



More than one FT positioning



Last or only FT positioning

Rules:

Free throw shooter must (A3):

- Stays behind the Free Throw line until the ball touches the ring
- Release the ball within 5 seconds
- Not fake Free Throw
- The ball must touch the ring during the last or only Free Throw (During the last or only free throw this is a violation)

Restricted area free throw rebounder must not: (B3-A1-B1-A2-B2)

- Enter in the restricted area before the ball has left the hands of the free throw shooter
- Not distract the free throw shooter

3-point line free throw rebounder must: (B4-A4-B5-A5)

- Remain behind the free throw line extended and behind the 3-point field goal line until the ball touches the ring.

Free Throw Violations:

- **If missed**

Violation by the shooter or team-mate - opponent's ball out of bounds free throw line extended.

Violation by opponent of free throw shooter - Substitute free throw is awarded.

Violation by both teams - jump ball situation.

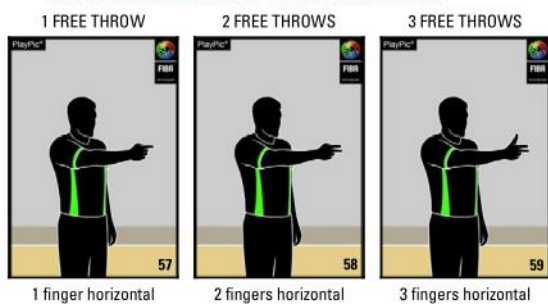
- **If successful**

Violation by the shooter - cancel the basket - opponent's ball out of bounds free throw line extended.

Violation by team-mate or opposition - award one point and ignore the violation.

Signals:

Administrating Free Throws – Active Official (Lead)



Administrating Free Throws – Passive Official (Trail & Centre)

