

#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.

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.

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.

HANDCHECKING

Grab palm and forward motion

Hit to the Head:

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

HIT TO THE HEAD

Imitate the contact to the head

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.

HOLDING

Grasp wrist downward

Pushing:

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

PUSHING OR CHARGING WITHOUT THE BALL

Imitate push