



UPWARD SPORTS
BASKETBALL

REFEREE
HANDBOOK





UPWARD BASKETBALL
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HANDBOOK**

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Welcome to Upward Basketball!

This handbook is designed to provide you with everything you need to be a successful Upward Basketball Referee. The information on the following pages is designed to guide you through the season and includes the rule enhancements for Upward Basketball.

Along with this handbook, you can find resources on ***MyUpward.org***. Contact your league director for details on how to access these resources.

It is important for officials to understand the goals of the sports ministry, what success looks like, and how success is measured. These points can be discovered at the referee meeting prior to the season or by consulting with the league director.

The goal of our sports ministry is: _____

Success looks like: _____

Success is measured by: _____



SECTION ONE

REFEREEING UPWARD BASKETBALL



BECOMING AN UPWARD BASKETBALL REFEREE

Upward Basketball is designed to promote healthy competition and sportsmanship while also teaching the objectives of game play. Coaches will teach the basic fundamentals of basketball through drills, games and scrimmages and share life lessons through mid-practice huddles. While teaching the game, a coach's top priority is to promote the discovery of Jesus through sports. You can help support the coach in how you officiate the game.

As an Upward Basketball Referee, you should be able to:

+ Understand and know the sport

- Begin by knowing and understanding the sport, rules of basketball and the rule enhancements for each level of play. Knowing these things will help you to be confident as you blow the whistle and make calls. Use the whistle, use hand signals, and explain the violations as they occur.

+ Lead by example

- It is important that referees are role models on the court. You should demonstrate a Christlike attitude through your officiating and by encouraging players. During the game, provide positive comments to players for their play, effort, and sportsmanship.

+ Control the game

- The referee must keep the game under control while promoting a competitive experience. The best way to do this is to blow the whistle sharply to stop play, calling fouls and violations when they occur.

- Beginning with the first game referees will need to blow the whistle often and make calls. If you let things slide, this will delay players' learning the game and frustrate players, coaches, and spectators later in the season. Players will learn and grow from early season whistles, which results in referees blowing the whistle less often as the season progresses.
- Any rough play should be stopped immediately by making the appropriate foul calls. If rough play is not stopped quickly, it will escalate and undermine the purpose of the league.
- Player safety should be a concern for every referee. Keep players under control by calling all fouls, encouraging players, and giving instruction as an extension of the coach. This will shape the overall attitude and atmosphere of the game while improving the players' experience, building their confidence, and creating opportunities to develop relationships with coaches, players, and players' families.

+ *Communicate effectively with coaches, players, and spectators*

- Throughout the game, teach the game to players as you are officiating. When a foul or violation is called, make the appropriate call and explain to players what happened, how it can be corrected, and what the consequence is for the infraction.
- Hand signals should accompany all fouls and violations that are called. Coaches and spectators need to know the result of what was called.
- Talk with coaches during gameplay and at the end of segments. Communicate what you are seeing; build rapport and confidence with the coaches.

+ *Communicate effectively with coaches, players and spectators (cont.)*

- Before the game begins, it is important to communicate with your referee partner. Talk about positioning and review each other's responsibilities. Basic communication before the game begins will make a positive difference during the game.

+ *Employ proper positioning and refereeing mechanics*

- This includes coordinating efforts with your referee partner, blowing the whistle, using hand signals, and keeping the game on track.

+ *Manage substitutions*

- For Levels 1-3 ONLY, substitutions take place between each segment. Before the start of each segment, player matchups occur at mid-court. The coaches will match players up against someone of equal ability. While this process is the coach's job, you will serve as a monitor. If both coaches and referees foresee a match-up problem due to position and height, players can be shuffled around to create a better game situation. This should be done only when all parties agree to the change.
- Remember to keep the substitution time moving. The whole process should take less than one minute. Remind coaches that substitution time is not a time when they should be talking to players about strategy.

Pre-Game

Before the game begins, bring both teams and coaches together to remind them about game rules, common violations, and the spirit of Upward Basketball. Encourage players and coaches to do their best to honor God with their actions and attitudes.

Here are a few things to discuss during this pre-game gathering:

- Gather both teams and their coaches for a brief word of encouragement and prayer.
- Be sure all players have their jerseys tucked into their shorts.
- Check to see that each player's shoes are tied tightly. Then, have players remove all jewelry, hats, and watches.
- Give reminders for gameplay (no defense in the backcourt, man-to-man defense, three-second violations, etc.).

During the Game

As an Upward Basketball Referee, you serve as an on-the-floor coach, teacher, and encourager. It is part of the referee's role to talk to players during the game. Communicating with players during play will help them improve their game on the court. Often, the referee can stop a violation before it happens by talking to the players. Commands like "You only have 3 seconds in the lane 33" or "Watch the hands number 4" can keep the game moving and make it more enjoyable for all. Players, parents, and coaches will appreciate a referee who is committed to both officiating and teaching.

Be sure to encourage players. Words of praise build a young athlete's confidence and establishes a good relationship between you and all players.

Communicating with coaches during the game is also very important as it builds a rapport with the coach while addressing any concerns they may have. As coaches and teams exit the court for halftime, take this opportunity to make adjustments for the second half. Based on the action in the first half, let coaches know what things you will be looking for when play resumes.



SECTION TWO

RULE ENHANCEMENTS FOR UPWARD BASKETBALL



THE LEVELS OF UPWARD BASKETBALL

Upward Basketball uses a four-level, age-appropriate format that grows with each young athlete. Each level of Upward Basketball is tailored to meet athletes where they are in their playing ability, allowing them to reach their full potential.

Each level of Upward Basketball includes a specific game format and rules, which are expressed in this guide. Levels 1-3 use a set of common rules with modifications designed for each level. Level 4 rules that follow a traditional middle school format.

Play not addressed by Level 1,2,3, or 4 modifications should adhere to rules outlined by the National Federation of State High School Associations rule books. (www.nfhs.org)

BASIC RULES FOR LEVELS 1-3

****Note: For Level 4 rules, see page 20.***

Game Format

1. Before every game, referees lead both teams in prayer at center court, which sets the tone and focus for the game.
2. A coin flip or other impartial method determines which team receives possession first. In jump ball situations, possessions will alternate. This promotes fairness for both teams while adhering to the NFHS rule for jump ball situations.
3. Clock format: Running clock throughout the game, stopping only for pre-determined substitutions at the end of each segment and halftime.

4. At the end of each segment, the team that receives the ball next is based on the direction of the possession arrow. This avoids the offensive team that may have possession in the next segment from stalling at the end of a period.
5. All coaches will adhere to the substitution system, which allows for equal playing time for all players.
6. There are no timeouts. This allows more playing time and keeps the games on time.
7. Teams switch goals at halftime. This rule is in compliance with NFHS Rules and evens any advantage that may occur because of the court.
8. For levels 1-3, any game ending in a tie should remain a tie. No overtime games are played so that all games can stay on schedule.

Rules for Play

Defense

1. Man-to-man defense will be played at all times. Zone defenses and double teaming are not allowed in Levels 1-3. In a man-to-man defense, players are only guarding the opponent that is similar to their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.
2. Defensive players must stay within approximate arm's reach of the player they are guarding. This prevents defenders from sagging or crowding an area of the court to gain a defensive advantage. When a violation occurs, award the team in possession a throw in from the spot nearest to the violation, or for Level 1, have the player step back and establish their dribble.
 - "After a warning the referee may award the offense one free throw and possession of the ball for a throw in."
3. Double-teaming is not allowed and prevents players not guarding their correct player from stealing the ball off the dribble. However, help and recover defense is strongly encouraged in the instances below. Help and recover lets a player temporarily guard another player as outlined below, but must leave as the correct player gets within approximate arms reach as double teaming is not allowed.
 - ***Lane Area***: If a defender is in the lane and the player they are guarding is within arm's length, they may provide help defense against another player who is inside the lane area. This allows a defense to properly defend the lane.
 - ***Picks and Screens***: Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover." This prevents the offense from continually setting screens to gain an advantage.

- **Fast Breaks:** When a transition begins in the backcourt and the offense quickly moves the ball up court, another defensive player may help and recover. Upon stopping the fast break, defenders should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.
4. At the beginning of each segment, players will line up at half-court and “match up” with who they are guarding. This act is performed to promote equal player match-ups and is usually indicated with colored wristbands, shoulder straps, or stickers. Equal match-ups combined with man-to-man defense create five competitive pairings on the court.
 5. Full-court presses are not allowed, and defensive players may not guard their opponents in the backcourt. This will allow for more play to occur in the front court and create an equal opportunity for each player to participate both on offense and defense.
 6. When playing on a short court, backcourt violations will not be called. If playing on a regulation-size court (84 feet) as opposed to cross-court, backcourt violations should be called.
 7. To prevent teams from stalling in the backcourt a 10 second violation should be called.
 8. A player committing two fouls in one segment must be removed for the remainder of that segment and replaced with the player who is next in the lineup and most closely matches the same skill level. Both players resume their normal rotation after the time expires for that segment.

Offense

1. The offense must purposefully attack the defense in every situation – no stalling or throwing the ball into the backcourt to “reset” a play or “retreat” from the defense. After a warning from the referee, a violation will be called resulting in a turnover. With games played on short courts, this will prevent a team with the lead from running the clock out by staying in the backcourt where the opponent is unable to play defense.
2. Isolation plays will not be a part of Levels 1-3 because they take away the opportunity for improvement for **all players** and contradict the spirit of the rules. For offense this prevents players being positioned at half-court to isolate defenders away from play.
3. Non-shooting fouls will result in the ball being in-bounded from either the baseline or sideline. All shooting fouls will result in two free throws.
4. No score will be given for a basket in the wrong goal. It will be treated as a turnover. This will prevent further embarrassing a player for making this mistake.

All other rules have specific modifications for Levels 1-3. See the following charts for these modifications:

LEVEL 1 (K5) ENHANCEMENTS

RULE	EXPLANATION / COMMENTS
Goal Height	7 feet
Ball Size	27.5"
Games consist of two, 18-minute halves with the game clock set to expire every 6-minutes to allow for quick, scheduled substitutions.	This keeps games to approximately an hour time frame
Score is not kept	The focus of this age is to learn fundamentals, not winning and losing.
3-second violation is not called	Referees should advise players of this potential violation but not penalize.
Coaches are allowed on the floor with players	The focus is for coaches to instruct and encourage players at all times.
Stealing the ball from the dribbler is not allowed	To encourage the offensive player to dribble with correct form without the pressure of having the ball stolen.
Stealing the ball off a pass is not allowed	This encourages correct passing form without defensive pressure. Errant passes can be picked up by any player. A block is not considered a steal.
Violation is not called for having two hands on the ball while dribbling	Due to limited hand-eye coordination, this allows a player to establish correct dribbling form through rhythm and pressure on the ball.
Violation for double dribbling is called but does not result in a turnover	Players should learn the concept of double dribble but should be allowed the opportunity to correct it without penalty.
Violation for traveling is called but does not result in a turnover	Players should learn the concept of traveling but should be allowed the opportunity to correct it without penalty.
Violation for traveling is not called when a player shuffles feet when trying to set up for a shot	Because this age group is single skill focused, players will tend to shuffle their feet when focusing on setting up for a shot. This is corrected as the player develops in skill as he gets older.
Fast Breaks are allowed in any transition situation	Players at this age will learn proper transition offense.
Free throws are awarded on all shooting fouls	Two shots are attempted by the fouled player at the 10' line. Offense may have up to 2 players on the lane, not including the shooter. Defense may have up to 3 players on the lane. After the last free throw attempt, the ball becomes live.

LEVEL 2 (1ST & 2ND GRADE) ENHANCEMENTS

RULE	EXPLANATION / COMMENTS
Goal Height	8 feet
Ball Size	27.5"
Games consist of two, 18-minute halves with the game clock set to expire every 6-minutes to allow for quick, scheduled substitutions.	This keeps games to approximately an hour time frame.
Score is optional	Focus on teaching young athletes the proper skill development traits needed to handle winning and losing after a game. This will translate into life lessons.
3-second violation is not called	Young athletes at this age should focus on offensive basics (dribbling, passing, shooting, and rebounding).
One coach per team may stand to encourage and instruct from their bench area.	Players will be able to focus their attention on the coach standing. Walking the sidelines allows the coach to instruct and encourage players at all times.
Free throws are awarded on all shooting fouls	Two shots are attempted by the fouled player at the 10' line. Offense may have up to 2 players on the lane, not including the shooter. Defense may have up to 3 players on the lane. After the last free throw attempt, the ball becomes live.
Stealing the ball off a dribble or pass is allowed	Players at this age should be taught and held to these basic basketball rules.
Double dribble violation is called in all circumstances	
Traveling violation is called in all circumstances	
Fast breaks are allowed in any transition situation	

LEVEL 3 (3RD & 4TH GRADE) ENHANCEMENTS

RULE	EXPLANATION / COMMENTS
Goal Height	9 feet
Ball Size	28.5"
Games consist of two, 18-minute halves with the game clock set to expire every 6-minutes to allow for quick, scheduled substitutions.	This keeps games to approximately an hour time frame
Score IS kept	Young athletes at this age should learn how to handle winning and losing after competition. This translates into life lessons.
3-second violation is called and results in a turnover	At this age, young athletes should understand the concept of offensive movement by not allowing an offensive player to stay in the lane more than 3 secs
One Coach per team is allowed to stand in their coach box area to encourage and instruct players.	Players will be able to focus their attention on the coach standing. Walking the sidelines allows the coach to instruct and encourage players at all times.
<p>Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game:</p> <ul style="list-style-type: none"> • Non-shooting fouls result in the offensive team getting one point and the ball. • Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession. • Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession. 	Because the clock does not stop, this rule keeps the game moving without wasting the running game clock on lining up for free throw attempts
Free throws are awarded on all shooting fouls.	Two shots are attempted by the fouled player at the 12' line. Offense may have up to 2 players on the lane, not including the shooter. Defense may have up to 3 players on the lane. After the last free throw attempt, the ball becomes live.
Stealing the ball off a dribble or pass is allowed	
Double dribble violation is called in all circumstances	Players at this age should be taught and held to these basic basketball rules.
Traveling violation is called in all circumstances	
Fast breaks are allowed in any transition situation	

LEVEL 4 (5TH GRADE AND UP) RULES

**The following rules are exclusive to Level 4. They follow a more traditional middle school format and game play. Except where the following rules apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book www.nfhs.org*

RULE	EXPLANATION / COMMENTS
Referees lead both team in prayer at center court before every game	This sets the tone and focus for the game
Goal Height	10 feet
Ball Size	28.5" (girls), 29.5" (boys)
Games consist of 4, six minute quarters	Follows middle school rules and allows game to begin and end within an hour timeframe
The clock stops at each whistle	Stoppage of play includes violations, fouls, out-of-bounds play, timeouts, and injury
Overtimes are 2 minutes in length (regulation clock)	Gives both teams the opportunity to win the game with reasonably extended time. If the game is still tied at the end of the first overtime period, you have two options: <ul style="list-style-type: none"> • The game ends in a tie • First team to score a basket wins the game (no extra time needed)
Teams are allowed one 30-second timeout per half (1 per team per half)	This allows a coach to meet with players and adjust strategy during a game
All games are played on a full-sized regulation court (no cross court)	This is appropriate floor size for players at this level
A jump ball is used to start the game and overtime period	Athletes at this age have the physical ability to jump for the ball to obtain possession. It also follows the NFHS rules for starting a game or overtime
Zone and man defenses are allowed (both may be used throughout the season)	Players at this level possess the ability to defend and attack both zone and man principles. Zone and man defenses are a part of the game of basketball and should be understood by players as they prepare for the next level.
Press defense is allowed in the backcourt at all times except if a team has a 15-point advantage	To promote fairness and integrity of the game, teams with a 15-point advantage should drop into a basic half-court defense.

LEVEL 4 (5TH GRADE AND UP) RULES (CONT.)

RULE	EXPLANATION / COMMENTS
<p>All players are allowed five fouls each game. After the 5th foul is committed, the player is out for the remainder of the game.</p> <p>-----</p>	
<p>After the fifth team foul in each quarter, bonus free throws are awarded to the fouled team (2 shots).</p> <p>-----</p>	<p>This rule follows traditional middle school rules format</p>
<p>The number of fouls counting toward the bonus resets at the end of each quarter, so the bonus free throws do not carry over from quarter to quarter.</p>	
<p>Three point shots are allowed only if the court features a three-point arc.</p>	<p>Courts without a 3-point line should not award 3 points no matter the shot distance</p>
<p>Playing time requirements for each player in Level 4 are:</p> <ul style="list-style-type: none"> • Each athlete plays a minimum of ¼ of each game • Each athlete must play in both halves of each game 	<p>Level 4 does not use the substitution system found in Levels 1-3. This allows flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.</p>
<p>End of season tournaments are encouraged for Level 4</p>	<p>End of season tournament play adds excitement to your league. (see Resources on MyUpward.org for tournament templates).</p>

WHAT TO WATCH FOR

(Levels 1-3 ONLY)

If you are refereeing in Levels 1, 2 or 3, there are some common violations that will frequently occur on the court, as well as situations that specifically relate to the rules for Upward Basketball.

Common Violations

Defense in the Backcourt

No full-court press defense of any kind is permitted in Levels 1-3. Referees must keep the flow of traffic away from the ball in the backcourt so that the offense can move the ball up the court. Saying things such as, “Defense, get back” helps keep the flow of the game smooth. This is especially important in the first few weeks when some players are new or still getting reacquainted with this rule.

Zone Defense and Sagging Defenders

No zone defense of any kind is permitted in Levels 1-3. Some teams like to “sag” back in the lane and almost present themselves in a zone. This is illegal in Upward Basketball. Defensive players must stay within approximate arm’s reach of the player they are guarding.

Double-Teaming

While double-teaming is not allowed, help defense is encouraged in the following three situations:

- In the Lane Area
- Offensive Picks and Screens
- During Fast Breaks

Fouls on Picks and Screens

Protect players by watching for the following fouls on picks and screens:

- ***Moving While Setting Pick*** - The screener must be stationary except when moving in the same direction and path as the opponent. A screen is an attempt to keep or delay an opponent from moving to a certain position on the court.

When screening a stationary opponent from the front or side, a screener may be positioned anywhere just short of contact. When screening a stationary opponent from behind, a screener should allow for one step of movement for the opponent. When screening a moving opponent, the screener must allow for time and distance of the opponent to avoid the screen. (one to two strides).

When a player is screened within their visual field they should attempt to avoid contact with the screener. If the screener is outside of their opponent's visual field there may be incidental contact.

An opponent being screened may not use their hands, arms, or body to force their way through the screen to keep a guarding position.

- ***Arms Out While Setting Pick*** - Players will want to make themselves larger by using the span of their arms to gain an advantage when shielding defenders. This is illegal.
- ***Players Running Through Picks*** - Defenders must try to avoid picks and screens and not simply try to shove through them. It is illegal for a defender to push through the offensive player setting the pick.

For further explanation regarding fouls on picks and screens, refer to the NFHS website (www.nfhs.org).



SECTION THREE

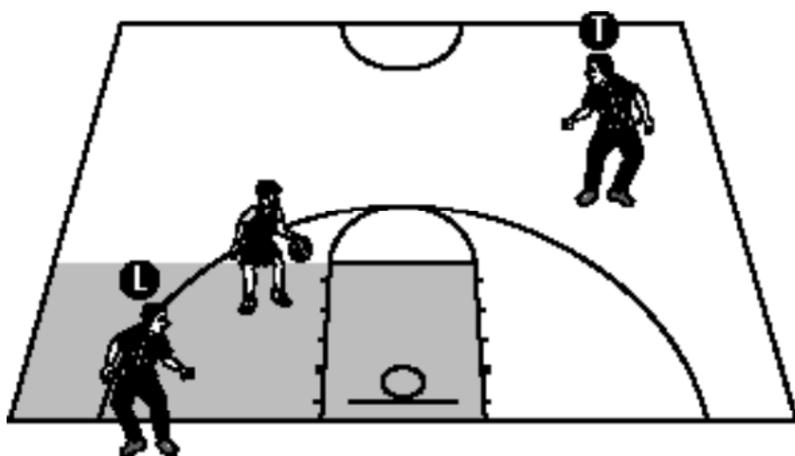
CALLING THE GAME



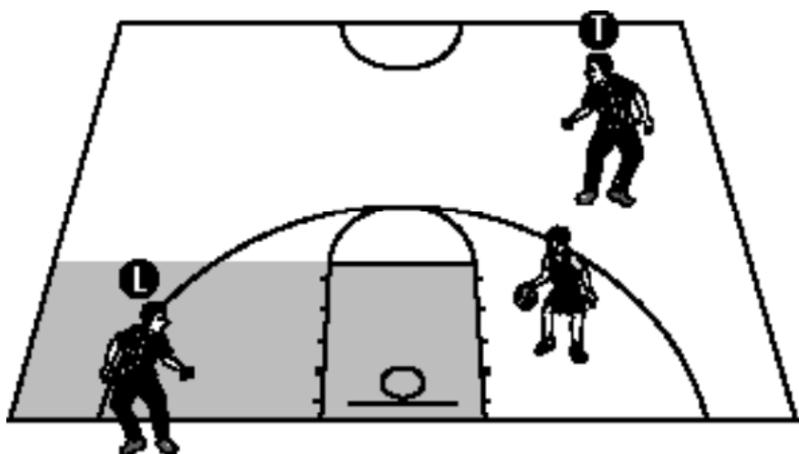
HOW TO MAKE A CALL

Positioning and Responsibilities

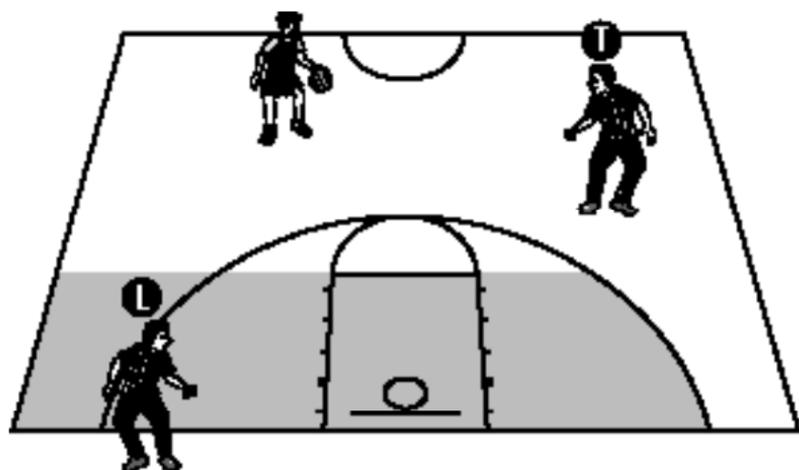
You can't call what you don't see. Refereeing at any level is about being in the right position. This requires good communication between you and your partner. Each game will require two referees that alternate as lead and trail duties with each change of possession. The lead referee is the first official down the court and positions himself along the baseline in the near court. The trail official positions himself diagonally from the lead in the near court beyond the top of the key or three-point line. During a change of possession, the lead and trail officials switch, making the lead the new trail and the trail the new lead.



In the above diagram, the lead official (L) has on-ball coverage (shaded area) because that official is near the ball. The trail official (T) is off the ball and covers the rest of the court. The lead official's coverage area extends to the free-throw line and includes the entire free-throw lane.



If the ball moves outside the lead official's coverage area, the trail official then assumes on-ball coverage, and the lead official's coverage is now off the ball (see above).



Above, you can see that the ball has now moved up high near midcourt on the lead official's side. In this situation, the trail official has ball coverage, and the lead official has off-ball coverage. The lead official's coverage area has now extended beyond the free-throw lane. This extended coverage helps the trail focus on the action occurring around the ball.

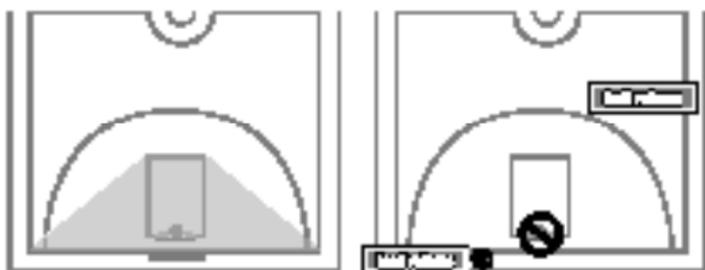
Responsibilities of Both Referees:

- Watch for fouls and violations (traveling, double dribble, etc.)
- Watch down the sideline and baseline. Being in position makes it easier to call possession
- Administer free throws (help line up players along the lane if necessary)
- Administer throw-ins (baseline or sideline)
- Blow the whistle to end the play. When one referee blows the whistle, the other should blow the whistle as well.

If you desire to be a quality referee, there are four common positioning traps to avoid:

- ***Both officials stay in the trail position or on opposite sidelines*** – If this occurs, there is no way to make an accurate call on action “in the paint” or near the baseline.
- ***Both officials watching the ball*** – If this happens, who is watching action away from the ball? The only time the lead official watches the ball is when the ball is in their area. The lead official does not watch the ball if it is in the trail official’s area or the perimeter area.
- ***Being lazy*** – Doing one’s best is a big part of Upward Basketball. This effort is expected from the coaches, players, and the referees. Remember, hustle up and down the floor the entire game to get in the proper position to make the call. This will make your job, as well as your partner’s job, much easier.

- **Allowing the ball to be thrown in under the basket** – If action is stopped from the free-throw line corners to the baseline corners, the ball should be thrown in along the baseline closest to the stopped action. Never allow the basketball to be thrown-in directly under the basket or parallel to the lane area. (see diagram below)



FOULS/VIOLATIONS HAND SIGNALS

Often, referees blow the whistle to signal a foul or a violation. To make this call, you must be able to recognize what represents a foul or violation and what the appropriate hand signals are for each. Remember, coaches, parents, and players want to know why the whistle was blown. Using proper hand signals is an effective way to communicate what is happening on the court. Below is the definition of a foul and a violation, as well as their basic hand signals. Please view training videos on the referee resources of MyUpward.org for demonstrations of the following hand signals.

Fouls

A foul is defined as any illegal contact made between a player and their opponent. A personal foul can be committed by an offensive or defensive player. When a foul is committed, the referee should blow the whistle sharply and raise their fist high in the air above the head. The hand signal that follows details the type of foul that was committed.

There is incidental contact between players on the court, which is permitted as long as it does not hinder the normal offensive or defensive movement of a player.

Below are the different types of fouls and their proper hand signal:

Holding

Foul involving grabbing onto the arm, hand, or wrist of the offensive player.

- ***Signal:*** Hold one arm at a 90-degree angle, fist turned, knuckles facing outward, as the other hand grabs the wrist.

Blocking

Illegal contact which impedes the progress of an opponent with or without the ball. A blocking foul is called when the defender makes illegal contact using their body, hands, a forearm on the back of a player, arms extended horizontally, or any part of their body and has not established a legal guarding position.

- ***Signal:*** Hold one arm at a 90-degree angle, fist turned, knuckles facing outward, as the other hand grabs the wrist.

Legal guarding position is obtained by the defender's front torso facing the opponent and both feet touching the playing court.

After legal guarding position is established, the defender may move to maintain their position as long as they are not moving toward the opponent. The defender is not required to continue to face the opponent.

The defender may also have one foot or two feet, jump vertically, or raise their hands within their vertical plane and still maintain a legal guarding position.

Player Control Foul (Offensive Foul)

A foul called when an offensive player runs into a defender who has an established legal guarding position.

- **Signal:** Place one hand behind the head at a 90-degree angle.

Pushing

A foul in which a defender pushes or shoves an offensive player in order to impede their movement or progress.

- **Signal:** Sign a pushing motion with both palms facing opposite the chest.

Violations

A violation is defined as an infraction of the rules by the offensive team that does not result in a free throw; the ball is turned over to the opposing team for a throw in. If there is a violation, the referee should blow the whistle sharply and raise an open hand high in the air above the head. Then, the referee should make the appropriate hand signal that corresponds to the violation being committed.

The following are definitions of common violations and their proper hand signals:

Traveling

When the ball handler takes more than two steps, moves the pivot foot without first legally dribbling, or lifts the pivot foot and then returns it to the floor without releasing the ball to pass or try for goal.

- **Signal:** Rotate clenched fists and forearms around each other.

Double Dribble

Occurs when a player stops dribbling and then dribbles again without giving up possession, or when a player dribbles the ball with both hands at the same time.

- **Signal:** Sign a patting motion in front of the body with one hand at a time.

Swinging Arms and Elbows

It is not legal to swing arms or elbows excessively. This can result in an injury if there is contact and a foul. Contact does not need to occur for this violation and results in a turnover to the opposing team.

Palming or Carrying the Ball

When a player moves their hand under the ball and scoops it while dribbling.

- **Signal:** Hold one arm to the side of the body as the other hand waves back and forth in a side-to-side motion.

Explaining a Violation or Foul

After the play has ended, the referee should address what occurred by:

- Quickly explaining the violation/foul to the players by telling them how it can be avoided and the result of the infraction.

The extent of the explanation will vary according to the age and understanding of the players and should decrease as the season progresses.

- Communicating whether the consequence results in alternating possession (violation or non-shooting foul) or free throw attempts (shooting foul).

Flagrant foul - Illegal contact that is deemed excessive or unnecessary. The violating player is ejected from the game, the offended player receives two free throws, and their team is awarded possession of the ball.

Technical foul - Can be given to coaches or players due to their behavior such as using profanity, abusive language, unsporting conduct or a dead ball foul. After the second technical foul, players are removed from the game. On the first technical foul, a coach loses standing privileges and must sit to coach the game. On the second technical foul, the coach is ejected from the game.

The non-offending team receives two free throws and possession of the ball for technical fouls.

PRE-GAME & POST-GAME RESPONSIBILITIES

1. Arrive 30 minutes before game time
2. Inspect the court for safety hazards and check for appropriate goal heights
3. Meet coaches and players
4. Pre-game instructions and group prayer
5. Half-time review with coaches
6. Post-game hand shake with coaches and players

THE FOLLOWING RULE APPLIES ONLY TO LEVEL 3

The game clock runs continuously.
However with less than 2 minutes remaining in the game:

TYPE OF FOUL	RESULT
Non-shooting foul is committed	Offensive team receives one (1) point and the ball
Foul in the act of shooting is committed (shot is missed)	Offensive team receives credit for the basket and the opposing team takes possession
Foul in the act of shooting is committed (shot is successful)	Offensive team is credited with the basket plus one (1) point. Opposing team takes possession



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