



2025 SYC BASKETBALL REFEREE TRAINING

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Course Objectives

- This is a training course meant to discuss basketball rules and game management that will benefit you as a Springfield Youth Club basketball referee.
- There is no intent to convince you that this is the same quality of course you would encounter if making application to one of the professional organizations.
- We want to prepare you the best that we can so that you can help our youth play safe, have fun and learn something worthwhile.

Officials' Code of Ethics

SYC Officials during recreation events are truly participants in the educational development of our local youth. As such, we must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all SYC Recreational Officials.

1. Officials shall know both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
2. Officials shall work with each other and their Recreational Association Administrators in a constructive and cooperative manner.
3. Officials shall uphold the honor and dignity of the profession in all interactions with youth-athletes, SYC Administrators, parents, coaches and colleagues.
4. Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall conduct themselves in a manner consistent with the expectations of the SYC Administrators.
5. Officials shall be punctual and professional in the fulfillment of all contractual obligations.
6. Officials shall remain mindful that their conduct influences the respect that players, coaches and our public hold for the entire organization.
7. Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to players. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.
8. Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials' General Duties

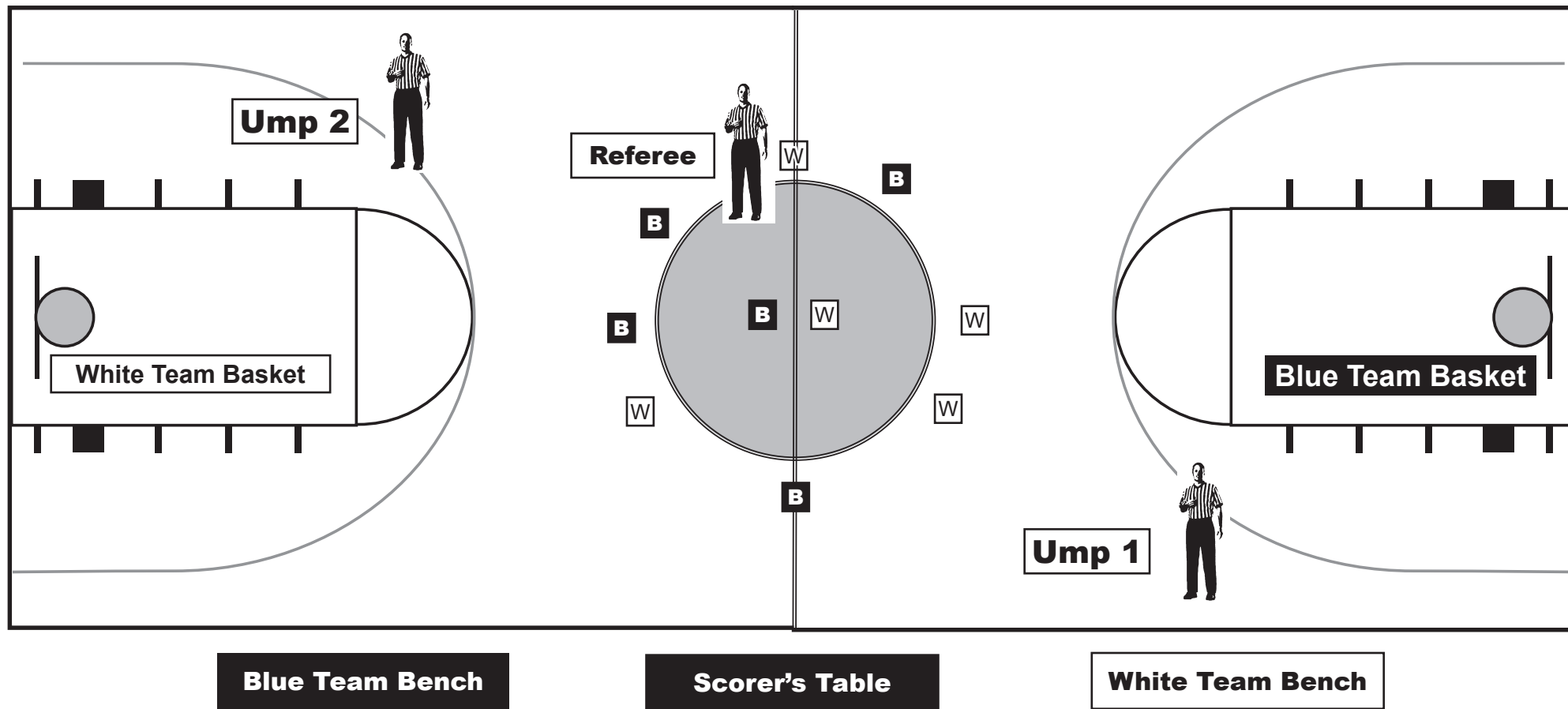
- Ensuring the Score Table is manned, knowledgeable and ready
- Conducting Facility and Player safety check
- Putting the ball into play
- Determining when the ball becomes dead
- Prohibiting practice during a dead ball
- Administering penalties
- Granting time outs
- Beckoning substitutes to enter the game
- Signaling a three point goal (if allowed)
- Silently and visibly counting seconds
 - Throw-in (visible count)
 - Free throw (visible count - hand only)
 - Back court (visible count)
 - Closely guarded (visible count)
 - Lane violation (silent count)

Pre-game Activities / Starting the Game

- Arrive at the game site no later than 15 minutes early.
 - Remind Coaches to provide score table help.
 - Check to see if names/numbers are in book.
 - Ensure table personnel have know-how (most important running score and fouls; also, when/how to start and stop clock).
- Review and discuss with partners and coaches SYC supplemental rules for age group unique items.
- Ensure players are warming up opposite their bench.
- Select a game ball (SYC provides).
 - Circumference 29.5” for most boys games, 28.5” for all girls and some younger boys games.
 - Spherical & deeply-pebbled
 - Proper inflation (Test: measure bottom of ball to be 6 ft. from playing surface and drop. Rebound should carry top of ball to location 49 to 54 inches from playing surface.)
- Start the game on time!!!! (This means tip-off. Sometimes clearing the court two minutes early is the best way to help the coaches get their lineup.)

1st Half / Start of Game / Jump Ball - 3 Referee Crew Positioning

Placement of team benches in relation to 1st half baskets and officials' responsibilities to start game



Referee:

1. Whistle to signal game about to start, drop whistle from mouth.
2. Line them up and freeze them.
3. Step in; give directions and point to each team's basket.
4. Toss and you freeze.
5. Assume trail.

Ump 1:

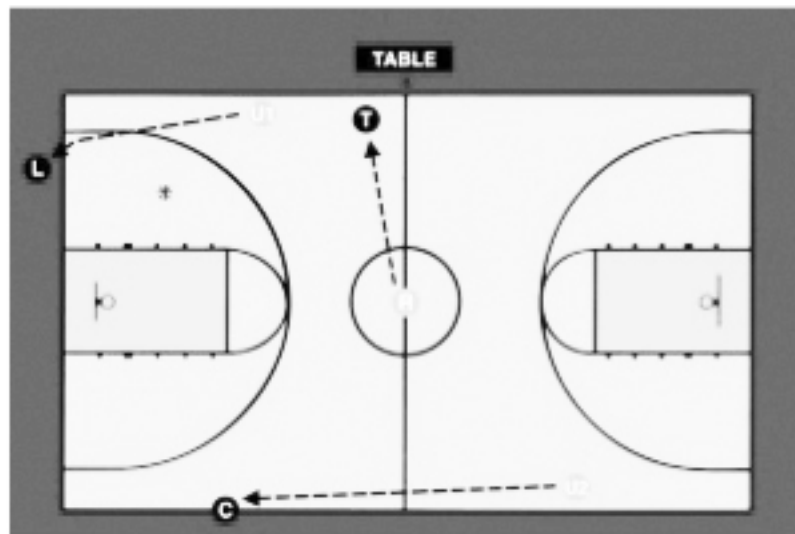
1. Ensure Scorer's table personnel are ready and alert to start of game.
2. Raise hand to signal the Ref "ready to start" and prep starting of clock.
3. Monitor toss; if fair, drop hand when legally touched by jumper –
– if not, blow whistle to re-start game.
4. Assume lead or "C" position.

Ump 2:

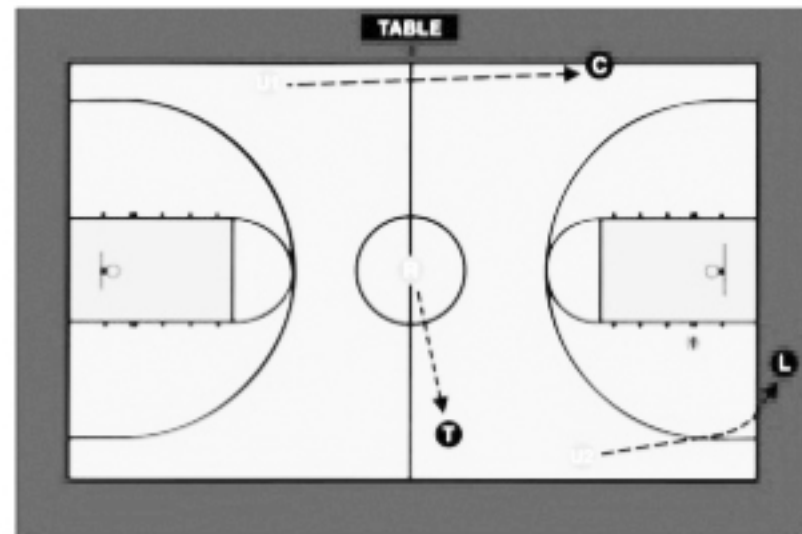
Watches 8 non jumpers / Assume lead or "C" position.

Positions After Jump Ball - 3 Referee Crew Positioning

Ball goes left



Ball goes right

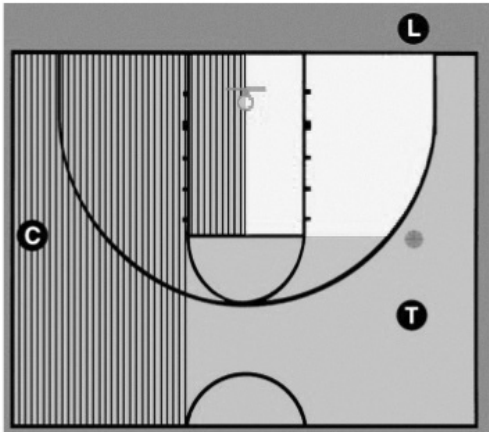


R (tossing official) always goes into T position

Coverage Areas - 3 Referee Crew Positioning

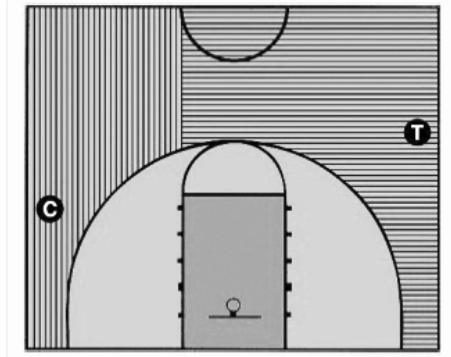
Primary Coverage Areas

Both C and T should close down on shots



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Three-Point Shot Coverage

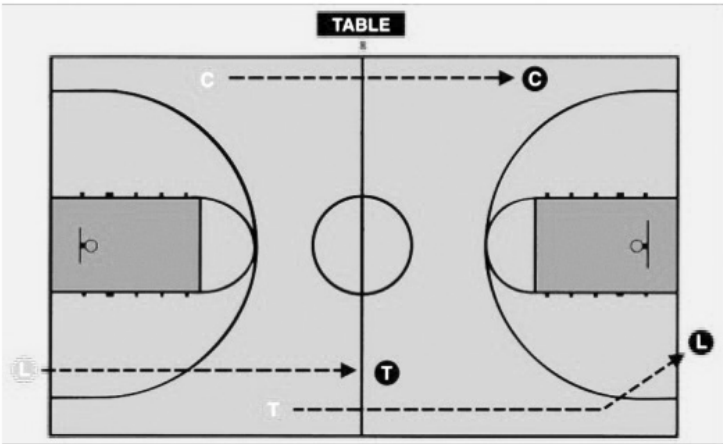


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If both C and T indicate the 3-pt attempt, T referees defense on shooter and stays with shot; C releases and covers rebounding

C/T should mirror the other official's "good" signal

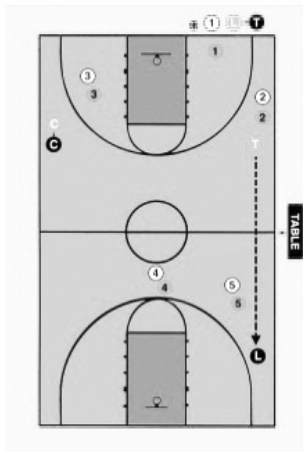
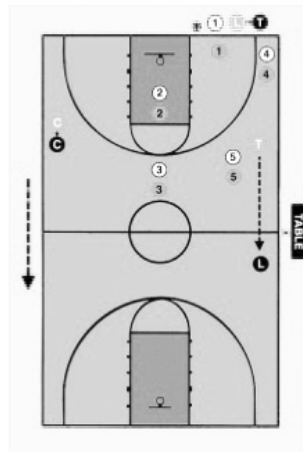
Coverage on Transition



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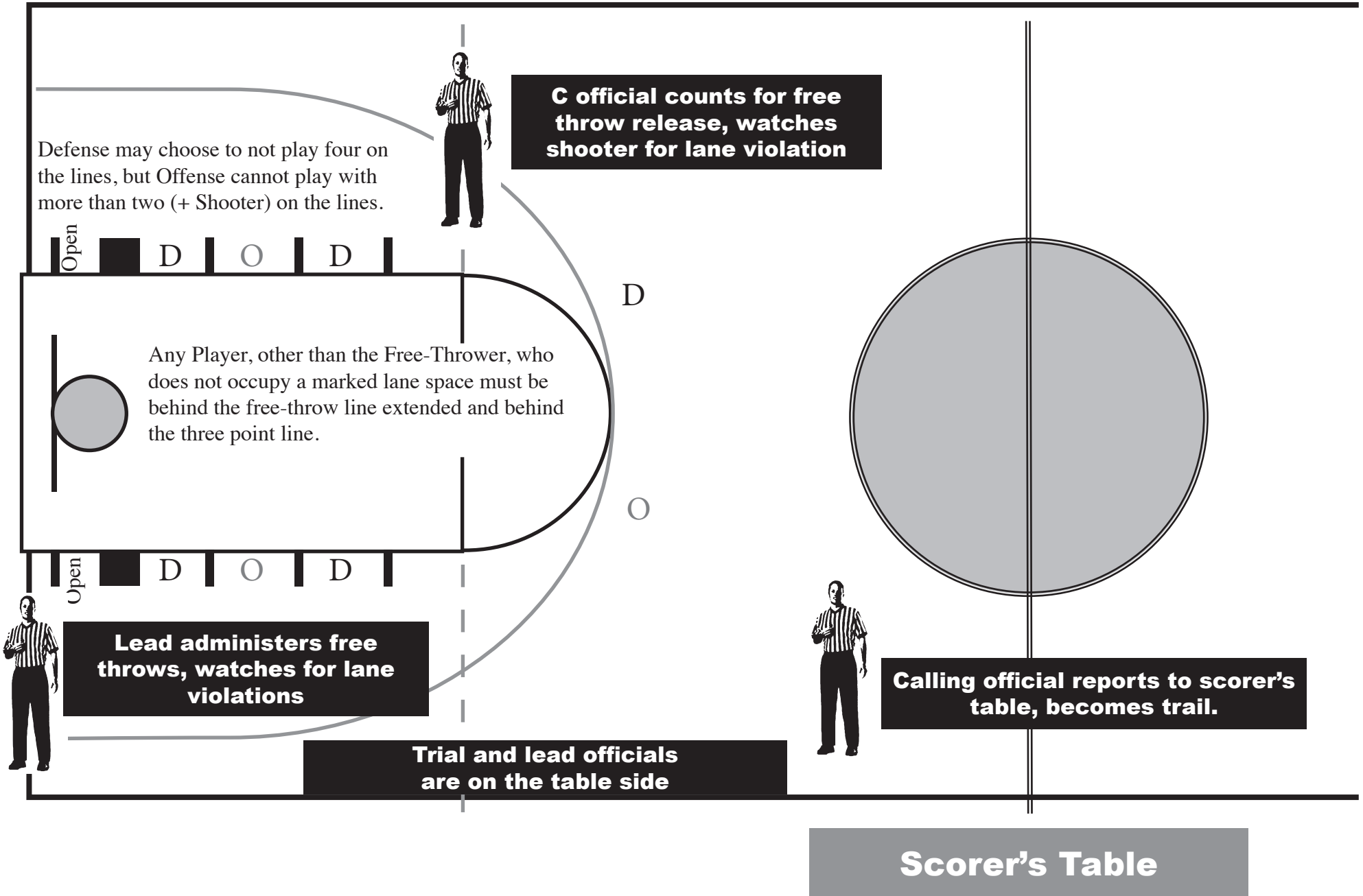
Press Coverage

C stays in backcourt
L should have deepest player in front and boxed-in

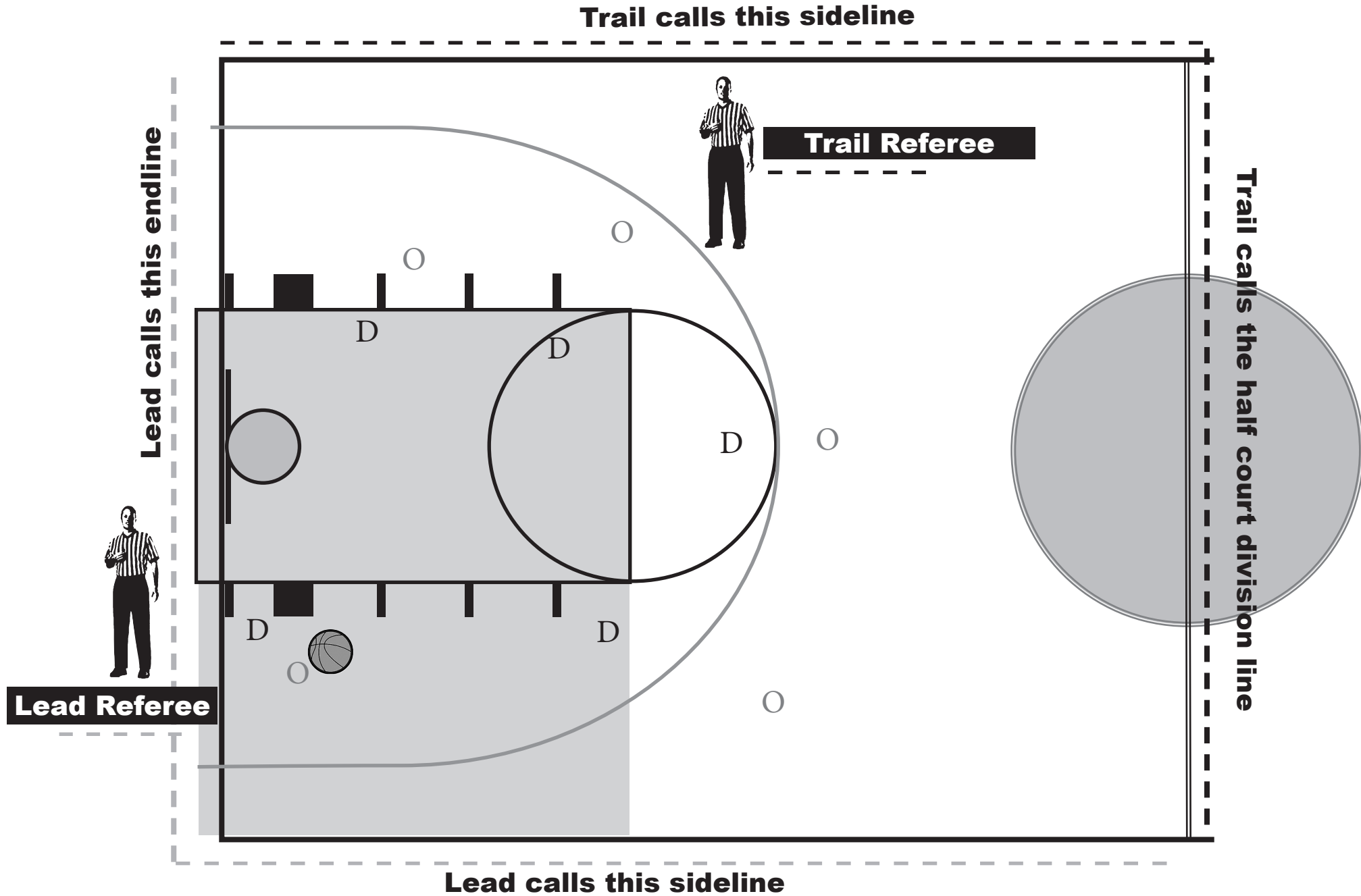


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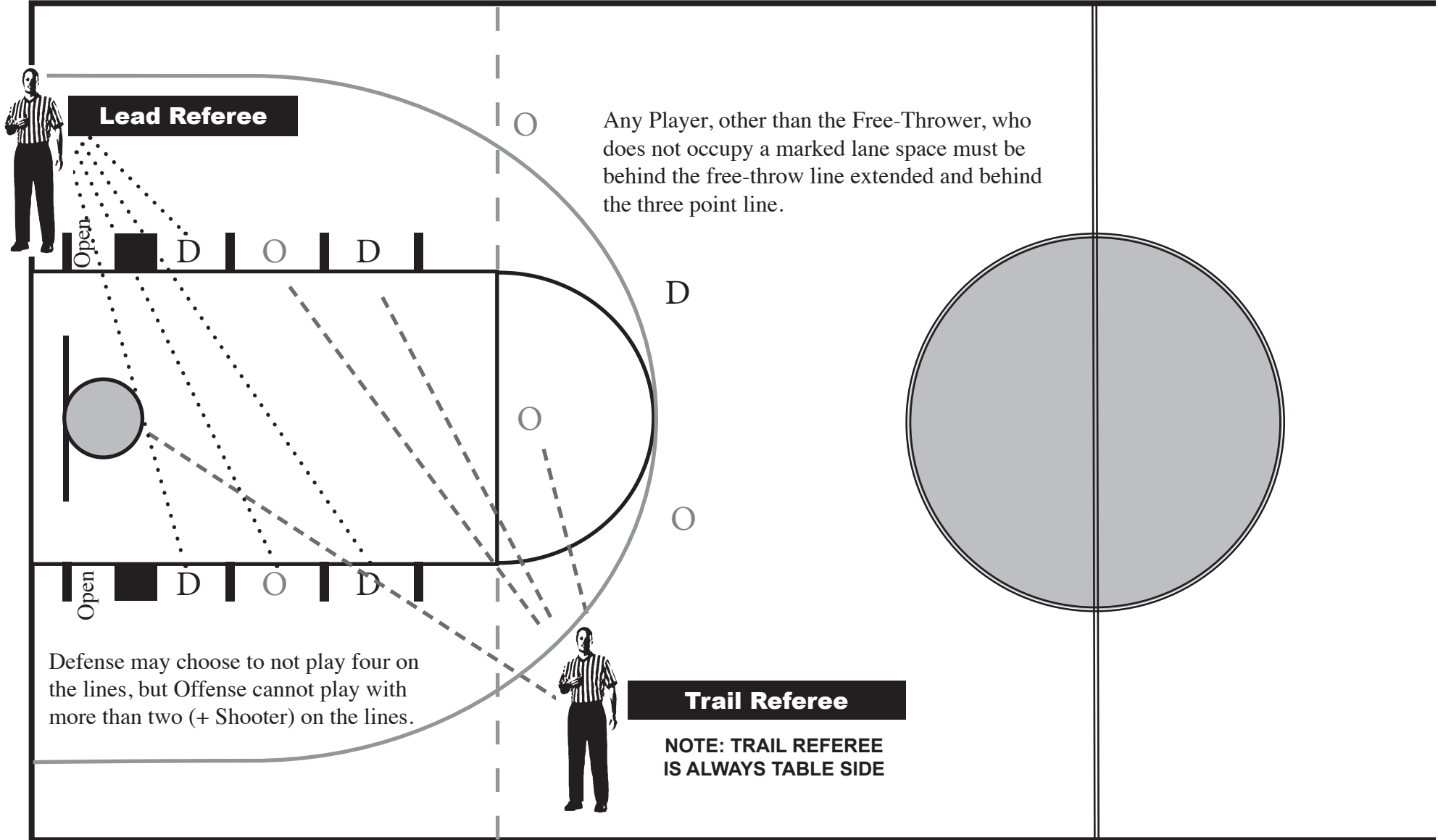
Foul Shooting Areas of Responsibility - 3 Referee Crew Positioning



Playing the game, basic areas of responsibility - 2 Referee Crew



Foul Shooting – Areas of Responsibility - 2 Referee Crew



Playing the game

- For definition purposes, the “Lead” official is positioned on the end line under the target basket, and has the shaded area.
- The “Trail” official is in the mid court area and has everything else.
- For “out of bounds” calls, Lead has the closest end line and the sideline on his/her side of the court.
- For “out of bounds” calls, Trail has the other sideline and division line in case the ball goes back court.
- Referee positions, relative to the sidelines, are governed by where the ball is put into play. Obtain eye-contact with partner, and ensure position before making a “live ball”.
- Switch positions on fouls. Do not switch on violations or out of bounds calls.
- Switching is sometimes time consuming, awkward and silly looking on courts where the score table is on the end line. It is permissible to omit this switch. However, the referees need to discuss and agree on this issue prior to game start.
- Trail has the responsibility to watch the net for score.
- Lead should not move his/her eyes from the players to see the net.

Violations and fouls are the 2 types of basketball rules infractions.

- **Violations - Most violations are committed by the team with possession of the ball, when a player mishandles the ball or makes an illegal move. (Some examples - traveling, double dribble, loses ball out of bounds, steps out of bounds, 3 second lane violation, free throw violations, to name a few.) The typical penalty for a violation is loss of the ball to the other team.**
- **Fouls are either personal (common or non-common) or technical.**
- **A personal foul** is committed by a player. All personal fouls involve contact and all personal fouls occur when the ball is live except for a foul on or by an airborne shooter.
- **A personal foul is either common or non-common.**
 - **Common personal fouls include** player, team control and single defensive personal fouls not committed on a shooter.
 - **Non-common personal fouls are** a) intentional or flagrant and/or b) committed on a shooter, or part of a double, simultaneous or multiple foul.
- **A technical foul** is charged to a team or individual team personnel (coach, member, support staff). A technical foul may be intentional or flagrant. A technical foul may also be part of a double or simultaneous foul. All fouls committed when the ball is dead are technical fouls except those that involve illegal contact committed on or by an airborne shooter.

- **Tip:** Try to keep focused on your area of responsibility and resist the temptation to watch the ball. Main focus is on the defense.
- **Tip:** Move to see between players, i.e. get the angle rather than get closer. Don't lean or bend move to get a better angle.

Playing the game, continued

Administration of free throws

- When a foul is called and free throws are to be taken, the referee that made the call has immediate responsibilities:
- Signal for a dead ball by blowing short/sharp whistle, raising closed fist. Signal mechanics to partner and players and raise fingers to show number of shots to be taken.
- Report to the score table for documentation. For SYC purposes, the referee need only travel to where he/she is easily seen by table personnel and in a loud/clear voice announce color of fouling team, number (and give sharp hand signals), and announce shots awarded.
- Other referee will secure the ball, move into Lead and manage lining up players.

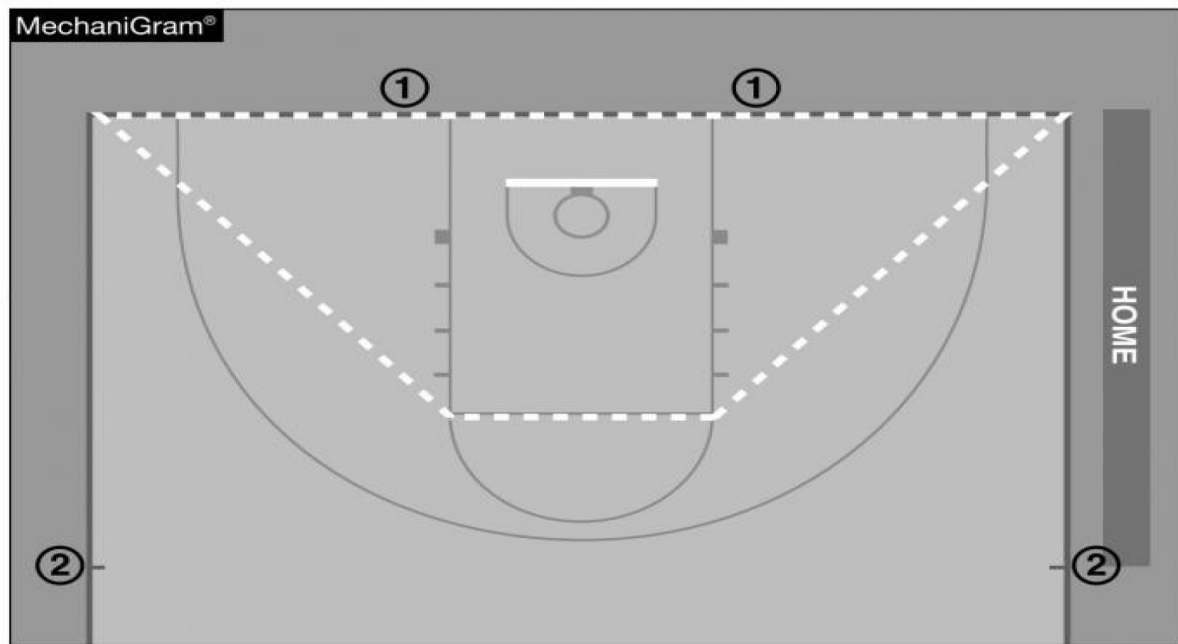
Basketball teams will shoot two free throws for common fouls when in the “bonus.”

- **In addition to awarding two foul shots for all common fouls when in the bonus, teams will reach the bonus when their opponent commits five fouls in each quarter and team fouls will reset at the end of each quarter.**

(Previously, teams were awarded the one-and-one bonus when their opponents committed seven fouls in a half and two foul shots when 10 fouls were committed each half.)

- When a violation or a non-shooting foul is called, the referee will announce color, spot and point to the location. In SYC it is permissible to play the “bump method” in which one referee is not required to run the full length of the court. Discuss beforehand.
- During a throw-in, the “spot” is a 3 ft. rectangle along the in-bounding line as deep as the player wants/can go. Movement out of this “spot” is another violation.
- If the thrower cannot get adequate depth, the referee must project an imaginary restraining line that the defense cannot violate.
- On a throw-in pass the defense cannot have any part of their person through the inbound side of the boundary line until the ball has been released and in court.
 - 1st violation = team warning for Delay of Game (DOG)
 - 2nd violation of team = technical foul
 - Defense reaches over line and touches ball = automatic technical foul
 - Defense reaches over line and touches in-bounding player = intentional personal foul
 - Thrower reaches ball over boundary line, and defensive player touches or grasps ball = NO VIOLATION
- After a made basket the in-bounding team is allowed to run the end line and not maintain a “spot”. They can even throw it along the end line to another player, out of bounds. This privilege is not lost when play is disrupted by a time out.
- Never administer a throw-in under a basket or in the lane.

Playing the game - Throw-In Spots –Proper Locations



Two designated throw-in spots in the frontcourt only.

Rule 7-6-6 A Throw-in “Error” now “Correctable”

If a throw-in is administered to the wrong team, officials will now be allowed to “fix” this error BEFORE THE FIRST DEAD BALL after the ball becomes live, as long as there has not been a change in possession.

It is important that officials put the ball in play at the correct spot for a throw-in.

Coaches design specific plays and offensive/defensive strategies based on where the ball will be put in play. It is therefore essential for game officials to be diligent in administering the ball at the proper throw-in location, particularly following time-outs.

With the adoption of Rules 7-5-2 through 7-5-4, coaches, players and officials are reminded of the following rules governing throw-in locations:

A. Any time a team causes the ball to go out of bounds in either the front court or the back court, the throw-in occurs from the spot where the ball went out of bounds.

B. When a violation by either team, a foul before the bonus by either team or dead ball (i.e., an inadvertent whistle or a held ball) occurs that will result in a throw-in, officials must ask themselves three questions: Where did the violation/foul occur? Is the throw-in team in its front court or back court? Where was the ball when the interruption occurred?

1. If the throw-in is to be in the team’s front court, it shall be at either the nearest 28- foot mark along each sideline or the nearest spot 3 feet outside the lane line and the end line.

2. If the throw-in is to be in the team’s back court, the throw-in shall be at the designated spot nearest to where the foul, violation or other stoppage in play occurred.



NFHS Official Basketball Signals

Starting and stopping clock	Start clock 1 	Stop clock 2 	Stop clock for jump/held ball 3 	4 	5 	Information	Directional signal 6 	
	Throw-in and free-throw designated spot/violation 7 	Move along end-line on throw-in 8 	Visible counts 9 	Beckoning substitutes 10 	60-second time-out 11 		30-second time-out 12 	Not closely guarded 13
	Tipped ball 14 	Shooting/scoring	No score 15 	Goal Counts 16 	Points scored 17 		18 	
			Use 1 or 2 fingers after signal	3-Point attempt score 3-Point made				

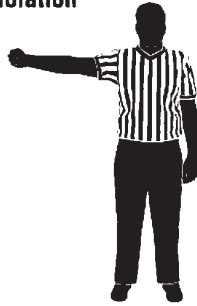
Free throws/Bonus free throws

Signal free throw 19



Violations

Delayed lane violation 20



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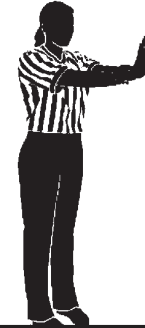


Traveling violation

Illegal use of hands 30



Hand check 31



Holding 32



Violations

Illegal dribble 22



Palming carry 23



Back court violation 24



3-Second violation 25



Fouls

Blocking 33



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Pushing charging

Player/Team control 35



5-Second violation 26



10-Second violation 27



Excessive swinging elbows 28



Kicking 29

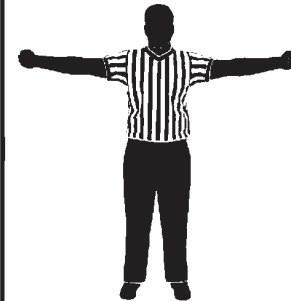


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Intentional foul



Double foul 37



Technical foul 38



Issues, Questions and Answers

Incidental Contact and the Tower Philosophy

The mere fact that contact occurs does not constitute a foul. When 10 players are moving rapidly in a limited area, some contact is certain to occur. Contact that occurs unintentionally in an effort by an opponent to reach a loose ball, or contact which may result when opponents are in equally favorable positions to perform normal offensive or defensive movements, should not be considered illegal, even though the contact may be severe. Similarly, contact that does not hinder the opponent from participating in normal defensive or offensive movements should be considered incidental.

The Tower Philosophy should continue to be implemented in all contact situations. Did the player causing contact gain an advantage or put an opponent at a disadvantage; or, if a foul is not called, will the contact lead to rough play. If the official can answer “yes” to any of the above when observing contact, then a foul should be called.

Hand Checking / Illegal use of the hands

Displacement is the key word. If a player is displaced, it is a foul. Displacement applies to both offensive and defensive players. Observe the entire play, especially when responsible for off-ball coverage. When a ball handler’s rhythm, speed, balance or quickness are affected, it is a foul.

- When a defensive player keeps a hand on an opponent, it is a foul.
- When a defensive player puts two hands on a dribbler, it is a foul.
- When a defensive player continually jabs by extending his/her arm and placing a hand on the opponent, it is a foul.
- When a defensive player contacts an offensive player more than once with the same hand or alternating hands, it is a foul.

Correctable Errors: (2-10)

Art. 1 Officials may correct an error if a rule is inadvertently set aside and results in:

- A. Failure to award a merited free throw.
- B. Awarding an unmerited free throw.
- C. Permitting the wrong player to attempt a free throw.
- D. Attempting a free throw at the wrong basket. Erroneously counting or canceling a score.

Art. 2 In order to correct any of the official’s errors listed in article 1, such error must be recognized by an official during the first dead ball after the clock has properly started.

Art. 3 If in Article 1 the error is made while the clock is running and the ball is dead, it must be recognized by an official before the second live ball.

Art. 4 If the error is a free throw by the wrong player or at the wrong basket, or the awarding of an unmerited free throw, the free throw and the activity during it, other than unsporting, flagrant, intentional or technical fouls, shall be cancelled.

Issues, Questions and Answers, continued

Art. 5 Points scored, consumed time and additional activity, which may occur prior to the recognition of an error, shall not be nullified. Errors because of free-throw attempts by the wrong player or at the wrong basket shall be corrected by applying 8-1 & 2.

Art. 6 If an error is corrected, play shall be resumed from the point at which it was interrupted to rectify the error, unless it involves awarding a merited free throw(s) and there has been no change of team possession since the error was made, in which case play shall resume as after any free-throws attempt(s).

Verticality and the Shooter

Officials must stay with the shooter until he/she returns to the floor, to ensure no illegal activity has occurred. However, officials must not reward the offensive player when he/she initiates contact and the defender has established and maintained his/her legal guarding position.

Coach and Bench Decorum

It is important for officials to communicate with coaches and it is appropriate for this to occur on occasion during the game. Coaches must understand that every call cannot be explained and a continuous dialogue cannot occur. It is okay for coaches and players to ask questions, provided it is done in a courteous and respectful manner. However, if a coach or player begins to move towards unsporting comments or behavior, then it is imperative that the official be firm. Sometimes a warning is appropriate and sometimes a technical foul is necessary.

Officials must remain vigilant of taunting, baiting and unsporting behavior of players, bench personnel and fans.

Can a personal foul be called if there is no contact?

In order for a personal foul to be called, there must be contact.

How can a defender draw a charge on the offense?

The defender must establish a legal guarding position by having both feet on the court with his/her torso facing the offensive player. The defender does not have to be stationary; he/she can be moving laterally, backwards and/or can be jumping vertically, and can turn to absorb contact, and does not move into the offensive player.

What if a player shoots an air ball?

If a player takes a legitimate shot and the result is an air ball, it is not a violation if he/she is the first to touch or catch the ball.

Issues, Questions and Answers, continued

On a rebound, PUSHING, commonly called “over the back”, is a foul:

“On the back”, i.e., pushing, may be a foul; “over the back” is not a foul. A player can out jump or reach over the top of another without causing contact and legally secure a rebound. Contact that displaces a player who is in an established rebounding position, and prohibits that player from securing the rebound, is a foul.

Moving Screen / Foul:

A moving screen is a foul only when there is illegal contact. A moving screen without contact is not a foul.

During a throw-in, if the thrower-in steps on the line, is it a violation?

Since the sidelines and end lines are out of bounds, the thrower-in may step on the line (but not over it onto the floor) during the throw-in. Rule 7-6-6 A Throw-in “Error” now “Correctable”. If a throw-in is administered to the wrong team, officials will now be allowed to “fix” this error BEFORE THE FIRST DEAD BALL after the ball becomes live, as long as there has not been a change in possession.

If the ball hits a player’s foot or leg, is it a violation?

Kicking the ball with any part of the leg is a violation only when it is an intentional act. Accidentally striking the ball with the foot or leg is not a violation.

If a player remains in the lane for 3 seconds, is it a violation?

Allowance shall be made for a player who, having been in the lane for less than 3 seconds, dribbles in or makes a move to try for a goal. There can be no 3-second violation during rebounding action or while the ball is in the back court.

Is it a back court violation, if, in the front court, one offensive player passes to another and the ball is deflected by the defense and then touches an offensive player prior to going into the back court, and then is first touched by an offensive player?

No. If the offense is the last to touch the ball in the front court and the first to touch it in the back court, it is a back court violation. However, during a throw-in if the offense does not gain possession in the front court, but merely touches the ball in the front court and then recovers it in the back court, it is not a violation.

Issues, Questions and Answers, continued

A Referee shall not permit any team member to wear equipment or apparel which, in his/her judgment is dangerous or confusing to other players. Examples:

- A guard cast or brace made of hard and unyielding substances - even though covered with soft padding - when worn on the elbow, hand, fingers, wrist or forearm.
- Head wear -medical, cosmetic or religious - allowable if not abrasive, hard or dangerous to other players and which is attached in such a way it is highly unlikely that it will come off during play.
- Jewelry shall not be worn. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.
- The referee shall not permit any team member to participate if in his/her judgment items such as a player's fingernails or hair style may constitute a safety concern.
- Officials should check players during pre-game warm-up to prevent delays during the game.

If a diving player secures a loose ball and slides on the floor, is it a traveling violation?

A player has not traveled if his/her momentum causes them to slide on the floor while diving for a loose ball.

The following are guidelines to help address some problem areas:

Illegal use of the hands

- When a defensive player keeps a hand on an opponent, it is a foul.
- When a defensive player puts two hands on a dribbler, it is a foul.
- When a defensive player continually jabs by extending his/her arm and placing a hand on the opponent, it is a foul.
- When a defensive player contacts an offensive player more than once with the same hand or alternating hands, it is a foul.

Post play

- The key word is displacement. If a player is displaced, it is a foul. Displacement applies to offensive and defensive players (pushing).
- When an offensive player uses a swim move, elbows, forearms or backs down the opponent, it is a foul on the offensive player.
- When a defensive player holds, undercuts, displaces by a knee or a forearm in the back, it is a foul on the defensive player.

Issues, Questions and Answers, continued

If the ball hits the top of the backboard, is it out of bounds?

- NO. The top and bottom, and sides of the backboard are in bounds. A ball is out of bounds if it crosses over the top of the backboard, or if it hits the supports. It is also an out of bounds violation if the ball contacts the back of the backboard or wiring.

Screening

- When a player uses arms, hands, hips or shoulders to force through a screen or to hold or push a screener, it is a team control foul. • When contact results because a player sets a screen while moving, it is a team control foul.
- When a screener takes a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction, it is a team control foul.
- When a player sets a screen outside the visual field of a stationary opponent and does not allow this opponent a normal step to move, it is a team control foul.
- A player who is screened within his/her visual field is expected to avoid contact by going around the screener. • There cannot be a foul unless there is illegal contact.

Protect the shooter

- Referees must stay with the shooter until he/she returns to the floor, to ensure no illegal activity occurs.
- Contact that does not permit the shooter to return to the floor in his/her entitled space is illegal. (VERTICALITY)

Time-outs (Rule 5-8, 9 &12)

- Time-outs can only be called by a player (not bench personnel) or the Head Coach during a dead ball or the calling team's possession.
- Time-outs in excess of the allotted number may be requested and shall be granted at the expense of a technical foul for each occasion. (Administered after the Time out)
- Make it a point to visit each Coach and let them know if they have no time outs remaining .

Held ball (Definition 4-25) A held ball occurs when:

- Opponents have their hands so firmly on the ball that control cannot be obtained without undue roughness.
- An opponent places his/her hands on the ball and prevents an airborne player from throwing the ball or releasing it on a try.

Rebounding (Definition 4-36) To obtain or maintain legal rebounding position, a player may not:

- Displace, charge, or push an opponent.

Issues, Questions and Answers, continued

- Extend shoulders, hips, knees or extend the arms or elbow fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms or elbows occurs.
- Every player is entitled to a spot on the floor, provided the player gets there first without illegally contacting an opponent.

Verticality (Definition 4-44) applies to a legal position

- The defender should not be penalized for leaving the floor vertically or having his/her hands and arms extended within his/her vertical plane.
- The offensive player, whether on the floor or airborne, may not clear out or cause contact within the defender's vertical plane, which is a foul.
- The defender may not "belly up" or use the lower part of the body or arms to cause contact outside his/her vertical plane, which is a foul.
- The player with the ball is to be given no more protection or consideration than the defender in judging which player has violated the rules.

Continuous motion (CM) (Definition 4-11)

- Applies to a try for goal, but has no significance unless there is a foul by the defense during the interval which begins the habitual throwing movement of the try start and ends when the ball is clearly in flight.
- If an opponent fouls after a player has started a try for goal, he/she is permitted to complete the customary arm movement, and if pivoting or stepping when fouled, may complete the usual foot or body movement in any activity while holding the ball.
- However, it is not a violation of CM if another dribble is taken before the attempt for try is made.
- CM does not apply if a teammate fouls after a player has started a try for goal and before the ball is in flight. The ball becomes dead immediately.

Closely-guarded:

- Is a five second count when a player in control of the ball in his/her team's front court and is guarded by an opponent who is within 6 feet of the player who is holding or dribbling the ball. If the dribbler switches defenders, you continue the count.

Direction error:

- If a mistake is made (theirs or yours), Rule 4.5.4 states the Officials shall correct the error when observed and everything counts as if they were always going in the correct direction.

Back court:

- A player is in his/her back court until both feet and the ball have crossed into the front court.

2023 Points of Emphasis

SPORTSMANSHIP

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based sports and activities. NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part. NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone. If coaches act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same. There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, SYC coaches are responsible for dealing with unruly spectators. A proactive approach includes monitoring the behavior of spectators and intervening as needed. If spectators are using demeaning or profane language at officials – or at others – those individuals should be removed. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

Sports and other activities exist to lift people up, not demean or tear down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated. We must establish a culture that values the worth of everyone. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual. Good sports win with humility, lose with grace and do both with dignity.

REDUCING ILLEGAL CONTACT

To maintain the sound traditions of all sport, encourage sportsmanship, and minimize the inherent risk of injury, playing rules are developed to serve the varying skill level for participants. As a result, it's incumbent on officials to enforce the rules as written. When officials allow personal philosophies to enter into their enforcement of the rules, unintended advantages can be provided, advantages that can determine the outcome of a contest. The NFHS Basketball Rules Committee expects officials to adhere to the playing rules as written. Participants should expect nothing less from contest officials on a nightly basis, and the enforcement of all playing rules should be made without regard for time and circumstance. A foul or violation in the first quarter is expected to be a foul or violation in the last minute of a contest. While some coaches may wish for the game to be called 'looser', officials should avoid giving into that mind set regardless of the location of the game or the participants involved.

2023 Points of Emphasis, continued

Of particular concern for the committee is the growing individual interpretations of certain plays, plays that are increasing the amount of illegal contact being allowed. The type of plays listed below rise above the description of Rule 4-27 regarding incidental contact and need to be addressed.

Hand Checks: Rule 10-7-12 is very clear for officials to apply. During recent years, freedom of movement for players has improved, and officials need to remember the simple concepts of Rule 10-7-12 that prohibit defensive players from placing two hands, an extended arm bar, keeping a hand on an opponent, or contacting an opponent more than once with the same hand or alternating hands.

Post Play: While freedom of movement has improved, there is still a need for officials to pay attention to play in the post. More basketball injuries occur in the post than any other place on the floor. Officials need to monitor play in the post, whether the ball is involved or not. Players who either illegally carve out space for themselves or defenders who repeatedly push, knee, or otherwise attempt to knock offensive players off balance need to be penalized for their actions. Failure to address the first illegal contact in the post often leads to more physical play from players who come to believe that more physical play is going to be allowed on a given night. Regardless of the player's location on the floor, when a player's rhythm, speed, balance, or quickness is impeded, it's a foul.

Off-ball play: Keeping eyes on off-ball plays is also necessary to help reduce the physicality in the game. Officials need to remain focused on their primary coverage area and off-ball play is just as critical as any other position on the floor. Officials who tend to 'ball watch' will miss screening plays in front of them that involve illegal contact. Allowable action by screeners, cutters, and defenders are outlined in the rules, and officials who focus on their primary area will officiate these kinds of plays more accurately and consistently. When either the offense or defense are allowed to play outside the screening and defending rules off ball, more physical and illegal play will follow. Even if players are not initially in an off-ball area, the official covering that space needs to remain focused on their primary area and trust that their partners will handle plays in their areas.

In enforcing the rules as written, officials should also pay particular attention to the mechanics and signals they use. Enforcing the playing rules while maintaining appropriate composure and decorum is also essential to maintaining good sportsmanship and sends the message that the official(s) have called a good and fair game. Officials need to demonstrate proper authority behavior at all times in their dealings with players, coaches, administrators, and spectators, recognizing their important role in education-based athletic programs.

PREGAME MEETING - ADDRESSING ILLEGAL UNIFORMS, EQUIPMENT AND APPAREL

Rule 2-4-5 requires that officials verify with each head coach that the teams' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest. Officials should monitor players and notify the head coach if they notice anything needing to be addressed - jewelry, casts, braces, or hair control devices. Game officials are responsible for monitoring this. If an official identifies any uniform or equipment issue, they should allow head coaches to address the problem and not take it upon themselves to deal directly with the player. Even during the pre-game period, players must be legally attired, and paying attention to these details in pre-game will set the tone for the contest.

To the extent practical, game officials should also know who the SYC game administrator(s) or head coaches are for the contest. Coaches are responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. In the absence of a designated SYC representative serving as game administrator, the home coach shall serve as the host management.

Officials should not be expected to correct illegal uniforms, equipment, or misconduct, only to bring those to the attention of the people best positioned to remedy those issues on any given night.

2024 Rule Changes

CHANGE TO NFHS RULE 4-8-1

Eliminates the one-and-one scenario and sets new foul limits each quarter for awarding the bonus free throw.

- Basketball teams will shoot two free throws for common fouls when in the “bonus.”
- In addition to awarding two foul shots for all common fouls, teams will reach the bonus when their opponent commits five fouls in each quarter and team fouls will reset at the end of each quarter.

(Previously, teams were awarded the one-and-one bonus when their opponents committed seven fouls in a half and two foul shots when 10 fouls were committed each half.)

CHANGE TO NFHS RULE 9-3-3

Amended to allow a player to step out of bounds and return to the court if the player gains no advantage.

A player is penalized only if, after returning inbounds, the player is the first to touch the ball or avoids a violation.

RULE 7-6-6 A THROW-IN “ERROR” NOW “CORRECTABLE”

If a throw-in is administered to the wrong team, officials will now be allowed to “fix” this error BEFORE THE FIRST DEAD BALL after the ball becomes live, as long as there has not been a change in possession.

CHANGES TO SYC RULES

Teams can start the game with only four players.

Teams must have four players to start a game and three players to continue a game once it has started.

SUBSTITUTION RULE

Substitutions are permitted only during the break between quarters or at the stoppage of play during the 4th quarter (except for those substitutions required due to illness/injury or player disqualification). Substitutions are not allowed for any player who has not yet completed two full quarters unless that player is sick, has been injured, has been disqualified due to fouls, or poses a safety threat to other players on the court.

It’s not the officials’ responsibility to track player participation, but officials will need to help enforce the rule by not allowing substitutions during a quarter, until the 4th quarter.

2024 Points of Emphasis

BENCH DECORUM

The rules committee is concerned about bench decorum rule violations by coaches and bench personnel. Only through enforcing existing rules will coaches and bench personnel exhibit appropriate and acceptable behaviors. Coaches are expected to remain in the coaching box. The extension of the coaching box six years ago was intended to allow coaches to communicate with their players near the end line without violating the Coaching Box rule or creating a need to come onto the playing court.

Coaches who go beyond the 28-foot line, or more importantly, onto the playing court, gain a distinct advantage, which is not within the spirit and intent of the rules. Coaches are reminded that while the bench area expands during a time-out, the bench area does not extend beyond the 28-foot line. Coaches and other bench personnel may not move to the expanded bench area until the time-out begins, to ensure bench personnel do not create inadvertent contact with opposing players still out on the playing court. Coaches who leave the expanded bench area to engage officials inappropriately are subject to a warning or a bench technical foul.

Misconduct by players, coaches and bench personnel is not permitted. There is continued support for officials to use all the tools at their disposal. These tools include promptly issuing an administrative warning for misconduct by coaches and bench personnel or assessing a technical foul if warranted. Players' taunting, baiting, finger-pointing, trash-talking, and using inappropriate gestures have increased during the past several seasons. Specifically, trendy hand gestures and body language meant to demean and single-out opponents is not a reflection of good sporting behavior and has no place in the interscholastic setting. Players and coaches are permitted to celebrate an individual or team accomplishment, but they cannot direct that celebration toward their opponent. Also, players and coaches are not allowed to disrespectfully or inappropriately address and/or gesture at an official after a ruling is made on the court.

Player and coach behavior, which in the official's judgment is determined to be a taunt of an opponent or a disrespectful act toward an official, shall be penalized by assessing a technical foul.

Assistant coaches are not authorized to approach the scorer's table at any time. The head coach is permitted to go to the scorer's table to request a 60-second time-out to confer with personnel regarding a correctable error or to prevent or rectify a timing or scoring mistake/error or an alternating possession mistake.

2024 Points of Emphasis, continued

THROW-INS – PROPER LOCATIONS

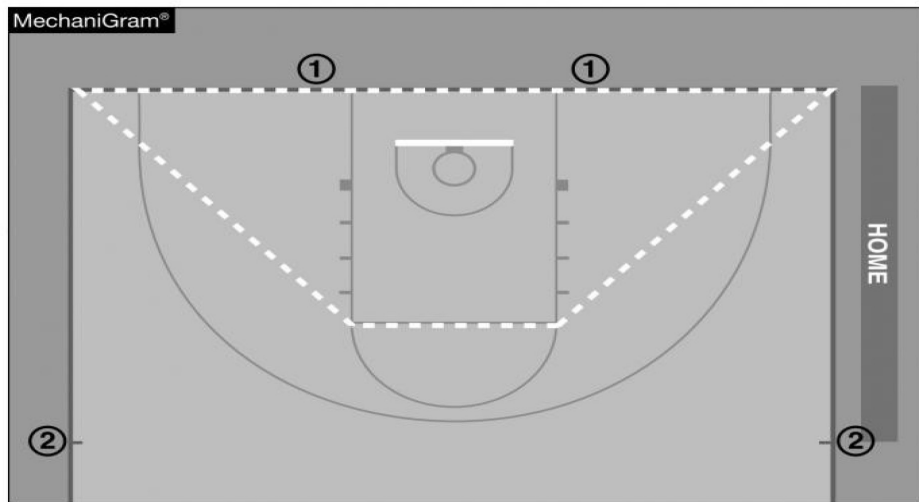
Proper inbound spots contribute to the overall flow and fairness of the game. When the ball is inbounded from the correct location, it ensures that the offense and defense have an equal chance to contest the possession. It prevents teams from gaining an unfair advantage by manipulating the inbound spot, which could disrupt the balance of the game. Coaches design specific plays and offensive/defensive strategies based on where the ball will be put in play. It is, therefore, essential for game officials to be diligent in administering the ball at the proper throw-in location.

With the adoption of Rules 7-5-2 through 7-5-4 coaches, players and officials are reminded of the following rules governing throw-in locations:

A. Anytime a team causes the ball to go out of bounds in either the front court or the back court, the throw-in occurs from the spot where the ball went out of bounds.

B. When a violation by either team, a foul before the bonus by either team or dead ball (i.e., an inadvertent whistle or a held ball) occurs that will result in a throw-in, officials must ask themselves three questions: Where did the violation/foul occur? Is the throw-in team in its front court or back court? Where was the ball when the interruption occurred?

1. If the throw-in is to be in the team's front court, it shall be at either the nearest 28-foot mark along each sideline or the nearest spot 3 feet outside the lane line and the end line. (see diagram below)
2. If the throw-in is to be in the team's back court, the throw-in shall be at the designated spot nearest to where the foul, violation or other stoppage in play occurred.



Two designated throw-in spots in the frontcourt only.

2024 Points of Emphasis, continued

END-OF-GAME PROTOCOLS

As a game nears the end of playing time, officials need to remind each other of the game-ending procedures to prevent potential issues. Oftentimes, late game time-outs will provide the best opportunities to:

A. Confirm the following with the scorer:

1. Accuracy of the official scorebook;
2. The number of time-outs remaining for each team (inform the head coach if the team has used its last time-out);
3. The number of team fouls and impact on the bonus.

B. Remind the timer of the following:

1. Watch the officials for the clock-start and clock-stop signals;
2. Be prepared to assist in aiding the officials regarding whether a last-second shot was released prior to the end of time, especially if the gym is loud and the officials cannot hear the final horn.

C. Officials should discuss the following:

1. Last-second shot responsibility (trail official 2-person, center/trail 3-person);
2. Unless the ball is tapped, no try can be attempted on a throw-in or free throw with three-tenths (.3) of a second or less remaining;
3. Intentional/flagrant fouls are two shots and a designated spot throw-in, as discussed during the pre-game conference;
4. If a foul occurs as the game-ending horn sounds and the score can be tied or the game won by the ensuing free throws, the official must administer the free throws. If the free throws will not change the outcome, the free throws will not be attempted.

D. If the score is tied at the end of regulation time, inform each team and the table officials of the overtime procedures (length of overtime period, additional 60-second time-out, etc.).

E. Following the game-ending horn, the referee should confirm with the scorer that everything is correct, then leave the floor with their partner(s). In situations when the score is separated by three points or less, it may be necessary to verbally confirm with the scorer. In games where the margin of victory is larger, a visual signal such as a thumbs-up will suffice. Be confident that everything is correct, as the officials' jurisdiction ends when they leave the visual confines of the playing court.

2025 Rule Changes

3-3-6: Requires a player who has been injured to be removed from the game if the coach is beckoned by the official, whether the coach enters the playing area or not, or if bench personnel (i.e., a coach or athletic trainer) enters the court without being beckoned. The coach may still use a time-out to continue assessment of the injury and keep the injured player in the game.

Rationale: Creates consistency for officials that an injured player is subject to removal from the game when an injury occurs, and the coach/team personnel are beckoned or if they enter the court without an official beckoning.

3-3-7: Allows 20 seconds for a player to address any minor blood on the body or uniform without leaving the game. If the blood cannot be appropriately covered/cleaned within 20 seconds, the head coach may take a time-out to address the issue or substitute for the player.

Rationale: Provides a short interval of time to handle a blood related issue without delaying the game, while still addressing the health-related concerns associated with blood on a player.

4-47-5 (NEW), 10-2-1g (NEW), 10-4-5b: Changes the penalty for failing to immediately pass the ball to the nearer official when a whistle sounds from a player technical to a warning for delay for the first violation and a team technical for any subsequent offense.

Rationale: Allows officials to issue a warning before assessing a technical and the technical will now be assessed to the team and not the player, lessening the severity of the penalty while addressing the behavior.

4-6-1 EXCEPTION (NEW): Creates an exception to basket interference by allowing a player(s) to touch only the net while the ball is on or within the basket provided that the contact did not affect the ball.

Rationale: Allows play to continue unless the contact of the net affects the try for goal.

4-49 (NEW), 10-2-1g (NEW), 10-4-6f: Changes the penalty for faking being fouled from a player technical to a warning for the first violation and a team technical for any subsequent offense and adds a definition and examples.

Rationale: Allows officials to issue a warning before assessing a technical and the technical will now be assessed to the team and not the player, lessening the severity of the penalty while addressing the behavior.

7-1-1: Establishes that a player is out of bounds if contact by a teammate or other bench personnel

2025 Points of Emphasis

1. Warning for Delay

Warn for delay for the first violation and a team technical for any subsequent offense

2. Faking Being Fouled

Change from a player technical to a warning for the first violation and a team technical for any subsequent offense and adds a definition and examples.

3. Proper Procedures for Handling Blood

Allows 20 seconds for a player to address any minor blood on the body or uniform without leaving the game. If the blood cannot be appropriately covered/cleaned within 20 seconds, the head coach may take a time-out to address the issue or substitute for the player.

SYC Basketball Age Group Rules & Guidelines

ZONE DEFENSE

Zone defenses will only be allowed in the 6th grade and older leagues. It is the philosophy of SYC Basketball to promote and encourage the teaching of man-to-man defense and offense in the younger age groups. Therefore, the use of zone defense in the 3rd-5th grade Rec leagues is prohibited. Referees will issue one warning regarding zone play, and then each subsequent violation shall result in the assessment of a technical foul on the offending team.

NOTE: One player's violation of the man-to-man rule may constitute a violation of this rule; it does not have to be the entire team. Accordingly, one player standing in the lane playing the ball, rather than his or her man, constitutes a violation of this rule just as much as a zone played by all five players.

BACK-COURT OR PRESSING DEFENSE

Back-court defense is not permitted in leagues 5th grade and younger.

In these leagues, guarding in the back court is not allowed by the defensive team after a change of possession and the offensive team has gained control of the ball in their back court. Change of possession may occur following a rebound or a turnover. Change of possession and control shall be determined by the referees and will occur when an offensive player clearly possesses and controls the ball after the rebound or turnover. All defensive players must retreat to the offensive team's front court after the offensive team has gained control of the ball in their back court. In addition, on an inbound pass in the back court, all defensive players must retreat to the front court prior to the ball being inbounded and no defense will be allowed until the offensive team advances the ball across the half court line.

Whenever guarding in the back court is not allowed, the following rules apply:

- After a change of possession and the offensive team has gained control of the ball in their back court, all defensive players must retreat to the offensive team's front court.
- No defensive player in the offensive team's back court will interfere with nor actively play the ball and/or offensive player.
- If the offensive team is dribbling the ball from their back court to their front court, the defensive team must allow the offensive dribbler to obtain uncontested front court status before engaging the offensive player with the ball. **The defensive player must be an arm's length away from the offensive player with the ball at the time the offensive player with the ball establishes front court status.**

In leagues for 6th grade and older, pressing defenses of any form, including full court presses, are allowed, so long as the pressing team is not leading by 15 points or more. Once a team obtains a lead of 15 points or more, that team may not press. **4th and 5th grade leagues are permitted to use a man-to-man press (the prohibition against zones and double teams remains) in the back court only in the last 2 minutes of the game.** Zone or trapping presses are prohibited at these younger age groups. **No back-court defense or zone of any kind, at any time, is allowed in the 3rd grade program.**

MAN-TO-MAN DEFENSE

Each defensive player must guard a different offensive player. The distance between the defensive guarding player and the offensive guarded player will be dependent on whether the guarded player has the ball or not and the position of the guarded player to the ball, as well as the guarded player's position on the floor. The defensive player must move with the man he or she is guarding, rather than simply occupying an area of the court. If a player does not move with his or her man, this constitutes a violation of the prohibition against zone defenses in the 5th grade and younger leagues.

DOUBLE TEAMING

Double-teaming occurs when two defensive players guard the same offensive player, whether he or she has the ball or not. In the 3rd-5th grade leagues, double-teaming is only permitted in the free-throw lane on a player with the ball. In the 6th-12th grade leagues, double-teaming is permitted at any time.

SPREAD OFFENSES

Spread offenses and clear-outs designed to isolate an offensive player to take advantage of man-to-man defenses are prohibited in the 5th grade and under leagues.

SWITCHING OR HELP DEFENSE

Defensive players may switch in the event of a screen or a pick. Furthermore, a player may leave the player he or she is guarding to switch to or help on a player with the ball who has beaten the player who was guarding him or her.

GAME TIME LIMIT

All leagues will use a "running clock" -- clock stops only on foul shots and time outs except for the last two (2) minutes of the game when the clock stops on all fouls, timeouts and other "dead ball" situations. Time limit between scheduled games shall be at least five minutes. Playing time limits for all leagues grades 3 through 12 shall be:

- 10-minute quarters
- Time between quarters: 1 minute
- Time between halves: 3 minutes

TIME OUTS

Each team is allowed two 30-second timeouts per half. These timeouts are non-cumulative; if not used in the first half, the first half time-outs do NOT carry over to the second half.

OVERTIME

Games tied at the end of regulation play shall be continued in overtime for 3-minute periods, with one additional time out per team. Successive overtime periods shall be played until a team has won. The game clock stops at all dead ball situations during overtime.

BASKET HEIGHT

- Basket height for the 1st-3rd grade programs will be eight (8) feet.
- Basket height for the 4th and 5th grade leagues will be nine (9) feet.
- All other age groups will play with a 10-foot basket.

Free throws for all leagues 4th grade and younger will be taken from 12 feet, or 3 feet inside the regulation free throw line. 5th grade and older will shoot free throws from the regulation line.

GAME SCHEDULES, LOCATIONS & POSTPONEMENTS

The SYC Basketball Commissioner or Rec Deputy Commissioner must approve all game schedules and locations of play. Games will normally be played at schools in the Springfield/South County area. Gym allocation is controlled by Fairfax County's Neighborhood and Community Services, and SYC has very little flexibility in the selection of the schools we are assigned.

Games or practices may be postponed when the school facilities are closed because of inclement weather or when school functions conflict with SYC use of the facilities. In the event of questionable weather, call the Fairfax County Inclement Weather Hotline at 703-324-5264 or monitor the Fairfax County Public Schools website at fcps.edu. As soon as SYC officials have information on school closures, League Directors and coaches will be notified, the SYC website will be updated, and an email will be sent to all basketball families if circumstances permit. If no announcement is made, SYC basketball will go forward as scheduled.

FOOD AND BEVERAGES

Fairfax County regulations prohibit food or beverages, other than water, from being brought into or consumed in school facilities. This prohibition includes sports drinks such as Gatorade, Powerade, etc. Violations may result in SYC losing access to school facilities. Please help us in maintaining a good relationship with the schools by complying with these rules and keeping the gyms clean.

FORFEITURES

A game shall be declared forfeited when:

- A team is not ready to play within five minutes after a scheduled start time. **Teams must have four players to start a game and three players to continue a game once it has started.**
- A team plays an ineligible player.
- A team fails to comply with the player participation rule.
- A team receives three technical fouls in any one game (not counting those for illegal defense).

SUSPENSIONS

Any player or coach who is ordered out of a game by a referee for misconduct is automatically suspended and is ineligible to play the next game.

Any player, coach, or spectator hitting, shoving, or causing verbal abuse to another player, referee, coach, or spectator shall be suspended for the remainder of the season and may be banned from attending future SYC activities.

PROTESTS

A coach may protest the eligibility of a player or the participation rule only.

Protests must be written and filed with the League Director and SYC Basketball Commissioner within forty-eight hours after the completion of the game being protested.

PLAYER PARTICIPATION

Each player shall play a minimum of two uninterrupted quarters in each game (i.e., he or she must start, play through, and complete two different quarters). Each player on teams with 7 or more players must sit out 1 full, uninterrupted quarter. Free substitutions will be allowed only in the fourth quarter, and are encouraged to provide more equitable playing time. At no time may substitutions violate the participation rule (for example, any player in the fourth quarter who is playing his second full quarter cannot be substituted for except in case of illness/injury or disqualification).

- Each player shall play at least TWO FULL, UNINTERRUPTED QUARTERS.
- Each player shall sit out at least ONE FULL, UNINTERRUPTED QUARTER.
- For teams with only six players present after the start of the second quarter, the requirement that each player sit out one full quarter does not apply, as it is not possible to meet this requirement with six players. Instead, the rule is modified such that four players must sit out for 5 consecutive minutes of one quarter, one player sits out 5 consecutive minutes of two separate quarters, and one player sits out one full quarter. The result is that four players play 3 1/2 quarters and two players play 3 quarters of playing time.
- A player replacing an injured or disqualified player is considered to have played in that quarter if they play for more than two minutes. This counts toward the three-quarter maximum, but that player must still play two other full, uninterrupted quarters.
- If the player replacing the injured/disqualified player plays two minutes or less, that time does not count as a quarter played. If the injured/disqualified player cannot return, the coach may substitute a different player every two minutes for the remainder of the quarter and it will not count as a quarter played for any of those players.
- **Substitutions are permitted only during the break between quarters or at the stoppage of play during the 4th quarter (except for those substitutions required due to illness/injury or player disqualification). Substitutions are not allowed for any player who has not yet completed two full quarters unless that player is sick, has been injured, has been disqualified due to fouls, or poses a safety threat to other players on the court.**

It's not the officials' responsibility to track player participation, but officials will need to help enforce the rule by not allowing substitutions during a quarter, until the 4th quarter.

No additional expansion of the participation rule is allowed. Coaches may reduce or eliminate playing time for disciplinary reasons including chronic missing of practice, but only with the prior notification and concurrence of the League Director. Failure to receive prior approval will be considered a violation of the participation rule.

Instructions for Timekeepers and Scorekeepers

GAME ROUTINE FOR TIMEKEEPERS

- Consult Officials as to signals used to indicate a time out and resumption of time.
- Keep eyes on the officials throughout the game,
- Check on the duration of time outs, substitutions, time of periods, etc.
- Check on duration of time between periods. Notify teams, officials and scorers the required number of minutes before the start of each half.
- It is strongly recommended that the operator of the official clock be an adult.

WHEN TO START THE CLOCK

- When ball is legally tapped on all jump balls.
- When ball is touched in bounds, if resumption of play is by a throw-in after clock has been stopped.
- When ball is legally touched after a missed free throw and ball is to remain live.
- Be aware that in SYC Rec games, clock is running except on time outs, shooting fouls and during last two minutes of game and during overtime, when clock stops on all dead ball situations.

WHEN TO STOP THE CLOCK

- When time expires at the end of a period.
- When an official signals a shooting foul. (Clock stops on non-shooting fouls only during the last two minutes of game.)
- When an official grants a time out.
- When on official stops play for injury, equipment repair, or other emergency.
- During the last two minutes of the game, the clock will stop on every dead ball (i.e., whenever an official blows the whistle to stop play for foul, violation, out-of-bounds, etc.
- When a violation occurs. (Last 2 minutes of game only.)
- When an official orders time out.
- To avoid unusual delay.
- To repair or adjust equipment.
- For an injury or other emergency.
- Upon request of a player whose team has player control or when ball is dead.

GAME ROUTINE FOR SCOREKEEPERS

- Scorekeepers should be adults.
- Seek designation from Referee as to who is the official scorer, and which is official scorebook and consult with him as to signals used to designate fouls and time outs.
- Obtain names and numbers of all players who may participate in the game at least ten (10) minutes before the start of the game. At least three (3) minutes before scheduled starting time have each team designate its five starting players.
- Record field goals made, free throws made, running summary of points scored, personal and technical fouls on each player, team personal fouls per half, time outs and held ball possession. Score keeper is NOT required to keep individual player point totals; game score is priority
- Designate each goal and each foul in the manner provided in the scorebook. Any questions regarding the format of the scorebook should be discussed and resolved with the game referees prior to the game.
- Notify official (a) when team has taken the legal time outs, (b) when a player has five personal fouls, (c) after a team has been charged with five personal fouls in a quarter, and (d) when a team has used time outs in excess of the legal number. In (b), (c) and (d), if play is in progress at time of discovery, withhold whistle until ball is dead or in control of offending team. Scorekeeper must also advise referee of who is entitled to possession in alternating possession held ball situations.
- Check with clock/scoreboard operator regarding display of score, bonus situation, possession arrow, etc. If any discrepancy occurs, notify referee for resolution once next dead ball situation occurs.
- Blow horn to stop game only when ball is dead.
- When a substitute reports (must be ready and entitled to enter game) signal when ball is dead and before change of status of ball is about to occur. Allow substitute to go on court only when referee beckons. Do not signal after ball has been placed at the disposal of a free thrower; if ball is dead after a free throw attempt, a substitution may be made. If a thrower is to be replaced, be sure that it is legal for another player to attempt that throw. A substitute cannot replace a player designated to jump or designated to attempt a free throw; he/she must wait until the next dead ball, time out situation.
- Scorebook is official score.