



CYA Referee Training 2025-2026

Pre-game topics:

- 1) Be on time, which means 15 MINUTES BEFORE YOUR GAME TIME
- 2) Why? To make sure coaches fill out the scorebook, and they get a parent to work the clock and the book (one from each team), so the game can start on time. Most will not do this on their own. Discuss the duties for the clock and the book with operators, they may have not done it before.
- 3) If you have never been a score keeper, the score needs to
 - a. Have all players #s in the book
 - b. Record participation
 - c. Record personal and team fouls
 - d. Record the scoring for each team
- 4) Know the rules for the grade you are reffing, KEEP A COPY OF THE CYA RULES (1 PAGER) WITH YOU. You will need this paper to show the coaches the playing time rules and others, it happens all the time.
- 5) Be professional, it is expected. DO NOT keep cell phone in your pocket (for the alternating possession) during the game. Don't be tempted.

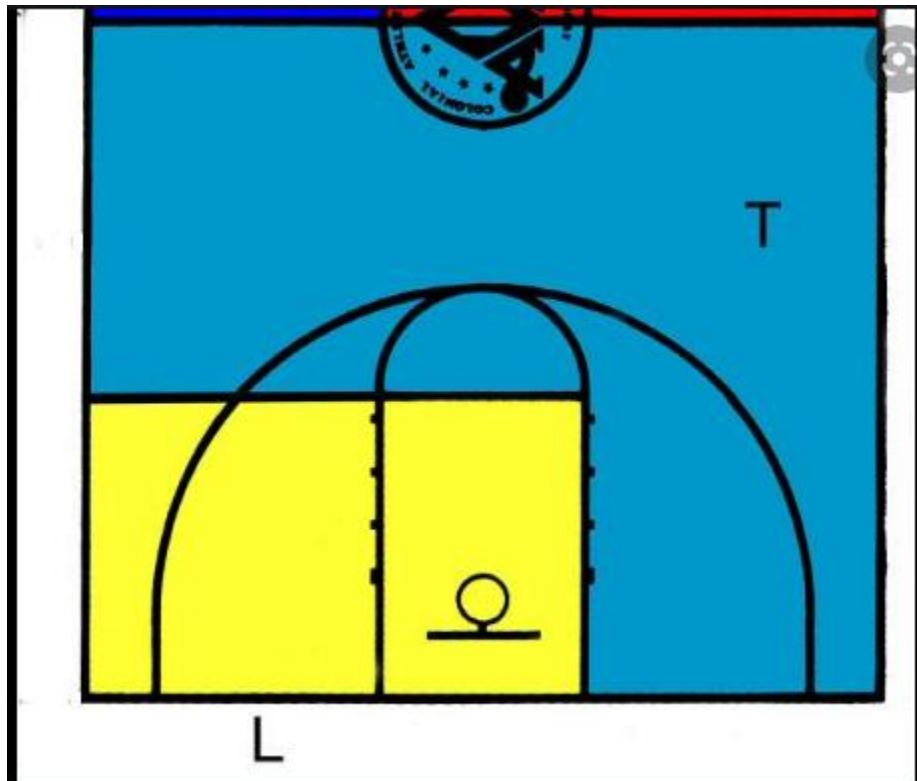
- 6) Tuck your shirt in (look the part).
- 7) Pregame- (i.e. during warm-ups) check the kids for any jewelry, watches, earrings, necklaces, bracelets, etc. They need to be removed, because they are a safety hazard. Taping over earrings is not enough, they have to come out, or the player cannot play. This is a rule at all levels, enforce it.
- 8) No jump balls until 7th grade. Give the ball to the “visiting” team (purple) at half court to start the game.
- 9) **Game starts** with teams going to the basket *opposite* their bench, switch at half time to the teams going in the direction of their bench.
- 10) The coaches and/or League Administrators DO NOT have the authority to change the rules that the CYA Board has established (for example, a coach or league admin. will say “Our league admin said we can press the whole game not just the second half”. This is not ok, that would be changing the rules, that is not allowed. Officiate as per the rules, AND let us know when this happens.

Positioning:

- 1) The “Trail” ref is the one near mid court, trailing the players; the “Lead” is the one under the basket.

2) Areas of coverage/responsibility for the Trail (T) and the Lead (L):

DO NOT BALL WATCH, IF IT IS NOT IN YOUR AREA, SEE DIAGRAM BELOW.



You should be watching the match-ups in your area, because if both of you are watching the ball, no one is watching the other 8 players on the floor. But, that doesn't mean that you cannot help your partner, when that is needed, or when nothing is happening in your area.

- 3) Be in good position to see your match ups, be on opposite sides of the floor. Staying moving to see your match ups (see in between the players), the players are moving so should you. Don't get beat down the floor, on fast breaks. BOTH REFS SHOULD BE ON THE SAME SIDE OF THE COURT AS THE OFFENSE (meaning don't be lazy and not run down with the players-if they are running you are running).
- 4) When administering a throw-in, always be "outside" of the player/the play, so you can see all of the players on the floor. Also, never administer a throw-in under the basket (move to a lane line).
- 5) For a spot throw-in, there is no traveling or dribble rules; the player has an Imaginary space of 3 feet wide to move laterally and 6 Ft amount of space backwards from that spot. Make sure the defender does not reach over the out of bounds line (which goes from the floor to the ceiling), if they do give them a delay of game warning. Next violation (for anyone on the team) is a technical foul. THIS HAPPENS A LOT, PLEASE TEACH THEM.
- 6) BE PATIENT, wait for your partner to be in position and ready before in bounding any ball. The game runs at YOUR pace.

- 7) If you want your partner to wait for you (when you are discussing an issue with a coach, the table or a player), hold your hand up-palm facing your partner. If you are the partner, ALWAYS wait until your partner is ready.
- 8) During a press: The Trail referee administers the ball; the Lead should be at about half court to help since many players will be moving on the break. The TRAIL should be watching the ball, while you help with the other players in the backcourt.

Hand Signals and Whistling:

- 1) At least one hand should go up ANYTIME you blow your whistle, which stops the clock. A flat hand is for a violation, or out of bounds. A fist is for a foul.
- 2) When administering the ball for a throw-in, your hand should be raised, when the ball is legally touched in bounds you drop your hand, which starts the clock (this should have been explained to the person running the clock).
- 3) Hand signals for fouls, all are on a separate page. Use them, so everyone knows what you have called.

- 4) Calling a foul: Blow your whistle (**LOUD**) with a raise fist, tell your partner if it is a spot foul or shooting foul, so they know what to do when you are reporting the foul to the table.
- 5) Reporting a foul: Move towards the table, recite COLOR, NUMBER, and FOUL in that order. For the number, use your hands and signal so the scorer can see the number left to right (for them, backwards for you). For the foul, use your hand signals. **SPEAK LOUDLY AND CLEARLY.**
- 6) **BLOW YOUR WHISTLE LOUD!** This will ensure everyone knows that play has stopped (the coaches, the clock operator, and the players).

Remember we operate under high school rules established by VHSL (Virginia HS League). College and Professional leagues have many different rules than HS.

IMPORTANT NOTES: At the age groups we are officiating (3rd-6th grades), you will see many violations and fouls. **CALL FOULS PLEASE.** The number one complaint from coaches about us, is not calling enough fouls. If there is contact and a players Rhythm, Speed, Balance or Quickness (RSBQ) is affected then you likely have a foul (illegal contact).

-Remember, we need to be fair and equal for both teams.

-When a call is made, and the player looks confused or upset about it, explain to them what they did wrong, so they can correct it.

-You and your partner should be calling the game equally, as much as possible.

-**COMMUNICATION** is very important: talk about a play, foul or violation when needed. Also, talk to the table at the end of each quarter: how many team fouls do we have, how many time outs the teams have remaining, is anyone in foul trouble, does the score match with clock and book (the BOOK controls if there is a discrepancy between them).

Violations (typical ones you will see):

- 1) Ball goes out of bounds (blow whistle loudly and yell color and/or point direction of whose ball it is).
- 2) Three seconds in the lane (that 3 sec. resets when a shot is taken, it does not have to hit anything to reset). Be generous here, many can't really play yet.
- 3) 10 seconds in the backcourt (use your hand signals to count), the ball is considered as being in the frontcourt after BOTH feet and the BALL have

touched the frontcourt (all 3 points of contact). The center court line is part of the back court.

- 4) Traveling (what really is traveling, we will discuss?)
- 5) Double dribble
- 6) Palming or carrying the ball is when ball comes to rest in the players hand
- 7) Kicking the ball (when a ball is thrown off a player's leg it is NOT a kick)
- 8) 5 seconds to inbound the ball (use your hand signals to count)
- 9) We DO NOT call 5 seconds closely guarded until high school age groups
- 10) When the ball hits the BACK of the backboard (remember: the top, bottom and sides are IN bounds) or the structure holding it, it is out of bounds.
- 11) During Free throws:
 - Shooter has 10 seconds to shoot, and cannot touch the FT line or lane.
 - Watch for lane violations by the players in the lane spaces before ball is released.
 - The shooter AND PLAYERS NOT IN THE LANE SPACE (3) MUST wait for the ball to hit the rim to move into the lane and the three point arc, respectively.

-If the ball doesn't hit the rim at all, it's a violation on the shooter, the ball is dead, blow your whistle and give the ball to the other team (unless it is the first of two shots).

-Distraction of the shooter is an unsporting foul (give a warning first, and the next time it occurs a Technical foul will be given).

Fouls: Do not guess when it comes to calling fouls, call what you see.

A foul is when illegal contact has occurred. A good rule of thumb is, you have a foul when the offended player's Rhythm, Speed, Balance, or Quickness (RSBQ) has been affected.

Important Note: Not all contact is a foul, INCIDENTAL contact is allowed, and happens when 10 people are moving in a confined space.

-TRIPPING is a foul, even if it wasn't intentional.

-PUSHING is a foul. This can occur under the basket when rebounding, since there is no such call as "over the back", it is a push.

-HOLDING (or grabbing) is a foul. When a defender gets beat off the dribble their first instinct is to grab/hold.

-Hand checking is a foul. Do not let the defender hold his/her hand(s) on the offensive player, it is an attempt to stop or redirect their movement.

-HITTING is a foul. Note that, “reaching in” is not a foul. A player can reach without contact being made. There has to be illegal contact. So the call is a “hit” or “push” when illegal contact is made.

-This will most likely be seen in the lane when a player drives to the basket or receives a pass in the lane.

-When a player shoots watch the shooters arm- if there is contact CALL IT.

-Watch the secondary defenders (players who come in to stop the shot from side or behind) as well. Players coming from behind, are out of position, and most always commit a foul since they are in bad position to make a clean play on the ball.

Legal Guarding Position (LGP):

-(Questions to ask yourself) Did the defensive player get to the spot (of contact) first without contact, have both feet touching the floor, and is he/she facing the opponent. Also, remember the defender CAN move laterally, at an angle or backwards, and jump straight up to maintain LGP.

-If a defender has established LGP and an offensive player runs into the defender and knocks him/her backwards hard enough to be illegal, then you have a **CHARGING** foul.

-The defender CANNOT: Extend an arm, shoulder, hip, leg, lean into the path of an opponent, or move into the path of an opponent in the air- these are all **BLOCKING** fouls. And can be an illegal screen on a defender.

NOTE: Blocking and Charging can happen with or without the ball.

The element of **VERTICALITY**, which is when the defender establishes LGP their hands and arms must be straight up to be legal. If contact were to occur when arms are vertical, then it is not a defensive foul. *IF* the defender's arms are not vertical or they move down onto the offensive player when they are shooting and contact is made, it is foul on the defender.

For players without the ball, remember all players are allowed their space on the floor. So if illegal contact occurs with players without the ball-call it.

SCREENS: Make sure the player has established themselves on the floor before contact, and that they do not move while they are in the act of screening. They are not allowed to be wider than their general width. If a screener sticks their arms, legs or hips AND makes contact with the defender, it is an illegal screen.

GENERAL RULES:

-A player gets 5 fouls they are disqualified (NO EXCEPTIONS). If a team started with 5 players, they can play with less than 5 players if players foul out.

-(Recent rule change) When a team reaches 5 team fouls in a quarter, the shooter gets 2 shots. There is no more 1 and 1. So after each quarter the team fouls go back to 0. Make sure the book keep knows this.

-If any technical foul is given, the opposing coach chooses a shooter who will get 2 shots with no one in the marked lane spaces (all players at mid court), AND the opponent gets the ball at mid court after the free throws.

OVERTIME:

-If a game goes to overtime: Look at the CYA rules for OT rules.

Some notes about OT: disqualified players remain disqualified, fouls remain the same (personal and team), because OT is an extension of the 4th Quarter.

SAFETY IS #1

If a player is hurt-STOP THE GAME IMMEDIATELY. We do not wait until the play has ended. Player safety is the main concern.

Interacting with the Coaches:

This will likely become a big part of your job. So you will need to learn how to deal with coaches effectively. Coaches want to be heard, so let them speak, be a good listener. Hopefully they will ask questions. If they are barking/yelling at you about a play/call/no call, some good responses would be:

“Do you have a question coach?”

“This is what I saw coach...”

“I did not see that coach”

“I will look for that coach”

-Deal with the HEAD COACH ONLY. Sometimes Assistant Coaches get too involved, let them know that only the head coach is to address the officials. We want to hear one voice from the bench.

-IF any coach is unruly, unsportsman-like, aggressive, abusive etc towards you, won't stop complaining, yells at either of you: A **WARNING** can and should be issued, and is to be placed in the scorebook. Let the coach know the next issue will be a technical foul. A warning can go a long way, and it really has no penalty. So don't be afraid to use them.

-IF the coach's actions happen again OR are so improper/abusive (the first time), then issue a technical foul. A common saying is that “technical fouls usually call themselves”.

-Technical fouls for players can also happen. If there is cursing, or an unsporting act, or an intentional foul. They are technical fouls. Call them.

-After a player or coach receives 2 technical fouls, they are disqualified.

INTENTIONAL FOULS: A foul that happens when the defender is commits foul and is NOT going for the ball (or is on a player without the ball), with the intention of 1) stopping the clock, or 2) stopping the player from scoring.

-Penalty for any technical foul is 2 shots and ball possession.

Randy Gulakowski

I encourage you contact me via email or text: randy.gulakowski@gmail.com or

703-283-3561, if you have questions or issues during the season.