



Focus on the Rules

Rule 8: Free Throw



Focus on the Rules



Rule 8: Free Throw – The Basics

- ❖ Free Throw Administration
- ❖ Mechanics
- ❖ Violations

Free Throw Administration

- ◆ The free throw starts when the ball is at the disposal of the free throw shooter. The free throw ends when the attempt concludes.
- ◆ If the ball is to become dead when the last free throw for a specific penalty is not successful, players shall not occupy the marked spaces.

Who Can Shoot?

- ◆ Like other fouls, free throws awarded for Intentional and Flagrant fouls are to be shot by the offended player.
- ◆ If a player cannot shoot an awarded free throw due to injury or disqualification, his/her substitute shall attempt the free throw.
- ◆ Technical foul free throws may be attempted by any player of the offended team.

How do we Shoot them?

- ◆ If there are both a personal foul and a technical foul free throws awarded, the tries shall be attempted in order in which the related fouls occurred. If the last try is for a single technical foul, or intentional or flagrant personal foul, the ball shall be put in play by a throw-in.

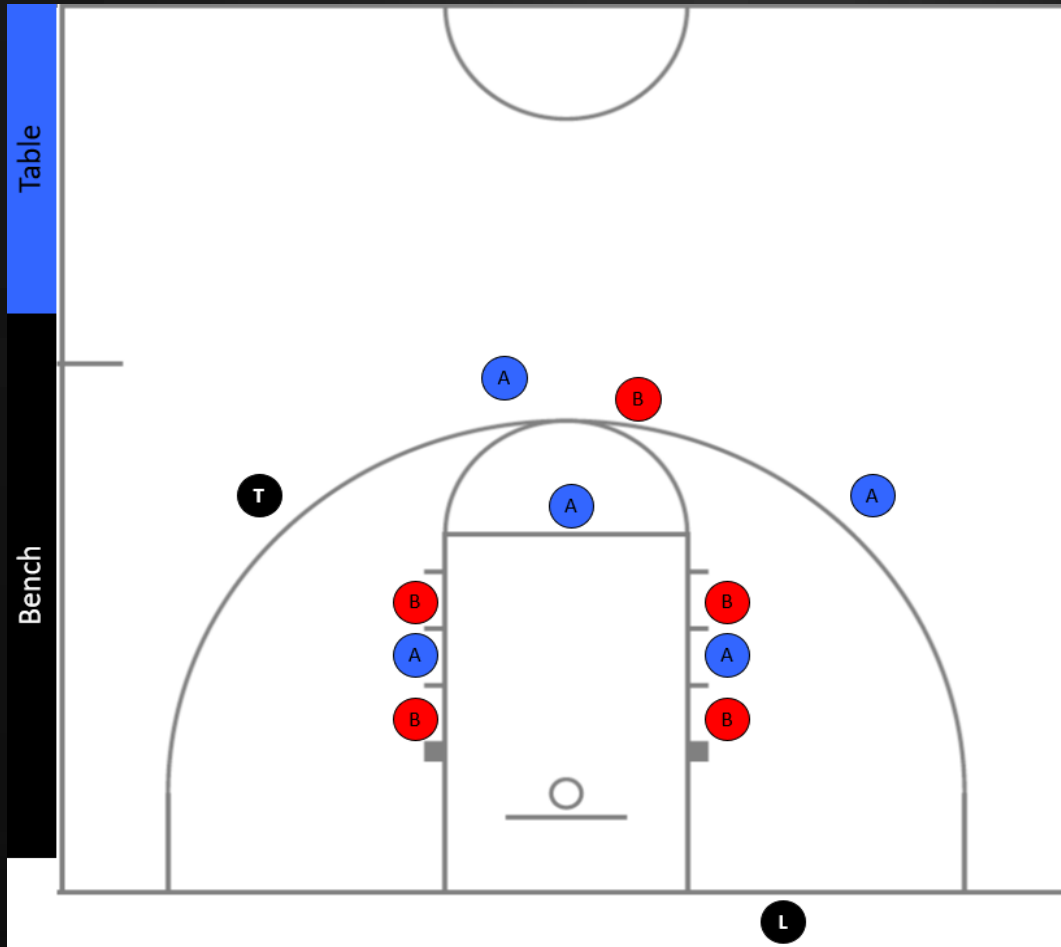
Free Throw Lineup

- ❖ The first marked space between the block and the endline shall be vacant.
- ❖ Team B (the team without the ball) must occupy both spaces above the lower block.
- ❖ A maximum of 4 defensive and 2 offensive players are allowed on the lane line.
- ❖ All other players must be above the 3-point line and above the free throw lane line.

What's Wrong with this Picture?

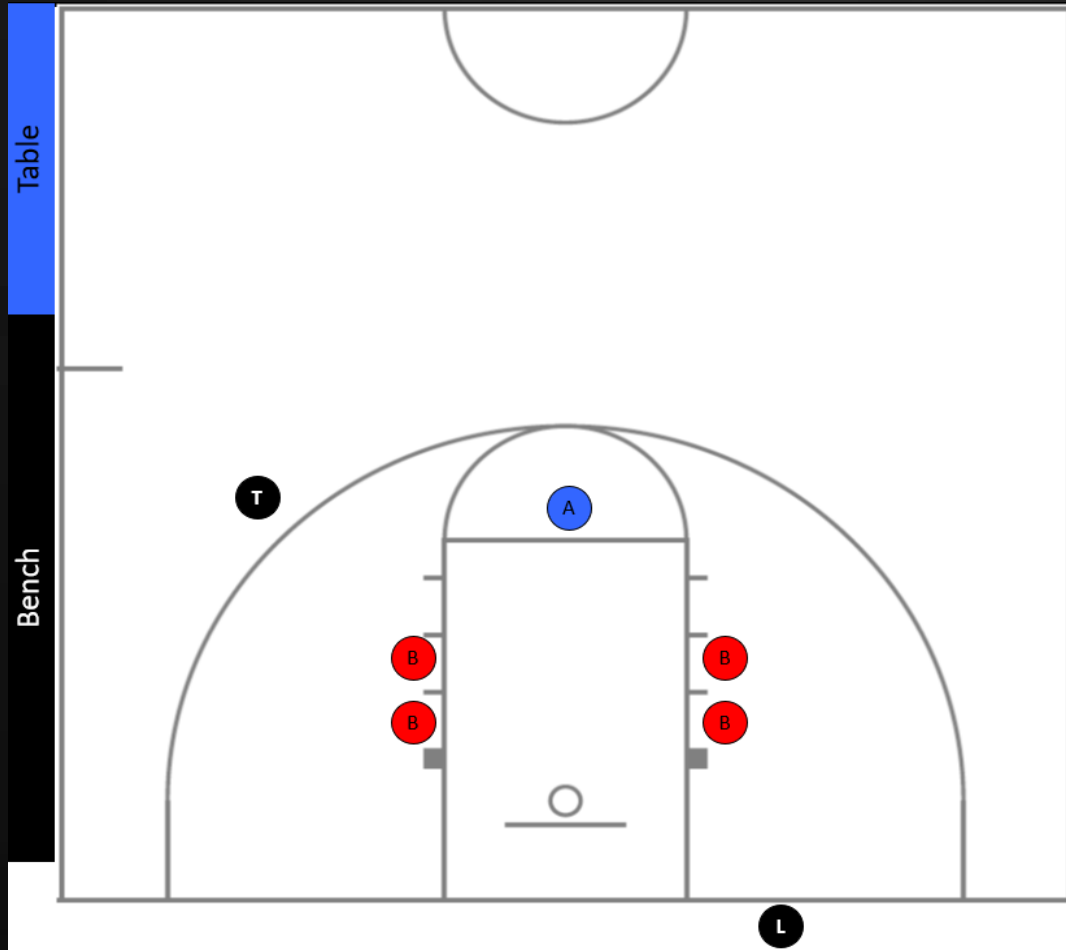


Maximum Lineup Configuration



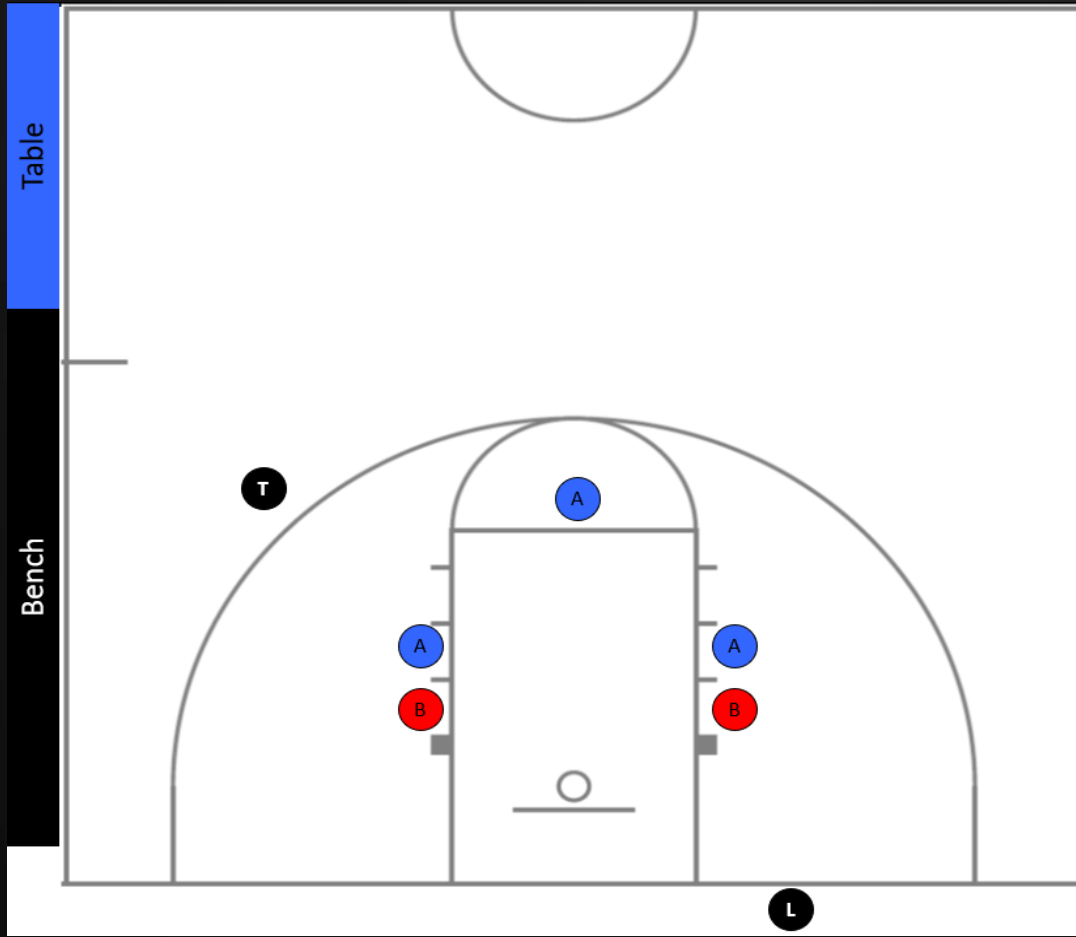
- First marked space is vacant.
- Team B (the team without the ball) **must** occupy both spaces above the lower block.
- Maximum of 4 defensive and 2 offensive players on the lane line.
- Others must be above the 3-point line and above free throw line.

If Team A vacates their spaces



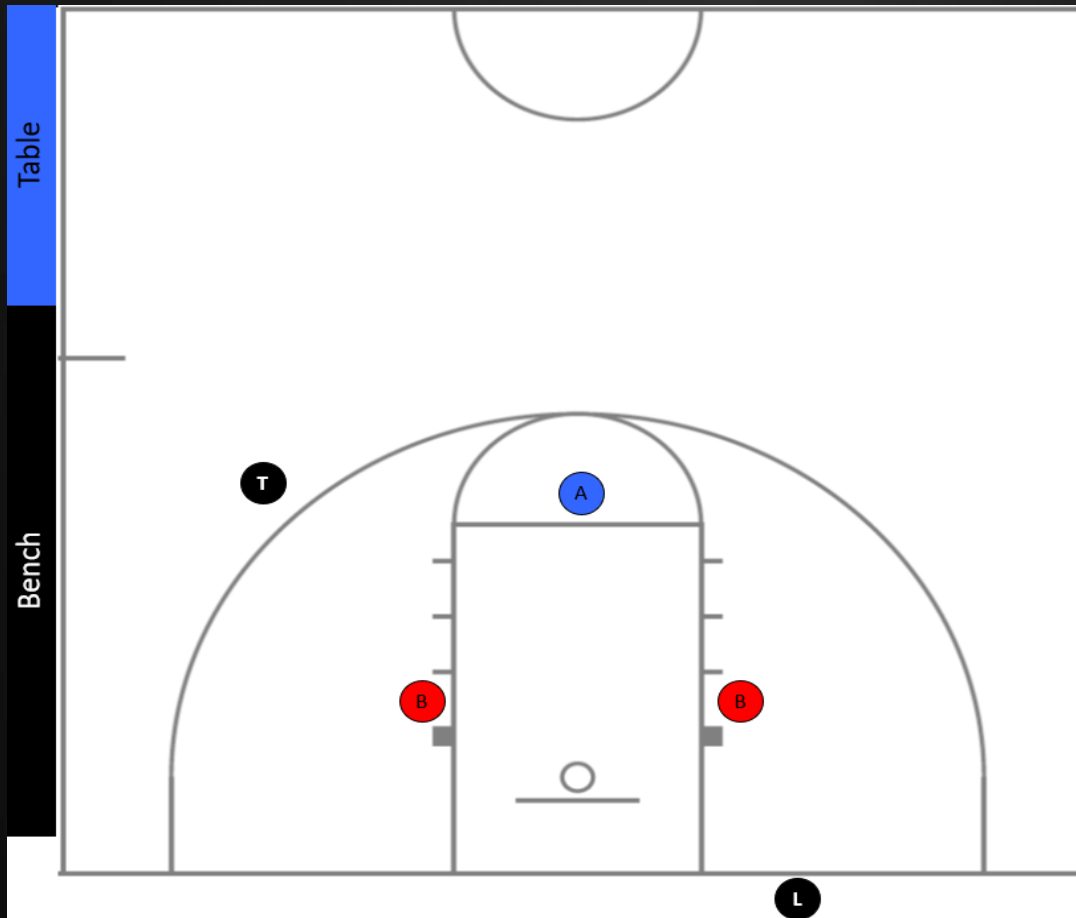
- Team B (the team without the ball) may slide down to the next available open space if they wish. This is optional and not required.
- Team B **must** still occupy both spaces above the lower block.
- Others must be above the 3-point line and above free throw line.

If Team B vacates their spaces



- Team A (the team with the ball) cannot add any more players to the marked lane spaces, as the maximum number they can have in the marked lane spaces is two.
- Team B **must** still occupy both spaces above the lower block.
- Others must be above the 3-point line and above free throw line.

If both teams vacate their spaces



- Team B (the team without ball) **must** occupy both spaces above the lower block.
- Others must be above the 3-point line and above free throw line.

Free Throw Mechanics

The Lead Official:

- ❖ Signals to players what kind of free throw has been awarded.
- ❖ Administers all free throws.
- ❖ Chops the clock during the throw-in after made free throws.

Free Throw Mechanics

The Trail Official:

- ❖ Signals to the table what kind of free throws are awarded.
- ❖ Has the 10 second count responsibility.
- ❖ Watches the shooter after the release.
- ❖ Is aware of players not on the lane.
- ❖ Closes down on live shot attempts.
- ❖ Chops the clock on live attempts.

Basic Free Throw Coverage

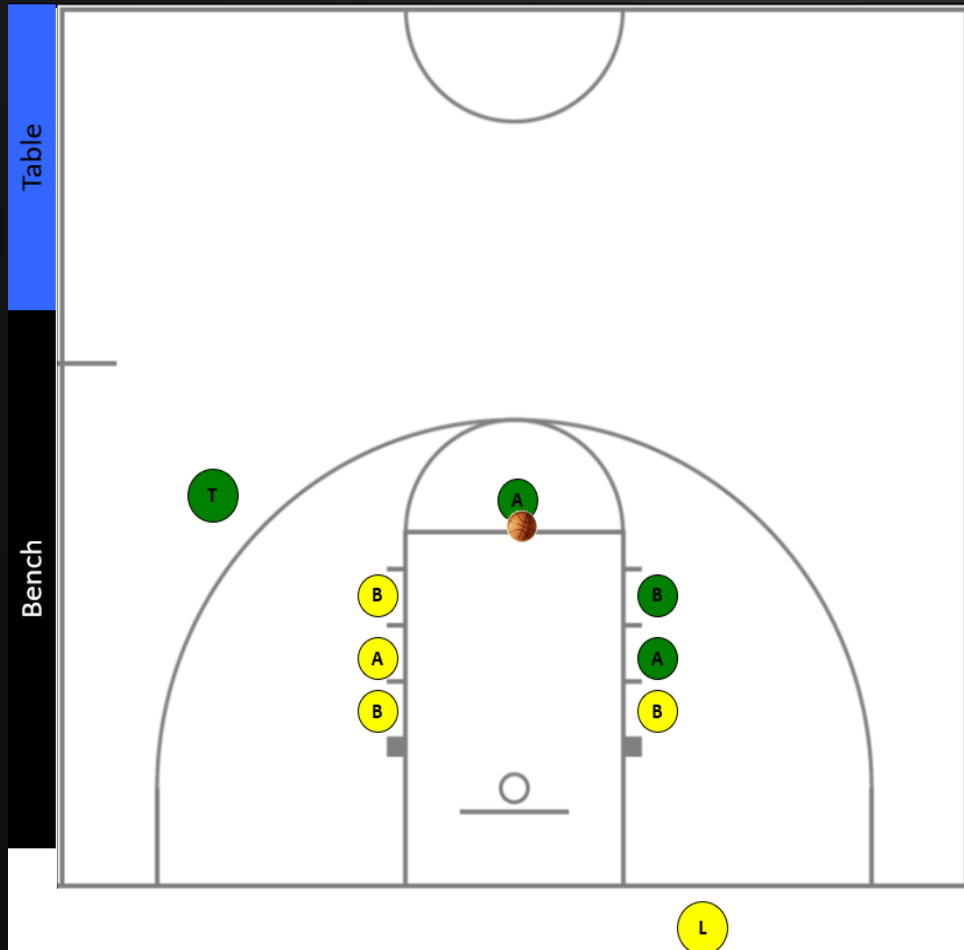
Trail Official

- ❖ Table Side (two person mechanics).
- ❖ Has free throw shooter.
- ❖ Has the two highest positions opposite the lane line.

Lead Official

- ❖ Opposite Table (two person mechanics).
- ❖ Has first player closest to the lead and all players opposite the lane line.

Free Throw Mechanics Responsibility



Trail Official

- ❖ Table Side (two person mechanics).
- ❖ Has free throw shooter.
- ❖ Has the two highest positions opposite the lane line.

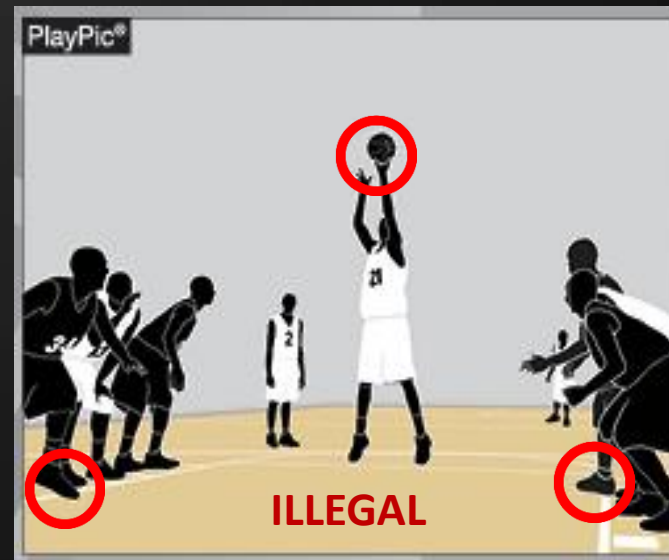
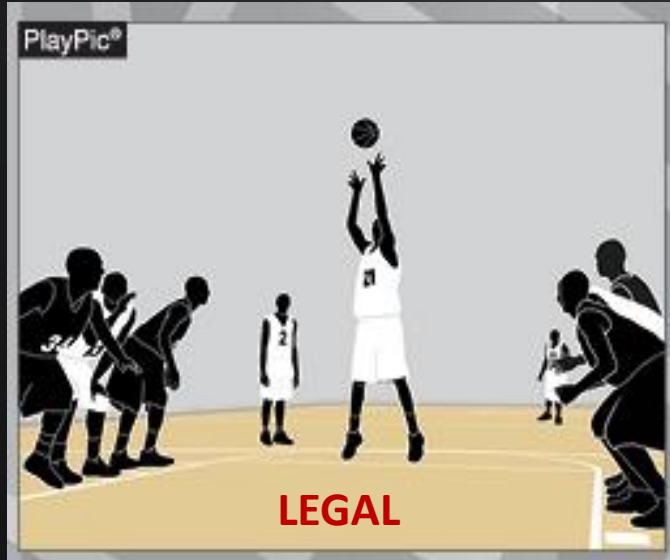
Lead Official

- ❖ Opposite Table (two person mechanics).
- ❖ Has first player closest to the lead and all players opposite the lane line.

All Officials are Responsible

- ❖ Know the correct amount of free throws awarded.
- ❖ Make sure all players are lined up properly.
- ❖ If anything looks wrong: Stop and get it corrected before anything is started.
- ❖ Call the obvious violations.
- ❖ Know the clock status before we shoot.

Free Throw Restrictions



Free throw restrictions apply to players in the marked lane spaces until the ball is released by the free thrower; and for the free-thrower or players outside of marked lane spaces until the ball touches the ring or backboard or the free throw ends.

He's in too soon



Free Throw Provisions

Rule 9-1-3 -- After the ball is at the disposal of the free throw shooter:

(a) The shooter has 10 seconds to attempt FT;

(b) The FT shooter shall not fake a try;

(c) No opponent shall disconcert the shooter;

(d-e-f-g) Rules for players in marked spaces and entry to the lane/arc by players not in marked spaces are defined.

Free Throw Violations

- ❖ If team B does not occupy both spaces above the lower block, then it is a violation on Team B.
- ❖ If team A occupies the spaces above the lower block, it is a violation on Team A.

Free Throw Violations

- ❖ If the violation is by the free thrower's opponent and the try is successful, the goal counts and the violation is disregarded.
- ❖ If the violation is by the free thrower's opponent and the try is not successful, a substitute free throw is awarded.

Free Throw Violations

- ❖ If the first or only violation is by the free thrower or a teammate, the ball becomes dead immediately and no point can be scored by that free throw.
- ❖ If the violation occurs on the last free throw attempt, which is not a technical, intentional or flagrant foul, the ball is awarded to the non-shooting team for a throw-in.

Free Throw Violations

- ❖ If there are simultaneous violations by both teams, the ball is dead and no points can be scored.
- ❖ If there is a violation first by the free thrower's opponent and then by the free thrower or a teammate and both players are in marked lane spaces, the first violation is penalized and the second violation is ignored.

Free Throw Violations

- ❖ If team B does not occupy both spaces above the lower block, then it is a violation on Team B.
- ❖ If team A occupies the spaces above the lower block, it is a violation on Team A.
- ❖ Violations by the defensive team result in a substitute free throw to the shooting team if the free throw is not successful.

Who is the violation on?



Is there a violation on this play?



And, Finally...



ANY
QUESTIONS?

