Upward Basketball Referee Training
Becoming an Upward Basketball Referee

As an Upward Basketball Referee, you have an incredible opportunity to make a difference in the life of a young athlete and his or her family.
Your Responsibilities as a Referee

• **Understand and know the sport** – By knowing and understanding the sport of basketball, you will be able to call the game effectively.

• **Lead by example** – Demonstrate a Christ-like attitude through your officiating and through the encouragement of players.

• **Control the game** – As a referee, you represent the highest level of authority on the court. It’s important to make the necessary calls throughout the game.

• **Communicate with coaches players and spectators** – Use vocal and non-vocal (hand signals) communication on the court.

• **Employ proper positioning and mechanics** – This includes coordinating efforts with your referee partner, blowing the whistle, using hand signals and keeping the game on track.
Communicating with Coaches

Being an effective referee means being an effective communicator. Here are a few tips about communicating with coaches:

- Introduce yourself at pregame.
- Clearly communicate fouls or violations and give the proper hand signals.
- Communicate at halftime about the first half and what you will be looking for in the second half.
Pre-game Duties

Right before the game begins, gather both teams and their coaches for a brief word of encouragement and prayer. Then discuss the following with both teams:

- Be sure all players have their jerseys tucked in their shorts.
- Check to see that each player has his/her shoes tied.
- Have players remove all jewelry
- Give reminders of game play (no defense in backcourt, man-to-man defense, etc.)
Controlling the Game

The referee must keep the game under control. The best way to do this is to blow the whistle sharply to stop play, calling fouls and violations when they occur. Anytime play should be stopped, both referees should blow their whistles.

Any rough play should be stopped immediately. If rough play is not stopped quickly, it will escalate and undermine the purpose of this league. Keeping the game under control will create a safe environment for which both coaches and parents will be grateful.
Rules 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.

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introducing the game and basic skills</td>
<td>Develop basic skills while learning game rules</td>
<td>Refine skills and learn team concepts while preparing for the next level of competition</td>
<td>Implement middle school rules while competing at a high level</td>
</tr>
</tbody>
</table>
Rules Levels of Upward Basketball

Each level of Upward Basketball includes specific game format and rules, expressed in the following slides. Levels 1-3 use a set of common rules with modifications designed for each level.

Level 4 uses an exclusive set of rules that follow a traditional middle school format.
Basic Rules for Upward Basketball
(Levels 1-3 ONLY)

- Referees lead both teams in prayer at center court before every game. This sets the tone and focus for the game.

- A coin toss or other impartial method determines which team receives possession first. In jump-ball situations, possessions will alternate. This promotes fairness for both teams.

- During each segment the clock runs continuously stopping only at the end of each segment for predetermined substitutions. This time should not be treated as a timeout. This allows coaches to line up and match substitutions based on height and ability without wasting valuable game time.

- No timeouts are used in Levels 1-3. This allows more playing time and keeps games on time.
Basic Rules for Upward Basketball
*(Levels 1-3 ONLY)*

- Teams switch goals at halftime. This evens any advantage that may occur due to the layout of the court.

- Any games ending in a tie should remain a tie. This will help keep games on schedule. This helps keep games on schedule.

- No league standings are maintained in Levels 1-3. Such standings add unnecessary pressure and intensity.

- At the end of each segment, the team that receives the ball next is based upon the direction of the possession arrow. This avoids stalling by the offensive team at the end of a segment.
Rules for Game Play
(Levels 1-3 ONLY)

Defense

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In most cases, players are guarding the opponent that closely matches ability and height, creating a more competitive system for all on the court.

2. Defensive players must stay within arm’s reach of the player they’re guarding.

3. 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. This prevents defenders from sagging or crowding an area of the court to gain a defensive advantage.
Rules for Game Play
(Levels 1-3 ONLY)

4. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:

- **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.

Help Defense - Picks and Screens
4. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:

- **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.

- **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.
Help Defense - Fast Breaks
4. Double teaming is not allowed. However, help defense is strongly encouraged in the following instances:

- **Offensive Picks and Screens** – Defensive switching is allowed on offensive picks and screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend his or her offensive player. This is commonly referred to as “help and recover”.

- **Fast Breaks** – During any fast break (when the team that gains possession pushes quickly into the opponent’s end of the court), another defensive player not assigned to the ball handler may help in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players.

- **Lane Area** – If a defender is in the lane and the player he or she is guarding is within arm’s reach, the defender is allowed to provide help defense.
Help Defense - Lane Area
Rules for Game Play  
*(Levels 1-3 ONLY)*

5. At the beginning of each segment, both coaches should line up the players at mid-court and match them up by ability without giving verbal cues. This act is performed to promote equal player match-ups. 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.

6. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt. This creates an equal opportunity for each athlete to participate both on offense and defense.

7. Due to the shortness of the court in cross court play, backcourt violation will not be called. However, backcourt violation will be called when playing on a regulation-size court (84 feet). The offense must purposefully attack the defense in every situation — no stalling. After a warning from the referee, a violation will be called resulting in a turnover.
Rules for Game Play
*(Levels 1-3 ONLY)*

8. A player committing two fouls in one six-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution system.

Note: In a second foul situation, when a team only has five players at a game, replace the substitution rule with a two-point penalty by awarding the fouled team two additional points. The opposing team then takes possession.
Rules for Game Play
(Levels 1-3 ONLY)

Offense

1. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover. This will prevent a team with the lead from running the clock out by staying in the backcourt.

2. Non-shooting fouls result in the ball being taken out on the side by the offended team (no bonus rule). All shooting fouls result in free throws. By not administering “bonus” situation free throws, this allows all players on the court to contribute to consistent game action.

3. 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.
Rule Modifications

All other rules have specific modifications for Levels 1-3. The following charts explain these modifications:
## Level 1 Modifications

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal Height</td>
<td>7 feet</td>
</tr>
<tr>
<td>Ball Size</td>
<td>25”</td>
</tr>
<tr>
<td>Games consist of six, 4-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments</td>
<td>This keeps the games to approximately a 45-minute time frame. It also allows each player to be in the game for shorter segments than older age divisions.</td>
</tr>
<tr>
<td>Score is NOT kept</td>
<td>The focus of this age is to learn fundamentals, not winning and losing.</td>
</tr>
<tr>
<td>3-second violation is NOT called</td>
<td>Referees should advise players of this potential violation but not penalize</td>
</tr>
<tr>
<td>Coaches are allowed on the floor with players</td>
<td>The focus is for coaches to instruct and encourage players at all times.</td>
</tr>
<tr>
<td>Rule</td>
<td>Explanation/Comments</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Stealing the ball from the dribbler is NOT allowed</td>
<td>To encourage the offensive player to dribble with correct form without the pressure of having the ball stolen</td>
</tr>
<tr>
<td>Stealing the ball off a pass is NOT allowed</td>
<td>To encourage the offensive player to pass with correct form without the pressure of having the ball stolen</td>
</tr>
<tr>
<td>Violation is not called for having two hands on the ball while dribbling</td>
<td>Due to limited hand-eye coordination, this allows a player to establish correct dribbling form through rhythm and pressure on the ball.</td>
</tr>
<tr>
<td>Violation for double dribbling is called but does not result in a turnover</td>
<td>Players should learn the concept of double dribble but should be allowed the opportunity to correct it without penalty.</td>
</tr>
<tr>
<td>Violation for traveling is called but does not result in a turnover</td>
<td>Players should learn the concept of traveling but should be allowed the opportunity to correct it without penalty.</td>
</tr>
</tbody>
</table>
### Level 1 Modifications - continued

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violation for traveling is not called when a player shuffles feet when trying to set up for a shot</td>
<td>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.</td>
</tr>
<tr>
<td>Fast breaks are not allowed in any transition situation</td>
<td>This promotes a controlled game. Players at this age learn better when the pace is controlled.</td>
</tr>
<tr>
<td>Shooting fouls do not result in free throw attempts</td>
<td>A player who gets fouled while shooting gets to retry his/her shot from the spot of the foul without being defended. Ball is live after shot is attempted. This allows a player to attempt a shot that he was trying to take prior to the foul from the same spot.</td>
</tr>
</tbody>
</table>
# Level 2 Modifications

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal Height</td>
<td>8 feet</td>
</tr>
<tr>
<td>Ball Size</td>
<td>25”</td>
</tr>
<tr>
<td>Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments</td>
<td>This keeps the games to approximately an hour time frame.</td>
</tr>
<tr>
<td>Score is NOT kept</td>
<td>Young athletes at this age should not focus on the score but rather the developmental skills being taught.</td>
</tr>
<tr>
<td>3-second violation is NOT called</td>
<td>Young athletes at this age should focus on offensive basics (dribbling, passing, shooting)</td>
</tr>
<tr>
<td>Coaches are allowed to walk the sidelines to encourage and instruct players</td>
<td>The focus is for coaches to instruct and encourage players at all times.</td>
</tr>
</tbody>
</table>
### Level 2 Modifications - Continued

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free throws are awarded on all shooting fouls</td>
<td>Two shots are attempted by the fouled player at the 10’ line. Coaches may quickly come onto the court to line up remaining players in proper free throw positions. After the second shot, the ball will be inbounded by the opposing team regardless of shot result.</td>
</tr>
<tr>
<td>Stealing the ball off the dribble</td>
<td>Players at this age should be taught and held to these basic basketball rules.</td>
</tr>
<tr>
<td>Double dribble violation is called in all circumstances</td>
<td></td>
</tr>
<tr>
<td>Traveling violation is called in all circumstances</td>
<td></td>
</tr>
<tr>
<td>Fast breaks are allowed in any transition situation</td>
<td></td>
</tr>
</tbody>
</table>
# Level 3 Modifications

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal Height</td>
<td>9 feet</td>
</tr>
<tr>
<td>Ball Size</td>
<td>28.5”</td>
</tr>
<tr>
<td>Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments</td>
<td>This keeps the games to approximately an hour time frame.</td>
</tr>
<tr>
<td>Score IS kept</td>
<td>Young athletes at this age should learn how to handle winning and losing after competition. This translates into life lessons.</td>
</tr>
<tr>
<td>3-second violation is called and results in a turnover</td>
<td>At this age, young athletes should understand the concept of offensive movement by not allowing a player to stay in the lane more than 3 seconds.</td>
</tr>
<tr>
<td>Coaches are allowed to walk the sidelines to encourage and instruct players</td>
<td>The focus is for coaches to instruct and encourage players at all times.</td>
</tr>
<tr>
<td>Rule</td>
<td>Explanation/Comments</td>
</tr>
<tr>
<td>------</td>
<td>----------------------</td>
</tr>
</tbody>
</table>
| Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game:  
- 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 clock on lining up for free throw attempts. |
### Level 3 Modifications - Continued

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free throw attempts are awarded on all shooting fouls.</td>
<td>Two shots are attempted by the fouled player at the 12’ line. Remaining players assume proper free throw positioning. Ball is live if second shot is missed.</td>
</tr>
<tr>
<td>Stealing the ball off the dribble</td>
<td></td>
</tr>
<tr>
<td>Double dribble violation is called in all circumstances</td>
<td>Players at this age should be taught and held to these basic basketball rules.</td>
</tr>
<tr>
<td>Traveling violation is called in all circumstances</td>
<td></td>
</tr>
<tr>
<td>Fast breaks are allowed in any transition situation</td>
<td></td>
</tr>
</tbody>
</table>
Level 4 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)
# Level 4 - Game Format

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referees lead both teams in prayer at center court before each game</td>
<td>This sets the tone and focus for the game.</td>
</tr>
<tr>
<td>Goal Height</td>
<td>10 feet</td>
</tr>
<tr>
<td>Ball Size</td>
<td>28.5” (girls), 29.5” (boys)</td>
</tr>
<tr>
<td>Games consist of 4, six-minute quarters</td>
<td>Follows middle school rules and allows game to begin and end within an hour timeframe.</td>
</tr>
<tr>
<td>The clock stops at each whistle</td>
<td>Stoppage of play includes violations, fouls, out-of-bounds play, timeouts, and injury.</td>
</tr>
<tr>
<td>Overtimes are 2 minutes in length (regulation clock)</td>
<td>Gives both teams the opportunity to win the game with reasonable extended time. If still tied at the end of the overtime period, the games ends in a tie.</td>
</tr>
<tr>
<td>Teams are allowed one (1) 30-second timeout per half (1 per team per half)</td>
<td>This allows a coach to meet with players and adjust strategy during a game.</td>
</tr>
<tr>
<td>All games are played on a full-sized regulation court (no cross court play)</td>
<td>This appropriate floor size for players at this level.</td>
</tr>
</tbody>
</table>
## Level 4 - Rules for Play

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>A jump ball is used to start the game and overtime period</td>
<td>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.</td>
</tr>
<tr>
<td>Zone and man defenses are allowed (both should be used throughout the season)</td>
<td>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.</td>
</tr>
<tr>
<td>Press defense is allowed in the backcourt at all times except if a team has a 15-point advantage</td>
<td>To promote fairness and integrity of the game, teams with a 15-point advantage should drop into a basic half-court defense.</td>
</tr>
<tr>
<td>All players are allowed five (5) fouls each game. After the 5(^{th}) foul is committed, the player is out for the remainder of the game</td>
<td>This rule follows traditional middle school rules format.</td>
</tr>
</tbody>
</table>
### Level 4 - Rules for Play (Continued)

<table>
<thead>
<tr>
<th>Rule</th>
<th>Explanation/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three point shots are allowed only if the court features a three-point arc</td>
<td>Courts without a 3-point line should not award 3 points no matter the shot distance.</td>
</tr>
<tr>
<td>Playing time requirements for each player in Level 4 are:</td>
<td>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.</td>
</tr>
<tr>
<td>• Each athlete plays a minimum of ¼ of each game</td>
<td></td>
</tr>
<tr>
<td>• Each athlete must play in both halves of each game</td>
<td></td>
</tr>
<tr>
<td>End of season tournaments are highly encouraged for Level 4</td>
<td>End of season tournament play adds excitement to your league. A minimum of 2 games per team in tournament play (see your league director for tournament details)</td>
</tr>
</tbody>
</table>
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 coaches’ job, you will serve as a monitor.

If both you and 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 only about a minute. Remind coaches that substitution time is not a time when they should be talking to players about strategy.
You can’t call what you don’t see. Being a successful referee is about being in the right position to make a call.

Each game requires two referees that alternate as lead and trail duties with each change of possession.

• The lead referee is the first one down the court and positions him/herself along the baseline in the near court (but never directly under the goal).

• The trail referee positions him/herself diagonally from the lead in the near court beyond the top of the key. During change of possession, the lead and trail officials switch, making the lead the new trail and the trail the new lead.
Here, the lead official has on-ball coverage (shaded area) because he is near the ball. The trail is off the ball and covers the rest of the court. The lead officials coverage extends to the free-throw line and includes the free-throw lane.
Positioning

In this situation, the ball has moved outside of the lead official’s coverage area, so the trail assumes on-ball coverage. The lead official’s coverage is now off of the ball.
If the ball moves up high near midcourt on the lead’s side, the trail has ball coverage, and the lead has off-ball coverage. The lead’s coverage area has how extended beyond the free-throw lane.
Positioning

Here 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 his or her area. The lead official does not watch the ball if it is in the trail official’s area or the perimeter area.
Positioning

• *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.
Responsibilities of both referees:

• Watch for fouls and violation (traveling, double dribble, etc.)

• Watch down the sideline and baseline for out-of-bounds violations.

• Administer free throws (help players line up along the lane if necessary).

• Administer dead-ball throw ins (baseline or sideline)

• Blow the whistle to end play. When one referee blows the whistle, the other should blow their whistle as well.
Responsibilities

After play has ended, 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).

To promote proper basketball skills and understanding of the game, referees should call all fouls and violations. Failing to call these infractions creates confusion among players and hinders their understanding of the game.
Fouls/Violations

Often times, referees will blow the whistle to signal either a foul or a violation. In order to make this call, you must be able to recognize what represents a foul or violation.

A *foul* is defined as any illegal contact made between a player and his/her 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. Here are the different types of fouls and their proper hand signal:
Fouls

Hand Check
Using the hands to check the progress of an offensive player when that player is in front of the defender who is using the hands.
• Signal: Face one palm away from the body as the other hand grabs the wrist.

First Signal

Second Signal
Fouls

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

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

First Signal

Second Signal
Fouls

Blocking
Illegal contact which impedes the progress of an opponent. A blocking foul is called when the defender blocks with the body and his/her position is not clearly established.
Signal: Place both hands on hips.

First Signal

Second Signal
**Fouls**

**Player Control Foul (Offensive Foul)**
A foul called when an offensive player runs into a defender who has an established position (both feet are in a stationary position).

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

**First Signal**

**Second Signal**
Fouls

Pushing
A foul in which a defender pushes or shoves an offensive player in order to impede his/her movement or progress.
Signal: Sign a pushing motion with both palms facing opposite the chest.

First Signal

Second Signal
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:
Violations

Traveling
When the ball handler takes too many steps or moves the pivot foot without dribbling.

• 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.
Violations

**Palming or Carrying the Ball**
When a player moves his/her 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.

**Three-Seconds (3rd through 6th grade ONLY)**
An offensive player can spend no more than three consecutive seconds within the free throw lane. Keep in mind that each time a shot attempt is made, the three second count starts over.

- **Signal:** Hold three fingers up in the air at shoulder level, then waving hand from shoulder to waist.
Other Hand Signals

Direction of play
Used after a foul, violation, or any dead ball change of possession to indicate direction in which the ball will be going.

• Signal: Point outstretched arm in the direction of the goal play will be towards.

Jump Ball
This call is made when two players from opposing teams have equal possession of the ball without a foul or violation being committed.

• Signal: Blow the whistle sharply, raise both hands straight up in the air, above the head, with thumbs raised.
The referee resources on MyUpward.org will enable you to carry out your role as a successful Upward Basketball Referee. Here you will find specific information on:

- Becoming an Upward Referee
- Communication
- Controlling the Game
- How to make a call
- What to watch for
- Positioning /Hand Signals/Responsibilities
- Training Videos

You will receive an email that includes a specific log in for the online referee resources. Using a Yahoo, Facebook, or Google account, enter the given log in to access all of these valuable resources.
Upward Basketball Referee Training