



## JUNIOR REFEREES TRAINING SHEET

### 3 Seconds

#### **RULE:**

A player shall **not** remain in the opponent's restricted area for more than 3 consecutive seconds while his/her team is in control of a live ball in the frontcourt and the game clock is running.

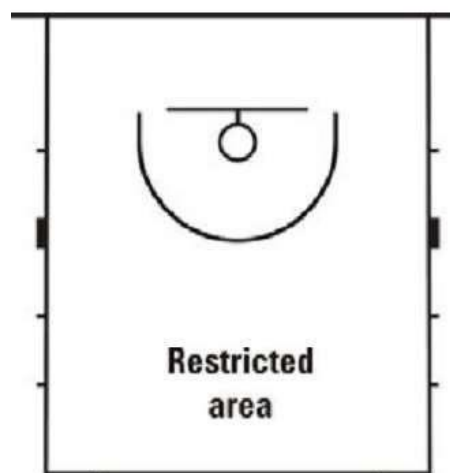
Allowances must be made for a player who:

Makes an attempt to leave the restricted area.

Is in the restricted area when he/she or his/her team-mate is in the act of shooting and the ball is leaving or has just left the player's hand(s) on a shot for a field goal.

Dribbles in the restricted area to shoot for a field goal after having been there for less than 3 consecutive seconds.

To establish himself/herself outside the restricted area, the player **must place both feet** on the floor **outside** the restricted area, **but not across the baseline**.



Referees need to use voice to prevent the player staying inside the restricted area. Before making a 3 second violation call.

Referees are not to call a 3 second violation once a shot attempt has been released.

The count should be 1 one thousand, 2 one thousand, 3 one thousand.

### Signals:

Below are the FIBA signals for calling a 3 second violation.

