

Good morning! Hope all is well.

Beating a dead horse again...sportsmanship is still bad. Be ready and take care of business when it happens.

Free throws....weird stuff can, and does, happen on free throws. There are an incredible number of responsibilities that we have on free throw attempts....lane violation, protecting the free throw shooter and the semi-circle, players behind the arc, 10 second count, players in the back court, disconcertion, free throw shooters faking the shot, and on and on. So here is the situation....green is down 2 points, has one free throw remaining and 2.4 seconds on the clock. So what is green going to do? Being down 2 points and not much time remaining, pretty good chance that the free throw shooter is going to try to throw it hard to get a long rebound to get the ball back instead of make it, be down 1 and try to get a steal on the throw-in. So what do we need to be aware of? 1) MAKE SURE the ball hits the ring. THAT is required. 2) FAKE the free throw?! WHAT???! Did that really happen?

OK, slow down, let's talk among the crew.....did the free throw shooter really fake the free throw? (WHY would he/she fake, no advantage is gained.) If we determine as a crew that a fake really did occur, then we wipe the final free throw attempt and white would get a spot throw-in on the baseline. I am not sure I have ever had a fake on the free throw attempt. OK, no more delay.....take a look [here](#) at the clip and determine if YOU have a fake.

Got a fake on the attempt? Maybe, maybe not. This crew talked and determined there was no fake. I have to assume they determined there was a lane violation by white FIRST (and no fake by the free throw shooter) since a fake would nullify the shot and white would receive the ball. Since the violation was by white FIRST, the violation by green is not penalized. IF they determined that both teams violated at the same time, the ball would have become and since no free throws remain, and an AP throw-in would result. There are several situations on free throw violations that we MUST KNOW.....here is the rule:

ART. 1

The try shall be attempted from within the free-throw semicircle and behind the free-throw line.

ART. 2

Teams shall properly occupy marked lane spaces according to number and space requirements.

ART. 3

After the ball is placed at the disposal of a free thrower:

- a. He/she shall throw within 10 seconds to cause the ball to enter the basket or touch the ring before the free throw ends.
- b. The free thrower shall not fake a try, nor shall any player in a marked lane space fake to cause an opponent to violate.
- c. No opponent shall disconcert the free thrower.
- d. No player shall enter a marked lane space or leave a marked lane space by contacting the court outside the 36-inch by 36-inch space until the ball is released.
- e. The free thrower shall not have either foot beyond the vertical plane of the edge of the free-throw line which is farther from the basket or the freethrow semicircle line until the ball touches the ring or backboard or until the free throw ends.

**PENALTIES: (Section 1)**

**1. If the first or only violation is by the free thrower or a teammate, the ball becomes dead when the violation occurs and no point can be scored by that throw. The following out-of-bounds provisions apply if no further free throws are to be administered:**

**a. If the violation occurs during a free throw for a personal foul, other than intentional or flagrant, the ball is awarded to the opponents for a throw-in from the designated out-of-bounds spot nearest the violation.**

**b. If the violation occurs during a free throw for a technical foul, the ball is awarded to the thrower's team for a throw-in at the division line on the side of the court opposite the scorer's and timer's table.**

**c. If the violation occurs during a free throw for a flagrant personal foul or an intentional personal foul, the ball is awarded to the thrower's team for a throw-in from the designated out-of-bounds spot nearest the foul.**

**2. If the violation is by the free-thrower's opponent only:**

**a. If the try is successful, the goal counts and the violation is disregarded.**

**b. If the try is not successful, the ball becomes dead when the free throw ends, and a substitute throw shall be attempted by the same free thrower under conditions the same as for the free throw for which it is substituted.**

**3. If there is a simultaneous violation by each team, the ball becomes dead and no point can be scored. Remaining free throws are administered or play is resumed by the team entitled to the alternating-possession throw-in from the designated out-of-bounds spot nearest to where the simultaneous violation occurred.**

**4. If there is a violation first by the free-thrower's opponent followed by the free thrower or a teammate:**

**a. If both offenders are in a marked lane-space, the second violation is ignored, as in penalty item (2).**

**b. If the second violation is by the free thrower or a teammate, both violations are penalized, as in penalty item (3).**

**c. If a violation by the free thrower follows disconcertion by an opponent, a substitute free throw shall be awarded.**

**d. If a fake by an opponent causes the free thrower or a teammate of the free thrower to violate, only the fake is penalized.**

The penalty section is critical to how we resume play. READ it, STUDY it and KNOW it!

Have a GREAT game tonight and safe travels!

Tim