

# Table Times

## The ABBTO Newsletter - August 2009

### Welcome



Summer is upon us, and a chance for most of us to sit back relax and recharge before the new season starts.

Included in this edition are some annual reports from around the region, and the get you ready for the new season, a few exercises to get those fingers and wrists ready for the arduous workout they'll receive when you get back into action. There are the answers to the quiz from last edition are included. I've decided not to set a new one this time round as I'm saving them for the annual conference.

Speaking of which, if you haven't yet applied, there's still time, all the details are included at the end of this newsletter, and are also available from the EB website.

As before, if there is anything you would like to see in the next edition, then please let me know. Any contributions gratefully received.

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### News

#### Regional Roundup

##### London Region

Standards:

- London Association of Basketball Officials (LABO) is committed to setting and maintaining standards next season and have notified BBL & EBL clubs of the forthcoming changes to official's appointments.
- Thank you letter and invitation letter/form has been circulated to all table officials to officiate via central management next season. Existing clubs find the service very valuable. Table officials have opportunity for continuous training every Saturday.
- London Basketball and London Youth Games (LYG) were successful in gaining some red polo shirts to help with table official's uniformity at local and national level.

Development:

- 1 x Level 3 Clinic in conjunction with GBWBA
- 2 x Level 3 Clinics (1 with GBWBA for Junior Int'l event)
- 2 x Level 3 Courses delivered on behalf of ABBTO
- 4 x Level 2 courses delivered on behalf of LABO & clubs
- 10 x Level 1 courses delivered on behalf of schools / clubs

Also 2 officials' workshops were held during the season at the request of officials. Great networking opportunity and review of rules and mechanics with scenarios / quiz.

##### South West Region

Congratulations to Nicky Shaw who is the new Regional Rep for the South East Region. Nicky is

## **Regional Roundup continued**

### **South West Region**

Development:

- 10 x Level 1 Course delivered
- 5 Level 2 Courses planned over the summer

Pre-season tournaments were also used as an opportunity to get newer officials necessary practise.

Regional Conference:

This was held at Filton College on Sunday 17<sup>th</sup> May. This was our second year running the SW regional conference, which includes Coaches, Referees and Table Officials. We had 10 attendees in the table officials section and three different speakers (Laura Miller, Khalia Lancaster-Thomas, Claire Jones) covering 24 second mechanics, progression as a table official, EB and FIBA scoresheet errors, special situations and two joint sessions covering 2008 rule changes (how to administer them correctly) and group discussions of topics posed on the day. Many thanks to Jaine for providing helpful slides.

Other News:

This is the second season that I have organised table officials for Bristol Storm, Filton Flyers and Taunton Tigers centrally. This has helped to give newer officials more opportunities, make sure clubs have suitably qualified officials, take the pressure off clubs to find the officials themselves, made sure officials are not associated with just one club (hence avoid potential for accusations of bias) and prevent each table official from being contacted by all three clubs every weekend. This has been positively received. Bath are hoping to have a division 4 men's team this year who may also be included in this pool.

### **Yorkshire Region**

Development:

- 1 x Level 3 Course delivered
- 9 x Level 2 Courses
- 3 x Level 1 Courses

These have been delivered across the region by a number of tutors.

This season has been far more successful than previous years at getting candidates to carry on to take their practicals and complete their qualifications. These officials have then been used throughout our region for both junior and senior tournaments. We have also joined forces with other regions to do this, so that our rookie officials and those from other regions have been able to officiate at other venues and with other officials: Lilleshall, Cranwell, BUCS, Sheffield and Derby to name but a few. This has been a very positive area of development for table officials in Yorkshire and we hope to extend it further next season.

Our thanks to the RMC who continue to pay all the tutors' fees for courses held in our region and attended by candidates from the region as part of their continuing development plan.

Our thanks also to GBWBA who have also sponsored courses in our region.

Regional Conference:

Unfortunately this season, Yorkshire RMC did not have the funds to provide a venue for a 'Regional Conference' which we have held in the past when there have been rule changes etc which need disseminating. It was felt that as we paid for a website to be maintained that this was the best forum to let our officials know what we were doing this season and what the rule changes meant to us.

# National Awards for Officials

## Criteria for Nominees

### **Bill Taylor Award**

*For an 'up and coming table' official.*

Nominees should be:

- Enthusiastic about the game with good officiating qualities;
- Involved in several areas of the game e.g. local league, mini, junior, senior or wheelchair competitions;
- Keen to improve skills, broaden knowledge;
- Encouraging others to be involved and gain qualification as officials;
- Promoting standards and wearing correct uniform;
- A potential role model for table officials

### **Mary Clark Award**

*For services to officiating.*

This is an open award to any official - Table Official, Referee, Commissioner, Observer or Statistician.

Nominees should:

- Have long standing service towards officiating for basketball;
- Have helped with the development of officials in their region or nationally;
- Have been involved in different competitions for any age group and ability at local, national and international levels;
- Be a charismatic ambassador for basketball and officials;
- Have promoted standards via the implementation of rules and regulation;
- Have encouraged other officials to progress to higher level of competitions or awards;
- Be a good team worker with great inter-personal / people management skills;
- Be committed to the game and officials' development;
- Have the respect of their peer group.

These are not meant to be prescriptive, i.e. a nominee doesn't have to tick all the boxes but just have a record of working for the benefit of others and basketball as a whole.

### **Molten Golden Ball**

*For the development of Table Officials in a Region / Association:*

Nominees should have developed table officials at all levels within their region / association through;

- Promotion and delivery of their association's award courses;
- Mentoring / assessing table officials as appropriate to the competition;
- Nominating local officials to national appointments;
- Encouraging local officials to progress with knowledge and gain experience;
- Delivering an annual seminar within their region / association;
- Implementing and promoting standards within their region / association;
- Contributing to their respective association's basketball development plan.

# Fit for the new Season?

As table officials we may not be running around the court, but we still need to be fit to do our job efficiently. So here are a few wrist and finger exercises to help get you fit for the season ahead. The exercises may seem simple, but sometimes that's for the best.

Do these exercises at a table that supports your forearms.

## 1. One Two Three Finger Exercises

For the best hand function, you should be able to touch the tips of your fingers to the palm and straighten the fingers completely. Use the one-two- three approach to stretch and strengthen fingers.

To bend fingers:

- Begin bending the joint closest to the tip of the finger
- Bend the middle joint
- When your fingertips are touching the palm, or are as close as possible, bend the knuckle joint.

To straighten your fingers, just do the movements in reverse:

- First straighten the knuckles
- Then the middle joint , and
- Straighten the fingertips.

You can exercise your fingers individually or together, using your other hand to help if necessary.

## 2. Thumb Walk

Holding your wrist straight, form the letter "O" by lightly touching your thumb to each fingertip. After each "O" straighten and spread your fingers. Use the other hand to help if needed.

## 3. Hi and Bye

- a) To strengthen and limber your wrist, rest your forearm on a table with your hand over the edge. Keep fingers relaxed and bend your wrist up and down.
- b) To strengthen the small muscles of the hand, slide your arm back until your fingers hang over with your knuckles at the table edge. Keeping your fingers straight and together and your palm flat, move your fingers up and down.

## 4. Door Opener

This exercise stretches the muscles and ligaments that rotate the forearm.

Start with your forearm resting on a table, palm down. Keeping your little finger on the table, turn your hand so the palm faces up. If you use your other hand to help, grip your forearm, not the wrist or hand.

## Answers to the April Edition Quiz

Here's a rules quiz to test your knowledge. There are no prizes to be won, this is just for fun. The answers will be in the next newsletter. If you can't wait that long, then I'm willing to send them to you, but the price is an article for the next newsletter.

- 1) During the last two minutes of the 4th period, whilst A6 is waiting at the table to enter the game as a substitute, Coach B asks for a time-out. B2 then scores a field goal. Shall coach B be allowed the time out?  
**YES. As a substitution has been requested by the non-scoring team, once the referee has blown his whistle to effect the substitution, the time-out can be granted. (Art. 18.2.8/19.2.2)**
- 2) With team A in control of the ball and with twenty seconds remaining on the 24-second clock, an official interrupts play because of a wet court. When play resumes, shall team A be given a new 24-second period, provided team B is not placed at a disadvantage?  
**YES. (Art 29.2.1)**
- 3) The assistant coach of team B requests a time-out. Shall the time-out be granted?  
**YES. Only a coach or assistant coach has the right to request a time-out. (Art 18.3.1)**
- 4) During a dribble, A4 loses control of the ball, which then touches B8 who is waiting out-of-bounds at the scorer's table to enter the game as a substitute. Shall a throw-in be awarded to team B?  
**YES. The ball is caused to go out-of-bounds by the last player to touch or be touched by the ball before it goes out-of-bounds. A substitute becomes a player when he is beckoned onto the court. (Art 23.2.1/4.2.3)**
- 5) During the half-time interval of play, A8 goes to the scorekeeper to request that he enter the game to replace A5. Must A8 report his substitution to a floor official before being permitted to enter the game for the third period?  
**NO. If a substitution is requested during a time-out or during an interval of play, the substitute must report to the scorer before entering the game. (Art 19.3.7)**
- 6) A5 accidentally scores a field goal in his own basket. Shall the goal be cancelled?  
**NO. If a player accidentally scores a field goal in his team's own basket, the goal counts. (Art 16.2.2)**
- 7) During a dead ball period when play will resume with a throw-in, shall the time-out opportunity end when the ball is placed at the disposal of the player who throws the ball in?  
**YES. A time-out opportunity ends when the ball is at the disposal of a player for a throw-in. (Art 18.2.4)**
- 8) After a team A field goal, team B is granted a time-out. Following the time-out, thrower-in B2 passes the ball to B3 who is also out-of-bounds on that endline. B3 then passes the ball to a teammate who is in-bounds. The entire action takes less than five seconds. Has a throw-in violation been committed by team B?  
**NO. (Art 17.2.6)**
- 9) During the last two minutes of play, A2 commits an 8-second violation. Shall the resulting team B throw-in be awarded at the centre line extended, opposite the scorer's table?  
**NO. The ball shall be awarded to the opponents for a throw-in at the place nearest to the infraction. (Art 22.2/17.2.3)**
- 10) Team A is awarded an alternating possession throw-in. After the ball has been handed to A2 for the throw-in, coach A is charged with a technical foul. Shall team B be entitled to the next alternating possession throw-in?  
**NO. If a foul is committed during an alternating possession throw-in, the team entitled to that throw-in continues to be entitled to the next alternating possession throw-in. (Art. 12.4.5/12.4.8)**

# NATIONAL OFFICIATING CONFERENCE 2009

**Saturday 5th & Sunday 6th  
September 2009**

## **Worcester University**

The Conference promises to be a very educational weekend covering a wide range of subjects to help with the development of officials throughout England.

The Conference will include a written test and fitness test which should be completed by all referees wishing to officiate in the senior national leagues.

Alan Richardson, England Basketball's Convener of Officiating, expects all referees who intend to officiate in the national league competitions to attend the National Conference and recommends that table officials who operate in these leagues also attend.

If for some reason you are unable to attend but wish to be included on the senior national league referees list, dispensation can only be made by contacting - [alan.richardson@euroleague.net](mailto:alan.richardson@euroleague.net)

If you wish to attend the Conference then please complete an application form and return to -

National Officiating Conference  
England Basketball  
PO Box 3971  
Sheffield  
S9 9AZ

**For further information about the Conference please contact Simon Unsworth on 0114 284 1067 or [simon.unsworth@englandbasketball.co.uk](mailto:simon.unsworth@englandbasketball.co.uk).**



### **Topics covered this year include:**

- \* Rules of the game
- \* Play discussions
- \* Video discussions