

BASKETBALL



BASKETBALL RULES

- The game is played with 2 teams.
- Each team consists of 5 players on the court at a time.
- The object of the game is to outscore your opponent by shooting the ball into your basket and preventing them from putting the ball into theirs.
- The ball can be advanced up the floor with the hands only, either by dribbling or passing to teammates.

PLAYING AREA

- The basketball court layout is rectangular and is split in half by a mid-court line.
- There are 2 baskets, one located at each end of the court. The standard basketball rim is 10 feet off the ground.

EQUIPMENT

- To play a regulation game, you need a basketball and 2 basketball goals.

STARTING PLAY

- Teams are assigned a basket at which to shoot for the first half, and they switch ends at half-time.
- The game begins with a jump ball at center court between one player from each team.
- Other players line up in alternating fashion around the center circle.
- Once the ball is touched by either player, the game begins.
- The team in possession of the ball is on offense and takes the ball toward their basket to score against their opponent who is on defense.

FUNDAMENTALS

The fundamental skills involved in the game, include:

- Dribbling - advancing the ball up the court by bouncing it with one hand.
- Passing and catching - moving the ball around the court by throwing it to teammates.
- Shooting - putting the ball through the hoop.
- Rebounding - gaining possession of the ball from a missed shot that bounces off the backboard or rim.
- Jumping - an important skill used in rebounding, shooting, and blocking shots.
- Defending - keeping the opponent with the ball from scoring.
- Moving without the ball - to get open for a pass or shot, players must break away from their defenders and cut to openings on the court.

POSITIONS

There are a variety of ways players can line up on the court, but the most common basketball positions are:

#1 or Point Guard (PG)

#2 or Shooting Guard (SG)

#3 or Wing or Small Forward (SF)

#4 or Power Forward (PF)

#5 or Center (C)

SCORING

Points are scored any time the ball goes through the basket.

3 points = shot made beyond the 3-pt line

2 points = shot made from anywhere else on the court

1 point = free throw

GAME LENGTH

Games are divided into time segments known as periods.

The length and number of each period differs between leagues.

For example, college men's games are divided into 2 20-minute halves, college women's games are split into 4 10-minute quarters, while high school games are made up of 4 8-minute quarters.

FOULS

Basketball fouls are penalties assessed by the referees for rough play to keep a player from gaining an advantage over another player.

A player who is fouled is awarded the ball out of bounds unless the foul occurred during the act of shooting, in which case the player who is fouled is awarded 2 free throws.

Each player is allowed 5 fouls before they are removed from the game. Here are some common basketball fouls:

- Blocking – A personal foul caused when the defender makes illegal personal contact with an opponent who may or may not have the ball. Blocking is called when the defender impedes the progress of the opponent.
- Charging (or Player Control Foul) – A personal foul occurring when an offensive player contacts a defender who has already established a set position. A player with the ball must avoid contact with a stationary defender by stopping or changing direction.
- Elbowing – It is a violation for a player to swing the elbows excessively.
- Flagrant Foul – A personal or technical foul, which is violent in nature. Examples are fighting, striking, kicking, or kneeling an opponent.
- Hand Check – A personal foul caused by a defender making repeated contact with her hands on her opponent.
- Holding – A personal foul caused by illegal contact with an opponent, which interferes with his freedom of movement.
- Intentional Foul – A personal or technical foul, which keeps the opponent from capitalizing on an advantageous situation. It could be contact away from the ball or contact when a defender is not making a legitimate attempt to play the ball or a player. It also occurs when a player causes excessive contact with an opponent.
- Offensive Foul – A foul caused by an offensive player, usually in the form of charging.
- Personal Foul – Illegal contact with an opponent while the ball is live, which hinders the opponent's offensive or defensive movement. A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- Technical Foul – A non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead; or a violation charged to the head coach because of violations on the sideline or from bench personnel.
- Team Foul – Any foul charged to a team. Once a team reaches 7 team fouls, its opponent is in a bonus free throw situation.

VIOLATIONS

The basketball basic rules include numerous ball handling and time violations that cause a team to lose possession of the ball. Here are some common violations:

- Back-court Violation – If a player is the last one on her team to touch the ball before it goes into the back-court, she cannot be the first player to touch it in the back-court.
- Closely Guarded (or Five-second Violation) – Violation that occurs when a ball handler in his team's front-court is continuously guarded by any opponent who is within 6 feet of him while he is either dribbling or holding the ball. The offensive player has 5 seconds to either get rid of the ball or drive past the defender.
- Double Dribble - When a dribbler touches the ball with both hands at the same time or when the dribbler picks up the ball and then starts dribbling again.
- Goal-tending – Occurs when a player touches a shot ball while it is in its downward flight above the rim. It also occurs when a defender touches a free throw attempt outside the basket.
- Lane Violation – A violation called during a free throw situation against a player who enters the lane too soon.
- Ten Seconds in the Back-court – A team has 10 seconds to advance the ball from their back-court past the half-court line to the front-court.
- Three Seconds in the Lane – An offensive player cannot remain in the free throw lane for longer than 3 seconds while her team is in control of the ball in the front-court. She must clear the lane completely with both feet to stop the official's count. If she receives the ball while she is in the lane, she can stay beyond 3 seconds to drive toward the goal for a shot.
- Traveling – A violation caused by moving the feet in any direction without properly dribbling the ball. It results in a turnover, and the ball is given to the opposing team. While holding the ball, a player must establish a pivot foot which has to remain on the floor always until he passes, shoots, or dribbles. While holding the ball, his knee cannot touch the floor and if he falls, he must get rid of the ball before attempting to get up.

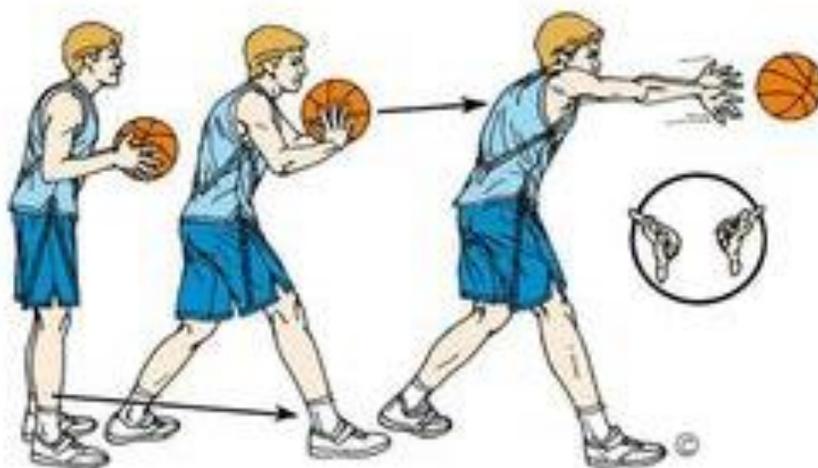
BASKETBALL TERMINOLOGY

Vocabulary Word	Definition
Air Ball	A shot that completely misses the rim or backboard
Assist	Any pass that leads directly to a basket by a teammate
Backboard	The rectangular piece of wood or fiberglass the rim is attached to
Ball Handling	Refers to dribbling, passing, or receiving the ball
Bank Shot	When a player shoots the ball and it bounces off the backboard and into the hoop
Basket	Consists of the rim and the net
Court	Playing area for basketball
Defense	The team without possession of the ball or the act of preventing the other team from scoring
Dribbling	Single player runs while continuously bouncing the ball
Foul	An infraction of the rules involving contact with another player. May result in awarding a free throw or possession of the ball
Foul Shot	An unobstructed shot from behind the foul shot line. 1-point value if scored
Offense	Refers to the team with the ball that is trying to score
Passing	Throwing the ball from player to player
Rebound	The term referring to retrieving the ball as it rebounds from the backboard or the rim after a player missed a shot
Shot	Attempt to score by throwing the ball through the opponents' basket. 2 points are scored for a successful shot
Traveling	An illegal move where the player is running with the ball without bouncing it

BASIC BASKETBALL SKILLS

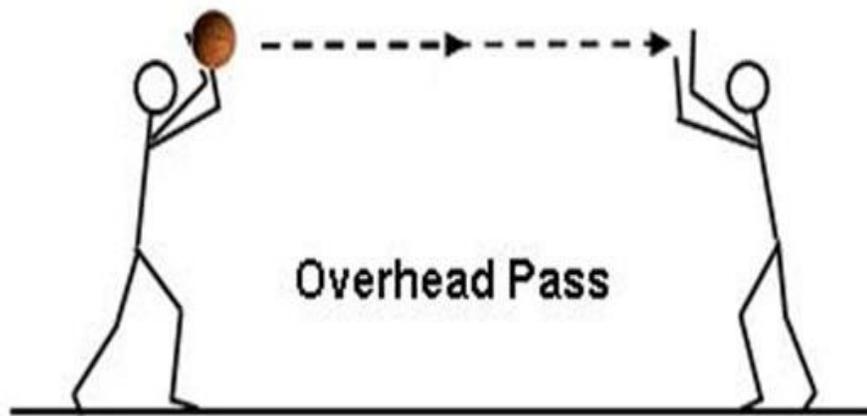


CHEST PASS



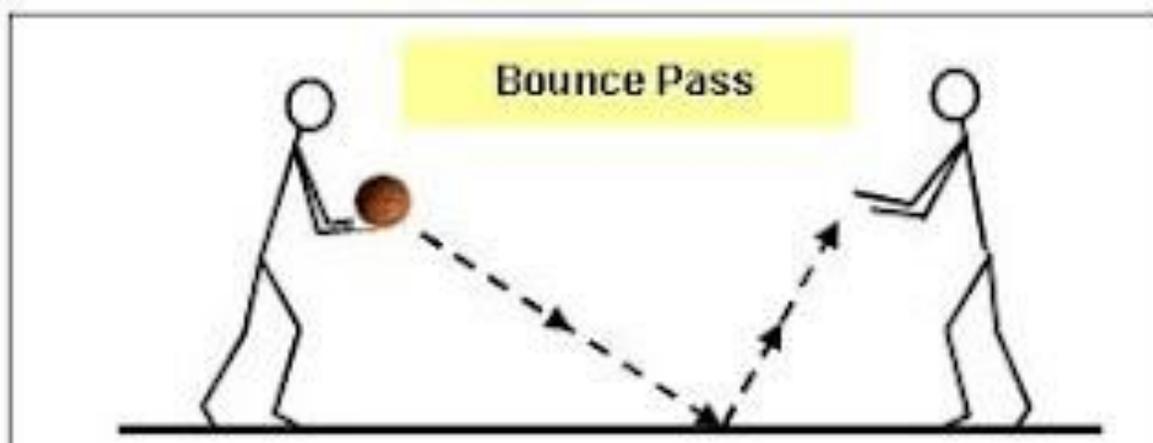
- Hands make a W shape
- Bring your thumbs together in the center
- Step forward with one foot
- Keep your elbows close to your body
- As you release the ball, straighten your arms and fingers
- Keep your wrists pointed upwards to help fully extend your arms
- Keep your eye on the receiver

OVERHEAD PASS



- Start with feet shoulder-width apart
- Hold the ball with two hands in front of your chest, keeping your elbows in
- Step in the direction of the pass
- Extend your arms and snap your wrists down
- Your fingers should finish in the direction of the pass

BOUNCE PASS



- Hands in a W shape on the ball
- Elbows out
- Pass comes from chest and bounces just over half way between you and the receiver
- Step forward into pass
- Hands end up with pass facing outward and thumbs facing down

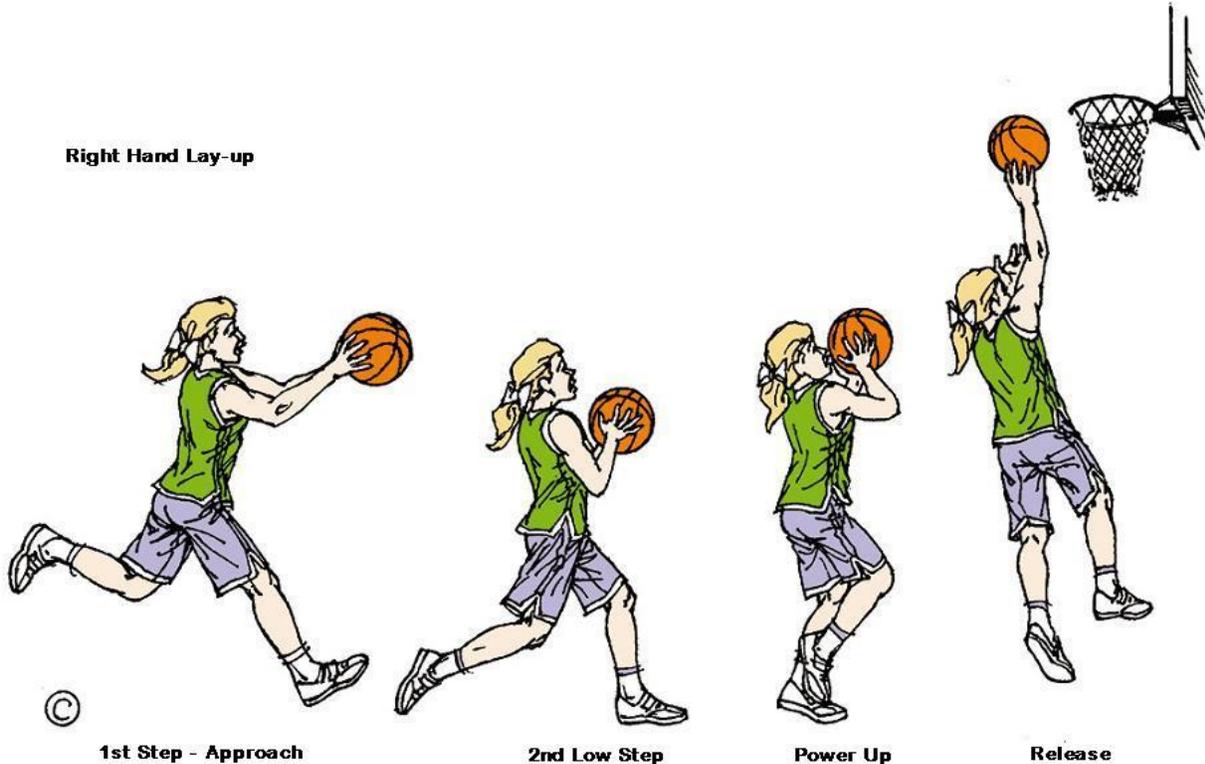
DRIBBLING



- Use your fingertips, not the palms of your hands
- Use your forearm and wrist to bounce the ball
- Push down gradually on the ball, don't slap
- Use proper amount of force so rebound of the ball is at hip high or slightly below
- Distance from the body is approximately forearm length
- Don't look at the ball
- Keep your head up and eyes forward

LAY-UP

Right Hand Lay-up



- Take two strides
- Jump up, not forward
- Bring the ball up with two hands to the shooting position
- Bring your outside knee up
- Shoot with the outside hand, using the inside arm to protect the shot
- At the height of the jump, shoot the ball softly off the backboard
- Aim for the top corner of the black square
- Fingers finish pointing at the target

TWO-HAND SET SHOT



- Hands placed evenly on ball
- Thumbs behind the ball
- Ball raised to eye level
- Eyes looking directly over the ball to the basket
- Keep elbows close to the body
- Legs slightly bent with weight leaning slightly forward on the balls of the feet
- Right or left foot should be slightly forward
- Drop the ball slightly so that your fingers are pointing straight ahead
- Knees slightly bent
- Push the ball in and upward arch toward the basket