

Basketball Study Guide

2 Teams consisting of 5 players playing at a time for each team

Positions: Guard, Forward, and Center.

Basket is 10' high from the floor to the rim

Free throw line is 15' from the backboard

Teams change baskets at half time

Dr. James Naismith invented game in 1891

The game has 4 quarters of 8 minutes each

TIME RULES

1. The controlling team has 10 seconds to get the basketball from the back court to their offensive end (boys rule only)
2. 10 seconds to shoot a free throw (foul shot)
3. 5 seconds to inbound the ball
4. 5 seconds to do something with the ball if they are closely guarded
5. 3 seconds (an offensive player may not remain in their own free throw lane for more than 3 seconds)

FREE THROWS

1. a person fouled in the act of shooting must shoot their own foul shots
2. a technical foul may be shot by anyone on the team
3. a person fouled in the act of shooting and makes the basket is awarded 1 foul shot
4. a person fouled in the act of shooting and misses the shot is awarded 2 foul shots for a two pointer and 3 foul shots for a three pointer.

FOULS

1. 5 personal fouls disqualifies a player for the remainder of the game
2. a hold, push, charge, trip, block, are all examples of personal fouls
3. technical fouls result in 2 foul shots and the ball for the shooting team. If it is called on a player it also counts as a personal foul.

4. more than 5 members on the floor, unsportsmanlike conduct, disrespectfully addressing an official, and participating after being disqualified are all examples of technical fouls
5. A bonus free throw is the 2nd free throw awarded for a common foul: Beginning with the team's 7th foul in each half and for the 8th and 9th foul. The bonus is awarded only if the 1st free throw is made (1 & 1); Beginning with the team's 10th foul in each half, the bonus is awarded whether or not the first free throw is made.
6. Players from both teams line up along the lane, outside the lane lines and within the slash marks. Players may not enter the lane until the ball is released (girls rules) or the ball hits the rim (boys rules).

SHOT CLOCK

The amount of time an offensive team can possess the ball before the ball must touch the rim: Girls= 30 seconds. Boys = 35 seconds

ALTERNATE POSSESSION awarded in all jump ball situations other than to start the game. The teams alternate taking the ball out of bounds for a throw in rather than jumping for the ball as it is tossed, as in the beginning of the game

OVER AND BACK: Once all three points (ball and 2 feet of the person possessing the ball) are in the front court (offensive end) you cannot go to the back court by dribbling or passing to a teammate unless the other team hits the ball into the back court

BASKET INTERFERENCE: when a player touches the ball or any part of the basket while the ball is on or within the basket

BLOCKING: is illegal personal contact, which impedes the progress of an opponent

TRAVELING: moving both feet while in possession of the ball without dribbling

CHARGING: illegal personal contact caused by pushing or moving into an opponent's torso

DOUBLE DRIBBLE: dribbling with 2 hands or dribbling after already using a dribble

VIOLATIONS: infractions of the rules. Violation of the rule forfeits the ball to the other team. They get a throw in from the sideline or endline, (depending on where the violation happened) Examples: travel, double dribble, carry, over and back, 3 seconds, not hitting the rim on a foul shot

BEEF: Balance

Eyes

Elbow

Follow through