

BASKETBALL

BASIC INFORMATION:

Basketball is viewed as a lifetime activity that was invented in 1891 by Dr. James Naismith, in Massachusetts. Peach baskets attached to the gym balconies gave the game its name. The game was originally played with 9 players but changed to 5 in 1895.

EQUIPMENT: Basketball, hoop, court, scoreboard



RULES:

1. Each team has 5 players on the court, usually a center, two forward and two guards.
2. Substitutions can be made when the ball is dead.
3. The ball may be tapped, rolled, thrown or bounced on the ground with one hand.
4. A dribble ends when a player stops bouncing the ball or catches the ball with two hands.
5. A team's front court is the half of the playing area which they shoot the ball. The backcourt is the half in which a team defends the basket.
6. High school length of game is four 8 minute quarters. College length of game is two, 20 minute halves. NBA is 4, 12 minute quarters.
7. HS timeouts are 4, 1 minutes per game. College timeouts are 5, 1 minute timeouts.
8. A basket made through the net is 2 points. A basket made outside the 3 point arc is worth 3 points. A free throw made is one point.
9. The visiting team chooses which basket end they want to shoot at to start the game.
10. Teams change ends or baskets after the half
11. All other players must stand outside the jump circle to start the game.
12. A ball is dead when:
 - a. A basket is made
 - b. A foul or violation occurs
 - c. A free throw is not successful after the first of two free throws or a free throw on a technical foul
 - d. A held ball is called between two players
 - e. An official's whistle blows.
 - f. A buzzer sounds.

VIOLATIONS: Violations are infractions of the rules that do not involve personal contact.

- a. Sending the ball out of bounds
- b. Running with the ball-traveling
- c. Kicking or punching the ball
- d. Double dribbling
- e. Keeping the ball in the backcourt for more than 10 seconds
- f. Basket interference or goal tending(standing in the free throw lane when your team has the ball for more than 3 seconds)
- g. An opponent crossing the boundary line before the ball does on a throw-in
- h. A throw in player leaving the throw in position
- i. Not throwing the ball in bounds in the 5 second time allotment
- j. Crossing the half court line twice with the ball.

FOULS: Personal fouls are infractions involving contact with an opponent's whether the ball is in play or not.

- a. Holding, pushing, charging, tripping
- b. Interfering with an opponent's progress by extending the arm, shoulder, hip or knee
- c. Pushing from behind
- d. Dribbling into an opponent's path or between two opponents without enough space to avoid contact
- e. Contact with a shooting player
- f. Rough tactics
- g. Hitting an opponent with a hand unless to play a ball
- h. Using hands to prevent an opponent's movement
- i. Screening a player closer than one step from the opponent
- j. Screening a player, then moving in a different direction than the opponent
- k. Face guarding

CO-ED RULES

1. In 5 on 5 play, two of the 5 players must be girls.
2. In 3 on 3 play, one of the three must be a girl.
3. In the offensive zone a girl must touch the ball before a basket can be made unless it is a break away.

TERMINOLOGY:

1. Alternate possession-play continues with one of the teams being given the ball for a throw in instead of actually jumping the ball. Teams alternate possessions on tied balls and at the beginning of the second half.
2. Blocking-Personal contact which impeded the progress of an opponent who does not have the ball
3. Disqualified-A player who commits their 5 personal foul is out of the game.
4. Face Guarding-A hand in the face of a person dribbling the ball or yelling continuously at the dribbler. Could be a technical foul.
5. Dribble-Ball movement caused by a player by bouncing the ball
6. Five Second Violation-Must throw in the ball from out of bounds in this amount of time.
7. Foul-An infraction of the rules by contact which results in free throws awarded (two for a shooting foul and 1 and 1 bonus after a team commits their 6th team foul)
8. Foul(double)-When two players commit a foul against each other at the same time
9. Foul (flagrant)-An unsportsmanship like act may or may not be intentional
10. Foul(intentional)-A personal foul which, in the judgment of the official is designed or premeditated
11. Foul(technical)-A foul committed by a non-player which does not involve contact rather than unsportsmanship like behavior
12. Free Throw-Opportunity to score one point by an unhindered shot from behind the free-throw line. The shot must be attempted in 10 seconds after the referee give you the ball. The shooter must remain behind the line until the shot hits the rim.
13. Goaltending- When a defensive player touches the ball that left a shooters hand when it is coming on the down arc.
14. Held Ball-Occurs when two players from opposite teams have firmly control of the ball

15. Holding-Personal contact with an opponent which interferes with their movement.
16. One and One Free Throw-If the opposing team has committed its' sixth team foul on the seventh foul the players gets to shoot a one and one, make the first one and get a second free throw.
17. Screen-To delay or prevent an opponent from reaching a certain position or guarding your teammate.
18. Ten Second Violation-The amount of time to get the ball across the half court line into the forecourt
19. Three Second Violation-An offensive player that remains in the forecourt lane for more than 3 seconds
20. Throw In-Method of putting the ball in play for out of bounds.
21. Traveling-Running with the ball in any direction in excess while holding on to the ball.

ETIQUETTE:

1. Play to win but accept defeat graciously.
2. Adjust your level of play to the ability of the players on the floor.
3. Cooperation and teamwork are essential to successful game.
4. Allow everyone on your team the chance to play and to be part of the game
5. Compliment your teammates and opponents on good play.
6. Sportsmanship is a MUST.

SAFETY:

1. Listen to all instruction given by your teacher and follow them.
2. Stop play when the whistle blows.
3. Adjust your level of play to your competition.
4. Basketball is NOT a contact sport, NO UNNECESSARY ROUGHNESS!
5. No half court shooting at any time.
6. NO hanging on the rims or nets.
7. Know and play by the rules of the game.
8. Put equipment away at the end of the class.

FITNESS BENEFITS:

Cardiovascular fitness, hand-eye coordination

BASKETBALL OFFICIALS HAND SIGNALS:



Jump ball



Player control foul



Traveling



Technical foul



3-second violation



Points scored
(1 or 2 fingers)



Personal foul



3-point shot



Blocking