

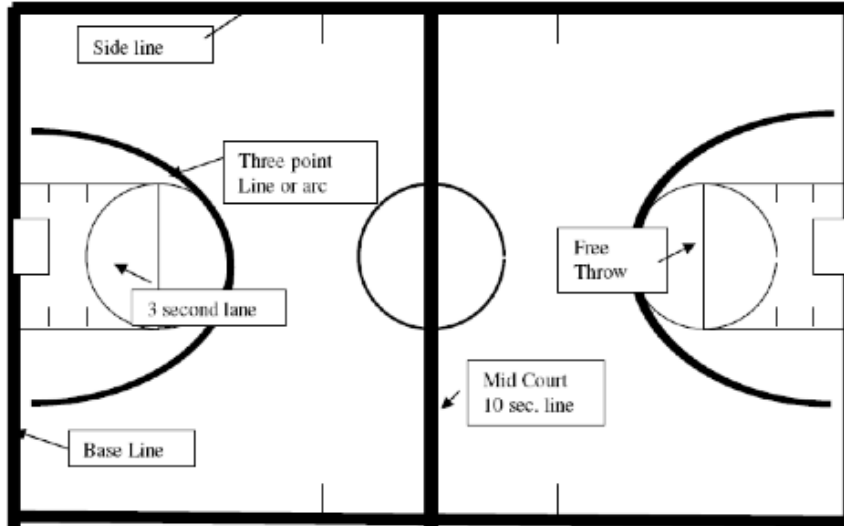
Basketball Study Guide

History

Basketball was invented in December of 1891 by Dr. James Naismith, an instructor at the YMCA in Springfield, Massachusetts. The purpose is to get the basketball into a team's own basket (offense) and to prevent the offensive team from scoring a basket (defense).

Equipment

1. High school court is 84 feet long by 50 feet wide.
2. Free throw line is 15 feet from the backboard; located at each end of the court and the end of the key. Penalty shots are taken from the free throw line.
3. .
4. Three point arc is 19 feet 9 inches from the basket.
5. Basketball rim is 10 feet above the floor.
6. Smaller ball for girls (about 1 inch smaller in circumference and 2 ounces lighter than traditional boys' basketball)



Length of Game

High School JV and freshman – 4 quarters consisting of 6 minutes each

High School Varsity – 4 quarters consisting of 8 minutes each. 1 min. between quarters & 10 min. half

College – 2 halves consisting of 20 minutes each

Pro – 4 quarters consisting of 12 minutes each

Scoring

1. Traditional field goal = 2 points
2. Field goal from behind the three point arc = 3 points
3. Free throw = 1 point

Terms

FOUL - an infraction of the rules which is charged and penalized. After you have received your limit of fouls, you must leave the game. You may not re-enter the game even if the game goes into overtime.

1. Pro's are limited to 6 fouls per game.
2. College and High Schools are limited to 5 fouls per game.

PERSONAL FOUL (USUALLY CONTACT FOUL) - a player who is fouled in the act of shooting is awarded 2 free throws unless he/she makes the shot and then he/she is awarded only 1 free throw. If the player is fouled in the act of shooting on a 3 point attempt, he/she is awarded 3 free throws unless he/she makes the shot and then he/she is awarded only 1 free throw.

1. Holding/hacking – slapping or holding the offensive players hands, arms, or body in an attempt to obtain the ball
2. Charging (also known as a player control foul) - an offensive player (player with the ball) contacts a defensive player whose position or path is already established - no free throws are awarded
3. Pushing
4. Tripping – impeding the progression of a player by causing him/her to fall or stumble
5. Blocking – a defensive player attempts to block an offensive player with personal contact or arms extended to hold the progression of the offensive player

TECHNICAL FOUL - This is a personal foul, whether it's a verbal or physical foul. This foul is usually an unsportsmanlike conduct foul on the bench or player. This results in 2 free throw shots to the opposing team and they retain possession of the ball.

PASS - have the thumbs behind the ball and the fingers spread. Keep the elbows in.

1. Chest
2. Bounce
3. Overhead
4. Baseball
5. Lob

DRIBBLE – the ball is moved on the court by bouncing the ball with one hand and stepping while bouncing the ball

DOUBLE DRIBBLE - dribbling again after the first dribble is completed.

PLAYERS - 5 on the court – basic, traditional:

- 1 center - rebounder, good inside shooter
- 2 forwards - good rebounders, inside and outside shooters
- 2 guards - good dribblers, outside shooter and bring the ball down the court or into play

DEFENSIVE PLAYERS - A team that does not have possession of the ball and is trying to stop the other team from scoring. Players guard the team who is in possession of the ball to prevent them from scoring points in their basket. It is important to stay moving, hands active, and stay between the basket and the player you are guarding.

- **5 second rule** – A closely guarded player with the ball may hold the ball for 5 seconds before turning the ball over to the opponents.
- **man-to-man defense** – defense that requires each player to guard a particular person on the opposing team to prevent them from scoring
- **zone defense** – defense that requires each player to guard a particular area of the court
- **boxing out** – a defensive player's position under the basket that prevents an offensive player from receiving a rebound from the basket is called boxing out

OFFENSIVE PLAYERS – A team that has possession of the ball and is trying to score.

TRAVELING - An illegal movement of an offensive player's foot with the ball. This usually occurs prior to a dribble, shot and/or a pass.

THREE SECOND LANE – (or key) is located below the basket and extends out from the base line and towards the half court line. The free throw line is at the end of the key

DEAD BALL - The ball immediately becomes dead whenever a whistle is blown, after a field goal, when a foul occurs (personal or technical), after a held ball, if a ball gets lodged between the rim and the backboard, if a ball touches a support for the backboard, time out is called during a live ball, if a free throw attempted completely misses the rim, and an offensive player violates a lane restriction during a free throw attempt.

HELD BALL (alternating possession arrow) - This occurs if two players from opposite teams grab the ball simultaneously and struggle for a second or more.

PUTTING BALL INTO PLAY (STARTING A GAME, QUARTER AND/OR OUT OF BOUNDS)

1. A jump ball starts a game and any overtime period.
2. The alternating possession rule will handle all jump ball situations.
3. The team not winning the jump ball will have the alternating possession arrow advantage.
4. The offensive team has 5 seconds to put the ball in play on sideline or under the basket.
5. The offensive team has 10 seconds to move the ball across the center line.
6. Stealing is taking the ball away from the offensive team

OUT OF BOUNDS

1. After a violation occurs (may be on side line)
2. After the final free throw (if made): ball will be taken out under the basket at the baseline and the ball is given by the official in a designated area under the basket
3. After basket interference (goal tending) is when the defense blocks the ball on its downward motion directly over the basket
4. After a made field goal – take the ball out under the basket and a player may run the baseline

VIOLATION (other team gets the ball)

1. Causing the ball to go out of bounds
2. Double dribble
3. Three second violation - remaining in the free throw lane for more than 3 consecutive seconds when on offense.
4. Traveling
5. Stepping in the free throw lane before the ball touches the rim
6. Standing on or across the inbounds line when putting the ball into play
7. Taking longer than 5 seconds to throw the ball inbound
8. Closely guarded