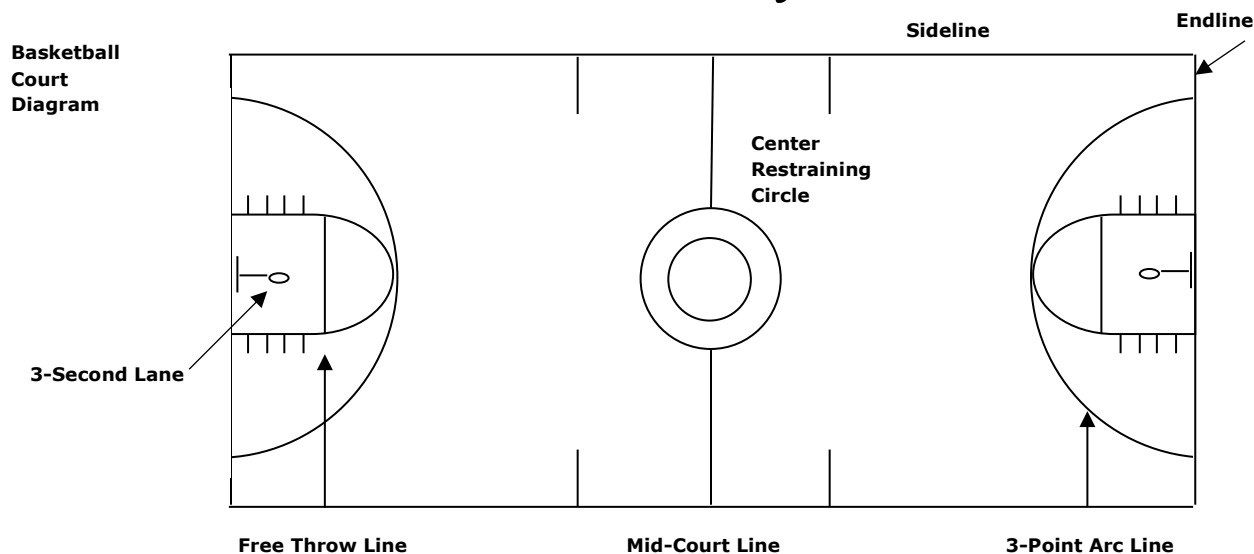


Basketball Study Guide



THE GAME

Each team is composed of five players, plus substitutions. The purpose of the game is to score more points than the opponents. When a team has possession of the ball, they attempt to score a basket. The other team tries to prevent that and to legally gain possession of the basketball.

The game starts with a jump ball between opposing players at the center restraining circle. The ball is tapped to a teammate and the game starts. Points are scored in three ways:

1. **1 point** – A free throw or foul shot
2. **2 points** – A **field goal** made from **inside** the three point arc line
3. **3 points** – A **field goal** made from **outside** the three point arc line

RULES

1. The ball or player with the ball is considered **out-of-bounds** when touching the floor on or outside the boundary lines.
2. A ball going out of bounds would result in a **"throw-in"** by a player from the team that did not touch it last.
3. **Three-Second Lane Rule** – An **offensive** player, with or without the ball, may not remain for more than **three seconds** in the free throw lane of his/her **"front"** court. After a shot is attempted, the count starts over.
4. **Violations** – includes causing the ball to go out of bounds, double-dribble, traveling, kicking the ball, illegal throw-in and the three-second lane rule.

Violations result in the ball being given to the other team for a throw-in from the sideline or the endline.

5. **Fouls** - A "foul" is an infringement of a rule involving some kind of illegal personal contact between opposing players. **Blocking, charging, pushing, holding** and **tripping** are all fouls. Each player is allowed **five (5)** personal fouls. After being charged with the 5th foul, he/she must leave the game and may not return.

Personal Foul Penalties:

- A. **One** free throw if the foul occurred during a field goal attempt and the shot **was made**.
- B. **Two** free throws if the foul occurred during a field goal attempt and the basket **was missed**.
- C. **No** free throw. **Non-shooting** foul. The ball is awarded to the offended player's team out of bounds, assuming it was before the 7th team foul of the half.
- D. One free throw plus a bonus free throw ("1 plus 1"). Shooter is fouled **after** he/she shoots or on the seventh and all other fouls that half.
6. When a "held ball" occurs during the game, each team will alternate taking the ball out of bounds at the nearest spot of the held ball.

BASKETBALL WORDS AND DEFINITIONS

BACK COURT – That part of the court containing the opponent's basket.

CHARGING – Contact resulting from a player with the ball moving his/her body or the ball into an opponent whose position or path is already established.

DEFENSIVE PLAYER – A player whose team does not possess the ball.

DOUBLE-DRIBBLE – Dribbling the ball, catching it and then dribbling again.

DRIVE – An aggressive move towards the basket by a player with the ball.

FASTBREAK – Moving the ball quickly down court in order to score before the defense can set up.

FIELD GOAL – A basket scored from the field. It scores two or three points depending on whether the shooter's feet were in front of or behind the three point shot arc.

FRONT COURT – That part of the court containing a team's own basket.

"GIVE-AND-GO" – A maneuver in which the offensive player makes a short pass to a teammate and then cuts in towards the basket for a return pass.

HELD BALL – When two opponents have one or both hands firmly on the ball and neither can gain possession without undue roughness.

JUMP BALL – Method of putting the ball into play by tossing it up between two opponents in the center restraining circle. This starts the game.

PERSON-TO-PERSON DEFENSE – Each team player has primary responsibility for guarding one of the opponents.

FREE THROW – An unguarded shot for a basket by a player at the free throw line.

OFFENSIVE PLAYER – Player whose team has possession of the ball.

PIVOT – A play in which the player holding the ball steps once or more in any direction with the same foot; the other foot, called the pivot foot, is kept at its first point of contact.

TECHNICAL FOUL – Charged to a team for a delay of game or unsportsmanlike conduct. The offended team is awarded a free throw and the ball out of bounds.

THREE-POINT SHOT – A shot made outside the 19' arc around the basket. Both feet must be behind the line when the ball is released. If made, the basket scores three points.

REBOUND – Gaining possession of the ball after an unsuccessful shooting attempt. Also refers to a ball which bounces off the rim or backboard.

TRAVELING – When a player in possession of the ball within bounds, progresses illegally in any direction.

SCREEN – An offensive maneuver where a player is positioned between the defender and a teammate in order to free the teammate for a shot.

ZONE DEFENSE – Each defensive player is responsible for guarding an area around the opponent's basket.

SKILL TECHNIQUES

PASSING – BOUNCE PASS, CHEST PASS, BASEBALL PASS, SNAP PASS, BALL FAKE/PASS

DRIBBLING – SPEED DRIBBLE, STOP & GO, WHIRL, CROSS OVER, BEHIND THE BACK

SHOOTING – BALANCE, SHOOTING FOOT FORWARD, ELBOW IN, HAND POSITION ON BALL (POSITION BALL SO CAN SEE BASKET), HIGH RELEASE ON FOLLOW THROUGH, FINISH

TIPS

SPREAD TEAM OUT ON OFFENSIVE POSSESSIONS, MOVE TO GET OPEN, USE SCREENS & BASKET CUTS TO GET OPEN SHOTS

DEFENSIVE POSITIONING- STAY BETWEEN YOUR PERSON & THE BASKET, WHEN BALL IS AWAY-LOOSEN UP ON YOUR PERSON