

Basketball Basics Rules

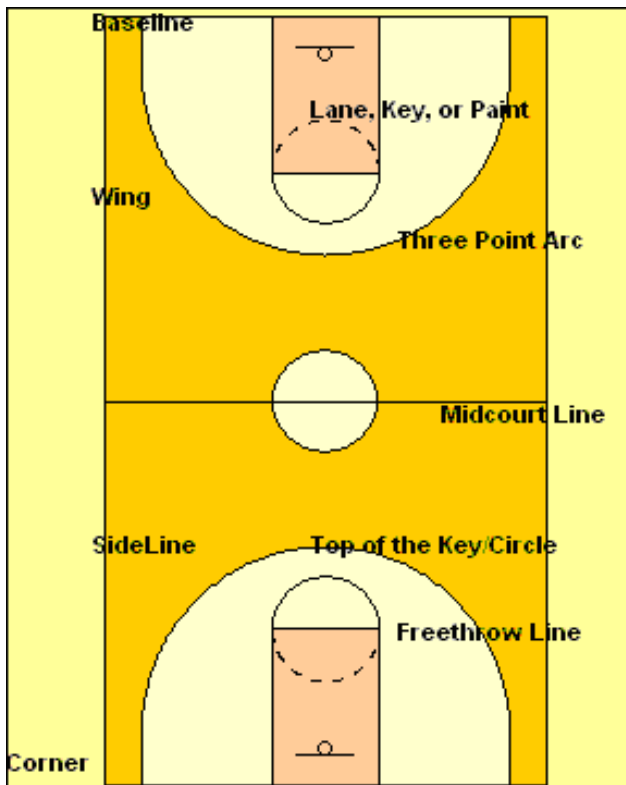
3 LEVEL



OBJECT

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 ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without

the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

EQUIPMENT

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



Basketballs



Basketball goals

STARTING PLAY

Each team is assigned a basket or goal to defend. This means that the other basket is their scoring basket. At halftime, the teams switch goals. The game begins with one player from either team at center court. A referee will toss the ball up between the two. The player that gets his hands on the ball will tip it to a teammate. This is called a tip-off. In addition to stealing the ball from an opposing player.

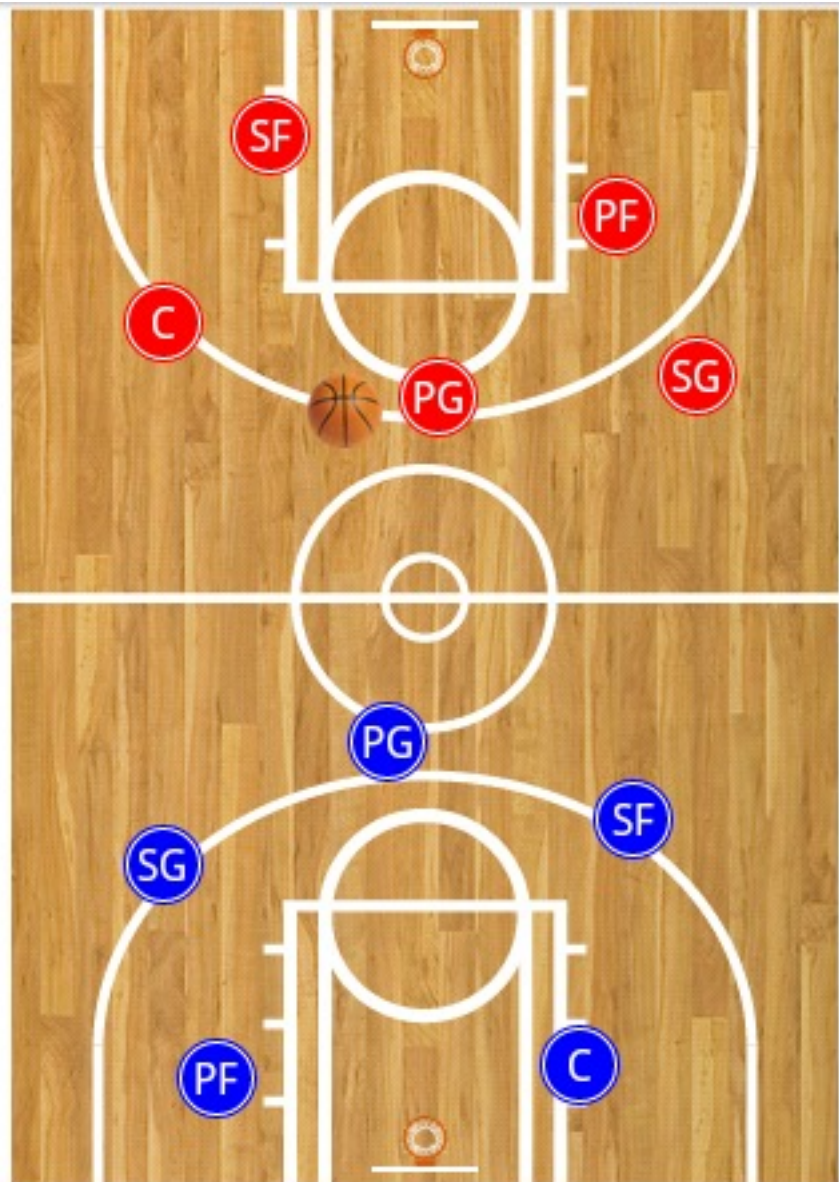
FUNDAMENTALS

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.

PLAYER 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). Usually the best handler.
- 2# or Shooting Guard (SG). Usually the best outside shooter.
- 3# or Wing or Small Forward (SF). Usually the most athletic player on

- the team who can play inside the key and outside.
- 4# or Power Forward (PF). Usually one of the taller players on the team who is a strong rebounder and can move around well around the key.
 - 5# or Center (C). Usually the tallest player on the team who plays exclusively inside the key and should be a good insider scorer and rebounder.

SCORING



When a team makes a basket, they score two points and the ball goes to the other team. If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A free throw is worth one point. Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed. Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a half. Once that number is reached, then the player who was fouled is awarded a '1-and-1' opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.

GAME LENGTH



BASIC shown

Each game is divided into sections. All levels have two halves. In college, each half is twenty minutes long. In high school and below, the halves are divided into eight (and sometimes, six) minute quarters. In the pros, quarters are twelve minutes long. There is a gap of several minutes between halves. Gaps between quarters are relatively short. If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges.

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 makes contact with 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 has to 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 is allowed to stay beyond 3 seconds in order 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 has to establish a pivot foot which has to remain on the floor at all times 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.