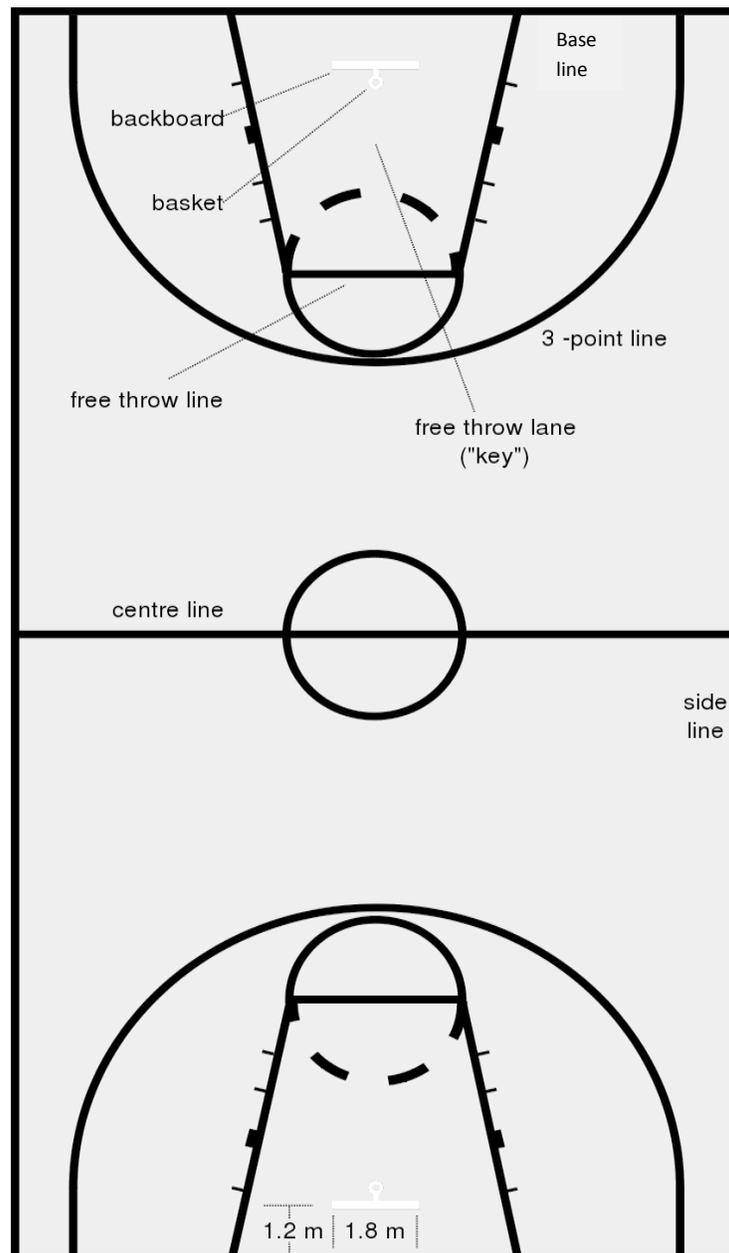


The Rules on Basketball

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has 8 seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area back of the line. If it does, the defense is awarded the ball.



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.

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 quarter 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 5 fouls have been accumulated during a quarter. Once that number is reached, then the player who was fouled is awarded two free throws.

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 ten (Sr), eight (Jr, Juv, Btm), and sometimes four or six (Elementary) minute quarters. In the pros, quarters are twelve minutes long. There is a gap of several minutes between halves. It can be different in each league. Gaps between quarters are relatively short. If the score is tied at the end of regulation, then overtime period(s) of the various respected lengths of a quarter are played until a winner emerges.

Each team is assigned a basket or goal to defend. The first half, the teams will shoot away from their bench; the other basket is their scoring basket. At halftime, the teams switch goals. The game begins with one player from either team at the 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 tip-off. In addition to stealing the ball from an opposing player, there are other ways for a team to get the ball.

Some ways are when teams commit fouls or violations.

FOULS

Personal fouls include any type of illegal physical contact such as:

- Hitting
- Pushing
- Slapping
- Holding
- Illegal pick/screen: When there is movement by the screener or when the screener sticks out a limb during the actual pick. A player must remain stationary when actual contact is made with the defender.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
- Inbound. If fouled while not shooting the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- Five or more fouls. If the team committing the foul has five or more fouls, then the fouled player receives two free throws.
- If a player commits more five or more fouls in a game, they are sent off the court for the remainder of the game.

Charging: An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

Blocking: Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant Foul: Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws, and the offense retains possession of the ball after the free throws.

Intentional Foul: When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical Foul: A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling: Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/ Palming: When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble: Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Jump Ball: Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending: If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot count. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

PLAYER POSITIONS

Point Guard

- ❖ Generally the shortest and fastest players in the team. They are often the best at dribbling and therefore they are often called upon to bring the ball up the court on offense while the rest of the players get into their positions. They are often the leader on the floor, calling out plays, and controlling the tempo of the game. They have the ball in their hands the most out of any position.
- ❖ Guards are usually the shortest players. They have excellent dribbling and usually play point and on the wings. Should be a good passer and a very good dribbler. Able to use both hands evenly. Cannot be selfish. Sets up the offense.

- ❖ They aren't always the smallest. Note, Michael Jordan was a guard and he was 6 feet 6 inches tall.
- ❖ Examples of a point guard: Allen Iverson, Chris Paul, Steve Nash.

Shooting Guard

- ❖ Usually taller than the point guard. Often these players are the best shooters from longer distances. They are also expected to be very fast and need to be able to dribble well.
- ❖ The back-up ball handler, usually better shooters (hence the name).
- ❖ The job of the shooting guard is to get open and find a shot or find another open player to keep the ball moving.
- ❖ Examples of a shooting guard: Kobe Bryant, Dwyane Wade, Ray Allen.

Small Forward

- ❖ Vary in mold. Taller than shooting guards but not as big as power forwards, these players are often very versatile, and can either shoot well from long range or get near the basket and get rebounds, etc.
- ❖ Forwards are some of the smallest players on the team. Usually plays around the wing or corner and usually drives along the baseline. Should be a solid rebounder. A good runner. A hard driver and a good passer.
- ❖ Very much like shooting guard, usually starts lower on court.
- ❖ Examples of a small forward: LeBron James, Carmelo Anthony, Andre Iguodala.

Power Forward

- ❖ The next biggest player. They traditionally do not stray out and shoot long shots but play near the painted area and by the basket, trying for short-range shots and layups. Good power forwards are also very good at rebounding. Recently in the NBA many power forwards have emerged and can shoot three pointers very well.
- ❖ Forwards fight under the net to get open for an easy layup. They are post players and are usually taller than the guards.
- ❖ Examples of a power forward: Kevin Garnett, Dwight Howard, Chris Bosh.

Center

- ❖ Usually the tallest and slowest players on the team. Their primary jobs are to get rebounds and score points when close to the basket. They are rarely expected to neither dribble the ball much nor shoot from more than 15 feet away. Some centers are very dominant at scoring from in close while many others only score a handful of points per game. The best players at blocking shots on defense are often centers.
- ❖ The center stays around the paint, which is the colored part of the floor around the basket. Should be a solid rebounder and a good inside shooter.
- ❖ The center has to be able to move around and help move the ball and occasionally shoot. For the most part, they are very helpful on defense.
- ❖ The center is the biggest or strongest player, and is usually interchangeable with power forward.
- ❖ Examples for a center: Amare Stoudemire, Shaquille O'Neal, Yao Ming.

Player positions can also be referred to by numbers: the point guard (PG) is 1, the shooting guard (SG) is 2, the small forward (SF) is 3, the power forward (PF) is 4, and the centre (C) is 5.

These are proper technique and fundamentals for basketball:

- ✓ **Shooting:** When you try to score into the opponent basket.
- ✓ **Passing:** A way to move the ball up the court to different players of your team.
- ✓ **Dribbling:** Bouncing the ball and keeping it away from the other team.
- ✓ **Layups:** When running up to the basket and shooting the ball off the backboard.
- ✓ **Jump-stop:** A better way to stop, instead of accidentally traveling. Stopping by planting two feet on the ground at the same time.
- ✓ **Pivoting:** When you stop dribbling and you only move one foot while your other foot is planted to the ground, so you can look to see where your players are.
- ✓ **Defense:** Making sure the offensive players don't score on your basket.
- ✓ **Rebounding:** When catching the ball off the backboard off a missed shot.