

Basketball

Rules

Each team consists of five players.

A jump ball puts the ball into play at the beginning of the game.

The jump ball takes place between a player from each team at the center circle. All other players must remain still around the circle until the ball is tapped by one of the 2 players jumping.

A goal counts 2 points unless the shot is taken behind the 3-point line.

A free throw counts as one point. A free throw is awarded for either a technical foul or a personal foul.

The ball is dribbled and passed by the offensive team until they either make a goal or lose the ball because of a foul, violation, or it is stolen by the defense.

Violations by the offensive team include; double dribble, traveling, three seconds in the lane, and being closely guarded for more than 5 seconds. If the offensive team makes a goal, then the other team takes the ball out of bounds beyond the end line and passes it in to a teammate, who dribbles and passes the other direction.

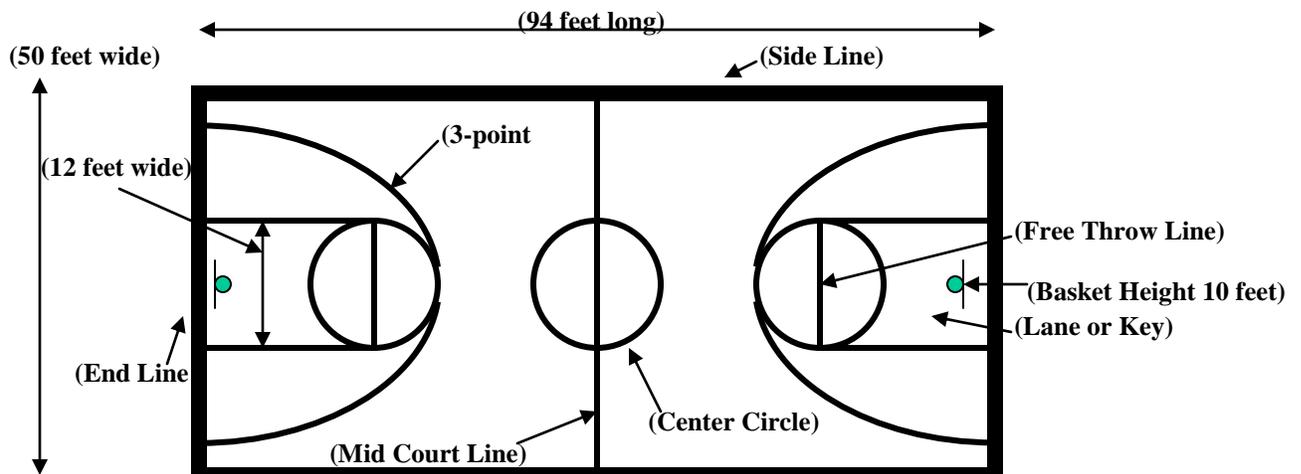
The offensive team must cross the half court line within ten seconds after they pass the ball inbounds.

Personal fouls consist of pushing, charging, tripping, slapping, reaching, or using rough tactics. Each player is allowed to foul 5 times before being disqualified from play.

A technical foul consists of; delay of game, un-sportsmanlike conduct, illegal entry, and excessive timeouts.

Each team is allowed seven fouls. After the seventh foul the player that is fouled is awarded a free throw. If they make the first free throw they are awarded a second free throw. If the offensive player is in the act of shooting when they are fouled, they are awarded two free throws automatically. If a team is charged with a technical foul, the other team is awarded 2 free throws and they get the ball back at the mid court line.

After the last free throw is taken, the ball is put into play in one of two ways, if the free throw is successful; the ball is taken out of bounds and passed in by the defensive team. If the free throw is missed, the ball is automatically in play with the rebound.



The free throw line is 15 feet from the basket and 19 feet from the end line.

Basketball Terms

Dribble – an offensive player bounces the ball on the floor with one hand in order to move down the court.

Chest Pass – two handed pass leaving from the passers chest and arriving at the receiver's chest.

Bounce Pass – same as the chest pass except the ball bounces off the floor before arriving at its target.

Pivoting – an offensive player with the ball keeps one foot in contact with the floor at all times while moving the other foot in order to keep from traveling.

Set Shot – one hand shot while the other hand helps guide the ball. The player does not jump.

Jump Shot – is when a shooter takes a two-foot takeoff straight up and releasing with a set shot.

Lay up – a short soft shot taken under the basket. If shot with the right hand, the shooter should jump off the left foot, and vice versa.

Foul – pushing, tripping, charging, holding, any other body contact or rough tactics.

Traveling – walking with the ball without dribbling.

Double Dribble – dribbling with both hands at the same time or dribble/ stop/ dribble.

Offensive team – the team possessing the ball.

Defensive Team – is the team without the ball.

Free Throw – a penalty shot taken behind the free throw line. A free throw is worth 1 point.

Field Goal – a basket scored during regular play. A field goal is worth 2 points.

Man-to-Man Defense – each player defends one player from the other team.

Zone Defense – each player covers an area of the floor.