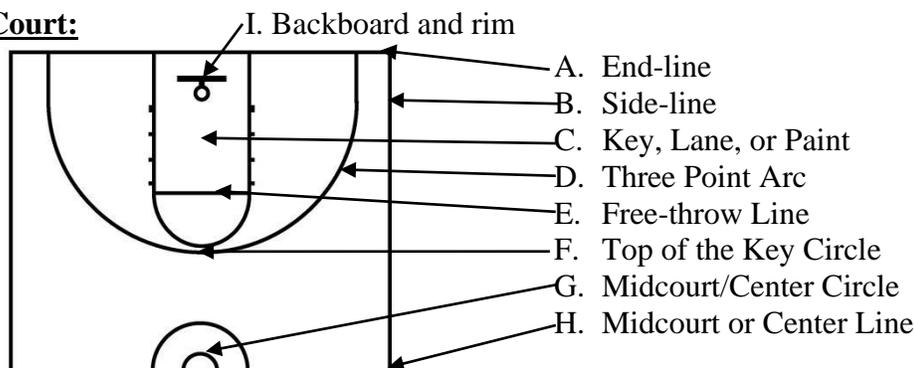


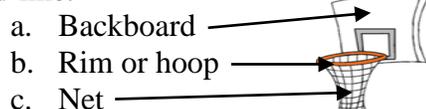
Basketball

General Description: Basketball is a team sport played with two teams of 5 players each. Each team defends their goal and tries to score by shooting a ball through their opponent's goal. The ball is moved by passing from player to player or dribbling the ball while walking or running.

The Court:



- I. The backboard is a large rectangle that holds the rim (hoop) 10 feet off the ground. The back board may be used to assist in scoring a goal. It is located above the key near the end-line.



- d. The rectangle behind the rim on the backboard has no name! Sometimes it is called the 'sweet spot' because it is used to help players make bank shot that bounce off the backboard before going into the goal.

Positions: All 5 players play both offense (when your team has the ball) and defense (when the other team has the ball).

- There are **2 guards** (Point Guard and Shooting Guard) who specialize in dribbling, passing and shooting the ball. They also help set up the offensive plays. The guards tend to be in the back court outside the 3-point arc.
- There are **2 forwards** (Small Forward and Power Forward) who specialize in shooting and rebounding. They tend to be in the forecourt closer to the basket.
- **One center** who usually is the main rebounder, is a good inside shooter, and passes the ball to the forwards. The center tends to be in and around the key.

The Game: The rules of the game may vary depending on the age, grade and what league you are playing in. The game starts with a jump ball where the official tosses the ball up between any two opponents who stand in the center circle. All other players may take any position they wish outside the center circle. The two opposing players jump to tap the ball to a teammate. Jumpers may not receive their own jumped ball. Then each team tries to advance the ball toward the opponent's goal to score by shooting the ball through the goal. The ball is moved by dribbling or passing.

Scoring: A successful goal from on or inside the arc is worth two points. Three points are awarded for a shot behind the three-point arc. One point is awarded for a successful free throw. After a score, the ball is put back into play at the end of the court by the non-scoring team.

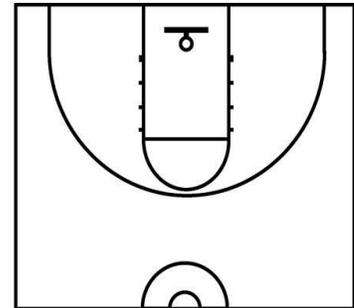
Violations: A violation is a minor infraction of the rules. The penalty for an infraction is a turnover. The opponents take possession on the sideline opposite the spot where the infraction occurred. Violations occur for:

- **Three seconds in the key** – offensive players staying in the offensive key for three seconds or more while their team has possession of the ball.
- **Traveling (walking)** – Taking more than two steps while holding the ball (without dribbling). Moving your pivot foot once you have stopped dribbling. Jumping in the air with the ball and coming back down with it (**up-down**).
- **Carrying or Palming the ball** – When a player dribbles the ball with his hand from the side of or, even under the ball.
- **Double dribbling** – Dribbling the ball, stopping, then dribbling again; or dribbling with two hands on the ball at the same time.
- **Out-of-bounds** – Causing the ball to go out of bounds by stepping on or over the boundary line while in possession of the ball (liners are out), or by passing or knocking the ball out of bounds.
- **Kicking the ball** – Kicking the ball intentionally.

Fouls: A foul results in one or more free throws awarded to the player fouled upon.

- **A personal foul** occurs when a player makes physical contact with another player. Fouls include holding, slapping, tripping, blocking, pushing, kicking, or charging an opponent; or engages in rough or unsportsmanlike play.
 1. If the foul occurs while shooting and the goal successful, points are awarded plus the player fouled gets one free throw.
 2. If the foul occurs while shooting and the goal was unsuccessful:
 - Two foul shots are awarded if the attempt was inside the 3-point arc.
 - Three foul shots are awarded if the attempt was outside the 3-point arc.
 3. If the foul occurs while a player is in possession of the ball, but not attempting to shoot, one free throw is awarded.
 4. If the foul occurs away from the ball it is a turnover.
- **A Technical Foul** occurs when a player or coach acts in an unsportsmanlike way. The opposing team is awarded two free throws at the foul line and ball possession afterward.

Free Throws: During a free throw situation the person fouled lines up at the free throw line. Other players line up along the side of the key, 3 on each side, and alternating teams. The team not throwing the free throw may take the spots closest to the basket. Other players must be outside the three-point arc. Players lined up along the key may not enter the key until the shooter releases the ball. If the free throw goes in the ball is returned to play on the end line under the basket. If it is missed the ball may be rebounded by any player and play continues.



Other Terms:

- One-on-One (Man-to-Man) defense - where everyone guards an assigned player.
- Zone defense - where everyone guards and defends an area instead of a player.
- Fast break – dribbling or passing the ball towards your basket before the defense can set up.
- Air ball – a shot that completely misses the rim and the backboard.
- Dunk – to throw the ball down into the basket with the hand above the level of the rim.
- Lay-up – is a shot attempt made by leaping from below, laying the ball up near the basket, and using a one-handed reach to bounce the ball off the backboard and into the basket.
- Rebound – is when a player retrieves the ball after a missed goal where the shot bounces off the rim or backboard and back into play. Any player may rebound and gain possession of the ball.
- Double teaming – where more than one defensive player is guarding an offensive player. This may only occur under and around the basket.
- Jump ball situation – is when 2 opposing players are holding the ball at the same time. If this occurs, then there is a jump ball near the point of occurrence.

Half-Court Basketball

The game is played much like regulation basketball, except that it is played in half the court and only one basket is used. Players call their own fouls and violations.

Rules:

- The game starts with a **jump ball** at the top of the three-point arc.
- If the offensive team scores a basket, the defense takes possession of the ball at the center line (behind the red line) and they become the offense and must “**check the ball**” before play resumes.
 - To “**Check the ball**” the offense passes the ball to the defense and they pass it back signaling all players are ready to play.
 - The offense has 5 seconds to put the ball into play or move the ball crosses the red line. At that time defense may move in.
 - You may not score from behind the red line for 5 seconds or you must cross the red line and return to behind the red line to shoot.
- **Clearing the ball:** With every turnover the ball must be cleared to the red line.
 - The person clearing the ball gets free backs to the red line.
 - The player with the ball is “safe” behind the line for 5 seconds or when you cross the red line (rules apply as above).
- Incidental **Jump Balls:** If you try and steal the ball from another player, and they pull back, you must let the original person with the ball have the ball. It is yours if the ball is easily taken. There should be very few jump balls.
- Guarding with arms up and out only. Do not reach in or around.
- **Double Teaming:** Only one-on-one defense allowed except in the vicinity of the key.
- 4th grade only, may not guard another player outside of the three-point line.