

BASKETBALL RULES:

TEAM: There are 5 players on a basketball team - 2 forwards, 1 center, and 2 guards.

The game is started by the referee who tosses the ball up between the 2 centers in the center circle at mid-court. The other players must remain outside the 6-foot restraining circle until the ball has been tapped by either of the 2 centers. After the center tap, the players try to advance the ball by dribbling or passing until a player is in position to throw the ball into his own basket. This is known as a field goal. The opposing team members try to prevent scoring by the opponents and try to secure possession of the ball.

A player who has possession of the ball may not hold on the ball for more than one step in any direction. He may dribble, pass or shoot the ball.

There are two types of fouls - **technical fouls** and **personal fouls**. Some of the technical fouls are unsportsmanlike conduct, leaving the court without permission, and too many time-outs. Personal fouls are pushing, holding, shoving, and charging etc.

In general, if a player commits a personal foul, two free throws are awarded to the opponents if the player is in the act of shooting. After the seventh personal foul is committed in a half, the opponents, when fouled get one shot and a bonus free throw if the first is made. Thus, non-shooting fouls result in one free throw, plus bonus and shooting fouls result in two free throws. Also, two free throws may be awarded for any personal foul if the referee considers the foul a flagrant or intentional foul. If a personal foul has been committed, the player fouled must attempt the free throw while any player may shoot in case of a technical foul. If a personal foul is committed by a player on the offensive team when his team is in possession of the ball, a foul is charged to the offensive player and the ball is given to the opponents at the nearest out-of-bounds spot and no free throws are awarded. Each player is allowed five personal fouls before being removed from the game.

After a goal or free throw has been made, the ball is put into play behind the end line by a player of the team that did not score. At the start of each quarter the ball is put into play by the alternate possession rule.

In general, there are two types of defense - **man-to-man** and **zone defense**. In the man-to-man defense, each player has the responsibility for guarding a particular player. In zone defense, each player is responsible for guarding any player who enters his area of the floor.

SCORING; - Points are scored by three methods: 2 points are scored if the ball goes through the basket when thrown from the field (field goal), 1 point is scored if the ball goes through the basket when thrown as a free throw, and 3 points are scored if the ball is shot from behind the three point arc. The object of the game is to score more points than the opponents during the regulation playing time of 4 quarters of 8 minutes each in high school. If a game ends in a tie, one or more extra periods are played.

VIOLATION: - When ever the rules are broken by violations such as traveling, double dribble, 3 seconds, etc., the opposing team is awarded the ball out-of-bounds at the nearest spot.

TERMINOLOGY:

Backboard: Wood, metal glass, or any flat rigid material against which the basket is attached.

Back Court: That section of the court from the division line to the opponents' basket.

Center: One of the 5 players who jumps center at the beginning of the game.

Center Circle: A circle with a radius of 2 feet located in the middle of the floor.

Division Line: The line halfway between the two baskets, that divides the court into two halves.

Double Foul: Two opponents commit personal fouls against each other at the same time.

Fast Break: The defensive team gets the ball and moves rapidly down the court toward their own court.

Field Goal: A basket made from the court during play and counts 2 points.

Forward: Two of the five players who line up ahead of their center for the center tap at the beginning of the game.

Free Throw: An opportunity to throw the ball at the basket from a position behind the free throw line, without being guarded.

Free Throw Lane: That part of the court extended from the free throw line to the back line.

Front Court: The line extended from the division line to the end line. The front court is the part of the floor where your basket is located.

Free Throw Line: The line extended across the free throw circle, 19 feet from the end line.

Guard: Two of the five players who line up behind their center for the center tap at the beginning of a game.

Jump Ball: The toss up of a ball between two opposing players by an official during the game.

Lay Up: A one-handed attempt to make a goal by a short, close shot close to the basket.

Personal Foul: When a player makes contact with an opponent when the ball is in play.

Pivot: The movement of a player with one foot in contact with the floor.

Screen: The legal position of a player who prevents or delays an opponent from reaching a certain spot of the floor.

Technical Foul: A foul that does not involve player contact and occurs when play is suspended or stopped.