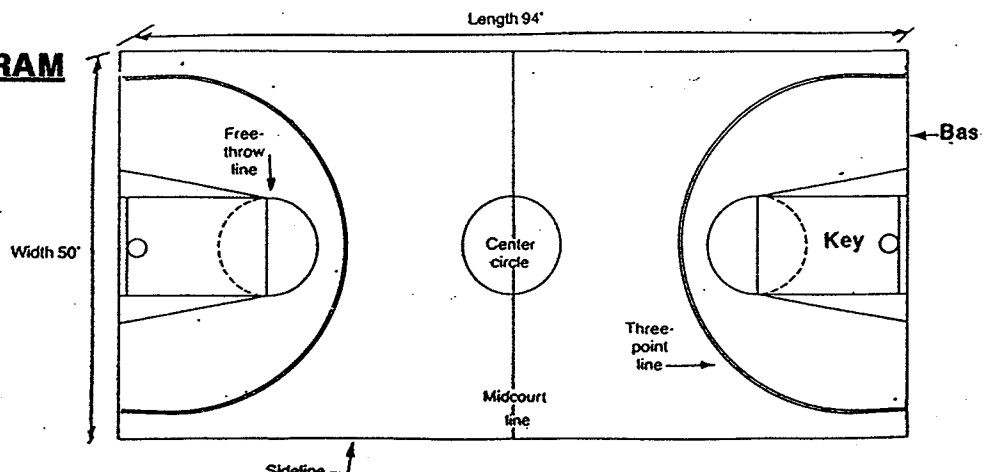


BASKETBALL 11-12

BASIC RULES

- The Game:** Basketball is a game played by two teams, with only five players from each team permitted on the court at one time.
- Officials:** During a game there are two officials on the floor, a referee and an umpire. They are assisted by a scorekeeper, timekeeper and 30 second (shot clock) timer.
- Scoring:** A successful field goal attempt taken beyond the 3 point line is worth 3 points. A successful field goal attempt taken inside the 3 point line is worth 2 points. A successful free throw attempt is worth 1 point.
- Length of Game:** In international basketball the playing time consists of two 20 minute halves with a 10 minute half-time break. The N.B.A. plays four 12 minute quarters.
If a game is tied after regulation time then teams play a 5 minute overtime period. The overtime is not sudden death - teams play the full 5 minutes. If the game is still tied another overtime period is played.
- Jump Ball:** There are a number of reasons for a jump ball to occur during a game:
1. to start the game, quarter or half
 2. to restart after a ball has been held for 5 seconds by two opponents
 3. to restart after a double foul by two opponents
 4. when there is uncertainty as to which team put the ball out of bounds
- Violations:** Minor infractions of the rules. After a violation the ball is put back in play from the sideline nearest to where the violation took place by the opposing team. Violations include:
1. traveling - including moving without dribbling the ball, changing pivot foot
 2. stepping or going out of bounds with the ball
 3. over and back - bringing the ball back into your backcourt from the frontcourt
 4. double dribble
 5. three seconds in the opponents key
 6. foot ball - any time a player intentionally strikes the ball with his foot
 7. shooter stepping over the free throw line before the free throw hits the rim
 - 8) 30 second violation (shot clock) - a team that does not take a shot within 30 seconds of gaining possession of the ball.
 - 9) 10 seconds - teams must get the ball past centre within 10 seconds
- Personal Fouls:** A personal foul is a player foul which involves contact with an opponent. The player responsible for the contact is charged with a personal foul. After 5 personal fouls the player is eliminated from the game. Personal fouls include:
1. holding an opponent
 2. pushing or tripping an opponent
 3. charging into an opponent
 4. illegally blocking an opponent
 5. illegal use of the hands - hitting an opponents arm or body especially while that player is shooting.

COURT DIAGRAM





GLOSSARY OF TERMS

- Backcourt** - the half of a court which a team defends
- Blocking** - a foul by a player who impedes the path of an opponent.
- Charging** - a foul by an offensive player who runs into an opponent.
- Disqualifying Foul** - any flagrantly unsportsmanlike technical or personal foul (i.e. verbally abusing the official or deliberately attempting to injure an opponent). The player is immediately ejected from the game.
- Fast Break** - a style of offense in which a team attempts to race to the offensive basket before the defense can get set.
- Field Goal** - a basket made from the court during normal play. A field goal is worth 2 or 3 points, depending on the part of the court from which the shot is attempted.
- Free Throw** - a free (unguarded) shot from the Free Throw Line, awarded after certain fouls by the opposing team. Also called a foul shot.
- Front Court** - the half of the court in which a team is trying to score.
- Intentional Foul** - a personal foul which was deliberately committed by a player against an opponent. Results in two free throws plus possession of the ball at center court.
- Man to Man Defense** - a style of team defense where each player is assigned one specific opponent to guard.
- Offensive Foul** - a personal foul committed by a player on the offensive team. Also called a team control foul.
- Personal Foul** - a player foul involving contact with an opponent.
- Press** - a style of defense in which defensive players closely guard and put pressure on the offensive players.
- Rebound** - the recovery of a missed field goal attempt.
- Steal** - the capture of the ball by a defender from an opposing player; an intercepted pass.
- Technical Foul** - unsportsmanlike conduct or failure to follow the basic rules of the game.
- Traveling** - running or walking with the ball without dribbling it.
- Turnover** - loss of possession of the ball without attempting a field goal.
- Violation** - minor infraction of the rules.
- Zone Defense** - a style of team defense where each player guards a specific area of the court rather than a specific opponent.