

## BASKETBALL GUIDE

I. HISTORY

Basketball was devised by Dr. James Naismith in 1891. In early games a football was used, peach baskets were goals, and there could be 50 players on a team. In 1899, Senda Berenson formulated rules for girls.

II. THE GAME

Basketball is a game played by two teams of 5 players each and each team must have 5 players to start the game. The purpose of each team is to get the ball into its own basket and prevent the other team from securing possession of the ball or scoring. An official game consists of four 8 minute quarters. Should the game end in a tie, an extra overtime period of FOUR minutes is played to determine the winner.

III. SCORING

A field goal (basket) scores two points if in front of the 19'9" circle. If behind the 19'9" circle a field goal scores three points.

A free throw scores one point if made and the opponents take the ball out-of-bounds as in a field goal. If missed, but the ball hits the rim, the ball is in play. If the ball does not hit the rim, the opponents take it out-of-bounds at the end line, nearest the violation.

IV. DEFINITION OF TERMS

Closely guarded - the defensive player guards within 3 feet of the player with the ball (offensive player).

Dribble - a player gives impetus to the ball one or more times, causing it to rebound from the floor, and then touches or regains possessions of it. Once the dribble has begun, the ball may not again come to rest on the hand or be bounced by both hands. If the ball is touched by an opponent during the dribble, and possession is retained, the dribble is not ended.

Held ball - a player holding the ball more than five seconds when closely guarded. Ball is awarded to opponents.

Traveling - illegal progression (more than 1 1/2 steps) in any direction while retaining possession of the ball while in bounds. Ball is awarded to the opponents out-of-bounds at the point closest to the violation.

Offensive team - team that has possession of the ball and is trying to score.

Defensive team - team that does not have the ball and is trying to keep the other team from scoring.

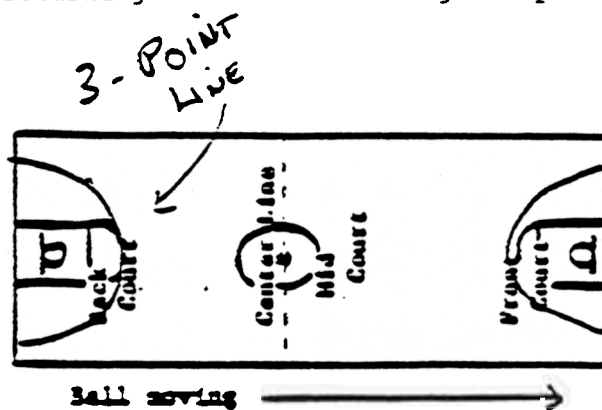
V. VIOLATIONS

Violations are minor infractions of the rules for which the penalty is that the opponents get the ball out-of-bounds at the side line or end line.

1. Intentionally kicking or punching the ball.
2. Double dribble - bounce, catch, and bounce again or hitting part of your body with ball while dribbling.
3. Holding the ball for 5 seconds out-of-bounds or 10 seconds at the free throw line.
4. Bouncing the ball to self on a throw-in from out-of-bounds.

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5. Traveling.
6. Throwing for a basket from out-of-bounds.  
Catch the ball instead of tapping it on a jump ball (ball may be tapped twice in the air).
8. Palming the ball - momentarily resting the ball on the hand during the dribble.
9. Stepping on the side line while in possession of the ball.
10. Stepping on free throw lane line while teammate is taking a free throw or stepping on the free throw line while attempting a free throw.  
Offensive player in the "free throw lane" 3 seconds.
12. Leaving the court and returning at a more advantageous position
13. Illegal free throw.



14. Team has 10 seconds to bring ball across center line from back court to front court.

Once the ball goes over the center line, it must stay in that half of the court. Should the ball come back over the center line, the opponents get the ball on the side line. Over and back rule.

VI. FOULS

- A. Common fouls are all personal fouls made by the offense and defense.  
EXCEPTION: a foul committed against a player trying for a field goal.\*  
examples: - tripping  
                  pushing  
                  charging  
                  blocking
1. Penalty for common foul made by OFFENSE: (also called "player control foul" or "offensive foul")  
  
Penalty same as in violation. See VI (c) 7th common foul by a team results in a 1 - 1 bonus situation for the other team.
2. Penalty for common foul made by DEFENSE: Penalty same as violation. See VI (c) for explanation of bonus situation.
- B. OTHER FOULS
1. Two free throws plus the ball out-of-bounds at half court are awarded for the following fouls:
  - A. Intentional foul
  - B. Technical foul
  - C. Bench Technical

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2.\* Against person who is shooting for a field goal-penalty, one free throw if the field goal was made - two free throws if a two point field goal was missed and three free throws if a three point field goal was missed.

3. Flagrant foul - penalty, two free throws and ball out of bounds.

C. Explanation of "BONUS" situation. After a team receives its 7th foul, the penalty for all DEFENSIVE fouls not committed against a shooter is a free throw. If the first free throw is made, a second bonus free throw is awarded.

D. 10th Foul - On the 10th team foul, all defensive fouls result in two free throws unless committed against a three point shooter which is three free throws.

VII. FREE THROWS - correct positions during a free throw, both lane spaces adjacent to the end line (lane spaces closest to the basket) should be occupied by the defending team. The middle two spaces are occupied by the offense.

VIII. NUMBER OF FREE THROWS - review

A. One free throw:

1. Foul against field goal shooter whose try is successful.
2. Any common foul by the defense.

B. Two free throws:

1. Foul against a field goal shooter whose try is unsuccessful.
2. Intentional foul, technical foul.

C. Three Free Throws

1. Foul against a field goal shooter whose try is unsuccessful from behind the 19'9" circle.

IX. VIOLATIONS during a free throw.

1. By an offensive player -- the goal, if made, does not count.
2. By a defensive player -- the goal, if made, shall count. If missed, the free throw is repeated.
3. By players of both teams -- no score is made, ball goes to team with possession arrow.

X. JUMP BALL

A method of putting the ball into play by tossing it up between two opponents in one of the three restraining circles. Each jumper must stay in the half of the restraining circle which is farthest from her own basket.

A non-jumper shall not move in to or around the circle or change position around the circle UNTIL the ball has left the official's hands. You cannot enter the circle until the ball has been tapped. \*The ball may be tapped twice in the air by a jumper. It is also called a jump ball when 2 or more players from opposing teams gain possession simultaneously. Alternate possession rule applies here.

A jump ball is used to start the game and overtime periods.

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### ALTERNATE POSSESSION

In all jump ball situations other than the start of the game and each extra period, the teams will alternate taking the ball out of bounds for a throw-in. The team not obtaining control of the jump ball will start the alternating possession procedure. Control may also be established by the results of a violation or foul.

#### Alternate possession is used:

1. To start the second, third and fourth quarter.
2. When a jump ball is called.
3. A double violation.
4. A double foul.

The direction of the possession arrow is changed immediately after an alternating possession throw-in ends. An alternating possession throw-in ends when the throw-in ends or when the throw-in team violates.

### SKILLS

Basketball is a game of skill, and handling the ball correctly is one of the most important of the skills, since the whole game is built around a team's ability to move the ball down court and to score a goal.

### CATCHING AND PASSING

1. It is much faster to move the ball down the court by means of a pass, than it is by means of a dribble.
2. In order to handle the ball well, the individual must develop strong wrists, fingers, and arms. The first part of handling the ball, of course, starts with receiving the ball.
3. Other Passes:
  - a. Two-hand chest pass
  - b. One-hand baseball throw
  - c. Two-hand overhead pass
  - d. One-hand bounce pass
  - e. Two-hand bounce pass

### DRIBBLING

Probably the hardest thing about the dribble is knowing when to use the dribble. Too much dribbling by one individual can ruin team work and throw play patterns off. Use it only:

1. When a pass is not possible.
2. When you are close enough to dribble in for a lay-up.
3. In order to get out of trouble in congested areas.

### SHOOTING

1. Lay-up - shot taken close to goal.
  - a. push off correct foot (opposite shooting hand).
  - b. go up into air as high as possible.
  - c. lay shot up gently.
2. One-hand set shot-usually a medium range shot.
3. Jump shot-hard to guard-can be shot while on the move, or while stationary.
4. Hook shot-developed by post player.
  - a. Can be shot right or left handed.
  - b. Good for short people-body is between guard and ball, making it hard to guard or block.

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5. Free throw-different from all other shots in that the individual has more time to get ready for the shot. At no other time in the game will an individual have as good a chance of making a shoot as in shooting free throws, for here he/she isn't rushed or guarded.

### GUARDING

Defense is an important part of basketball. A team that can play defense as well as offense has an advantage on an opponent who can only shoot.

### FAKING

Faking or feinting is a maneuver that can shake a player loose for a shot, a pass, or a cut to the goal. Faking can be done with or without the ball.

### REBOUNDING

Rebounding is one of the most important fundamentals of basketball. There are many missed shots during a game, and if a team can learn to control the rebounds, it has a decisive advantage over the opponents.

There are two types of rebounds: defensive and offensive.

### TEAM DEFENSE

The purpose of a zone defense is to concentrate five defensive players relatively close to the basket in order to reduce the number of easy shots the offense can take. In a zone defense each player has an area of the floor to cover and each shifts within this area as the ball and the offensive players change positions.

Variations of zone:

- A. 2-1-2
- B.
- C.

### TEAM OFFENSE

Basic principles when playing offense are:

1. Pass quickly.
2. Overload to one side.
3. Send a player through the middle.
4. Use post player.
5. Move to meet the ball.
6. Shot fakes.

Time outs - Four per game

Ball size: Women: 28 1/2" - 29"  
Men: 29 1/2" - 30"