

## Basketball

### Section 1: History

In the year 1891, Dr. James A. Naismith an instructor at Springfield College in Massachusetts, was given the challenge of creating a new game that could be played indoors, basketball. Basketball is played on a rectangular court by two opposing teams of five players each. The object of the game is to score more points than the other opposing team in the allotted time. Scoring is accomplished by advancing the ball into position by passing or dribbling and then shooting the ball through the opponent's goal. The ball is passed, thrown, bounced, batted or rolled from one player to another. The team not in possession of the ball attempts to deny the offensive team the opportunity to score. Basketball presents the opportunity to learn ball skills, coordination, agility, and body control: participation in the game can contribute toward maintenance of an individual's total fitness. The fundamental skills needed are pivoting, catching, passing, dribbling, shooting and rebounding.

### Section 2: Equipment

#### A. The Ground and ball

The playing court has dimensions of not greater than 94 ft. in length by 50 ft. in width. Modifications are sometimes made to accommodate space limitations or for younger players. The ball is spherical with a circumference of 29 1/2 to 30 inches for men and 28 1/2 to 29 inches for women.

#### B. Goal

The two goals or baskets are fastened to the backboard on a metal ring 18 inches in diameter and 10 feet above the floor.

#### C. Scoring

A **field goal** is scored when a live ball enters the basket from above the basket and passes down through it. If a player mistakenly scores a field goal in the opponent's basket, the goal is counted for the opponent.

field goal from within 19 ft. 9 in. - 2 points;  
field goal beyond 19 ft. 9 in. - 3 points;  
Free Throw - 1 point.

#### D. Game Length

A high school game consists of four quarters eight minutes in length, with a 10-minute intermission at the half. Each overtime period is four minutes.

E. Stopping the game

Once the ball is put in play, play continues and the clock runs until:

1. a violation occurs;
2. the ball goes out of bounds;
3. a personal foul occurs;
4. a time out is called.

**Section 3: Terminology**

A. Back court

The section of court from the dividing line to the opponent's basket.

B. Blocking

Illegal personal contact which impedes the progress of an opponent.

C. Blocking out - (boxed out) a term used to designate a player's position under the backboard which prevents an opposing player from achieving good rebounding position.

D. Boundary Lines

The end lines on the width of the court and the sidelines on the length of the court.

E Charging

Illegal personal contact by pushing or moving into an opponent's torso.

F. Defense

the team not in possession of the ball

G. Dribble

bouncing the ball on the floor, using one hand at a time

H. Double Dribble

Dribbling a second time after his or her first dribble has ended.

I. Field goal

a basket scored from the field

J. Free Throw

The opportunity to score 1 point by an unhindered try for a goal from within the free throw circle and behind the free throw line. Trying for this goal shall be made within 10 sec.

K. Front Court

The part of the court between its ending and the nearer edge of the division line.  
(includes your basket)

L. Holding

The illegal personal contact with an opponent which interferes with his or her freedom of movement.

M. Jump Ball

The method of putting the ball into play to start the game.

N. Man to Man

The defensive strategy of guarding a particular person.

O. Offense

the team with possession of the ball

P. Pivot

Stepping once or more than once in any direction, with the same foot while the other foot is kept at its point of contact with the floor.

Q. Rebound

a term usually applied when the ball bounces off the backboard or basket

R. Traveling

Illegal progression in any direction while retaining possession of the ball inbounds.

S. Throw-in

putting the ball in play from out-of-bounds. (5sec.) The thrower can not step on the court while still possessing the ball.

T. Possession arrow

A device located at the scorer's table, which is used to indicate the direction of the team's basket for the alternating possession procedure.

U. Violation

an infraction of the rules resulting in a throw-in from out-of-bounds for the opponent, out of bounds, double dribble, traveling, kick, illegal throw-in

V. Zone

The defensive strategy of guarding a certain area of the court.

**Section 4: Rules**

## A. Definition of Playing Terms

1. closely guarded - the defensive player guards within 3 feet of the player with the ball
2. dead ball - the ball becomes dead when the whistle is blown and the clock has stopped.
3. foul - an infringement of a rule for which one or more free throws may be given.
  - a. Personal foul - a personal foul results when contact is made with an opponent while the ball is alive. A personal foul is called if:
    1. a player holds, pushes charges or trips an opponent;
    2. a dribbler charges into a defensive man when the defensive man has established position on the court. NOTE: In general the personal foul is charged to the player who causes bodily contact to the opposing player.
  - b. shooting vs. non-shooting personal fouls  
 The penalty of a personal foul is dependent upon whether the player is shooting the ball, and how many fouls his/her team has committed during the half.
    1. if a player is fouled in the act of shooting, two free throws are awarded unless the try is successful in which case only one free throw is awarded;
    2. a non-shooting foul is when a foul occurs away from the ball. Seven fouls for each team in a half before a “one on one” situation occurs.
    3. two shots are awarded when a team has ten team fouls
  - c. technical fouls
    1. Awarded for situations such as delaying the game, unsportsmanlike conduct, illegal substitutions, and using excessive time-outs
    - 2 free throws for each foul

## B. Jump Ball Regulations

1. A jump ball is taken in the center restraining circle between any two opposing players.
2. Player Positions
  - a. the jumper shall have one foot on or inside half of center circle; both feet within restraining circle;
  - b. non-jumpers can not move into circle or change position around circle;
  - c. non-jumpers can not break the restraining circle; until ball is tapped
  - d. the ball is tapped after it reaches its highest point;
  - e. neither jumper shall touch the ball more than twice;
  - f. when a jump ball violation occurs, the ball goes to an opponent out-of-bounds at the sideline opposite the restraining circle where the violation occurred.

### C. Ball Handling Regulations

1. A player may hold the ball for 5 seconds inbounds if closely guarded, 5 seconds out of bounds and 10 seconds on a free throw.
2. A player may use two steps after receiving the ball in the air, on the run or on the completion of a dribble.
3. A player may use either foot as a pivot foot after catching the ball, while standing still or after coming to a stop on the first step.
4. A player may throw, tip, bounce, hand or roll the ball to another player.
5. When a violation occurs while handling the ball, the ball goes to an opponent out-of-bounds opposite the spot closest to where the violation occurred.
6. Failure to advance the ball across the mid-court line within 10 seconds results in loss of possession

### D. Out-of-Bounds Regulations

1. The ball is out-of-bounds when it touches the floor or any person or object on or outside the boundary line, the supports or back of the backboard.
2. The ball is awarded out-of-bounds at the nearest point after:
  - a. a violation;
  - b. a dead ball if no foul is involved;
  - c. common fouls.
3. The ball is awarded out-of-bounds at the sideline after:
  - a. a jump ball violation;
  - b. a free throw violation.
4. The ball is awarded out-of-bounds at the end line after:
  - a. a field goal;
  - b. a successful free throw.

### E. Three Second Lane Violation

1. A player may not remain for 3 seconds in that part of his or her free throw lane between the end boundary and the farther edge of the free throw lane while the ball is in control of his or her team in his or her front court.

