

BASKETBALL RULES – STUDY GUIDE



HISTORY: Basketball is the only major sport that originated in America. Dr. James A. Naismith introduced the game to a class at the YMCA College in Springfield, Massachusetts, on January 20, 1892. For the first game, Dr. Naismith had the school janitor attach a peach basket ten feet from the floor at each end of a large hall. The baskets were about 15 inches in diameter across the opening and a football was used for the ball. The person designated to umpire the game had to remove the ball from the baskets by climbing a stepladder. As the game developed A.G. Spalding & Bros. placed on the market a basket, which when a dangling string was pulled, released the ball. The number of players composing a team depended largely upon the size of the floor space, but it could range from three to forty. Nine players on a team were the most popular: a goalkeeper, two guards, three center players, two wings and a home man. When a team had forty players, two balls generally were used in the game. Eventually teams were reduced to seven players and around 1894 teams were reduced to five. The first method of putting the ball in play was a free for all in which the ball was tossed down the center of the floor between the teams lined up on either side.

OBJECTIVE: The object of the game is to score points by getting the ball through your own basket as often as possible and by preventing the opponent from getting the ball or scoring points.

SCORING: A goal made from the court counts **two (2) points**. A successful free throw after a foul scores **one (1) point**. The winner is the team with the highest score at the end of playing time.

TEAM: Each team consists of **five (5) players**.

GAME: The game is started with a jump ball in the center circle. Any two players may take part in this jump provided they are not on the same team. All other players should stand around the circle (not in it) until the ball is tapped. Players taking part in the jump may tap the ball no more than twice and may not touch the ball again until another player not involved in the jump has touched the ball or the ball has touched the floor.

TERMS: **Jump Ball** – A method of putting the ball into play by tossing it up between two opponents (by an official) in the center restraining circle. This is only used to begin the game.

Jump Ball – A player places one or both hands firmly on a ball already held by an opponent. Results – alternating possessions. This is used throughout the game.

Dribble – A method of advancing the ball by bouncing it to the floor and back to the hand a number of times in succession without catching it until the last bounce.

Pass – Throwing or bouncing the ball to a teammate.

Pivoting – When the player with the ball is standing still, but wishes to move in a circular fashion either before or after dribbling, the player keeps one foot stationary and turns on it, while moving the other foot.

Guarding – A method used to prevent your opponent from passing, getting, advancing, or shooting the ball.

Man-to-Man Defense – A defense in which each player has an assigned opponent to guard.

Zone Defense – A defense in which players guard a particular area.



Defense – The team that does not have possession of the ball.

Offense – The team that has possession of the ball.

Free Throw – An unguarded shot for a goal by a player from a position behind the free throw line and within the restraining circle. If made scores one (1) point.

Rebound – A missed shot that hits the rim or backboard and a player jumps to gain possession of the ball.

Backcourt – The half of the court that includes the basket a team is defending.

Frontcourt – The half of the court that includes the basket a team is shooting toward for goals.

VIOLATION: A breaking of the rules for which the ball is put in play from out-of-bounds by the opponent.

1. Traveling (walking or running with the ball without dribbling)
2. Double Dribble (dribbling, stopping and dribbling again)
3. Illegal Dribble (dribbling with two hands or palming the ball)
4. Moving or entering the jump ball circle before the ball is tapped.
5. Tapping the ball more than twice on a jump ball
6. Holding or dribbling the ball when you or the ball is out-of-bounds.
7. Stepping on or over the boundary line when throwing the ball in from out-of-bounds.
8. Holding the ball more than five (5) seconds when out-of-bounds.
9. Entering the free throw lane before the free throw is taken (non-shooter) or before the ball hits the rim (shooter).
10. Kicking the ball.
11. Over and back (when the offense crosses with the ball past half court and then goes back over the half court line with the ball)
12. Taking more than ten (10) seconds when shooting a free throw or moving the ball out of the backcourt.

FOULS: A breaking of a rule for which one or more free throws are given to the opponents. Five fouls and you are out of the game. One disqualifying foul and you are out of the game.

PERSONAL

FOUL: A foul that results from body contact between two or more players on opposing teams:

1. Pushing, pulling, hitting, holding
2. Tripping
3. Blocking
4. Charging
5. Unnecessary roughness

TECHNICAL

FOUL: A foul that usually results because of some form of unsportsmanlike conduct:

1. Swearing
2. Fighting
3. Abuse of the ball or officials
4. Too many players on the court
5. Wearing any type of jewelry

