MCST Basketball

Mr. Brophy

Ms. Murphy

Mr. Prentice

Mrs. Adler

Basketball History

Dr. James Naismith

# Rules of the Game

Number of players

If you want to play basketball for fun, you have the possibility of playing on your own. But you can also play team games with either 1, 2, 3, 4 or 5 players on each teams. Teams can be mixed, with boys and girls, or not.

On a competition level, a team is made up of 5 players playing on the court and 5 players sitting on the bench that can be

Positions

- Each player is assigned a position when playing. This position is usually determined by the height of the player.

  The tallest player on the team usually plays "center" also known as "position 5", while the medium size ones play

Shooting guard

Small forward

Centre

Point guard

Power forward
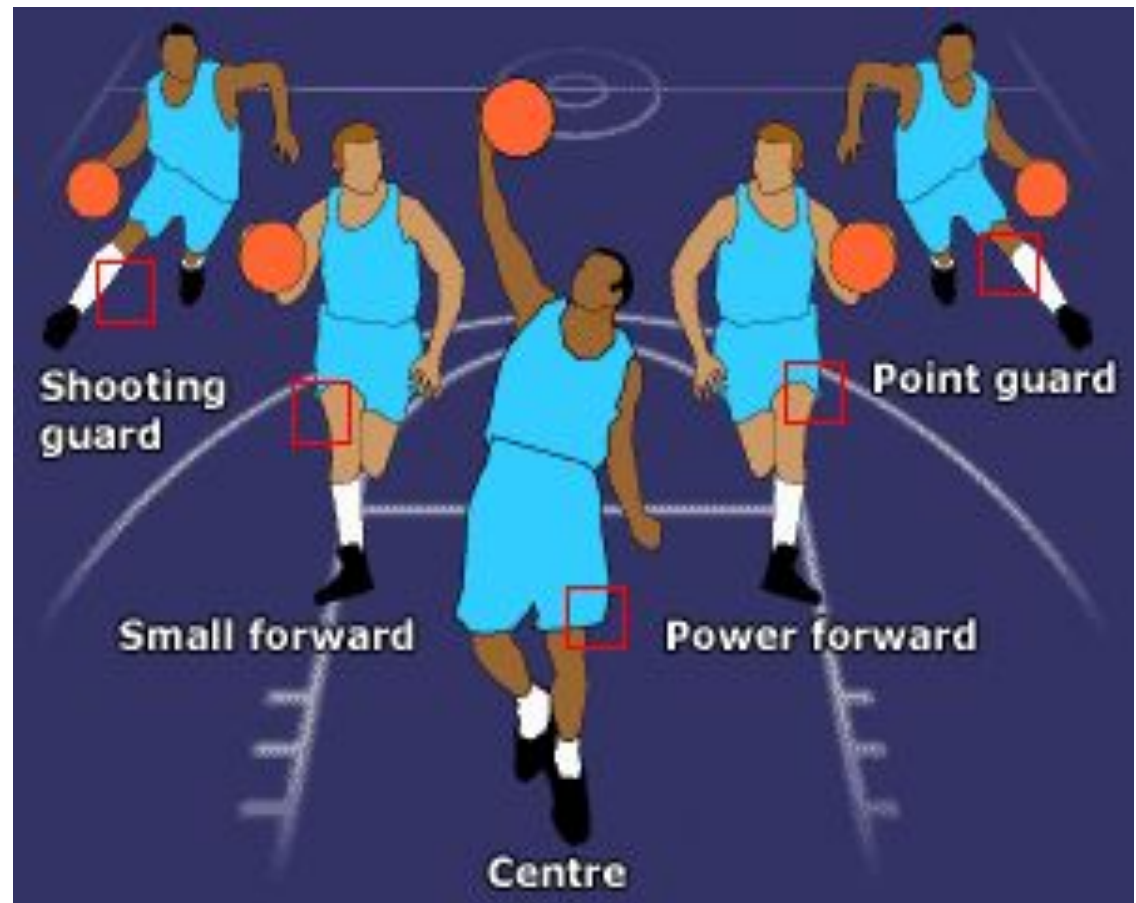
Scoring

- A player scores when he manages to throw the ball into the basket, with the ball passing through the basket from above the hoop. Scoring a basket increases the team's score by 3, 2, or 1 point.

- 2 point field goal- a shot made from anywhere during play inside the 3 pt arc.

- 3 point field goal- a shot made from anywhere outside the 3 pt arc.

- Free throw- 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

Violations!!

- A violation occurs when the player breaks one of the rules of Basketball. A violation results in the awarding of the ball to the opponents.
- **Traveling-** moving illegally with the ball
- **Three seconds-** an offensive player remains in the key (free throw lane- the area under the basket) for more than 3 seconds
- **Double dribble-** a player dribbles the ball with both hands at the same time or they stop and then start dribbling again
- **Free throw Violation –** Stepping over the free throw line before the ball hits the rim.
- **Back court violation –** going back over the centerline/half court to gain control of the ball after the ball has already been in the opponents court.

- A foul is an illegal action that can be committed by player from one team against a player from the opposing team. Basketball is generally said to be a non-contact game. If contact occurs beyond what is deemed to be reasonable, or if a player thereby obtains an unfair advantage from it, a foul is committed.

- **FOULS:** results in one or more free throws awarded to the opposing team

- **Blocking-** impeding the progress of an opponent by extending one or both arms horizontally or getting in the path of a moving player.

- **Charging-** running into a stationary player while you are moving with the ball.

- **Hacking-** the player hits the arm or hand of the person holding the ball.

- **Holding-** the player holds the person with or without the ball.

TERMS

- **Air ball-** a shot that completely misses the rim and the backboard
- **Jump Ball –** is used to start the game
- **Assist-** a pass to a teammate who then scores a field goal.
- **Defense-** team trying to stop the other team from scoring
- **Dunk-** to throw the ball down into the basket with the hand above the level of the rim
- **Fast break-** dribbling or passing the ball towards your basket before the defense can set up
- **Man-to-man-** a defensive strategy where everyone guards an assigned player
- **Offense-** team trying to score
- **Turn over-** any loss of the ball without a shot being taken

SKILLZZZZ

- **Boxing out**- a player's position between an opposing player and the basket to obtain a better rebounding position.
- **Dribbling**- bouncing the ball with 1 hand using your fingertips instead of your palm so that it rebounds back to yourself **(the only legal way to move with the ball)**
  - **Low dribble for control (knee high)**
  - **High dribble for speed (waist height)**
- **Passing**- moving the ball by throwing, bouncing, handing, or rolling it to another player (Chest-most common, Bounce, Lob, ect..) Passing is better then shooting
- **Shooting**- throwing the ball to make a basket
- **Pivoting-** stepping once or more

The Court

Three-Point Line

Free Throw Line

Center Circle

Midcourt Line

Base Line

Basket (Hoop)

Backboard

Sideline

Free Throw Lane (in red a.k.a. "the paint")

©2003 HowStuffWorks