

## **Basketball Study Guide**

### Beginner

#### **History**

Dr. James Naismith is known worldwide as the inventor of basketball. The game was first played in 1891, in Springfield Massachusetts. It was played at the YMCA training school. The game was first played with a soccer ball and two peach baskets used as goals. The game is played with two teams of five players. The purpose of the game is to put the ball in the basket and to prevent the other team from scoring.

#### **Official Length of Game**

The varsity high school basketball game is played with 4 eight-minute quarters. If the game is tied at the end of the 4<sup>th</sup> quarter, a three-minute overtime quarter will be used to determine the winner. A jump ball will start the game and will also be used to start the extra overtime period. At the start of each quarter there is a possession arrow indicating which team will have possession of the ball.

#### **Skills**

The basic skills of basketball include dribbling, shooting, passing, and rebounding. The strategy of the game depends on whether the team is on defense or offense. The defensive strategy is designed to prevent the offense from scoring and to gain possession of the ball. The offensive strategy is designed to out-manuever the defense and score.

#### **Rules**

**Traveling** When a player with the ball takes more than one step before passing or shooting the ball. It can also be called when two players on the same team have possession of the ball at the same time.

**Double Dribble** When a player with the ball dribbles the ball with two hands more than once or, picks up their dribble then decides to dribble again.

#### **Fouls**

**Non-shooting fouls** When a player makes physical contact with an offensive player that is not in the act of shooting. After the defensive team has accumulated 7 team fouls, the offensive team will be rewarded a one and one free throw shot. If a player makes the first one then they will receive a second shot. Once the defensive team reaches 10 fouls, two free throw shots are awarded to the offensive team.

<b>Shooting Fouls</b>	When a defensive player makes physical contact with the offensive player while the player is in the act of shooting. Two shots will be awarded if the shot is missed. If the shot is made, the basket will count and only one free-throw shot will be awarded. If the player is fouled while shooting a three-point shot, they will be awarded three free-throws. If the three-point shot is made, they will be awarded only one free-throw shot.
<b>Technical Foul</b>	A foul given to a player or coach for unsportsmanlike conduct. Two free-throws will be awarded. A technical foul can also be given to a player for a dangerous foul or act. On the second technical foul, the coach/player will be removed from the game.
<b>Intentional Foul</b>	When a foul is intentional, the player will be awarded two free-throws and the ball out of bounds.
<b><u>Violations</u></b>	A violation results in the opposing team getting the ball out of bounds at the nearest spot on the court.
<b>5 second violation</b>	The amount of time the offensive player has to shoot or pass the ball. This occurs when the player has possession of the ball is closely guarded by a defensive player.
<b>3 second violation</b>	When an offensive player stays in the lane for more than three seconds at a time.
<b>Free throw violation</b>	When a player enters the lane early during a free-throw shot. If it is an offensive player the shot will be waived off. If the violation is called on a defensive player, the shot will count if it is made. If the shot was missed, the player will be awarded another shot.
<b>Basket Interference</b>	When a player touches the rim or backboard while the ball is in flight.
<b>Goal tending</b>	When a player touches the ball on its downward flight to the basket.
<b>Scoring</b>	1 point is awarded for making a free throw shot. 2 points are awarded for any made shot inside the three point line. 3 points are awarded for any made shot behind the three point line.
<b>Free throw</b>	Is awarded to a player who was fouled in the act of shooting. The free throw line is 15 feet from the basket. No player is allowed to defend a free throw shot.

- Jump ball** A jump ball happens only at the beginning of the game, and the start of the overtime period. During the game, a jump ball will be called if a player if each team has possession of the ball at the same time. The ball will be awarded to the team that did not gain possession from the jump ball at the beginning of the game. Each occurring jump ball alternates possession throughout the game.
- Bounce Pass** A pass made to a teammate in which the ball bounces.
- Chest Pass** A pass made to a teammate that does not bounce.
- Overhead / Baseball Pass** A long pass that is made overhead to a teammate who is far away on the court.