

BASKETBALL STUDY GUIDE

HISTORY:

Basketball was invented by James Naismith in 1891. Mr. Naismith invented basketball in Springfield, Massachusetts at Y.M.C.A. When first invented, there were nine players per team allowed on the court, but later was changed to 5 players per team on the court. Peach baskets were first used as the basket before being replaced with metal rings and a net. The objective has always been the same: To score more points than the opponent.

BASIC RULES OF PLAY:

1. The game is started with a jump ball. (An overtime period is also started with a jump ball.)
2. A field goal (or basket) is worth 2 points if made inside the 3 point line.
3. A freethrow is worth 1 point.
4. A field goal (or basket) made outside of the 3-point line is 3 points.
5. After a basket is made, the opposing team throws the ball inbounds at the baseline.
6. A player is allowed 10 seconds to shoot a freethrow.
7. The freethrow shooter and players lining the key must wait until the ball touches the rim before moving into the key.
8. A player who is fouled while attempting to shoot gets 2 freethrows. (If the shooter was attempting a 3 pointer, he/she gets 3 freethrows.) However, if the shooter makes the basket and is fouled, then the shooter gets only 1 freethrow.
9. One-and-one freethrows are awarded to any player who is fouled while not shooting after the seventh foul of the half.
10. In high school basketball, there are four quarters, which are 8 minutes long.

11. A shot clock is the amount of time the offense has to try to score or at least attempt to score with the ball hitting the rim. The shot clock is reset if the ball hits the rim and the offense gets the rebound. However, if the offense is unable to score or hit the rim with the ball before the time goes out, it is a turnover to the other team. The shot clock is 30 seconds for girls' high school basketball and 35 seconds for boys' high school basketball.
12. Clock (or time) stops at the end of each quarter and when the official blows a whistle.
13. "Double dribble" is a violation when a player uses both hands to dribble or starts dribbling again after picking up the ball. This results in a turnover.
14. "Traveling" is when a player walks while holding the ball. (A player must dribble to move with the ball.) This results in a turnover.
15. A foul occurs when a player breaks a rule involving physical contact. Fouls include contact away from the ball, blocking, charging, hand checking, intentional, offensive, player-control, and unsportsman-like conduct.
16. A violation is when a player breaks a rule that does not involve contact. Violations include backcourt, goaltending, double dribble, traveling, faking a freethrow, kicking or hitting the ball, and shot clock violations.
17. A player is disqualified and removed from the game after his or her fifth foul of the game.

LINES OF THE COURT:

