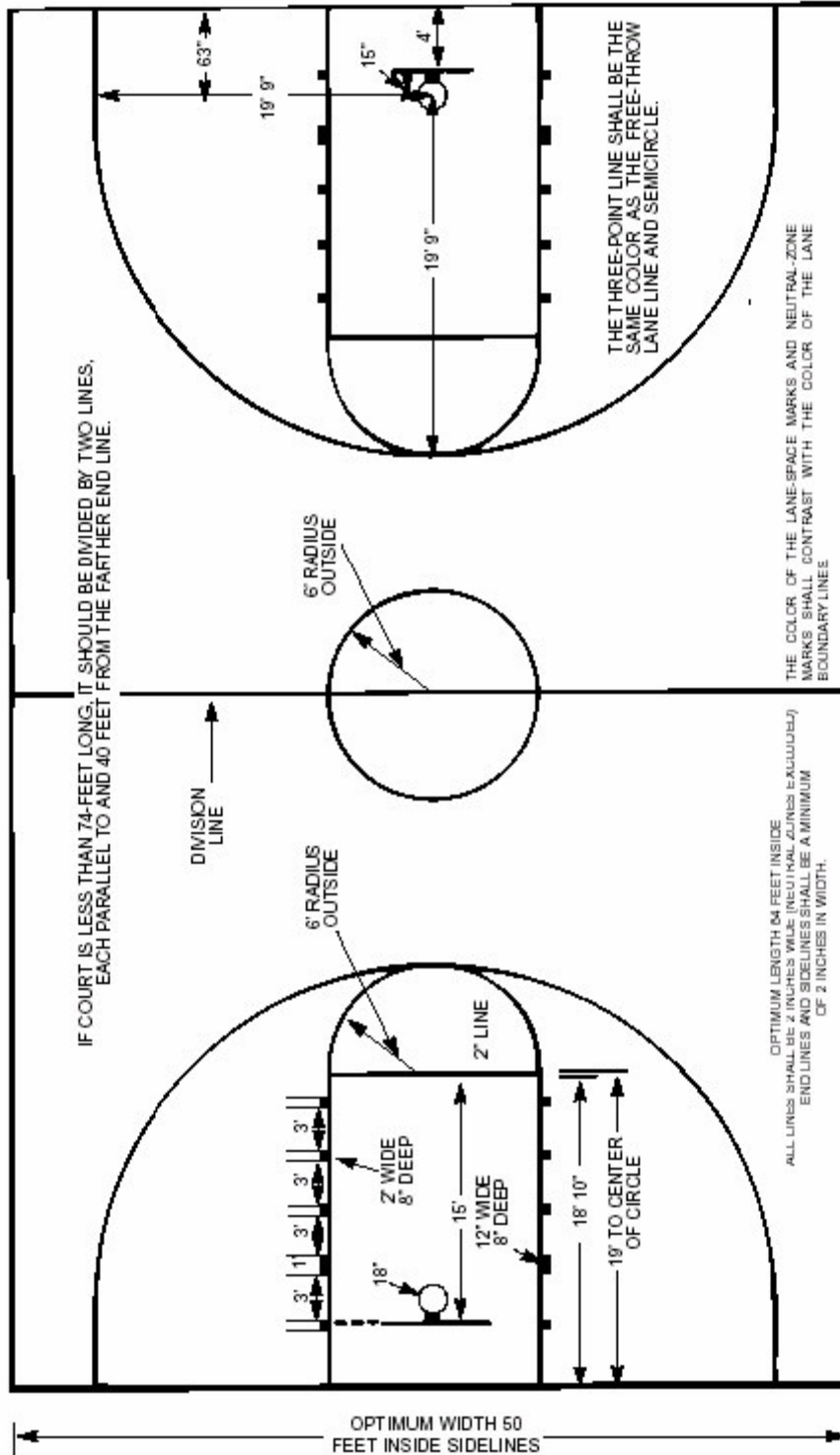


BASKETBALL

The basket rim is 10' from the floor.
 A free throw is a 15' shot
 A 3 point shot is 19'9"

BASKETBALL COURT DIAGRAM

(See Rule 1-13 for location and size of optional coaching box)



Right End Shows
 Fan Backboard
 54-inches Wide

MINIMUM OF 3 FEET
 Preferably 10 feet of unobstructed space outside. If impossible to provide 3 feet, a narrow broken 1-inch line should be marked inside the court parallel with and 3 feet inside the boundary.

Left End Shows
 Rectangular Backboard
 72-inches Wide

BASKETBALL STUDY GUIDE

Dr. James Naismith, an instructor at the International YMCA Training School, invented basketball in the United States in 1891. Naismith was asked by his supervisor to invent a game that could be played indoors, in the evening and during the winter season.

The first ball used was a soccer ball with peach baskets hung at each end of the gym. After every basket someone would climb a ladder next to the basket to retrieve the ball. Naismith made a list of thirteen rules before the first game was attempted. Interestingly, twelve of these (with just a few modifications) are still in effect.

The Game

Basketball is played with five players on the court, all of whom can move the full length of the court and play both offense and defense. Most often teams play two guards, two forwards and one center.

High School basketball has four, eight minute quarters.

Time outs are allowed five times a game. Teams get three full time outs which last one minute, and two thirty second time outs. One extra time out is given to each team for each over-time period

.A free throw is worth one point. A field goal inside the three-point line is worth two points. A field goal beyond the three-point line is worth three points. The high school three-point line is 19 feet 9 inches away from the basket.

A jump ball begins every game, done in the center circle. After the first jump ball in high school the possession arrow determines possession. The arrow points to the team who is to receive the next jump ball. The possession arrow changes after every jump ball is called.

Player who is fouled shoots free throws. Teams alternate spaces on the lane line with the defensive team closest to the basket. Players on the lane line and the free throw shooter may not go for the rebound until the ball hits the rim.

After each made shot, the ball is put back into play by the team that did not score from the out of bounds area at the end of the court at which the basket has been scored.

A player is out of bounds when he touches the floor on or outside the boundary line.

The playing area or basketball court is between 74 and 94 feet in length; the width is between 42 and 50 feet. Free throw lanes are placed at each end of the court. Each lane is 12 feet wide. The free throw line is 15 feet away from the front surface of the backboard. Baskets are metal rings 18" in diameter and 10 feet above the floor. The three point line 19'9" from each basket.

Techniques

Triple Threat Position – knees bent, strong foot slightly ahead, eyes on the target, ball in position to shoot, shooting hand behind the ball, protected inside your body. This is how the ball should be caught when playing on the offensive end of the floor.

Lay-Up – This shot is made on a drive to the basket. On the last dribble the ball is grasped by both hands and brought above the forehead with the shooting hand under the ball. When shooting with the right hand, the take-off is with the left foot. The shot is executed by extending the shooting arm up and forward. The ball is released at the height of the jump. The ball should be laid-up off the backboard.

Shooting – Shooting hand under the ball, opposite hand is on the side of the ball. Strong foot is slightly ahead, knees bent and toes pointing at the basket you are shooting at. The wrist is extended back. As you bring the ball up to shoot, your knees extend up, your elbow extends, your wrist snaps toward the basket. Though both hands are on the ball, good release is only done with the shooting hand. The ball and your shooting hand should go up and out. On the follow through the arm should be fully extended with the fingers spread and pointed towards the basket. During the shot your eyes should be focused on the back of the rim.

Dribbling – The fingers are spread and the wrist flexed. Only your fingertips should touch the ball. The fingers control the direction of the ball; the wrist supplies the force. Eyes are up while dribbling so you can see open teammates. The ball should not bounce above the waist.

Crossover Dribbling – A dribbling technique used to change direction. When doing a crossover dribble the ball should change hands knee high so the defense cannot steal the ball. Four types of crossovers are behind your back, spin, between your legs, and in front of your body.

Chest Pass – Ball is held at your chest, hands on both sides of the ball with a balanced grip. Ball is released by extending your arms, stepping with your strong foot, and turning your thumbs from top to bottom. The ball should rotate as it would if you were shooting, palms end up facing away. Aim the pass at the receiver's chest.

Bounce Pass - Ball is held at your waist, hands on both sides of the ball with a balanced grip. Ball is released by extending your arms, stepping with your strong foot, and turning your thumbs from top to bottom. The ball should hit the floor closer to the receiver than the passer. The receiver should catch the ball no higher than their waist.

Skip Pass – The ball is held overhead with both hands, thumbs under the ball and fingers are spread. The passer steps in the direction of the pass and transfers weight to the front foot. The arms are brought forward and the wrists are snapped as the ball is released.

Baseball Pass – This pass is used to cover a long distance, usually to start a fast break. The ball is thrown with the dominant hand. The ball is brought back behind the ear with the hand behind the ball. As the pass is thrown, the opposite foot steps in the direction of the pass. Body weight is transferred forward to this foot. The throwing arm is brought forward and downward, driving the ball to the receiver.

Screening – A screen is done by placing your body in the way of a defensive player. Screens are used by offensive players to help get teammates open. A screen can be set on any defensive player.

Jab Step – A step used by an offensive player in possession of the ball done with your strong foot out of triple threat position. It's a short step with your strong foot to see how the defensive player reacts.

Defensive Stance – Body weight evenly distributed on the balls of the feet, head up, knees flexed, feet should be shoulder width apart and seat low.

Man-to-Man Defense – The basic principle of having one defensive person assigned to one offensive player and to guard them wherever they go. The basic concept of playing man-to-man is to keep your body between your person and the basket.

Zone Defense – The basic principle of each player guarding an area of the court.

Terms

Assist- a pass from one offensive player to another that results in a basket.

Back Court – half of the floor which contains the opponents basket

B.E.E.F. - stands for balance, elbow, eyes, follow through, which is a way to remember the important parts of shooting.

Boxing Out – a skill used to prevent an opposing player from achieving a good rebounding position.

Court – The playing area of basketball.

Defensive Player – a player whose team does not have possession of the ball

Free Throw - an unguarded attempt at the basket from the free throw line which is fifteen feet from the basket.

Front Court – half of the floor which contains your basket.

Offensive Player – a player whose team has the ball.

One and One - When the free throw shooter has to make the first free throw to get the second attempt.

Pivot – a player with the ball, cannot dribble, can turn and move one of his feet. The foot that is still is called your pivot foot. Turning and moving while one foot is set is called pivoting.

Rebound – a term applied when a shot bounces off the backboard or basket.

Steal – when a defensive player manages to take the ball away from the offense.

Turnover - when the offensive team is called for a violation or causes the ball to be given to the defensive team. Example: throwing the ball out of bounds.

Steal - when a defensive player manages to take the ball away from the offense. Example: intercepting a pass.

Rebound - when a shot is taken and missed and either team can claim the ball.

Triple Threat Position - when an offensive player with the basketball gets into a position where they could pass, shoot or dribble.

Violations

Violations result in the awarding of the ball out of bounds to the opponent. Some common violations are:

Traveling - running with the ball without dribbling.

Double Dribble - using two hands to dribble or one hand and part of your body when dribbling.

5 Second Call - two types, (1) taking more than 5 seconds to inbound the ball.

(2) the ball-handler holds the ball at least 5 seconds while being closely guarded, dribbling or not dribbling.

10 Second Call - taking more than 10 seconds for the offensive team to get the ball into the frontcourt. Also called a backcourt violation.

Kicking - intentionally kicking the ball.

3 Second Call - offensive player standing in the lane area for more than three seconds.

Failure of the shooter to hit the rim on a free throw attempt.

Stepping on a boundary line while in possession of the ball.

Fouls

Personal Foul - player who holds, trips, pushes, charges and so on, is called a personal foul by the referee.

Technical Foul - called against a player or coach for unsportsmanlike conduct.

For a technical foul the opponent shoots two free throws, the free throw shooter can be anyone from the other team that is in the game at the time the technical is called.

For a personal foul it is more complicated. **Anytime** you are fouled while shooting you will shoot free throws. If you make the shot you only get one free throw. If you miss the shot it matters where you attempted the shot, if the shot was from behind the three-point arc you shoot three free throws, inside the arc you shoot two free throws.

If you are fouled and **not shooting** the question of whether you shoot free throws depends on how many fouls have been called on the other team:

Team Fouls 1 through 6 - Team fouled gets ball out of bounds

Team Fouls 7 through 9 - Player fouled shoots one-and-one, called the bonus

Team Fouls 10 and above - Player fouled shoots two shots, called the super bonus.

Disqualification - a player that receives 5 personal fouls or two technical fouls will be disqualified. The same will happen when a player has four fouls and one technical as the technical adds to the total of five.