

Basketball Rules

HISTORY

- Basketball was invented in 1891 at Springfield College, Springfield Massachusetts, by Canadian born Dr. James Naismith.
- The game was invented in an effort to find a sport that could be played indoors during the long cold winter months
- In its initial stages the game was played with a soccer ball and peach baskets were fastened 10 feet above the ground. Several years later the baskets were constructed to allow the ball to fall to the floor.

THE GAME

- The playing area is called the basketball COURT.
- There are two teams of % PLAYERS each on the court at a time.
- 2 OFFICIALS, a referee and an umpire, regulate the game assisted by a scorer, timekeeper and 30 second clock operator.
- Each team has a basket to shoot at (offensive) and one to defend (defensive).
- The ball is moved on the court generally by passing or dribbling it.
- The object of the game is to score more points than your opponent.
- To score points the ball is shot from various spots on the court into the basket. A FIELD GOAL is shot from anywhere on the court and is worth 2 points or 3 points if it is outside the three point arc. A FREE THROW or FOUL SHOT is shot from the foul line and is worth 1 point.
- The game is started with a JUMPBALL. If overtime is needed the overtime period is also started with a jumpball.

JUMPBALL AND POSSESSION

- Two players jumping inside the center jump circle and tapping a tossed ball to the rest of the players. The team that gains possession of the ball is called the offensive team. A possession arrow is turned to the direction of the defensive team. After this the teams alternate taking THROW-INS from the side whenever there is:
 - A held ball between 2 opponents
 - A double foul
 - Uncertainty as to which team put the ball out of bounds.

DURATION OF THE GAME

- The playing time is divided into 8 minute quarters for grades 8,9 & 10 and 10 minute quarters for seniors.
- There is a five minute break at half-time and a one minute break between each quarter.

BALL IN PLAY

- After a field goal any player of the team scored upon puts the ball in play from the endline beneath the basket where the goal was made.

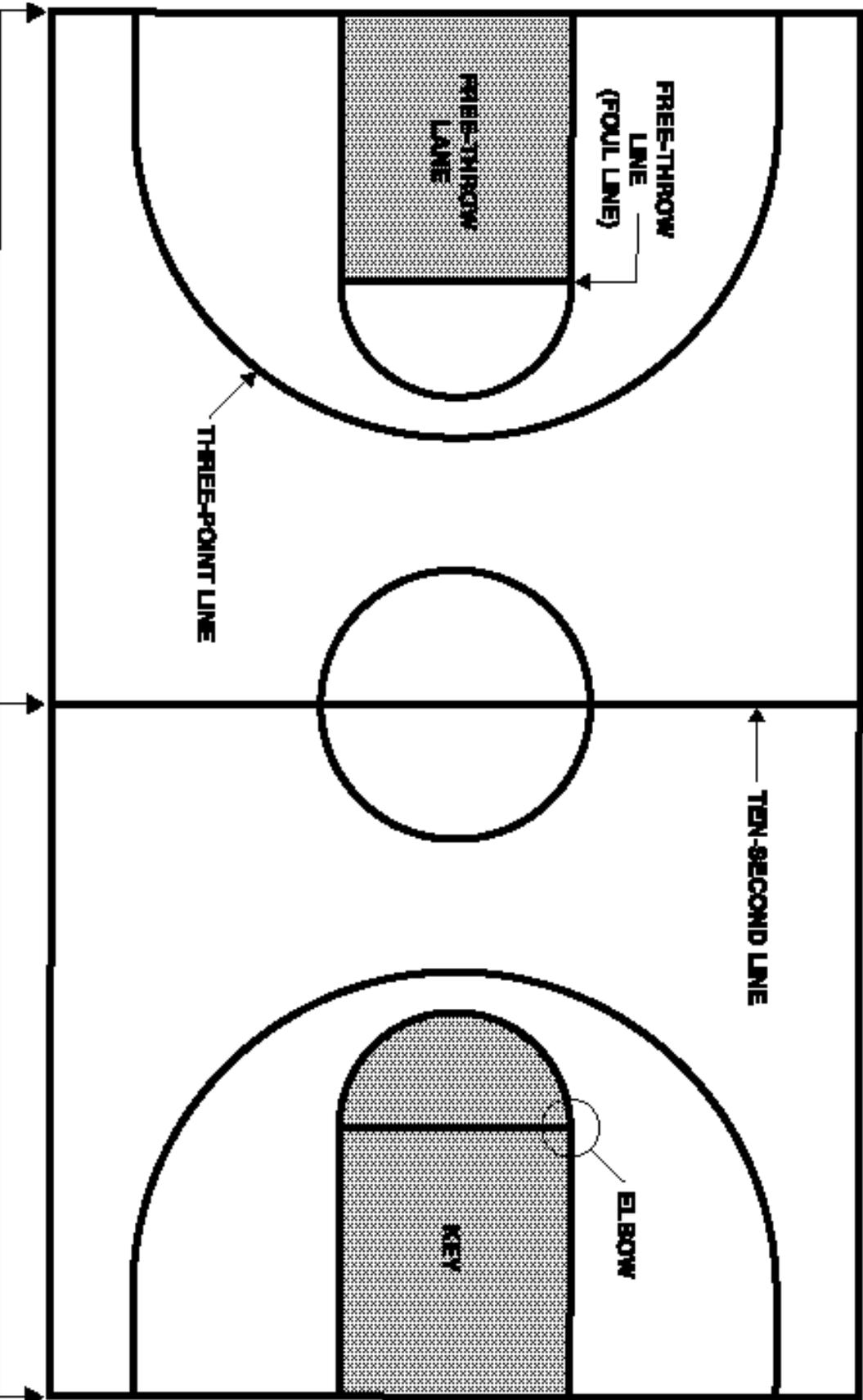
VIOLATIONS

- For the following sets of violations the other team is awarded possession of the ball with a throw-in from the nearest sideline.
1. DRIBBLING
 - DOUBLE-DRIBBLE: A player dribbles the ball with both hands at the same time or a player re-dribbles after stopping their dribble.
 - A player has the ball come to a rest against his body.
 2. TRAVELLING
 - If a player in possession of the ball changes or drags their pivot foot.
 - If a player walks/runs with the ball when they are not dribbling.
 3. THREE SECOND RULE
 - Offensive players may not remain in their “key” area for more than 3 seconds without someone taking a shot.
 4. FIVE, TEN, and 30 SECOND VIOLATIONS
 - The offensive team is allowed only five seconds to throw the ball in from the sideline and any one offensive players is allowed only five seconds to hold on to the ball at a time.
 - The offensive team is allowed only 10 seconds to advance the ball over the center line.
 - The offensive team must attempt a shot within thirty seconds of gaining possession of the ball.

FOULS

1. PERSONAL FOULS
 - When there is contact between two opponents. The person committing the foul is charged with a personal foul. A member from the team not charged with the foul takes a throw-in from the side line.
 - A SHOOTING FOUL is a personal foul that is committed on an individual when that individual is in the act of shooting. In this case the person on whom the foul was committed has the opportunity for 2 FREETHROWS.
2. TECHNICAL FOULS
 - A foul that is committed by either a coach of any team member on the court or off the court. An example of a technical foul is the harassing of one of the officials or any other unsportsmanlike conduct.
 - A technical foul results in one FREE THROW taken from the foul line by any member of the team not committing the foul

ONCE A PLAYER ACCUMULATED 5 PERSONAL FOULD THEY ARE ELIMINATED FROM THE GAME.



BACK COURT
(the half of the court the team is attempting to defend)

FRONT COURT
(the half of the court that contains the team's offensive basket)

- There are generally 3 positions on a basketball team:
 - Center: Usually tallest player, takes part in the jump balls, good rebounder, inside scorer.
 - Forward: Good rebounder, inside scorer
 - Guards: Move the ball up the court, POINT GUARD leads the offence, good dribblers, outside shooters.