

Basketball Study Guide

HISTORY:

Basketball was invented during the school year of 1891 at Springfield College, Springfield, Massachusetts. Dr. James A. Naismith conceived the idea of attaching peach baskets at opposite ends of the gym on the track that encircled the playing floor. This is where the height of 10 feet for the basket was arrived at. The game, basketball, derives its name from the original ball and basket used in the first games. The game was introduced to YMCA's across America and also to foreign countries. Basketball became a part of the Olympic Games in 1936.

RULES OF THE GAME:

The object of the game is to score more points than your opponent. The ball is passed, thrown, or bounced from one player to another. A player in possession of the ball must maintain contact with the floor with one foot (pivot foot), unless the player is shooting, passing, or dribbling. Once a player possessing the ball leaves their feet, they must release the ball for a pass or shot attempt prior to landing. Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

BASIC RULES:

- **Players:** Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center.
- **Offense:** Team or individual patterns or play which are used to get the ball into scoring position.
- **Defense:** Players may choose to play either a person to person defense or zone. In person to person each player is assigned a specific person to guard/play defense on. In a zone defense players are assigned a specified area to guard. The object of defense is to try to prevent the opponent from scoring by taking the ball away from your person or person in your assigned zone area, to force them to turn over the ball, or force them to take a low percentage shot.
- **Scoring:** Field Goals = 2 or 3 points, Free Throws = 1 point.
- **Timing:** High school varsity games play (4) 8-minute quarters. Time stops each time an official blows the whistle indicating a dead ball. There is one minute between quarters and 10 minutes at the half. A player has 10-seconds to shoot a free throw. A player has 5-seconds to inbound the ball. Running time is used in physical education and intramural situations. The clock does not stop on dead balls.
- **Positions/Descriptions:**
 - **Point Guard:** the best ball handler and passer on the team.
 - **Shooting Guard:** the best outside shooter on the team
 - **Small Forward:** Good at shooting, rebounding, and driving to the basket. ATHLETE!!!
 - **Power Forward:** Best rebounder, typically a very strong defensive player and inside scorer
 - **Center:** Typically, the biggest player. Stays close to the basket. Good Rebounder and inside scorer.

GAME PLAY:

- The game is started with a jump ball in the center circle between two opponents.
- A player is out of bounds when touching the floor on or outside the boundary line.
- The ball is out of bounds when it touches a player who is out of bounds or any other person, the floor, or any object on or outside a boundary, or the supports of the backboard.

- The ball is caused to go out of bounds by the last player touching it before it goes out. The ball would be awarded out of bounds for a throw-in by the opposing team.
- While the ball is alive, an offensive player cannot remain for more than three seconds in that part of the free-throw lane between the end line, the free-throw line, and the free throw lane lines.
- If an offensive ball handler while in the front court is closely guarded by the defense for five seconds, a violation is called and the defense is awarded the ball.
- If two opponents are both firmly holding the ball a “jump ball” is called. A “jump ball” results in an alternating possession which is kept track of at the official table.
- Violations include causing the ball to go out bounds, double dribbling, running with the ball, kicking the ball, interfering with the basket, illegal throw-in.

IN CLASS MODIFICATIONS:

- 3 v 3
- For a game ball to be live, it must be checked at the top of the key with an opposing Player.
- On rebound, a ball must be taken back to the top of the key; behind the three-point line to become live (no check is needed). During this time of take-back, the ball is live and should be treated as such (do not go out of bounds; steals are legal).

KEY TERMS:

- **Assist:** a pass by an offensive player to a teammate that leads directly to a score.
- **Baseline:** the end line
- **Blocking Out:** a term used to designate a defensive player’s position under the backboard which prevents an offensive player from achieving good rebounding position.
- **Cut:** A quick offensive move by a player trying to get free for a pass
- **Double Dribble:** when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously.
- **Rebound:** when a shot bounces off the backboard or basket and is pulled down by a player.
- **Steal:** a defensive player takes the ball from the offensive team.
- **Free Throw:** the privilege given a player to score one, two, or three points by unhindered throw for a goal from within the free throw circle and behind the free throw line.
- **Lay-up:** a shot where a player releases the ball close to the basket while continuing to run off one foot.
- **Violation:** an infraction of the rules resulting in a throw-in from out of bounds for the opponents.

DIAGRAMS:

