



Basketball Study Guide

HISTORY:

Basketball was invented during the school year of 1891-92 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 YMCA's across America and also to foreign countries. Basketball became a part of the Olympic Games in 1936.

THE GAME:

The object of the game is to score more points than your opponent. The ball is passed, thrown, bounced, batted, or rolled 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. Physical contact with an opponent can result in a foul if the contact impedes the desired movement of the player.

BASIC RULES:

1. **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. The names of these may be changed depending on the offense played.
2. **Offense:** Team or individual patterns or play which are used to get the ball into scoring position. There are two basic types of offensive attacks: the slow deliberate attack and the fast break attack.
3. **Defense:** Players may choose to play either a man to man defense (person to person) or zone. In **man to man** 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 take 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.
4. **Scoring:** Field Goals = 2 or 3 points, Free Throws = 1 point.
5. **Timeouts:** Timeouts are one minute or 30 seconds in length and can be requested during a dead ball or anytime by the team in possession of the ball.
6. **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
 - ✓ Player has 10 seconds 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: You need to know the name of each position as well as its corresponding number and the typical abilities that player would possess.

1. **Point Guard:** the best ball handler and passer on the team.
2. **Shooting Guard:** the best outside shooter on the team
3. **Small Forward:** Good at shooting, rebounding, and driving to the basket. ATHLETE!!!

4. **Power Forward:** Best rebounder, typically a very strong defensive player
5. **Center:** Typically the biggest player. Stays close to the basket. Good Rebounder.

TERMINOLOGY:

1. **Assist:** a pass by an offensive player to a teammate that leads directly to a score.
2. **Baseline:** the end line
3. **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.
4. **Charging:** personal contact against the body of an opponent by a player with the ball.
5. **Cut:** A quick offensive move by a player trying to get free for a pass
6. **Denial Defense:** aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass.
7. **Double Dribble:** when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously.
8. **Dribble:** process of bringing the ball down the floor or moving the ball from place to place using the finger pads to tap the ball.
9. **Drive:** an aggressive move toward the basket by a player with the ball.
10. **Fake (Feint):** using a deceptive move with the ball to pull the defensive player out of position.
11. **Rebound:** when a shot bounces off the backboard or basket and is pulled down by a player.
12. **Steal:** a defensive player takes the ball from the offensive team.
13. **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.
14. **Lay-up:** a shot where a player releases the ball close to the basket while continuing to run off one foot.
15. **Violation:** an infraction of the rules resulting in a throw-in from out of bounds for the opponents.

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.
- In physical education, intramurals, or pickup games, a "jump ball" is awarded to the defender.
- Violations include causing the ball to go out bounds, double dribbling, running with the ball, kicking the ball, striking the ball with the fist, interfering with the basket, illegal throw-in.