

# Basketball 101

## Basketball

A court-based invasion game similar to netball, team handball, and hockey.

### Overview

**Player positions** – Team of 5 consisting of forwards, guards and 1 center.

### Game Regulations and Scoring

- A game is divided into 2 20-minute halves or 4 8-minute quarters.
- A field goal (basket) is worth 2 points from inside the 3-point arc, 3 points from behind the 3-point arc, and 1 point if made during a penalty with free throw shot. The ball must travel completely through the hoop to score.
- Play is initiated with a jump-ball between 2 opposing players. All other players must be outside the center circle. Possession alternates each quarter or half for the rest of game.
- Possession changes within a quarter or half each time a basket is made.
- An offensive player cannot remain in the free throw lane for longer than 3 sec.
- A ball that goes out-of-bounds is awarded the opposite team of who touched it last.
- To move with the ball, a player must dribble with 1 hand at a time.
- An offensive player may take 2 steps while in possession of ball without dribbling.
- Extra play is used to determine a winner, when a tie score occurs at the end of a game.

**Violation** – a breach of the rules resulting in loss of ball or shots from the free throw line.

- Personal: a non-injurious personal foul such as pushing, tripping or charging.
  - 1 Free Throw if occurring during a shot attempt, and basket was made.
  - 2 Free Throws if occurring during a shot attempt, and basket was missed.
- Technical: a severe personal foul such as unsportsmanlike conduct.  
The player is awarded 2 free throws and possession of the ball after the penalty free throws.

### Key Terms

- **Assist** – A pass that directly leads to a score
- **Charging** – Contact with a defender by the ball handler
- **Fast Break** – Moving the ball quickly up court to gain advantage
- **Fouled out** – Ejection from game due to excessive fouls
- **Traveling** – Taking > 2 steps with the ball without dribbling
- **Weakside** – Offensive side of court opposite the ball

### Basic Skills & Tactics

- Dribbling
- Passing
- Shooting
- Give and Go
- Pick and Roll
- Team Offense
- Defense – P-2-P & Zone

**The court**

