***Basketball Study Guide***

**Basketball** is a team sport in which two teams of five active players each try to score points against one another by throwing a ball through a 10 foot (3 m) high hoop (the *basket*) under organized rules. Basketball is one of the most popular and widely viewed sports in the world.

Points are scored by passing the ball through the basket from above; the team with more points at the end of the game wins. The ball can be advanced on the court by bouncing it (*dribbling*) or passing it between teammates. Disruptive physical contact (*fouls*) is not permitted and there are restrictions on how the ball can be handled (*violations*).

**History**
In early December 1891, Dr. James Naismith,a Canadian physical education student and instructor at YMCA Training School in Springfield, Massachusetts, sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a 10-foot (3.05 m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, so balls scored into the basket had to be poked out with a long dowel each time. A soccer ball was used to shoot goals. Whenever a person got the ball in the basket, they would give their team a point. Whichever team got the most points won the game.
The first official basketball game was played in the YMCA gymnasium on January 20, 1892 with nine players, on a court just half the size of a present-day National Basketball Association (NBA) court. "Basketball", the name suggested by one of Naismith's students, was popular from the beginning.

**Scoring**

**Field Goal**: A shot make from anywhere on the court during regular game play.  Can count as 2 points, or 3 points if shot from behind the 3 point line.

**Free Throw**: An unguarded shot by a player who has been fouled.  It is taken behind the free throw line.  Each made free throw counts as 1 point.

**Skills**

**Dribbling**: Moving the ball by bouncing it.  This skill may begin and end with two hands, but subsequent contacts can only be made with one hand.

**Shooting**: Throwing the ball in order to make a basket.

**Pass**:  Throwing the ball from one player to a teammate.

**Pivoting**: Stepping once or more with one foot while the other foot remains stationary.

**Fouls** Breaking a rule which usually involved physical contact with another player.

**Blocking**: A foul involving contact which impedes the progress of an opponent.  A player my NOT enter in the path of a moving player without giving them a chance to stop or change direction.  (Holding the arms outward to keep a player from going around you is a form of blocking.)

**Charging**: An offensive player moves into an opponent whose position is already established, or “set”.

**Reach/Hack**: A player hits the arm or hand of a player holding the ball.  If the player is in the act of shooting when hacked, they are awarded 2 (or 3) free throws.

**Pushing**:  Any unnecessary contact between players, by either offensive or defensive players.

**Holding**: A player holds an opponent without the ball.

**Unsportsmanlike Conduct**: A player, coach, or fan demonstrates a severe breech of sportsmanship.  In this circumstance, the offending team is penalized by a technical foul and the opposing team is awarded 2 free throws.  Two technical fouls result in ejection from the game.

**Violations** Breaking a rule which does not involve another player.  No free throws awarded for violations.

**Traveling**: Moving illegally with the ball.

* When not dribbling a player may pivot, but cannot move pivot foot.
* A player may lift the pivot foot to jump but must pass or shoot before touching the floor again.
* A player must release the ball before lifting the pivot foot when attempting to dribble.
* A player may not take more than 2 steps before dribbling, passing, or shooting.

**Carry**: When the ball noticeably comes to rest in the palm of the hand while dribbling.

**Double Dribble**: When a player stops and then continues dribbling, or when a player dribbles with two hands at the same time.

**Kicking**:  When a player kicks the ball.

**Timing Violations**:

* *3 Seconds in the Key*: An offensive player cannot stay in the key for more than 3 consecutive seconds.  If a player receives the ball in the key they have 3 seconds to either shoot or exit the key.
* *5 Seconds Throw-In*: Offensive players have 5 seconds to inbound the ball after the ball goes out of bounds.
* *10 Second Count*: The offensive team must get the ball across half-court before a ten-second count occurs.

**Cues**
Dribble

* Finger Pads
* Knees Bent
* Head Up
* Push the ball

Chest/Bounce Pass

* Thumbs up to thumbs down
* Step forward
* Look and step at target
* 2/3 for bounce pass

Shoot

* B alance
* E xtension
* E lbow under ball
* F ollow through

Lay up

* Use backboard
* Jump off opposite foot
* Follow through