

BASKETBALL STUDY SHEET

I. HISTORY

Basketball was first introduced in 1892 by Dr. Naismith at the YMCA College in Springfield, Massachusetts. Basketball is one of the few sports that began in the U.S.A. The game has had many changes since its beginning and has become a sport requiring both skill and finesse.

II. BASKETBALL TERMS

Alternate Possession - AP is now used instead of a jump ball. This will happen when two opposing players are holding the ball, before quarters, and when possession can not be determined.

Charging - A foul in which a player runs into an opponent who is stopped and is in position on the court.

Dead Ball - A ball which is whistled dead because of a foul or violation. A dead ball means it is no longer in play.

Defense - The team who does *not* have the ball. Man-to-man and zone are the two basic types of defense. During a free throw, the defense must take the first position on both sides of the lane.

Dribble - A move in which a player pushes the ball to the floor causing it to rebound from the floor back to the hand.

Field Goal - A score made by making a basket from anywhere on the playing court. A field goal *inside* the 3-point arc is worth 2 points and *outside* the arc is worth 3 points.

Foul - A broken rule usually involving contact between two opponents.

Free Throw - An unguarded shot, from behind the free throw line, given to the player who has been fouled. One point is scored for each free throw made. On a missed free throw, the ball must hit the rim in order to be in play. If it misses the rim, it is a dead ball.

Jump Ball - The ball is tossed between two players with their teammates in position outside the center circle. This is used to start the game and all overtimes.

Lane - The area under the basket from the end line to the free throw line. The sides are formed by the lane lines.

Mid-court Line - (10 second line) - The centerline that divides the court in half.

Offense - The team who has possession of the ball.

Pivot - A move in which a player steps once or more than once in any direction with the same foot. The other foot (pivot foot) does not move.

Rebound - The act of jumping and grabbing the ball after a missed field goal or free throw attempt.

III. Violations - Broken rules of the game that do not involve contact with other players. The team that does not commit the violation is given the ball out of bounds.

A. Double Dribble - Dribbling the ball, stopping and picking the ball up and then dribbling again without anyone else touching the ball. Also, dribbling the ball with two hands.

B. Traveling - Dragging or moving the pivot foot without dribbling or taking too many steps after stopping your dribble.

C. Carrying - (Palming or turning the ball over) While dribbling, the palm of the hand goes under the ball instead of on top or the ball remains in contact with your hand longer than is necessary for dribbling.

D. Line Violations

Note: Line violations will result in the ball being awarded to the opposing team.

1. Free Throw - The players along the free throw lane may not step on or over the lane side lines until the basketball touches the rim. The shooter may not cross the free throw line until the ball touches the basket rim.
2. Inbounding - The player throwing the ball inbounds cannot step over the line until the ball leaves his hands. The defense may not reach over the line to block the ball.
3. Over-and-Back - Once the offensive team crosses the center line to their front court, they can not cause the ball to go back over the center line.

E. Time Limits

A. Inbounds - The player throwing the ball in bounds has 5 seconds to throw the ball inbounds.

B. 10 Second Line - The offensive team has 10 seconds to get the ball past the mid court line.

C. Lane - An offensive player cannot stay in the free throw lane longer than 3 consecutive seconds.

D. Free Throw - The free throw shooter has 10 seconds to shoot. Time begins when the official hands the ball to the free throw shooter.

IV. Fouls and Free Throws

A. Fouling the Shooter - Any time a player is fouled in the act of shooting, he will be given a free throw. A player who is fouled in the act of shooting a field goal inside the 3-point arc and still *makes* the basket will be awarded *one* free throw. A player who is fouled in the act of shooting a field goal inside the 3-point arc and *misses* the basket will be awarded *two* free throws.

B. Technical Foul - Any act which shows poor sportsmanship. Examples: arguing with officials, using bad language, intentionally pushing, tripping, swinging your arms or fists, etc.

V. Shots

A. Jump Shot - A shot in which the player jumps up and releases the ball at or near the top of the jump. The player should come down in the same spot and should shoot the ball with one hand using good follow through.

B. Set Shot - A shot in which the player stops, sights the basket, and shoots the ball with one hand. The shot is started from the chest area and ends with a good follow through.

C. Lay-Up - A shot in which the ball is banked off the backboard with the player reaching with either his right or left arm during the shot. Example: In a shot from the right side, the player would jump toward the basket with his right knee thrust upward and the right arm extended toward the backboard to lay the ball into the basket.

VI. Passing

A. Chest B. Bounce C. Two Hand Overhead D. Baseball

VII. Players - Five players make up a team: 2 guards, 2 forwards, and 1 center.

A. Guards - Guards are players who play on either side of the court. Their job is to bring the ball down the court and start the offensive pattern. They are usually the shorter players on the team.

B. Forwards - Forwards are players who usually play near the basket on either side of the lane. They are also good ball handlers and good rebounders.

C. Center or Post - The center is usually the tallest player and the best rebounder. When this player plays near the free throw line, his position is called high post; when he plays near the basket, his position is called low post.