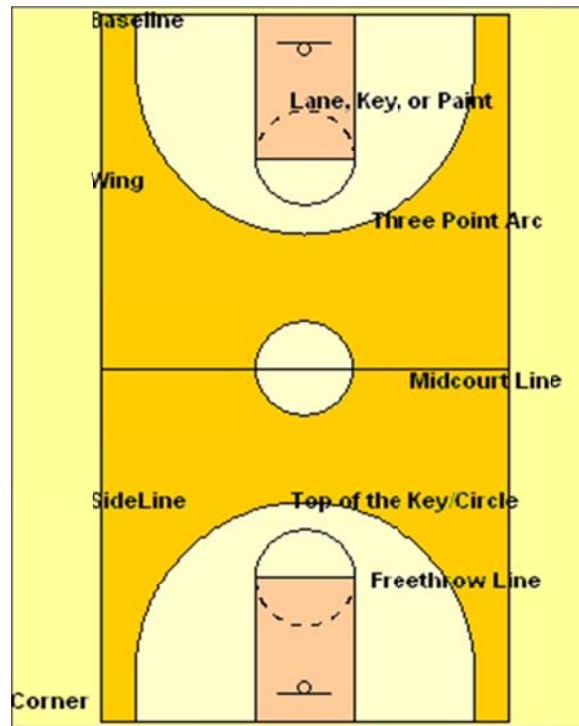


## ACHS Physical Education Basketball Rules and Terms

### The Rules

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defense is awarded the ball.



Basketball Court 1

The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.

**Length of Game** – H.S. game are 4 quarters with each quarter lasting 8 minutes. College games are played in halves with each half lasting 20 minutes. The professional games are played in 4 quarters each lasting 12 minutes.

**Field Goals** – Each basket is worth 2 or 3 points. Three points are awarded to shots made behind the 3-point arc. Free throws are worth 1 point each.

**Start of Game** – The game is started with a jump ball at the center of the court.

## Types of fouls:

1. Technical – A foul that is called on a player, coach, or team for unsportsmanlike conduct or infringement of a rule and does not usually involve physical contact with an opponent during play.
  - A. Delay of game
  - B. Taking too many time outs
  - C. Leaving court without permission
2. Personal – a personal foul is simply anything that violates basketball's no-contact principle:
  - A. Holding
  - B. Charging
  - C. Pushing
  - D. Impeding other players on opposing team

**Shooting Fouls** – When fouled a player is awarded 1, 2 or 3 free throws. The free throw line is 15 feet from the basket.

## VIOLATIONS

**Violations** are **when** a player does an illegal move and the other team gets the ball out of bounds.

- ❖ Traveling (taking 2 steps with the ball)
- ❖ Kicking the ball
- ❖ 3 seconds in the lane
- ❖ double dribble or carrying the ball
- ❖ 5 second inbounds rule
- ❖ 10 second  $\frac{1}{2}$  court rule
- ❖ Closely guarded in the front court (5 seconds)
- ❖ Over and back
- ❖ Touching the sideline or base line when in possession of the ball.



## BASKETBALL TERMS

- **Boxing out** – keep your opponent from getting to a rebound.
- **Defensive player** – a player whose team does not possess the ball
- **Field Goal** – a ball that passes through the basket from above
- **Offensive player** – a player whose team has possession of the ball
- **Frontcourt** – the  $\frac{1}{2}$  court where your basket is.
- **Back court** – the  $\frac{1}{2}$  court that your opponents basket is at
- **Pivot foot** – when a player's foot is on the floor and they can move around without picking up the foot.
- **Rebound** – getting the ball after a missed shot.