

## Basketball Study Guide

### **Scoring -**

A field goal (basket) is worth 2 pts,

A Free throw is worth 1pt.,

A 3-point shot is made from 19 feet 9 inches away from the basket.

Basketball rim is 10 feet from the ground.

### **Positions -**

Center, point guard, shooting guard, power forward, small forward

### **NBA Violations -**

Traveling is walking with the ball for more than 2 steps,

Kicking the ball is illegal

Sending the ball out of bounds will change possession

Not shooting the ball within 24 seconds (NBA) of possessing it, or keeping the ball in your backcourt for more than 8 seconds will result in a change of possession.

Double Dribble is stopping your dribble and beginning to dribble again.

### **Game Play -**

5 players on the court at once,

There are (4) 12 minute quarters during an NBA game, there are (2) 20 minute halves in college, and (4) 8 minute quarters in High School.

A player can no longer play in the game once committing 6 fouls (NBA), or 5 fouls (College, HS)

### **Shot Selection -**

Lay up is a shot very close to the rim

Dunk is slamming the ball through the rim.

Jump shot refers to a shot taken, usually from outside the paint.

### **Strategy -**

3 point shots are good to use when losing by 2 points or more.

Stealing the ball is when the defense takes the ball from the offense.

An assist is when one player passes the ball to another player who immediately thereafter makes the shot (they assisted in points being scored).

Setting a screen allows for your teammate to get open.

### **Terms -**

In the paint refers to a player positioning themselves in the painted area by the basket.