

Basketball

Basketball began with 13 fundamental rules that have been added to and amended greatly over the years since the game's beginnings in 1891. Invented by James Naismith, basketball first featured nine players per team because Naismith had 18 students in his YMCA Training School. In a few years that number was changed to five per side, a metal ring with a net replaced the original peach baskets that players shot at, and running with the ball was eliminated. The objective, however, has remained constant throughout the years: accumulate more points than the opponent.

Incidental contact occurs, when opponents are in equally favorable positions to perform normal defensive or offensive movements, and contact (even severe contact) is made, such as going for a loose ball, no foul is called.

A **pass** is the movement of the ball by a player who throws, bats, or rolls the ball to another player.

A **screen/pick** is when an offensive player reaches a desired position first, causing a defensive player to go around him and delaying the progress of the defender. The offensive player must have feet planted and remain stationary.

A **rebound** is when a player controls possession of a missed shot, either by a teammate (offensive rebound) or an opponent (defensive rebound).

Violations

Backcourt. If a team is in possession of the ball in its frontcourt and the ball goes into the backcourt (last touched by an offensive player), an offensive player cannot touch the ball before a defensive player does. If this happens, the ball goes over to the defensive team automatically. If, however, the ball was deflected into the backcourt by a defender, an offensive player may retrieve the ball in the backcourt.

A **dribble** is bouncing the ball on the floor, using one hand at a time. Players may move on the court or be stationary when they dribble. The dribble ends when the ball is caught by the dribbler, who cannot dribble again until another player touches the ball.

Double dribble. A player may not stop his or her dribble and then resume it. A player can resume a dribble, however, if the ball has been batted out of his or her hands, or a pass or fumble has been touched by another player. (Dribbling with both hands at once is "double dribbling," a violation that results in a turnover.)

Faking a free throw. A player cannot fake (intentionally miss) a free throw. The penalty is the awarding of the ball out of bounds to the opposing team.

Shot clock. Any shot that does not beat the shot clock results in the ball being turned over to the other team. If the ball is released before the clock expires, and hits the rim after the buzzer goes off, no violation has occurred.

- NBA 24 Seconds
- College 35 Seconds

Traveling – Advancing the ball without dribbling.

Throw Ins - A player throwing the ball inbounds may not, carry the ball onto the court, hold the ball longer than five seconds, touch the ball on the court before another player has touched it (pass to yourself), leave the designated throw-in spot (except after a made basket), or step over the boundary line while still touching the ball.

A **pivot** occurs when a player holding the ball pivots with one foot kept in its point of contact with the floor while stepping in any direction. Picking up the pivot foot before dribbling or getting rid of the ball is a traveling violation.

Procedures

A game, and any overtime period, begins with a *jump ball* in the center circle. In the National Basketball Association (NBA), the team that wins the opening tip is also awarded the ball to begin the fourth period; the ball is awarded to the opposing team to begin the second and third periods. In college and high school, the alternating possession rule determines which team initiates play for any period after the opening period.

A team advances the ball by *dribbling* and *passing*, and attempts to score. A shot that does not go into the basket is rebounded by a player; if that player is on offense, he can either shoot or set up another scoring opportunity. If the player who rebounds is on defense, his team can advance the ball down court and try to set up their own scoring opportunity.

Scoring

When the ball enters the basket from above, and remains in or passes through the net, a goal is scored. If that goal is scored with at least one of the shooter's feet is on or inside the three-point line, a *two-point field goal* is scored. If neither of the shooter's feet is on or inside the three-point line, a *three-point field goal* is scored. After releasing the ball, the shooter may touch the three-point line or land inside the line and still be awarded three points on a successful shot. A **successful free-throw** attempt counts as one point. If the free throw is not made but the rebound is tapped in, the player who tapped it in is awarded two points. Free throws must be attempted within 10 seconds (college, professional, high school) or five seconds (international).

Defensive players and offensive players alternate positions along the free-throw lane, with the defensive team getting the positions closest to the basket. The shooter must remain behind the free-throw line until the ball touches the basket.

A player who is fouled while attempting a *two-point field goal* gets *two free throws*; a player gets three free throws if fouled during a three-point field goal attempt. One free throw is awarded a player who was fouled while making a field goal.

Game Time:

NBA: Four 12:00 minute periods.

College: Two 20:00 minute halves.

Terms

A team's **frontcourt** is that half of the court that includes its basket. The **backcourt** is the half of the court that includes the other team's basket. No part of the end line or the center line is considered part of the frontcourt.

A **held ball** occurs when two players from opposite teams each has a firm grasp on the ball and when an opposing player places a hand on the ball to prevent an airborne player from attempting a pass or shot. The team with the possession indicator in its favor is awarded the ball out of bounds.

