

7th GRADE BASKETBALL STUDY GUIDE

History

- Basketball was invented in 1891 by Dr. James Naismith, an instructor at the YMCA Training School in Springfield, Massachusetts.
- The game got its name from the two half-bushel peach baskets that were attached to the gymnasium balcony.

Equipment

- The court is a rectangle 94 feet by 50 feet.
- Rectangular backboards made from wood, metal or fiberglass.
- The basketball may have a leather, synthetic, or rubber case.

Positions

- Five team players usually include a center, two guards, and two forwards.
- The center and forwards (post players) are usually the tallest players. They often take the jump balls and are responsible for rebounding and close-range shooting. These players usually play closest to the basket.
- The guards do most of the dribbling and generally play farthest from the basket. They advance the ball up the court by dribbling and passing. The point guard sets up a team's offensive pattern like a quarterback in football.

Rules

- Only five players from each team play on the court at one time.
- A basket is scored when the ball passes through the basket from above.
- Two points are scored from the court other than from behind the three-point line.
- Each successful free throw awarded for fouls scores one point.

- The ball is put into play at the beginning of the game by a jump ball in the center circle by two opposing players.

Violations

- A **violation** is an infraction of a rule for which the ball is put into play from out of bounds, including:
 - Double dribbling.
 - Sending the ball out-of-bounds.
 - Running with the ball (traveling).
 - Kicking the ball.
 - Taking more than 5 seconds for a throw-in.
 - Taking more than 10 seconds for a free throw.

Fouls

- Personal fouls are violations involving contact with an opponent.
- Examples of personal fouls include: Holding, pushing, tripping, charging contact with a shooting player, rough play.
- A player is disqualified and removed from play after 5 personal fouls.
- A player fouled while shooting is awarded 2 free throws if the shot misses (3 if beyond the 3 point line).
- If the shot is made and a player is fouled the player is awarded 1 free throw.
- If the fouled offensive player is not shooting, the team gets possession out-of-bounds nearest where the foul occurred.

- However, the team will shoot free throws on a non-shooting foul if the bonus is in effect. (bonus begins with opponent's 7th personal foul during the half).
- The defensive team gets possession of the ball when the offensive team commits the foul.
- There are no free throws awarded for offensive fouls.

Terminology

- Bounce Pass - A pass in which a person has two hands on the ball and passes from chest level to a teammate who catches the ball at waist level but the ball touches the ground before it gets to their teammate.
- Charge - Contact resulting from an offensive player with the ball moving into an opponent whose position or path is already established.
- Chest Pass - A pass in which a person has two hands on the ball and passes from chest level to a teammate who catches the ball at chest level without the ball touching the ground.
- Double Dribble - A violation in which a player is dribbling the ball with two hands at the same time.
- Free Throw - A penalty shot awarded to a player when the opposition committed a foul. Shot is taken from within the free-throw circle and behind the free-throw line. The shooter has 10 seconds to take the shot.
- Jump Ball - Method of putting the ball into play that involves tossing the ball up into the air between two opposing players in the center circle. Also a call made when two opposing players both have their hands on the ball at the same time.

- Lay up - A short distance shot that is made by shooting with one hand off the backboard.
- Man to man defense - A type of defense in which each player has an assigned opponent with whom to guard.
- Pivot - Moving one foot around in any direction while the other foot stays planted in only one spot without moving while you are in possession of the ball.
- Traveling - A violation in which a player takes two or more steps while in possession of the ball without a dribble.
- Violation - Breaking of the rules for which an out-of-bounds award is given to the opposing team, i.e., traveling and double dribble.
- Zone Defense - A type of defense in which players are responsible for guarding areas of the court rather than an individual.