

BASKETBALL STUDY GUIDE

1. How many players play on a team at one time? **5**
2. Free Throw = **1 Point**
3. Field Goal or Shot made inside the arch = **2 Points**
4. Shot made from behind the arch = **3 Points**
5. **3 Different Positions**
 1. Guard – Usually best ball handler or dribbler
 2. Forward
 3. Center – Usually tallest player
6. How do you start a game? **Tip-off or Jump ball**
7. **Different Types of Passes**
 1. Chest Pass
 2. Bounce Pass
 3. Overhead Pass (Lob Pass)
 4. Baseball Pass (Overhand Pass)
8. If a player or the ball **touches the white line** it is out of bounds.
9. Easiest shot in basketball – **Lay-up**
10. **Traveling** – Taking more than one step with the ball without passing.
11. **Double Dribble** – Taking a second series of dribbles without another player having handled the ball or dribbling the ball with both hands at once.
12. Standard height of the rim or goal – **10 Feet**
13. Distance from the free throw line to the rim or goal – **15 feet**
14. **Personal Foul** – Holding, pushing, hacking, (striking), tripping, charging, blocking, and unnecessary roughness.
15. **Technical Foul** – Includes the failure of substitutes to report to the proper officials, delay of game, and unsportsmanlike conduct.