

Basketball Information Sheet

- There are 5 players per team on the court at one time: 2 guards, 2 forwards, 1 centre
- **SCORING:**
 - three point shot = 3 points
 - field goal= 2 points
 - free throw= 1 point
- **Game begins with a jump ball at centre court.**
- **Alternating possession rule changes:**
 - At each quarter
 - A jump ball
 - Double foul
 - Coincidental out of bounds

Violations:

1. Travelling- more than a two step stop or sliding your pivot foot
2. Double Dribble- using two hands to bounce the ball or bouncing, and catching and bouncing again
3. Over and Back- bringing the ball across centre line and then back over into defensive side.
4. 10 Second Rule- team has ten seconds to bring the ball over the centre line.
5. 3 Second Rule- offensive team players may stay in the opposing team's team for a maximum of three seconds at a time.
6. 5 Second Rule- player has five seconds to in-bound the ball once the referee hands them the basketball.
7. Line Violations- "out of bounds" is called when the player or ball touches or steps over the line.

***Kicking the ball, striking the ball with fist, or interfering with the basket results in a change of possession and a throw in at the nearest boundary line.

Fouls:

Personal- pushing, charging, tripping, holding, blocking etc.

Technical- delay of game, unsportsmanlike conduct, excessive timeouts

If fouled in the act of shooting:

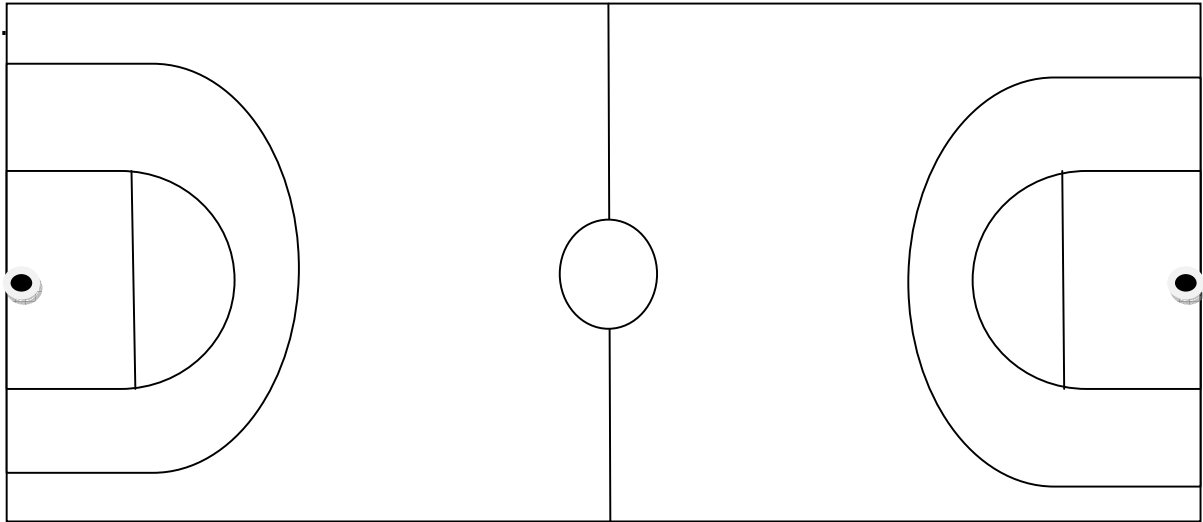
- a) Player receives one free throw if the original shot went in
- b) Player receives two free throws if the original shot missed
- c) Player receives three free throws if they short from the three point line and missed

If fouled when NOT shooting:

- a) Player receives possession of ball at boundary line
- b) If team already had 7 fouls, the player receives one free throw plus a "bonus" if the first free throw goes in.
- c) If team already had 10 fouls, the player receives 2 free throws

*** Technical fouls result in 2 free throws and a change in possession





Shooting

Use this acronym to remember proper shooting form

B- balance

E – eyes

E- elbow

F – follow through

Triple Threat Position

This is a term used for the stance of a player with the ball. They are in good position to pass, shoot or dribble.