

Basketball Sheet

- 5 players per team on the court at one time
- Game starts with a jump ball in the centre circle
- All players are outside the circle at the start until the ball is touched by one of the two centres jumping



Points: Field goal (regular shot in a game) = 2 points
Free Throw (foul shot) = 1 point
Outside the three point line = 3 points

Dribbling: 2 types - control or speed

Passing: chest, bounce, push pass, overhead, baseball

Shooting: Set shot, lay-up (jump stop and running)
Advanced shots: jump shot, turn and jump shot, hook shot

Triple Threat Position: an offensive position used to SHOOT, PASS, or DRIBBLE

Jump Stop: Both feet land parallel and at the same time – gives you a choice of pivot foot

Violations: are an infringement of the rules which does not involve contact. A player (or team) may not:

1. take more than 5 seconds for a throw-in
2. take more than 5 seconds to continue play while holding the ball if being checked
3. be in the key for more than 3 seconds when on offence (**3 in the key**)
4. take more than one step while in possession of the ball (**travelling**)
5. intentionally kick the ball
6. enter the back court once she has entered the front court while in possession of the ball (**over and back**)

Penalty for a violation: the other team takes a throw-in on the sideline nearest the spot where the violation occurred.

Fouls

- are an infraction of the rules involving contact, with or without the ball
- may result in the awarding of free throws
- examples of fouls are: pushing, holding, charging (offensive), reaching-in, tripping
- a person is allowed five personal fouls before they are disqualified from the game

Penalty for a personal foul:

- the fouled team takes the ball on the side if fouled while not shooting, or
- the fouled team gets two free throws if fouled while shooting if they miss the basket
- the fouled team gets one free throw if fouled while shooting if they make the basket

Dribbling Violations:

- double dribble – dribbling with two hands at the same time, or continuing to dribble after allowing the ball to come to rest in one or both hands
- carrying the ball – scooping action while dribbling
- travelling – lifting or dragging the pivot foot without dribbling
- foot ball – the ball is kicked or bounced off of a foot

Boundaries: the ball is out of bounds when

1. it hits the floor, any person or object on or beyond the inside edge of the boundary line
2. it hits a player who is either on or beyond the boundary line
3. it hits the ceiling or the basketball supports

Front court: the attacking end for offence

Back court: defending end

