

Basketball Rules for Beginners

Game Purpose and Basics

To shoot the basketball through the Hoop as often as possible (at your team's scoring end! this will swap at half-time).

- Each time this happens 2 points will be added to your Team's score.
- 3 Points will be awarded if the basketball is shot from outside the three-point line.
- 1 point will be awarded if the basket is shot from the free-throw line.

Each team has a maximum of 5 players on the court at any time. Substitutes are made by the Coach to replace players on the court. They are 'substituted' or 'subbed-off'. This can only be done at certain times in the game and the referee will let you know when it is OK. This can take place as often as the Coach likes.

The team who has control of the basketball is on OFFENCE. The team without the ball is on DEFENCE. Both parts of the game are equally important! Teams on defence are trying to stop the offence from shooting a hoop. The defence should always try to stay between the basket and the players they are guarding.

There are two ways for the ball to be moved up the court on offence - by 'dribbling' the ball, which is by bouncing the ball with ONE-HAND only on it, or by 'passing' it to another of your team members. Passing is a lot faster and ensures all team members enjoy the fun of the game.

While stationary (not passing or dribbling) the player holding the ball must always keep one of their feet on the floor, this is called the 'pivot' foot. Players can only lift their foot if they wish to dribble, pass or shoot the ball. The pivot foot can twist but must remain in contact with the floor and in the same place. If players move their foot / feet without dribbling, passing or shooting they are penalized and the ball given to the other team, this is called 'travel'.

The ball must stay within the court of play (inside sidelines and baselines), otherwise it goes to the other team.

No player may contact an opposition team member, this is called a 'foul'. If a foul takes place while a player is shooting for a basket, the shooter is given free shots from the free-throw line.

- If the basket (while being fouled) is scored, 2 points are awarded and 1 free-throw is taken.
- If the basket misses. 2 free-throws are given.
- If a player receives 5 fouls during a game they must leave the court and can take no more part in the game.

It is important that all players spread-out on the court when playing. How hard is it to pass the ball to 9 players lumped together? Good spacing let's everyone have a go at the basket.

Duration: generally in junior competition a game is made up of two halves (usually 18 or 20 minutes each half).

Timeouts: a Coach can stop the game to talk to their players, usually a coach can call 3 time-outs over the duration (max. of 2 per half). When a timeout is called players must 'hurry' to the sideline to talk with their Coach.

Rebounding: Players should assume that every basket shot will miss. Getting possession of the ball after a missed shot is called a 'rebound'. When 2 players get possession of the ball at the same time this is called a 'jump ball'. A jump ball starts the beginning of a game and after half time.

Now you know some basics of the game keep practicing and remember the most important thing is to have fun! Also, basketball is a team sport! There is no 'I' in TEAM!

Fouls and Violations

FOULS

Personal fouls: Personal fouls include any type of illegal physical contact.

- Hitting
- Pushing
- Slapping
- Holding
- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.
- Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- One & one. If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
- Ten or more fouls. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

Charging. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling. Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/palming. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending. If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

Backcourt violation. Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

Time restrictions. A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

Player Positions

Center. Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

Forward. Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

Guard. These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out

