

# Basketball Rules

## Simplified Edition

### History:

Invented by Canadian James Naismith in 1891, while teaching at a YMCA training school in the USA.

### Procedures:

Game begins with a jump ball. The team that wins the opening jump is awarded the ball. Subsequent jump balls are awarded in an alternating fashion throughout the game for high school and college ball.

A team advances the ball by dribbling or passing, and attempts to score by shooting the ball into the rim. A shot that does not go into the basket is usually rebounded.

After a successful field goal (2 or 3 point shot) the opposing team throws the ball inbounds from under the basket. The thrower may not step on or over the line while passing the ball. The inbounder may run the entire baseline with the ball before passing (only after a made basket). The defensive team may not cross the line or touch the line before it is inbounded.

### Equipment:

Men's Ball – circumference of 29.25-30 inches and weighs 20-22 ounces.

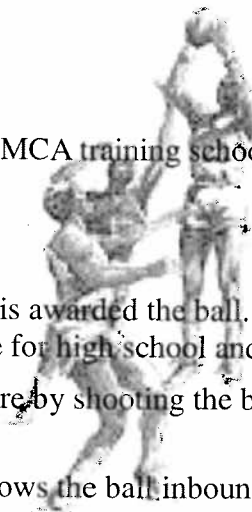
Women's Ball – circumference of 28.5-29 inches and weighs 18-20 ounces.

Rim – 18" in diameter and is 10 feet above the ground.

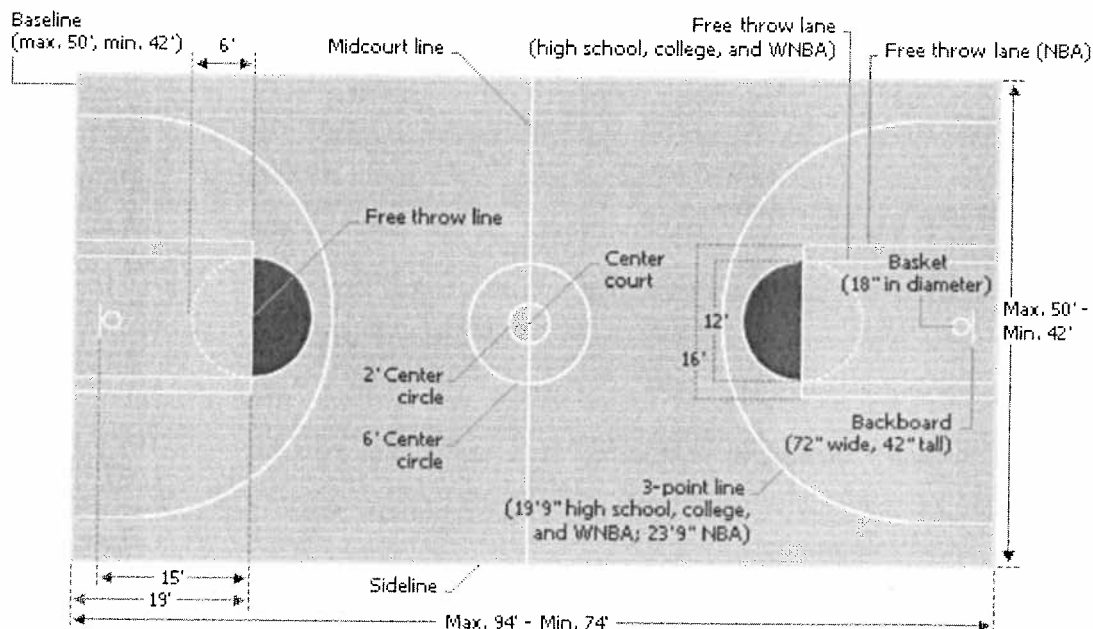
Scoreboard

Game Clock

Possession arrow



### The Court:



## Scoring:

Ball must enter the basket from the top. If the shot is taken with at least one of the shooter's feet on or inside the three-point line, 2 points are awarded. If neither feet are over or touching the three point line, 3 points are awarded. If the defense scores on their own basket, the nearest offensive player is awarded the points.

A successful free throw counts as 1 point. Players have 10 seconds, once given the ball, to release their free throw.

### Free Throws:

Each successful shot is worth 1 point. Defensive and offensive players alternate positions around the key with the defense getting the two positions nearest the net. Offense is allowed 3 players (shooter plus 2 others) and the defense is allowed 4 players around the free throw lane (a.k.a. The key).

A player who is fouled while taking a two point field goal will get:

- 1 free throw if the initial field goal was made
- 2 free throws if the initial field goal was not made

A player who is fouled while taking a 3-point field goal will get:

- 1 free throw if the initial field goal was made
- 3 free throws if the initial field goal was not made



### Bonus:

A player who is fouled while not in the act of shooting will be awarded possession of the ball out of bounds.

Each team is allowed to commit 6 fouls each half before being being put in a *bonus* situation. After the ninth foul a team is placed in *double bonus*. In a bonus situation, a player who is fouled (while not shooting or as the result of an *offensive charge*) is awarded a "1 and 1" - the offended player gets one free throw and then a bonus free throw if the first is successful. Otherwise the ball is live and players are able to rebound.

In double bonus, the player who is fouled (while not shooting or as the result of a *offensive charge*) is awarded 2 free throws.

## Time:

Game duration, time outs and other time factors vary according to level of play. Refer to chart below:

Level	Length of game	Overtime	Shot Clock	Time Outs
<b>High School</b>	Four 8-minute quarters	3 mins	None	5 per game
<b>College</b>	Two 20-minute halves	5 mins	30 sec	4 per game
<b>Professional</b>	Four 12-minute quarters	5 mins	24 sec	7 per game
<b>International</b>	Two 20-minute halves	5 mins	30 sec	Two per half

Time is stopped for the following (basically every time the ref blows the whistle or the quarter/half ends) and only starts when the ball is touched inbounds.

<ul style="list-style-type: none"> <li>• A violation</li> <li>• a foul</li> <li>• held or jump ball</li> <li>• ball goes out of bounds</li> </ul>	<ul style="list-style-type: none"> <li>• stoppage of play do to injury</li> <li>• shot clock sounds, if applicable</li> <li>• timeout is called</li> </ul>
---	--

## Defense

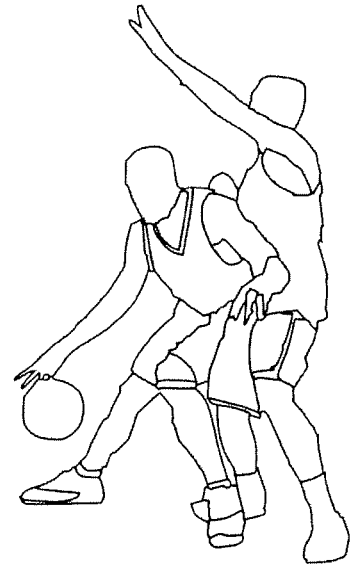
To be considered guarding a player with the ball, the defender must be within 6 feet. The offensive player must break the six foot barrier or get rid of the ball within 5 seconds or the defense will be rewarded the ball.

To establish a legal position, the defender must have both feet on the floor and be facing the opponent. If the opponent is airborne, the defender must have obtained legal position before the other player left the floor. Once legal position is established the defender has a vertical cylinder that he/she can maintain without a foul.

While guarding a player without the ball the defender may not hold or impede the movement of the opponent, except by establishing legal position (i.e. A pick/screen)

Legal use of hands and arms – a defensive player may extend hands vertically (within the cylinder) to reach, block or slap the ball away, or hit the hand of the opponent while the ball is in the opponent's hand. If contact is made outside the cylinder, it is a foul.

The defender may use their hands to protect their face and body from an opponent. No player is allowed to push.



## Players

Each team has 5 players. There are five numbered positions which typically consist of the following.

- 1 – Point Guard who brings the ball up the floor, known for good dribbling and passing
- 2 – Off Guard or shooting guard who is also a good ball handler but can also shoot
- 3 – Small Forward is a good shooter and ball handler who can also play with the big kids
- 4 – Power Forward is physically strong and fairly tall, good passer
- 5 – Centre or Post is the tallest player

## Fouls:

Awarded when a player on the floor breaks a rule of the game during play. Each player is allowed only 5 fouls per game (6 fouls in the NBA) before being ejected. Specific fouls include:

*Blocking:* Illegal contact by a defender that impedes the progress of the offensive player

*Charging:* Illegal contact by the offensive player by pushing or moving into defender's torso

*Delay of Game:* Defender hits ball out of opponent's while trying to inbound the ball

*Elbow:* Caused by excessive swinging of the elbows even though contact is not made, or by striking an opponent in the head/face with elbow

*Face guarding:* putting your hand in the opponent's face to block their vision

*Fighting or Flagrant* – foul with the intent to injure. Results in ejection from the game.

*Illegal use of hands:* hitting opponent's arm or hand while he/she is shooting

*Hand Check:* slowing the offensive player by using hand

*Hanging on the rim*

*Intentional Foul:* the foul committed is viewed as deliberate with little or no attempt being made to play the ball. Two free throws and possession are awarded.

*Offensive:* for charging, illegal screen, or player control (ball handler pushes or runs into defensive)

*Technical:* Committed by anyone that may or may not be involved in the play (i.e. Coach, players on the bench, player on the floor, etc). Two free throws are awarded to the player of choice and position is awarded to the offended team. If anyone receives two technical fouls they are removed from the competition area. Technical fouls may include: profanity, abusing an official or opponent, unsportsmanlike conduct, abusive fans, etc).

## **Violations:**

Violations occur when a player breaks a rule that does not infringe upon an opponent. These include:

*Backcourt:* A team in possession of the ball in the front court and then touches the ball in the backcourt without the defense having touched it last.

*Goaltending:* A player cannot touch the ball while it is considered to be within the cylinder of the rim. Nor can the ball be touched when it is in downward flight. If the defense commit the violation, the basket is automatically awarded. If the offense commits the violation, the basket is disallowed.

*Double Dribble:* Dribbling the ball with both hands at the same time. Or dribbling, picking the ball up and then dribbling again. Possession is awarded to other team.

*Faking a free throw:* Ball is awarded to opponent.

*Kicking:* Intentional hitting the ball with one's foot. Possession is awarded to opponent.

*Travelling:* A player can advance the ball without dribbling or passing

*Illegal Throw-in:* The player passing the ball in cannot:

- carry the ball onto the court
- hold the ball for longer than 5 seconds
- touch the ball on the court before someone else
- leave the spot designated by the referee (except after made baskets)
- step over the line while still touching the ball

## **Terms:**

*Frontcourt:* the half of the court containing the basket your team is trying to score on

*Backcourt:* the half of the court containing the basket your team is defending

*Held ball:* occurs when two opposing players have a firm grasp of the ball and when an defender places his/her hand on the ball to prevent and airborne player from shooting. Possession is awarded by possession arrow.

*Incidental Contact:* When opposing players are in equal positions to go for a ball and some contact is made (i.e. Going for a loose ball)

*Pivot:* when a player holding the ball pivots on one foot. Picking up the other foot before dribbling, passing or shooting is a travel violation.

*Screen:* when an offensive player reaches a stationary position first, causing the defender to go around him/her.

