

Basketball Rules

SCORING:

- 2 point field goal- a shot made from anywhere during play inside the 3 pt arc.
- 3 point field goal- a shot made from anywhere outside the 3 pt arc.
- Free throw- 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

SKILLS:

- Dribbling- bouncing the ball with 1 hand using your fingertips instead of your palm so that it rebounds back to yourself (the only legal way to move with the ball)
- Passing- moving the ball by throwing, bouncing, handing, or rolling it to another player (Chest, Bounce, Lob)
- Shooting- throwing the ball to make a basket
- Pivoting- stepping once or more in any direction with the same foot while holding the other foot at its initial point.
- Rebounding- The recovering of a shot that bounces off the backboard or the rim.

FOULS:

- Blocking, charging, hacking or holding another player which results in the other team being awarded the ball. This sometimes results in shooting foul shots.

VIOLATIONS: results in a change of possession with the team in bounding the ball at the side line opposite where the infringement took place

- Traveling- moving illegally with the ball
- Three seconds- an offensive player remains in the key (free throw lane- the area under the basket) for more than 3 seconds
- Double dribble- a player dribbles the ball with both hands at the same time or they stop and then start dribbling again

TERMS:

- Air ball- a shot that completely misses the rim and the backboard
- Assist- a pass to a teammate who then scores a field goal.
- Defense- team trying to stop the other team from scoring
- Dunk- to throw the ball down into the basket with the hand above the level of the rim
- Fast break- dribbling or passing the ball towards your basket before the defense can set up
- Man-to-man- a defensive strategy where everyone guards an assigned player
- Offense- team trying to score
- Turn over- any loss of the ball without a shot being taken
- Zone defense- a defensive strategy where everyone guards an area instead of a player (2-1-2, 2-