**Basketball Information Sheet**

Basketball is a team sport that is divided into either 4 quarters or 2 halves (depending on the level). Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. When a team makes a basket, they score two points and the ball goes to the other team. If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points. A **free throw** is worth one point.

**Fouling a shooter** always results in two or three free throws being awarded the shooter when the shot is unsuccessful, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Other types of fouls do not result in free throws being awarded until a certain number have accumulated during a half. If a player makes the shot while being fouled then the player will receive one additional foul shot. In a **“one and one**” situation when a team has reached the maximum amount of team fouls. If he misses the first shot, the ball is live on the rebound. If the player makes the first shot he/she will receive a second shot. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

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

* **Slapping**
* **Illegal pick/screen 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. .
* **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 or under the ball.  
**Double Dribble**. Dribbling the ball with both hands on the ball at the same time or picking up the dribble then dribbling again.  
**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.   
**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.

**Positions:**

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

