



BASKETBALL

Basketball is a non-contact game for two teams of five players. The object of the game is to score more points than the opposing team in the allotted time. The ball may be passed, thrown, rolled, or dribbled but may not be carried or kicked deliberately. Throwing (shooting) the ball into the appropriate basket scores points.

Scoring: a goal is scored when a live ball enters a basket from above and stays in or passes through.

- Goal from the field court = 2 points, free throws (foul shot)= 1 point, behind the three-point line = 3 points

Rules of play/Key terms:

- Game consists of two halves with an interval within each half.
- At the start, teams choose an end and change at half time. Each half starts with a center jump at center court.
- Three-second rule-no offensive player may remain in his opponent's restricted area, between end line and free throw line (the key).
- If a ball goes out of bounds a throw is awarded to the opposing team of the team that last touched the ball.
- **Dribbling** is the means by which a player can move the ball on the court. A player is entitled to dribble each time he gains control of the ball, but it is a violation to make a second consecutive dribble (double dribble).
- **Foul**- infraction of the rules that involves personal contact with an opponent or unsportsmanlike conduct. A player who has committed five fouls must automatically leave the game.
- **Free throw**-an unhindered shot for a goal (basket) from a position directly behind the free throw line. Free throws are awarded to the opposing team as penalties for fouls.

Origin: Springfield, Mass within the YMCA by Physical Education Director James Naismith in 1891.

Governing Body: [National Basketball Association \(NBA\)](#) and [National Collegiate Athletic Association \(NCAA\)](#)

Court Dimensions: Professional: 94'X50' and Collegiate 84'X50' with the rim 10' above the court.