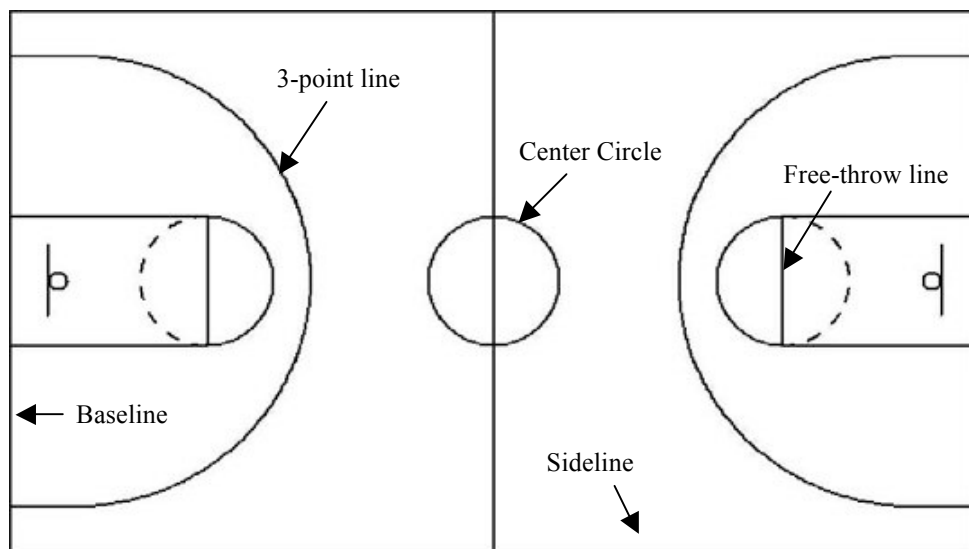


## Basketball Handout

### Background Basics

- Founded by James Naismith in 1891.
- A team sport, which is composed of five players per team.
- Scoring is done by shooting the ball through the basket, either from the field or from the free-throw line.
- The ball is passed or thrown from one player to another.
- The game is divided into 8-minute quarters (high school) or 20-minute halves (college).

### The Court



### Basic Rules

- Play begins with a jump ball in the center circle.
- A goal is made whenever a live ball enters the basket.
- Whenever a player has possession of the ball, they must maintain contact with the floor with at least one foot, unless they are shooting.
- A player is out-of-bounds when touching either on or outside of the baseline or sideline.
- After the ball goes out-of-bounds, it is awarded to the opposing team.
- A dribble ends when the dribbler touches the ball with both hands.
- A player may not:
  - Double dribble
  - Kick the ball
  - Interfere with the basket and/or ball entering the basket
  - Run with the ball (move without dribbling)

## Terminology

- **Dribble** – Ball movement by a player in control who throws or taps the ball in the air or onto the floor and then touches it.
- **Foul** – Involves contact with an opponent while the ball is alive or after the ball is in possession of a player for a throw-in.
- **Free throw** – An unhindered shot by a player as a result of a foul; is shot from behind the free-throw line.
- **Jump ball** – A method of putting the ball into play to start the game by tossing the ball up between two opponents in the center circle.
- **Pivot** – When a player who is holding the ball steps once or more than once in any direction with the same foot, while the other foot is kept at its point of contact with the floor.
- **Rebound** – When the ball bounces off the backboard or basket after a missed shot.
- **Traveling** – When a player in possession of the ball takes steps without dribbling.

