



## **Basketball**

### **RULES:**

1. The game is started with a jump ball. This is also called a tip-off.
2. There are 5 players from each team on the floor at a time.
3. A player is ineligible to continue playing in the game after he commits his 5<sup>th</sup> foul.
4. Two points are awarded for a basket that is made from the field inside the 3-point arc. This is called a field goal.
5. Three points are awarded for a basket that is made from outside the 3-point arc. This is called a three-pointer.
6. One point is awarded for a foul shot.
7. The sideline and end line are out of bounds.

### **TERMINOLOGY:**

1. A foul is any illegal act (infraction) committed against an opponent.
2. Traveling is moving your feet when you have the ball and are not dribbling the ball.
3. Dribbling – bouncing the basketball.
4. Passes:
  - Chest pass – pushing the ball from chest level.
  - Bounce pass – passing the ball to a team mate by bouncing it.
  - Overhead pass – passing the ball with 2 hands over head.
  - Baseball pass – throwing the ball with one hand using a pitching motion.
5. Key – area inside the foul lane. This area is sometimes called “the paint”.
6. Lay-up – a short shot that is taken while moving toward the basket. You are allowed to take 2 steps without dribbling when doing a lay-up.
7. Offense – period of time when the team is trying to score.
8. Defense – period of time when the team is trying to prevent the opponents from scoring.
9. Discontinued dribble – dribbling the ball, stopping your dribble and then starting the dribble again. This is not allowed. After you stop dribbling, you must either pass or shoot the ball.
10. Double dribble – touching the ball with both hands at the same time while dribbling. This is not allowed.