

Basketball Rules

1. Each team consists of five players. Basketball is played by two teams. The purpose of each team is to throw the ball into it's own basket and to prevent the other team from scoring.

2. A goal is made when a live ball enters the basket from above and passes through. A goal from the field counts 2 points for the team into whose basket the ball is thrown. A goal from a free throw attempt is credited to the thrower and counts 1 point for his or her team. A goal made from beyond the 3-point arc counts 3 points.

3. Jump Ball – This play takes place in the center of the court to start the game. The referee tosses the ball up between two opposing players. Players try to out-jump each other and tap the ball to a teammate.

4. Violation – Minor rule infraction such as:

- **Traveling** – taking more than one step before passing or dribbling the ball.
- Stepping out of bounds.
- Throwing the ball out of bounds.
- **Double Dribble** – dribbling, stopping the dribble, and starting the dribble again; dribbling the ball with both hands for more than one dribble.
- **3 Seconds** – offensive player with or without the ball may not be in the lane for more than 3 seconds.
- **Over and Back** – once the ball has crossed over the center line, the offense may not go back over it.
- **Palming the Ball** – permitting the ball to come to rest in one hand while dribbling.

** On a violation the other team gains possession of the ball on the sideline or baseline.*

5. Personal Foul – Any infraction of the rules against another player for which the penalty is one or more free throws.

- Blocking – personal contact which interferes with the progress of an opponent with or without the ball.
- Charging – contact resulting from a player with the ball moving their body into an opponent whose position is legal or whose path is already established.
- Hacking – striking a player.
- Holding
- Pushing

** 5 Personal Fouls results in a player having to leave the game.*

6. Technical Foul

- Called for unnecessary roughness or unsportsmanlike conduct.
- The other team is awarded two free throws and the ball out of bounds.
- The free throws are taken by anyone on the playing floor.
- No defensive or offensive players are allowed to stand in the lane while the shooter takes their shots.

7. Free Throw

- An unguarded shot at the free throw line after a foul has occurred.
- The free throw is taken by the player who was fouled.
- The free throw line is 15 feet from the basket.
- The player has 10 seconds to shoot the free throw.
- Rebounders take position on the lane with the opposing team in the first position under the basket; same team in the second position and so forth.
- The free throw shooter may not go over the line until the ball hits the rim; rebounders may go into the lane when the ball hits the rim as well.

8. Defense

- When your team doesn't have the ball.
- Man-to-Man Defense – guard a person.
- Zone Defense – guard an area.

9. Offense

- Your team has the ball and is trying to make a basket.
- 5 Players – 2 guards, 2 forwards and 1 center.

10. Lines of the Court

