

Basketball Study Guide

Key terms

Court-	74' Long by 40' wide and divided into halves by a center line
Baskets-	10' high with a backboard at each end line
Back court-	The court which contains the opponents basket
Front court-	The team with the ball(offense) shooting at their basket
Defensive team-	The team without the ball, trying to prevent the offense from scoring without touching(fouling) the person with the ball
Offensive team-	The team with the ball trying to score
Foul-	A foul is called when a player comes in contact with a player on the opposing team. Example: blocking, charging, pushing, holding, tripping, slapping... Fouls result in a player going to the free throw line to shoot a free throw.
Violations-	Breaking one of the rules. The ball is then awarded to the opponent and thrown in from the side line or end line. Examples: Traveling, double dribble, kicking the ball, stepping on or over the side or end lines, holding the ball for more than 5 seconds.
Scoring-	Free throw = 1 point Field goal = 2 points 3 point field goal shot from behind the arc = 3 points
Traveling-	Running with the ball in one or both hands and not dribbling
Pivot-	A move that a player can make in any direction while keeping one foot in contact with the floor. The pivot foot cannot move from its spot. It can only spin where it is at.
Double dribble-	Bouncing the ball, stopping an bouncing it again. Dribbling must be done with one hand only.
Boundaries-	Sideline and end line. The 10 second line becomes the boundary line after the offense crosses it into the front court.
Chest pass-	A pass from one teammate to another from chest to chest
Bounce pass-	A pass that is bounced on the floor towards a teammate
Overhead pass-	A pass that is thrown to a teammate from above the passers head

Fouls and Violations

Fouls

Blocking
Pushing
Tripping
Holding
Charging

Violations

Traveling
Double Dribble
Stepping out of Bounds
Kicking the ball
Hold ball for more than 5 seconds

Court Markings

- A) Free Throw Lane
- B) Free Throw Line
- C) Center Jump Circle
- D) 10 second Line
- E) Baseline
- F) Sideline
- G) 3 point line

Use the diagram below to identify the court markings

