THE GAME OF BASKETBALL

**PLAYING REGULATIONS**

Playing time – each game consists of four 8 minute quarters with one 10 minute half time. Only Senior Boys play 10 minute quarters.

Beginning of game – each team consists of 5 players. Each team must have 5 players to start the game.

Jump ball – referee will toss the ball in the jump circle to start the game. Only 2 jumpers are allowed in the circle. The other 8 players must stand outside the circle and not on the line. Either jumper may tap the ball twice only. Jumpers cannot catch the ball. A violation results in a throw-in for the other team. Teammates cannot stand shoulder-to-shoulder beside each other around the jump circle if an opponent wants one of the positions.

Ball in play after a goal – after a basket is scored, any player on the team scored upon may put the ball in play from any point out-of-bounds at the end of the court. The player has 5 seconds to throw the ball into play. If he/she fails to do so the opponents get the bail out-of-bounds at the end line.

Ball in play after the last free throw – if free throw is successful, the team scored upon throws the ball in from the end line.

Substitutions – a substitute player must report to the scorer first and only after the buzzer may enter the game upon the referees invitation

Football – in the eyes of the officials it is a violation only if it is done on purpose. If kicking the ball is an accident, play continues with no penalty.

Out-of-bounds – when a player touches the floor on or outside the boundary line, he/she is out-of-bounds. When the ball touches a player out-of-bounds, or any other person, floor, object, or supports on back of backboard it is out-of-bounds

Pivot – takes place when a player who is holding the ball steps once in any direction with the other foot held to the floor in one spot. The foot held in place is called the pivot foot.

**RULES**

1. Violations:
	1. A player is not allowed to “travel” (walk with the ball or drag his/her pivot foot).
	2. A player is not allowed to “double dribble” the ball (use two hands at once to bounce the ball or bouncing the ball, then holding it, and then bouncing the ball again).
	3. A player is not allowed to step on a boundary line.
	4. A ball is not allowed to roll out or be hit out of the court.
	5. A player is not allowed to move the ball over the center line and then back over it again (over and back) by dribbling it or passing it to another player.
	6. A player is not allowed to stand in the “key” for more than three seconds in his/her shooting end of the court, except when the ball is in the air being shot at the basket.

The result of a violation of the rules is a penalty awarded and the other team is given a throw-in from the sideline.

1. Scoring:

A field goal basket is worth two (2) points and a foul shot is worth one (1) point. A free throw or foul shot which is taken after a foul made by the other team on a player. That player takes the shot(s) from the free throw line at the top of the key.

1. Personal Fouls:

A personal foul happens when personal contact is made with a person from the other team. A foul is charged to the player who causes the contact.

* 1. Holding - a player may not hold or stop another player from moving.
	2. Pushing – a player may not push or roughly move another player.
	3. Illegal use of the hands – a player may not touch an opponent with his/her hand(s) unless it is accidental.

The result of a personal foul is a free throw/foul shot taken by the player who was fouled against (if they were in the air shooting).

**LANGUAGE OF THE GAME**

1. 3 seconds in the key – offensive players may only stand in the key for 3 seconds before a violation occurs and the defensive team receives the ball out-of-bounds. An offensive player may leave the key area and re-enter the key at any time. Each time an offensive player leaves the key and re-enters, a new 3 second count is initiated.
2. Baseball pass – a pass throw with one hand to a teammate far away from you.
3. Basket – the goal
4. Baseline – the end line running under the basket from sideline to sideline.
5. Bounce pass – a pass that hits the floor before it gets to the receiver.
6. Chest pass – a two hand pass that is from the passer’s chest to the receiver’s chest.
7. Dribbling – bouncing the ball continuously with only the fingers of one hand.
8. Held ball – when two or more players are holding onto the ball at the same time for a few seconds. A jump ball is taken by the players.
9. Jump ball – a ball tossed up between two people from opposite teams.
10. Layup shot – a shot that is taken close to the basket. The player dribbles the ball and then picks up the ball when his/her left foot is forward and then takes a step with her right foot and then her left before shooting the ball at the basket.
11. Pass – a ball is thrown from one player to another.
12. Pivoting – a means of turning by moving on one foot in one spot.
13. Rebound – when the ball bounces off of the rim of the hoop or the backboard after a missed shot.
14. Rebounding – jumping up to catch the ball after it has been shot at the basket.
15. Throw-in – the ball is throw-in from the sideline or baseline to a teammate. This happens after the ball goes out of bounds or after a basket.
16. Set shot – a shot taken while standing still.
17. Key – the area close to the basket that includes the free-throw area.
18. Overhead pass – a two-handed pass to a teammate over your head.
19. Hook pass – a shot pass to a teammate which is made with one hand over head and body.