



Breakthrough Basketball



BASKETBALL RULES

Basic rules of basketball are pretty simple.

- Each team is allowed to only **five** players on the court at one time
- At the beginning of the game a **jump ball** will be called (and also when two players withheld the ball from play for three to five seconds, and in case of double foul)
- Each team tries to score by shooting the basketball through the hoop
- Each team tries to prevent their opponent from scoring by stealing the ball or blocking a shot
- The ball is moved down the court by either passing it to a teammate or dribbling it.

Violations

Drouble dribble



The Play stops on all rules violations.

If you run or walk with the ball that is called traveling. If you travel the other team gets the ball (If a player goes to the floor for a looser ball, getting up is a travel).

- If a person who has the ball **steps** or **dribbles** the ball **out of bounds** the ball goes to the other team.
- If the ball is **thrown over** the basket it is treated like a ball **out of bounds**. The team that threw the ball loses position of it.
- If a player dribble once, he cannot drible **the second time** after holding the ball with both hands; also an illegal dribble when the ball is bounced with both hands.
- A pass can **hit** your foot, but cannot **be kicked**.

Kick forbidden



Team must cause the ball to go into its frontcourt within **8 sec** and is required to attempt a shot **within 24 seconds** of gaining possession (the shot clock would be reset when the ball touched the rim or blackboard). The ball cannot return to the backcourt.

After a violation the ball is awarded to the opponents for a throw-in from the nearest place to where the violation took place.

Fouls

The play stops on all fouls.

A foul is any time you make contact with another player in a moving defense = **draw a charge** : if you push somebody then that is a **foul** (*but a violation for the offense who slams into you while defender stands still in a guarding position = both feet and torso facing the opponent*).

A foul can be called for any of these actions : blocking, charging, holding, reaching in, tripping, using bad language, and for unsportsmanlike conduct

- If the person with the ball is up in the air and you foul him, he gets to go to the free throw line and shoot two baskets. However if the shot was being taken from three-point range, the player will take three shots, one after making a successful field goal.

If a player has accumulated six fouls that person is ejected from the game. That means they will not be able to play in that game again.

Scoring Basketball

- In a basketball game when you make a basket it can be worth **two points** or **three** depending on where you shoot the ball from. (**In PE one point when the ball touched the basket's rim or the black square on the backboard**) There is an arch on both sides of the basketball court. If you shoot the ball and make it from inside the arch you get two points. If you make a basket from outside the arch you get three points instead of two.

There are many other rules about basketball these one are the simplest one. *not a shot within 30 seconds of gaining possession (the shot clock would be reset when the ball and)*