

## Basics

### Possession

The team that has possession of the ball is on offense, and the team without possession of the ball is on defense.

Having possession means the team has a physical hold and control of the ball. Possession changes constantly throughout the game.



The player in red has possession of the ball.

When the opposing team gains possession of the ball, that means that the roles of the teams are switched. The team that was on defense is now on offense, and the team that was on offense is now on defense.

### Offense

The offense's goal is to score points by putting the ball through the basket.



The boy shoots the ball at the basket for points.

This can be done by *shooting* the ball at the basket from anywhere on the court that isn't *out of bounds* (as shown in the diagram on the cover).

If the ball is shot and successfully goes through the basket from anywhere behind the *three-point line* (as shown in the diagram on the cover), it counts as three points. Anywhere else, the successful shot counts as two points.



The player takes a free throw at the free-throw line while the rest line up around the key or around the court.

The final way to score points is from the *free-throw line* (as shown in the diagram on the cover), which occurs when someone is *fouled* in the act of shooting. Each *free throw* is worth one point.



The boy dribbles the ball in order to move legally up and down the court.

The player with the ball can only move with it by *dribbling*. They can also *pass* the ball to a teammate.

### Defense



The boy defends the player with the ball, who is on offense.

The goal of the defense is to prevent the team on offense from scoring points. This can be done by *blocking*, *stealing*, or *rebouncing* without fouling.

### Playing The Game

Before beginning each game, decide either on a time limit before the game ends, or a point total to reach before the game ends. If there is a time limit, the team with the highest number of points at the end of the time limit wins the game. If there is a point total to reach, the first team to score that number of points wins the game.

Each game starts with one team on offense and one team on defense. Either decide before beginning which team will start as which, or decide it by doing a *jump ball*.

One player from the team on offense stands out of bounds with the ball in



The players start off the game by competing in a jump ball. The player who successfully tips the ball to their teammate gains the first possession of the game for their team.

the *backcourt* (as shown in the diagram on the cover), and passes the ball to a teammate to begin the game (as well as every new possession). From there, the offense tries to score points while the defense tries to prevent them from scoring.

If the team on offense scores, the ball goes to the other team, at which point a new possession begins with a player from that team standing out of bounds in the backcourt and passing the ball to a teammate, just like at the beginning of the game.

If the defensive team successfully prevents the offensive team from scoring points, the defensive team automatically begins a new possession with the ball. However, that team must first legally dribble the ball to the backcourt before being allowed to go on offense.

This repeats and goes on until the game ends and there is a winner.

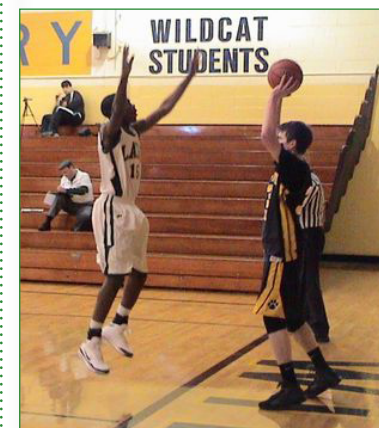
## Violations

### Out of Bounds



The player with the ball is trying to avoid stepping or touching on the line or beyond, which is considered out of bounds.

Once each possession begins, the player with the ball on offense is not allowed to physically touch anywhere considered out of bounds. This includes the feet, hands, body, etc. If the player touches out of bounds, the team on offense loses possession of the ball.



The boy looks to pass the ball inbounds to a teammate to begin a new possession after it went out of bounds where he is now standing.

If the ball itself goes out of bounds, the team of the player who last touched it loses possession of the ball. At this point, the ball is passed in bounds by a

player from the team now with possession, who should stand out of bounds at the location where the ball went out.

Players on defense or players on offense without the ball can go out of bounds if they want, but once they touch the ball, they cannot be out of bounds or it is a violation.

### Fouls



Because the player wearing blue illegally hit the opposing player holding the ball, it is a foul.

A foul is when a player hits, pushes, grabs, trips, etc. a player on the opposing team. This is not allowed in basketball, and is a violation. If the player who committed the foul is on defense, the team on offense gets to restart their possession. If the player who committed the foul is on offense, the other team gains possession of the ball.

If the player on defense committed the foul while the other player was in the act of shooting, the player who was fouled gets free throws.

In this case, if the player missed the shot they were fouled on, the player gets to take two free throws, or three if it was shot from behind the three-point line. If the player made the shot they were fouled on, they receive two points (or three, if it was shot from behind the three-point line) for their team for the made shot, as well as one free throw.

### Double Dribble

When a player is dribbling the ball, once the player picks it up and stops



The boy has picked up the ball after dribbling it. He is now only allowed to pass or shoot the ball. He is not allowed to dribble or walk with it.

dribbling or holds it with two hands, the player is not allowed to continue to dribble or move. The player's only options are to shoot or pass the ball. If the player does dribble, it is a double dribbling violation, and the player's team loses possession.

### Traveling

In basketball, the player with the ball can only move by dribbling. If they

move without dribbling, it is called traveling, and the team of that player loses possession of the ball.



The boy has jumped, and must either pass or shoot the ball before landing.

After the player with the ball stops their dribble and picks up the ball with one or two hands, the player is only allowed to take up to two steps before shooting or passing the ball. If the player takes three or more steps, it is a traveling violation, and their team loses possession.

If the player with the ball takes any number of steps before even beginning their dribble, it is a traveling violation in all cases.

Once the player with the ball jumps, the player is not allowed to land without either shooting or passing the ball. If the player does land without either shooting or passing, it is considered a traveling violation, and their team loses possession.

## Glossary

### backcourt

The backcourt is the area in the back of the court that is out of bounds (as shown in the diagram on the cover). New possessions start here, but after the possession begins, the player with the ball is not allowed to touch here, as it is still considered out of bounds.

### block

Blocking the ball is when a player on defense touches, slaps, hits, etc. the ball after a player on offense has shot it, preventing it from going in the basket. This is one tactic for playing defense and preventing the opposing team from scoring.

### dribbling

Dribbling the ball involves rhythmically bouncing the ball up and down by repeatedly slapping the ball with one's hand facing downward. Ideally, each player should be able to keep the ball dribbling indefinitely, as this is the only way to legally move with the ball. With practice, any player can learn to dribble.

### foul

See the above section VIOLATIONS for the explanation.

### free throw

A free throw is a shot taken by a player from the free-throw line after a foul is committed in the act of shooting. The player stands right behind the free-throw line, while the rest of the players

stand outside the key and wait. The player gets to take a predetermined number of free, undefended shots at the basket for points. After the last free throw is shot, a new possession immediately begins. For more information on free throws, check "Fouls" in the above section VIOLATIONS.

### free-throw line

The line on the court at the top of the key (as shown in the diagram on the cover) where players stand for free throws.

### jump ball

A jump ball is done to begin the game and decide who starts with possession of the ball. It involves one player from each team standing facing each other, and a third-party person tossing the ball straight up in the air. The two players then try to tip/slap the ball to their teammates. The game then immediately begins with the team of the player holding the ball having possession.

### key

The rectangle on the court below the basket (as shown in the diagram on the cover).

### out of bounds

See the above section VIOLATIONS for the explanation.

### pass

Passing is when the player with the ball gives it to a teammate by throwing, tossing, or bouncing it. Passing

is an essential part of success in basketball, and is one of the best ways of scoring points on offense when done strategically.

### rebound

When a player shoots the ball and misses it, catching the ball after the miss is called a rebound. If a player on defense rebounds the ball, the player's team immediately starts a new possession. Getting rebounds while on offense as well as defense is a very effective way to have success in basketball.

### shoot

Shooting is when the player with the ball aims and tosses the ball at the basket with the goal to make it in. Making shots is the one and only way to score points. Practicing proper form in shooting will result in much more efficiency.

### steal

Stealing is when a player on defense pokes, slaps, or even grabs the ball away from the player with possession of the ball, successfully gaining possession for their team. Stealing is done without making physical contact with the player, which would otherwise be considered a foul.

### three-point line

The longest and farthest back line on the court (as shown in the diagram on the cover), from which shooting behind counts for three points as compared to two.



# Basketball

## Rules for Beginners

BY SHAAN LODHIE



**B**asketball is a team sport in which a number of players (traditionally five) face off against an equal number of players.

The object of the game is to outscore the opposing team.

