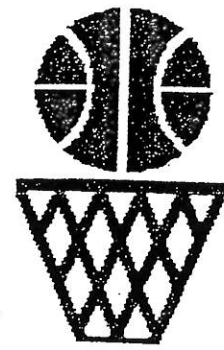


BASKETBALL STUDY GUIDE



1. Basketball is played by two teams of 5 people.
2. The purpose of each team is to throw the ball into its own basket and to prevent the other team from scoring.
3. All 4 sides of a rectangular backboard are considered inbounds.
4. All supports, cables and back of the backboard are considered out-of-bounds.
5. A high school basketball court is 84 ft long and 50 ft wide.
6. The free throw (FT) line is 15 ft from the front of the backboard.
7. The FT lane is 12 ft wide.
8. The 3 point line is 19 ft 9 in from the center of the basket.
9. There are 3 spots on each side of the FT lane to stand when a free throw is being shot.
10. A rectangular backboard can be either 6 ft x 4 ft or 6 ft x 3 1/2 ft.
11. The bottom, and part of the sides of a rectangular backboard must be covered with padding.
12. Each basket is 18 inches in diameter.
13. Each basket ring shall be a height of 10 ft above the floor.
14. The net shall hang from the basket at a length from 15 - 18 inches.
15. The numbers 1, 2, 6, 7, 8, and 9 are illegal numbers to have on the uniform.
16. A High School game consists of 4, 8 minute quarters.
17. If a player is fouled on a shot attempt, he is awarded 2 free throws. If he makes the shot and is fouled he just gets 1 free throw.
18. A player is disqualified from the game after his 5th foul.
19. The pivot foot may not be lifted before the ball is released to start a dribble. This is traveling if it is lifted.
20. Free throws count as 1 point. Field goals count 2 points. Field goals behind the arc count as 3 points.
21. A team gets 5 time outs per game. 3 Full 2-30 sec.
22. A time out is 1 minute long.
23. A player whose team has the ball cannot be in the free throw lane area more than 3 seconds.
24. Once your team has secured the rebound you have 10 seconds to get the ball across the midcourt line.
25. A player has 5 seconds to pass the ball inbounds.
26. When a player has possession of the ball he must keep one foot stationary. This is called a pivot foot.
27. Once a player with the ball leaves the floor he must pass or shoot before returning to the floor.

