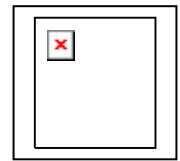


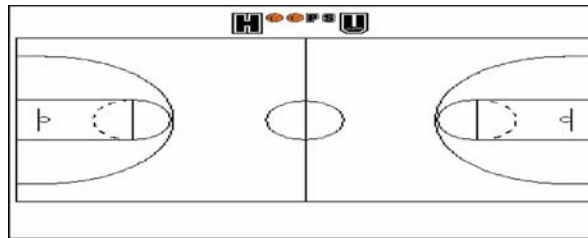
Basketball – Grade 9 Rules and Game Concepts



Basketball was invented in 1891 by James Naismith, a Canadian teacher. It was first played with a soccer-style ball and peach baskets as the goals. Basketball is a team sport in which two teams of five players on the court (usually 2 guards, 2 forwards and 1 centre) each try to score points against one another by forcing a ball through a 10 feet (3m) high hoop. The ball can be advanced on the court by bouncing it (dribbling) or passing it between team mates. Disruptive physical contact (fouls) is not permitted and there are restrictions on how the ball can be handled (violations).

Equipment:

The only essential equipment in basketball is the basketball and the court. The basketball is about 2.5 feet in circumference and weighs 22 ounces. The court is a flat, rectangular surface with the baskets at opposite ends. A regulation basketball court is 28 by 15 metres (94 feet by 50 feet). Most courts are made of wood and the baskets are steel with mesh attached to the backboard hanging over each end of the court. The rim is exactly 10 feet (3.05m) above the court and 4 feet (1.2m) inside the baseline. Please see diagram below:



Scoring:

- Foul-shot/free throw = 1 point
- Field goal scored inside the 3-point arc = 2 points
- Field goal scored outside the 3-point arc = 3 points

Timing

A high school basketball game consists of four 8 minute quarters and each team receives 3 full (1 minute) time outs and 2 half (30 seconds) time outs. NBA consists of four 12 minute quarters and each team receives 6 full timeouts (3 per half) and two 20 second timeouts (one per half).

Rules of the game:

- Each game or overtime begins with a jump ball at the centre court. Jump ball situations are also created during the game when:
 - two opponents have the ball at the same time
 - two opponents knock the ball out of bounds
 - a double violation occurs
- After gaining control from the centre toss the player tries to move the ball toward the opposing team's basket by passing it to a team mate, dribbling it using a combination of these actions.
- The opposing team tries to defend their basket and/or intercept the ball and move it in the direction of the other team's basket.
- The ball may be passed to any player on the team in any section of the court and any player may shoot for a basket.
- Out of bounds is called if a player steps on or out of the designated boundary (sidelines/baseline) while in possession of the ball; or if the ball bounces on or crosses the boundary lines.
- When a score is made, the play is stopped. The ball is taken out-of-bounds on the end line by the team who was scored against. The player who took the ball out-of-bounds on the end line then in-bounds the ball to a team mate and the play resumes

Violations:

A violation occurs for infractions of the rules that do not involve contact with an opponent. For example: kicking the ball, traveling, palming, etc.. All violations will result in the loss of ball. Team receiving the ball has a throw-in at the sideline closest to where the violation occurred.

- **3 second rule:** an offensive player may not remain in the key for more than three seconds
- **5 second rule:** if a guarded player fails to shoot, pass or dribble within 5 seconds; or a player in-bounded the ball does not pass the ball in within 5 seconds
- **10 second rule:** the offensive team must move the ball over the centre line within 10 seconds
- **double-dribble:** having 2 hands on the ball while dribbling at the same time; 2 inconsecutive dribbles (dribble, stop, dribble again)
- **traveling:** taking 2 or more steps with the ball; dragging your pivot foot
- **out of bounds:** stepping on or over the boundary lines while in possession of the ball, or having the ball itself go over the boundary lines
- **in-bounding violation:** you may not step in the court while in-bounding and you must inbound the ball within 5 seconds
- **over and back:** once the offensive team has moved the ball over the half court line, it cannot go back into the backcourt/cross centre line by that team
- **carrying the ball:** occurs when your dribbling hand is underneath the basketball rather than on top

Fouls

Fouls are infractions of the rules involving personal contact: pushing, holding, charging or unnecessary body contact with an opponent

If a player is fouled while engaging in a play **other than shooting**, one free throw is awarded to the player who was fouled. If the free throw is unsuccessful, the ball is in play

If a player is fouled in the act of **shooting** inside the 3-point arc then 2 foul shots will be awarded.

If a player is fouled in the act of **shooting** outside the 3-point line then 3 foul shots will be awarded.

On an individual players **5th** foul, they are removed from the court for the remainder of the game.

On the **7th** team foul, a **BONUS** situation arises and a 1-and-1 foul shot is awarded.

On the **10th** team foul, a **DOUBLE BONUS** situation arises and 2 foul shots are awarded.

Defensive Fouls: when on defense, body contact may not be made. Blocking interferes with the progress or causes contact with any player on the offensive team. The team foul and individual foul count increases.

eg. No tripping, pushing, slapping or reaching in for the ball

Offensive Fouls: when on offense, you cannot run into an opponent, who is stationary, this would be considered charging. No free-throw is awarded, the ball is in-bounded. The penalty is a turnover and the team foul count does not increase.

Technical Fouls: given to a non-player (coach, manager) or a non-contact foul by a player. For example: for delay of the game, too many time outs or a display of un-sportsmanship behaviour towards another player, coach or referee; 1 or 2 foul shots are awarded plus possession of the ball.

