Basketball Rules

Offensive Team – is the team trying to score. They have possession of the ball.

Defensive Team – is the team trying to keep the other team from scoring.

1. There are five (5) players per team on the court during a regulation game.

2. When playing full court, the game is started with a jump ball.

3. When playing half court, the game is started with a check.

4. A ball landing on the yellow line is out of bounds.

5. You are allowed five (5) seconds to in-bound the ball. (5 second violation)

6. The rim is suspended ten (10) feet from the ground/floor.

7. 3 second violation – when the ball is in play an offensive players cannot remain in the three second lane for longer than 3 seconds. (see figure)

8. When a player is hit by an opposing player it results in a foul.

9. When a foul occurs, the player who was fouled gets possession of the ball to in-bound from the sideline.

10. Walking with the ball (taking too many steps) results in a Traveling Violation.

11. As a player moves down the court s/he must continue to dribble the ball.

12. Double Dribble – an illegal dribble that occurs when a player dribbles with both hands simultaneously or interrupts a dribble by holding the ball briefly in one or both hands.

13. A Field Goal (basket) is worth two (2) points.

14. A Free Throw is worth one (1) point.

15. After each goal, the ball is put into play by the team that did not score.

16. The positions in basketball are: guards, forwards, and center.

17. There are four (4) quarters in a regulation game.

18. When playing half court – EVERYTHING goes behind the line.

 three second lane

