**Basketball Rules Notes**

Name: Date:

Jump Ball Circle

Centre Circle

KEY

Free Throw Line

**Rules:**

**Jump Ball:**

1. To start the game, two players face off in the center circle to jump and get possession.
   1. The other players must be outside of the circle, but can be anywhere else on the court!
2. If two opposing players are both holding onto the ball for more than 3sec a *jump ball* occurs at whatever jump circle is closest (Free Throw Lines and Center Circle).

**10 Seconds**:

1. The attacking team (offence) has 10sec to get the ball out of their defensive half of the court and into their opponents half.

**Over and Back**:

1. Once the offence has brought the ball ***over*** half court they may **not** go ***back*** to their defensive end.

**5 Seconds**:

1. A player holding, or inbounding, the ball has 5 sec before he or she must pass the ball (or dribble, in the case of holding on to the ball)

**3 Seconds**:

1. An offensive player may only be inside the *Key* for 3sec before he or she must leave the area.

**Travelling**:

1. A player may only take 2 steps.
   1. If you catch the ball while your left foot is on the ground you may take a step with your right foot, and then lift your left foot off the ground; but, you must pass, shoot, or dribble [if you haven’t dribbled already] before your left foot hits the ground again.
   2. If you change your pivot foot this is travelling!

**Carrying**:

1. If your hand comes underneath the ball while dribbling.
2. If the ball gets stuck on your body while dribbling.

**Double Dribble**:

1. If the player touches the ball with both hands, at the same time, while dribbling
2. If the player dribbles, picks up his or her dribble, and then continues dribbling again.

**Fouls**

1. You may not make contact with any part of the player’s body, if they have the ball, during play!
   1. You may make contact with a player “off” the ball, but it must be limited
      1. **FOR OUR PURPOSES = NO CONTACT!!**
   2. If a player is fouled while in the act of shooting, or if the foul is deemed excessive, that player will receive “Free Throws”
      1. The player gets the same number of free shots at the basket as the potential shot could have earned the player; each shot is worth 1 point
      2. Players line up in an alternating pattern, just outside the key, during a free throw, with the defensive team getting the spots closest to the basket. The remaining players must stay behind the jump circle around the free throw line
      3. If a player steps into the key before the shot has been released there is a penalty
         1. Opposing Player = Player gets to Shoot Again
         2. Shooter’s Team = Shot is negated, and the opposing team gets the ball
      4. The shooter must not step over the free throw line until after the ball has hit the rim, or the shot is negated and the opposing team gets the ball
2. A player is allowed to be in the space they occupy.
   1. Offensive player runs into a defender who is standing still (*Charging*)
   2. Defensive player runs into an offensive player, or moves into their path (*Blocking*)