## **BASKETBALL STUDY GUIDE**

* The game of basketball was invented by Dr. James Naismith in Springfield, Massachusetts in 1891.
* A high school basketball game consists of 4, 8-minute quarters.
* Each team is allowed to have 5 players on the court at a time.
* The height of each basket is 10 feet tall.
* Game is started with a jump ball at center court.
* A foul can be committed by either the offense or the defense.
* Examples of offensive fouls: player control, illegal screen, over-the-back
* Examples of defensive fouls: reaching in, blocking, over-the-back, making contact with the shooter
* Once a player receives 5 fouls, they are disqualified from the game.
* The ball is considered out-of-bounds if it touches the boundary lines.
* Typical positions in basketball are: guards, forwards, center. Usually 2 guards, 2 forwards, 1 center.
* A player may dribble the ball as much as they would like as long as they keep their hand on top of the ball and the ball is never touched by 2 hands at the same time. This results in a double dribble, which is a turnover.
* A shot, or field goal is worth 2 points if it inside the 3-point line. It is worth 3 points if both the player’s feet are behind the line.
* A free throw is worth 1 point.

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