

# **BASKETBALL**

## **High School Rules**

### **COURT AND EQUIPMENT:**

1. Basketball court is 84 feet x 50 feet (inside the lines)
2. Free throw line is 15 feet from front of backboard
3. 3 point shot line is 19 feet 9 inches from center of rim
4. The center circle has a 6 foot diameter
5. Basket ring is 18 inches in diameter, 10 feet high off of floor
6. Basketball circumference: boys – 29.5 to 30 inches, girls – 28.5 to 29 inches

### **COMMON PLAY PROCEDURES:**

1. A game consists of four 8 minute quarters
2. Overtime – a 4 minute period is played if the score is tied after the fourth quarter
3. During a jump ball, neither player may touch the ball until it has reached its highest point
4. If a ball or player touches a sideline or endline, it is considered to be out of bounds
5. A ball is out of bounds if it touches the basket supports, back of the backboard, the ceiling or equipment on ceiling
6. During a throw-in a player must stay in a designated spot out of bounds until after the throw
7. During a throw-in after a scored basket the player may throw-in the ball from anywhere behind the endline
8. A basket cannot be scored from a throw-in
9. A player has 5 seconds to complete any type of throw-in
10. A player must be behind and not touching the 19'9" line on a 3-point shot attempt
11. If a referee raises both arms straight up after a basket is scored, this signals a good 3 point basket
12. If a player shoots the ball and while it is in the air the horn signals the end of a period, the basket will count if successful
13. A player has 10 seconds to attempt a free throw after referee hands he/she the ball
14. An offensive player cannot stand in the free throw lane (the solid green areas on our court) during play for 3 seconds, penalty is loss of ball
15. A team has 10 seconds after a throw-in to move the ball past the midcourt line, from the backcourt (part of court with basket you are defending) to the frontcourt (part of court with basket you attempt to score at)

### **COMMON TURNOVERS:** (illegal play resulting in no foul, opponent gets possession)

1. Carrying ball while dribbling
2. Touching sideline or endline
3. Double dribble
4. Traveling
5. Ball thrown, batted or forced out of bounds
6. Kicking the ball with any part of the leg or foot

### **OFFENSIVE PLAYERS BY POSITION**

- 1 – Point Guard
- 2 – Shooting Guard
- 3 – Small Forward
- 4 – Power Forward
- 5 - Center

### **BASKETBALL TERMS:**

1. Basket interference – any touch of ball while it is on, within or above the rim, or by reaching through the basket from below before it goes through basket, result is automatic basket if illegal play is done by defense
2. Bonus free throw – after a team commits their 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> foul in a half, the opponents get one free throw and a second free throw only if the first is made, after the team's 10<sup>th</sup> foul in a half the opponents get 2 free throws automatically

3. Dunking – driving, forcing, pushing a ball through basket
4. Goaltending – touching of ball while it is in downward flight and has a chance to enter basket, result is automatic basket for the shooter
5. Guarding – act of legally placing body in the path of an offensive opponent, must have both feet touching the floor and body must be facing opponent
6. Pivot – while a player has possession of the ball, he/she may take one or more steps with the same foot while the other foot remains in contact with the floor
7. Pass – when a player throws, bats, or rolls the ball to another player
8. Incidental contact – contact with an opponent which is permitted and no foul is called, contact that does not hinder the movement of a player in normal offensive and defensive movements
9. Rebounding – attempting to gain possession of a ball after a shot attempt for a basket
10. Screen – legal action by a player, with no contact, that delays or prevents an opponent from moving, the screener should be stationary and needs to be positioned so the opponent has the time and distance to avoid contact
11. Traveling – moving a foot or feet while holding the ball

### **PERSONAL FOULS:**

1. A player is disqualified after committing their 5<sup>th</sup> personal foul
2. Illegal contact which prevents an opponent, with or without ball, from performing normal defensive or offensive movements
3. Charging – offensive player moving into defensive player who has legal guarding position
4. Blocking – illegal contact which prevents a player's progress
5. Holding – illegal contact which prevents a player's freedom of movement
6. Tripping, pushing, use of hands that prevents opponent's movement, illegal screens, any contact while opponent is in act of shooting

### **TECHNICAL FOULS:**

1. A player is disqualified after committing their 2<sup>nd</sup> technical foul
2. Examples would be noncontact fouls (such as yelling at a referee, taunting, hanging on rim)

### **FLAGRANT FOULS:**

1. A player is disqualified after committing their 2<sup>nd</sup> flagrant foul
2. A foul of violent nature (such as striking, kneeling, kicking, fighting) or a display of unacceptable conduct (such as vulgar or abusive language)