

basketball 101

The following pages will touch on the basics of the game, from the different concepts of basketball to the terminology. We hope this helps you better understand the sport of basketball and hope it can make your basketball experience even more enjoyable.

Playing Positions

- **Guards:** These players move the ball up the court and run the plays. Typically the smaller, quicker players with skills in dribbling and passing,
- **Forwards:** These players position themselves close to the basket and receive passes from the guards so that they can score. Typically the larger, stronger players.

Basketball Court - Definitions

- **Backcourt:** A team's defensive half of the court.
- **Baseline:** The line at each end of the court, under each basket. Also called the endline.
- **Center Circle:** A circle 12 feet in diameter located in the center of the midcourt line. The opening tip off takes place on the center circle.
- **Frontcourt:** A team's offensive half of the court.
- **Lane or Key:** Painted area of court (close to the basket) between the baseline and the free throw line.
- **Midcourt Line:** Also called the division line or centre line, the midcourt line divides the court in half.

Defense

- The team without the ball whose goal is to stop the offense from scoring and regain possession of the ball.

Offence

- The team with the ball whose goal is to score points by putting the basketball through the hoop.

Turnover or Change of Possession

- When the offensive team loses the ball to the defensive team for any reason.

Jump Balls

- There is only one jump ball per game. The team that loses the first jump ball of the game gets the first 'held ball' possession. The possession arrow alternates after each 'tie-up' between two opposing players battling for the ball.

Scoring

- A scoring attempt during the game, no matter where the shot is made from, is worth two points. Shots taken from beyond 19 '9" are worth 3 points ("3-pointer").
- A "freethrow" shot (a shot that is taken from the free throw line and is a result of a "foul" being assessed) is worth one point if made.
- If a player is fouled in the act of shooting and the shot is made, the player gets to attempt one foul shot. This is called a "three point play".

- If a player is fouled in the act of shooting and they do not make the shot, the player is given two foul shots.

Violations – Result in a Change of Possession or Turnover:

- **Five Second Inbounding Violation:** A player cannot take more than five seconds to throw the ball inbounds to a teammate on the floor.
- **Five Second Possession Violation:** A player who receives the ball cannot take more than five seconds to do something with the ball (pass, shoot or dribble) or risk a turnover.
- **Ten Second Violation:** The offensive team cannot take more than ten seconds to bring the ball over half court (the center line of the court).
- **Back Over Center:** Once the offensive team has crossed the centre court line, they cannot dribble or pass the ball back over the line. If the offensive team's ball goes back over the centerline and one of their team members touches the ball, there will be a change of possession. A player from the defensive team can retrieve it without the play being called down.
- **Three Seconds in the Key:** An offensive player cannot remain in the lane (key) for more than three seconds at a time. Defensive players can remain in the key for the length of the possession. The three second count resets at every shot attempt.
- **Double Dribble:** If a player dribbles the ball, stops, picks up the ball or touches the ball with two hands at the same time, and then begins to dribble again, a violation is called and the ball is turned over.
- **Traveling:** If a player takes too many steps without dribbling the basketball. If the player is going to dribble the ball after they receive the pass, the player must bounce the ball before taking a step. If the player is doing a lay-up, they are allowed one and a half steps after they pick up the ball in mid air. If their feet are on the ground and they do a lay-up from a standing start, they can take one and a half steps.
- **Palming or Carrying:** A player cannot move their hand under the ball and 'scoop' it while dribbling.
- **Held Ball:** If two players of opposing teams have their hands on the ball at the same time and neither can gain possession, the referee blows the whistle and the ball is given to the team who has the alternating possession arrow in their favor. Each time a 'held ball' occurs, the possession arrow changes direction so that possession alternates. As soon as the ball is thrown in by the player and is in play, the scorekeeper turns the possession around to face the other direction.
- **Out of Bounds:** Anything on or outside the line that extends around the court is considered out of bounds. If a ball hits the line, then the ball is considered out of bounds. If a player from Team A last touched a ball as it goes out of bounds, then the ball is awarded to Team B. Players cannot hide out of bounds on offense, nor can they run out of bounds and back in to benefit their position for a shot attempt.

- **Foul Shooting Violation:** When a foul shot is required, the teams line up on either side of the key. The team on defense takes the lowest spots on either side of the basket and then alternate offensive and defensive players up the line. Players cannot move or change their position if the referee gives the ball to the person shooting the free throw or face a violation.
- **Lane Violation:** When a foul shot is being made, players cannot move into the lane or key for a rebound until the ball hits the rim. This is a lane violation and results in a turnover or another free throw being awarded.

Fouls

- Each team is allowed to commit six fouls in each half with no penalty (unless it is a foul committed in the act of shooting). Every personal foul is a team foul. On the seventh and subsequent team foul committed that half, the team that is fouled will shoot a “bonus” free throw. The “bonus” freethrow consists of one freethrow attempted by the fouled player. If they are successful, they get a second freethrow attempt. If they miss the first one, play resumes immediately.
- Each player is allowed to commit four personal fouls. On the fifth foul, the player is eliminated from the game. They cannot return for the rest of the game.
- Technical fouls may be called at the discretion of the referee for actions from either players or coaches including (but not limited to) profanity, unsportsmanlike conduct, poor behavior or showing a lack of respect to the game and those who are involved in the game.

Foul Shots or Free Throws

- There are three reasons why a player will shoot a free throw after being fouled:
 1. Each team is allowed to commit six non-shooting fouls in each half with no penalty. On the seventh team foul committed that half, the team that is fouled will shoot two free throws. The team shooting is in a bonus situation when this occurs and the offending team is in a penalty situation.
 2. Every time a player is fouled in the act of shooting the ball, they will be awarded with two free throws (unless the basket was successful, then one shot is awarded), regardless of whether or not the team is in the penalty situation. This is referred to as a ‘shooting foul’.
 3. If contact committed against a player is interpreted as unnecessary or excessive (a flagrant foul) the offended player is awarded two free throws and then possession of the ball.

Types of Fouls

- **Technical Foul:** A penalty for a violation of conduct, such as abusive language, fighting or using excessive force while playing. Each technical foul awards two free throws to the opposing team
- **Offensive Foul:** This is called when the player with the ball uses an unfair advantage over their defender (holding, illegal screening or charges into a defender who is in a stationary, defensive position).

- **Defensive Foul:** Called after any unnecessary or illegal contact either on the ball or away from the ball, which gives the defensive team an unfair advantage.
 1. If a ball is kicked on purpose.
 2. If a player on a team on offense handles the ball after the team scores, it can be called a violation.
 3. If a player slams the ball into the floor or throws it down the court on purposes after a whistle has blown or does anything else that is inappropriate, it is a foul. These are unsportsmanlike conduct and can be considered a technical foul.

Timeouts

- A player can call a timeout when the ball is dead (if the ball is out of bounds or a player is shooting foul shots) or in the control of the team making the request. An offensive player can call a timeout if they are falling out of bounds or if being double-teamed. A defensive player cannot request a timeout when the clock is running. There must be a stop in play immediately if a player is injured or bleeding.

Blood

- If a player is bleeding, the play must stop immediately and the player must be taken off the court. The player cannot return until the injury is covered up and has stopped bleeding

Guarding

- This is the person that the defensive player is responsible for playing defense on. It is also called ‘their check’. Who is your check? Who are you guarding? - means who are you playing defense on. Coaches may have players change checks during their shift to account for differences in skills and abilities. Usually quick players play defense on other quick players and tall players play defense on other tall players, etc.

Man to Man Defense (Woman to Woman)

- This is the **only** defense allowed in the EYBA. Man to man defense means that each player must play defense on one other player.

Zone Defense

- Zone defenses of any kind are **not permitted** in the EYBA. If a team uses zone defense the ref will warn the team to stop. If they do not the coach will be assessed a technical foul.

Pressing

- A ‘press’ can be full court or half court. A full court press is when the defensive team picks up their individual checks in their own offensive end immediately after a made basket.
- A half court press is when the defensive team picks up their checks as soon as they move over the center court line.

Double Team

- A double team occurs when a defensive player leaves their check to guard a player who is already being guarded. Thus, two players are defending one offensive player. A double team brings an extra pair of hands to deflect passes, block shots or steal the ball.

Help Defense

- 'Help defense' is sometimes confused with doubleteaming. Help defense is accepted in the EYBA at any age. If a defensive player leaves their check to help guard another player on offense who has beaten their defender, this is called 'help defense'.

glossary

- **Air ball:** A shot that misses the rim or backboard.
- **Alive:** Offensive player who has the ball and has not dribbled.
- **Alternating Possession Rule:** The possession arrow changes direction after each subsequent jump ball or held ball situation, alternating which team gets possession for the throw-in. The first possession after a held ball goes to the team who lost the opening jump ball to begin the game.
- **Assist:** A pass to a teammate that results in a made basket.
- **Backboard:** The flat surface directly behind the basket. The basket is connected to the backboard.
- **Backdoor:** An offensive move where a player cuts behind the defenders and receives a pass for a fieldgoal attempt.
- **Ball Handler:** The player with the ball.
- **Bank Shot:** A shot where the ball is first bounced or banked off the backboard at such an angle that it then drops into the basket.
- **Basket:** Consists of the rim and the net, also known as 'the hoop'.
- **Basketball:** A round ball made of rubber, leather or synthetic leather. Comes in 3 different sizes (size 5, 6 or 7).
- **Blind Pass:** A pass from a ball handler who does not see their receiver but is estimating where they should be.
- **Blocked Shot:** The successful deflection of a shot by touching part of the ball on its way to the basket, and preventing a field goal.
- **Blocking:** The use of a defender's body position to legally prevent an opponent's advance. It is the opposite of charging.
- **Boards:** The backboard which the ring or basket is attached or slang for a 'rebound' – the act of a player grabbing the ball after a missed shot attempt.
- **Boxing out:** The defensive player turns and faces the basket following a shot and with his or her back to the opponent, and ensures that the player being guarded can't 'rebound' the ball.
- **Charging:** An offensive foul, which occurs when an offensive player runs into a defender who has established position.
- **Court vision:** A player's ability to see everything on the court during play.
- **Crossover dribble:** When a ball handler dribbles the ball across their body from one hand to the other.
- **Cut:** A quick movement by an offensive player without the ball to gain an advantage over the defense usually directed towards the basket.
- **Dead:** Offensive player has the ball and has already used their dribble. They must now either pass or shot the ball.
- **Dead Ball:** Any player with the ball that is not 'live'. This occurs after each successful field goal, free-throw attempt, after any official's whistle or if the ball leaves the court, then play is stopped.
- **Defense :** The act of preventing the offense from scoring. Defense is the team without the ball.
- **Down court:** The direction a team on offense moves, from its backcourt to its frontcourt and towards its own basket.
- **Double Dribble:** The act of dribbling the ball, stopping the dribble or motion of the ball and beginning to dribble again. Results in a violation and turnover.
- **Downtown:** Referred to as a shot that was considered too distant for the normal shooter to take or in the '3-point' area.
- **Dribble:** The act of bouncing the ball up and down. The offensive player with the ball uses the dribble to move the ball around the court.
- **Drive:** The movement of an offensive player while aggressively dribbling towards the basket in an attempt to score.
- **Dunk:** A shot in which a jumping player slams the ball down into the opponent's basket from above.
- **Established Position:** When a defensive player has both feet firmly planted on the floor before an offensive player's head and shoulder gets past them. The offensive player who runs into such a defender is charging.
- **Exhibition Game:** The act of playing another team and the outcome not being counted in any league standings.
- **Fake:** A movement made with the aim of deceiving an opponent. This can be done with either a pass or a shot fake.
- **Fastbreak:** The act of moving the ball quickly down court by an offensive team in hopes of getting ahead of the defense to score.
- **Feed:** To pass the ball to a teammate who is in a scoring position.
- **Field Goal:** When the ball enters the basket from above the rim during play. It is worth two points.
- **Flagrant Foul:** This is unnecessary or excessive contact against an opponent.
- **Floor:** The area of the court within the end lines and the sidelines.
- **Floor Violation:** A player's action that violates rules but does not prevent an opponent's movement (traveling, double dribble, etc.). They are penalized by a loss in possession.

- **Foul:** Actions by players, which break the rules but are not floor violations. They are penalized by a change in possession or free throw opportunities.
- **Fouled Out:** A player having to leave the game because they have committed five fouls.
- **Foul Shot or Free Throw:** An unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul, which is worth one point.
- **Free Ball:** A ball, which is in play but is not in the possession of either team, also called a 'loose ball'.
- **Free Throw:** The act of shooting the ball from the marked free throw line while the remaining players line up down the 'key'. Shot is taken at the result of a foul or technical foul being called.
- **Give and Go:** An offensive play in which a player passes the ball to a teammate and cuts towards the basket for a return pass to score.
- **Goaltending:** Interference with a shot by touching the ball or basket while the ball is on, over, or within the rim. Also touching the ball on its downward flight to the basket before it hits the rim.
- **Guarding:** The act of following an opponent around the court to prevent them from getting close to the basket, taking an open shot or making easy passes.
- **Half time:** The rest period between two halves of the game. Usually 5 minutes in length.
- **Hand checking:** Illegal use of hands, usually on the back or hips of the offensive player.
- **High percentage shot:** A shot that is likely to go in the basket, typically taken near the hoop.
- **High post:** A player who is stationed in or near the free throw semicircle on offense.
- **Hoop:** The basketball rim and backboard players shoot the ball towards in attempt to score points. Also referred to as the 'basket'.
- **In the Paint:** Being in the large rectangle area under each basket or the foul lane area, which is often painted a different color. AKA 'the key'.
- **Inbounds:** The area within the end lines and sidelines of the court.
- **Incidental Contact:** Minor contact usually overlooked by officials which does not give the opposing team an unfair advantage or affect the outcome of the game.
- **Inside Shooting:** Shots taken by a player near or under the basket.
- **Jump shot:** Field-goal attempt by a player with both feet off the floor, enabling the player to shoot over the defender.
- **Lay-up or Lay in:** A shot taken after driving to the basket by leaping up under the basket and using one hand to shoot the ball off the backboard.
- **Loose Ball:** A ball that is alive but not in the possession of either team.
- **Lower Percentage shot:** A shot that is less likely to go in the basket, usually taken further way from the hoop.
- **Match-ups:** Any pairing of players on opposing teams who guard each other.
- **Outlet Pass:** The first pass made after a defensive rebound to a teammate to start a fastbreak.
- **Outside Shooting:** Shots taken from the perimeter, further away from the hoop.
- **Pass:** When a player throws the ball to a teammate to advance the ball during a possession.
- **Personal Foul:** Contact between players, which may result in excessive physical contact or provide one team with an unfair advantage. Players may not push, hold, trip, hack, elbow, restrain or charge into an opponent. These are also counted as team fouls.
- **Pivot:** The foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.
- **Possession:** To be holding or in control of the ball.
- **Post Position:** The position of a player standing in the low post or high post in the 'key' area near the hoop.
- **Rebound:** A term used to describe the actual retrieving of the ball as it rebounds from the backboard or the ring after a missed shot.
- **Receiver:** The player who receives a pass from the ball handler.
- **Referee:** The person(s) assigned to the game to maintain the flow and integrity of the game.
- **Sag:** When a defender moves away from their opponent toward the basket they are defending.
- **Scrimmage:** Practice play between squads of one team.
- **Shooter:** A player who takes a shot at the basket in attempts to score.
- **Shooting Range:** The distance from which a player is likely to make their shots.
- **Squaring up:** When a player's shoulders are facing the basket as they release the ball for a shot. This is considered good shooting position.
- **Steal:** To take the ball away from an opponent.
- **Strong Side/Weak Side:** Whichever side of the key that the ball is on when on offense is called the strong side. The other side is the weak side. If the ball changes sides, the weak side is now the strong side.
- **Substitute:** A player who comes into the game to replace a player on the court.
- **Switch:** Two defensive players change checks during live play.
- **Technical Foul:** A special violation called at the discretion of the referee towards players, coaches or the team. Infractions include an intentional or flagrant contact foul, unsportsmanlike conduct or other actions detrimental to the spirit of the game.
- **Throw-in:** The method by which a team with possession inbounds the ball.
- **Time-out:** A period of sixty seconds during which the play is stopped and teams discuss strategy and a moment to allow players to rest.
- **Tip-off:** The initial jump ball that starts the game.
- **Trailer:** An offensive player that follows behind the ball-handler.
- **Violation:** An infringement of the rules, which does not involve contact. The opposing team is awarded the ball for a throw-in from out of bounds.