

Basketball Study Guide

James Naismith - invented the game of basketball and there were 13 original rules

It is 10 feet from the floor of the court to the basketball rim

The three point line did not exist when the game of basketball was invented

Baselines – the out of bounds lines at each end of the court under the baskets

BEEF

- Balance
- Eyes on front of the rim
- Elbow under the ball
- Follow through

After committing 5 fouls you are removed (foul out) from the basketball game.

Right hand lay up

- Shoot with right hand
- Jump off of left foot

Left hand lay up

- Shoot with left hand
- Jump off of right foot

You must jump from behind the arc for the shot to count for 3 points.

The key – “the paint” between the baseline and the free throw line

Dribbling

- Use fingertips
- Keep ball below waist
- Keep head and eyes up

Fouls

- A player fouled while shooting will shoot as many free throws as the shot was worth
- If a player is fouled while shooting and still makes the shot he or she gets one foul shot
- When a player is fouled while not shooting that team gets the ball out of bounds.