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**STUDY GUIDE:
BASKETBALL**

Basketball Basics

A typical basketball court is 92 feet long and 50 feet wide. A basket with a backboard and dangling net is suspended 10 feet above the floor at each end of the court. Players try to score by getting the ball into their opponent's basket. They pass, dribble, and shoot the ball within the course of a game, but they can't run with it or kick it. There are four different types of passes: the chest pass, bounce pass, overhead pass, and one-hand overhead pass (baseball pass).

Each basket is called a field goal and is worth two points, or it is worth three points if it is shot from behind a line designating a longer distance. In the NBA, a team has 24 seconds to score once they get possession of the ball. Players can be given fouls if they illegally touch a member of the opposite team. Foul penalties usually result in a change of possession of the ball or in free throws that are awarded to the fouled player. A successful free throw counts as one point. When a player accumulates five personal fouls in high school or college basketball, he "fouls out" of the game and is no longer allowed to play. An NBA player needs six personal fouls to "foul out."

High school basketball games last 32 minutes, and they are divided into four quarters of play. College teams play two, twenty-minute halves, and professional basketballs games last 48 minutes and are divided into four quarters.

Glossary

Airball:	A shot that entirely misses the net and the backboard area.
Assist:	The last pass before a field goal that results in a score; only one assist is possible per score.
Backboard:	A six-foot by four-foot wall located directly behind the net.
Backcourt:	The area located between the mid-court line and the end line on the opposite side of the offense's basket.
Ball Handler:	The player having possession of the ball.
Backcourt Violation:	There are only 10 seconds to bring the ball from the backcourt into the front court. If this isn't achieved, it's a backcourt violation.
Bank Shot:	A shot in which the ball rebounds off the backboard before going through the basket.
Baseball Pass:	A pass that is thrown like a baseball and is used to cover long distances.
Baseline:	The end line.
Basket:	An 18-inch diameter rim to which a 15- to 18-inch net is attached and suspended.
Beat the Defender:	The offensive player successfully gets past a guard.
Blind Pass:	The player with possession passes to a receiver that he or she can't see.
Blocked Shot:	A basket is prevented by a defending player by contacting the ball on its way to the basket.
Blocking:	Positioning one's body to prevent the offensive player from getting past.
Bonus Free Throw:	An extra free throw that is awarded to the fouled player.
Bounce Pass:	A ball bounced once on a pass.
Brick:	A bad shot that rebounds hard off the rim or backboard.
Carrying:	Traveling with the ball.
Center:	Usually the tallest player on a team who takes the tip off.
Center Circle:	The mid-court area where jump balls are taken.
Charging	The player who's in possession of the ball runs into a stationary defender.
Chest Pass:	A chest-level pass that's thrown with two hands.
Clear-out:	Four offensive players stand on one side of the free throw line, leaving the fifth player one-on-one with a defensive player on the other side.
Cords:	A slang term for the net.
Crossover Dribble:	Dribbling while changing hands across the body.
Cut:	A sudden change of direction.
Dead Ball:	The status of the ball when play is stopped.
Defensive Rebound:	A rebound by a member of the defense.
Double Foul:	Players from opposite teams foul each other simultaneously. Possession of the ball is then determined by a jump ball.
Double Team:	Two defenders closely guard one offense player.
Downcourt or Down the Court:	The direction of the offense's movement when trying to score.
Dribble or Dribbling:	Bouncing the ball to advance the ball down the court.
Drive to the Basket:	Moving quickly to the basket with the ball.
Dunk:	Jumping up and forcefully shoving the ball into the basket from above.

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Elbowing:	Swinging elbows is a violation. If the elbows make contact with another player, it is a foul.
End Line:	The line behind each basket.
Established Position:	A defensive player has both feet planted before the opposing player's head and shoulders get past him. If the offensive player moves into the defensive player, charging can be called on the offensive player.
Fade Away Jumper or Fall Away Jumper:	A jump shot in which the player jumps backwards while shooting to make it harder to block.
Fake or Feint:	Tricking the opponent or misleading him or her about the next move.
False Double Foul:	When two players foul each other, one after the other, instead of simultaneously. Each foul gets penalized in this case.
False Multiple Foul:	When one team has two fouls, one after the other, and both get a separate penalty.
Fast Break:	A player gets a rebound and throws the ball to a teammate in the mid-court. That mid-court player dribbles to the basket and shoots before any defensive players can respond.
Field Goal:	A successfully completed basket. Each regular field goal counts as two points. If the basket is made when the player is behind the three-point line, the field goal counts as three points.
Final Four:	The regional champion from each region: West, East, Midwest, and Southeast, from the 64 college teams that compete in the annual NCAA Tournament.
Finger Roll:	The ball rolls elegantly off the fingertips of the shooter and into the basket.
Flagrant Foul:	Unnecessary contact with an opponent.
Floor Violation:	A violation of the rules that doesn't harm or hinder an opponent and only results in a change of possession.
Forwards:	These two players are often the highest scorers on a team.
Fouls:	Rule infractions that result in free throws or changes of possessions.
Foul Lane:	The area under the basket that is marked by solid black lines. Players must stand outside this area during a free throw. Offensive players can't be in this area for more than 3 seconds at a time.
Foul Line or Free Throw Line:	The line 15 feet from the backboard and parallel to the end line behind which players shoot free-throws.
Foul out:	To be disqualified for committing too many personal fouls.
Free Throw:	When a player is fouled, he or she gets this unguarded shot worth one point if the shot is good.
Front Court:	The area from the center line to the baseline nearest the basket being attacked by a team. The term can also refer to the unit comprised of a team's center and forwards.
Full-court Press:	Guarding the offense in the backcourt.
Game Clock:	The clock that shows the amount of time remaining in the quarter.
Give-and-go:	Passing and then heading rapidly to the basket to receive a return pass.

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Goaltending:	Interfering with a shot on its way to the basket. If the offense does it to help put the ball in the basket, the shot counts. If it's done by the defense, the shooting team gets a free throw.
Guarding:	Covering opponents to hinder their progress down the court or their ability to shoot or pass.
Hacking:	Hitting opponents on the hand or arm while trying to knock the ball away from them. This is a personal foul.
Half-court Offense:	Hatching a play in front court.
Held Ball:	A situation in which two players have the ball but can't get complete control over it without being overly aggressive.
Holding:	Using one's hands to interfere with the opposition's progress.
Hook Shot:	A one-handed shot in which the player is sideways to the basket and tosses the ball into it from his or her furthest hand.
Hoop:	The basket or rim to which the net is attached.
Hoops:	This is a slang term that refers to the game of basketball itself.
Inbounds:	Throwing the ball into the regulation court area from the end lines or sidelines.
Incidental Contact:	A type of minor contact that officials usually overlook.
Inside Shooting:	A player shoots from close to the basket.
Jump Ball:	This starts the game and overtime periods. It is occasionally used to restart play after a double foul or other infraction. An official tosses the ball between two opponents who each attempt to tip the ball to a fellow teammate.
Keep-away Game:	A tactic used by the team that is leading near the end of a period to keep the ball from its opponents, thus preventing them from scoring. This technique uses up time from the game clock. It's also called freezing.
Key or Keyhole:	The area at each end of the court including the foul circle, foul lane, and free throw line.
Lay up or Lay in:	Leaping up and dropping the ball into the basket with one hand is called a lay in. The same procedure is called a lay up if the player uses the backboard when shooting.
Leading the Receiver:	Passing a ball to where the receiver is going instead of where he actually is.
Loose Ball:	The ball is alive, but neither team has possession.
Man-to-man Defense:	Each defensive player guards one opponent. This is typical of NBA play.
MVP (Most Valuable Player):	The player who contributed the most to the regular season or to the Finals within the NBA.
NBA (National Basketball Association):	The U.S. professional league consisting of 27 teams.
NCAA Tournament:	Also called March Madness, this is the best of 64 collegiate teams.
One-on-one:	Two players have a confrontation alone.
Open:	A player who isn't being guarded.
Out of Bounds:	Outside of the playing area. When a ball goes out of bounds, the team that didn't touch it last gets to throw it in.
Outlet Pass:	A pass immediately following a defensive rebound.

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Outside Shooting:	Shots from the perimeter.
Over the Limit:	A team that commits more than five team fouls per period (only four in overtime).
Overtime or OT:	Extra periods that are played only if the game is tied.
Overhead Pass:	A ball that is passed over the head, with both hands spread on each side of the ball.
Paint:	The free throw lane.
Palming:	A violation that occurs while dribbling if a player holds the ball in his or her palm.
Periods:	Quarters, halves, or overtime segments.
Perimeter:	The area away from the basket beyond which players take longer-range shots.
Personal Foul:	Injurious or unfair contact.
Pick:	A synonym for screen.
Pick and Roll:	A strategic play in which a screen is set, and the player pivots and heads toward the basket to receive a pass.
Picked off:	A defending player who was successfully prevented from reaching the person with the ball.
Pivot:	One foot must remain in the same position on the floor until the dribbler passes or shoots. It's also a word for the center player.
Point Guard:	This player usually runs the offense. He or she is responsible for moving the ball up court and for running the offense.
Possession:	Having the ball.
Posting up:	A player cuts into the three-second lane area and pauses, while anticipating a pass.
Press:	A defense that pressures the player with the ball.
Rebound:	A team member gets possession of the ball after it bounces off the backboard.
Receiver:	The player who receives a pass.
Regulation Game:	A game that lasts only four, 12-minute quarters in the NBA and doesn't go into overtime.
Restraining Circle:	There are three restraining circles on the basketball court. These are the two free throw circles and the center circle. During a free throw, no one can come into the circle until the ball hits the backboard, net, or rim. In a jump ball, no one can come in until the ball has been touched.
Reverse Lay up:	A lay up in which the shooter crosses under the basket before shooting.
Rim:	The 18-inch metal ring of the hoop.
Run:	When one team is on a roll by scoring, and the other team isn't.
Screen or Screener:	The offensive player who is positioned between a teammate and a defender to help his teammate take an open shot.
Set Offense:	The same as a half-court offense.
Shooting Guard:	This guard is a good shooter who shoots more and passes less.
Shooting Range:	The distance from which a player is likely to sink attempted shots.

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Shot Clock:	The team with the ball has 24 seconds to shoot it in the NBA. This clock counts down those seconds.
Sidelines:	The side boundaries running the length of the court.
Sixth man:	The best substitute to replace starters on a team.
Sky Hook:	A hook shot released from above the height of the rim.
Slam Dunk:	A forceful dunk.
Squaring up:	A proper shooting position in which the shooter's shoulders are square to the basket.
Starting Lineup:	The five best players on a team who begin a game.
Steal:	To take the ball away from an opponent.
Strong Side:	The side of the court that the ball is in.
Substitute:	A player from the bench who replaces a teammate on the court.
Swing man:	A player who can be either a guard or forward depending upon what the team needs.
Swish:	A shot that travels through the net without touching the rim or the backboard.
Team Fouls:	Personal fouls count against the team and the opponent gets free throws once the team fouls exceed the limit. Pushing, holding, tripping, hacking, elbowing, restraining, and charging are all forms of personal fouls that count toward team fouls.
Technical Fouls or T's:	Misconduct or broken rules that result in one free throw for the opposition.
Ten-second Rule:	A team that has possession of the ball in its own backcourt has ten seconds to bring the ball across the center line.
Three-point Play:	A two-point field goal that's followed by a successful free-throw.
Three-point Shot:	A field goal worth three points because the shot was executed from behind the three-point line.
Throw-in:	Putting the ball inbounds.
Timeout:	There are two kinds of timeouts in the NBA - full (100 seconds) and normal (20 seconds.)
Tip-off:	The jump ball at the beginning of the game.
Transition:	Switching from offense to defense.
Traveling:	Taking too many steps without dribbling; walking with the ball.
Turnover:	Losing possession of the ball by throwing it out-of-bounds or by traveling.
Up Court:	Ironically, this is a synonym for down court.
Upset:	When a better team loses to a lower-ranked team.
Weak Side:	The side of the court away from the ball.
Zone Defense:	A defense where each defender is responsible for guarding one specific area of the court.

National Basketball Association (NBA) Teams

Atlantic Division	Midwest Division	Central Division	Pacific Division
Boston Celtics	Dallas Mavericks	Atlanta Hawks	Golden State Warriors
Miami Heat	Denver Nuggets	Chicago Bulls	Los Angeles Clippers
New Jersey Nets	Houston Rockets	Cleveland Cavaliers	Los Angeles Lakers
New York Knicks	Memphis Grizzlies	Detroit Pistons	Phoenix Suns
Orlando Magic	Minnesota Timberwolves	Indiana Pacers	Portland Trailblazers
Philadelphia 76ers	San Antonio Spurs	Milwaukee Bucks	Sacramento Kings
Washington Wizards	Utah Jazz	New Orleans Hornets	Seattle Supersonics
		Toronto Raptors	

Women's National Basketball Association (WNBA) Teams

Eastern Division	Western Division
Charlotte Sting	Houston Comets
Chicago Sky	Los Angeles Sparks
Detroit Shock	Minnesota Lynx
Indiana Fever	Phoenix Mercury
Connecticut Sun	San Antonio Silverstars
New York Liberty	Sacramento Monarchs
Washington Mystics	Seattle Storm

NCAA- National Collegiate Athletics Association

The NCAA is a voluntary organization that includes about 1,200 university athletic conferences and sports organizations throughout the country. In the sport of men's basketball, there are 989 schools that sponsor this sport. As for women's basketball, there are 1,017 sponsoring schools. The goals of the NCAA are to:

- **Promote** student-athletes and college sports through public awareness.
- **Protect** student-athletes through standards of fairness and integrity.
- **Prepare** student-athletes for lifetime leadership.
- **Provide** student-athletes and college sports with the funding to help meet these goals.

The NCAA has 87 championships in 22 sports for its member institutions of three divisions. More than 40,600 men and women student-athletes compete every year in these events for national titles. The NCAA Hall of Champions is located in Indianapolis, IN.