

BASKETBALL – Boys 6th & 7th gd.

History: James A. Naismith invented basketball in 1891 at the YMCA in Springfield, Mass. The first game had 9 players on a side and used a soccer ball and a peach basket. At first, the players could only advance the ball by passing. A few years later dribbling was developed into the game and the backboard was introduced to prevent spectator interference.

Violations:

Double Dribble: When a player dribbles with two hands or if they dribble a second time after they stop.

Traveling: Moving the pivot or taking too many steps without dribbling the ball.

Carrying: Putting the hand under the ball and rolling over to dribble.

Goal Tending: Once a shot is coming down to the rim, a player may not touch the ball.

Out of Bounds: A player may not go outside the boundaries of the court.

Over and Back: Once a team has crossed over the mid-court line they may not go back over that line.

Three Seconds: When an offensive player is in their free throw lane for more than three seconds when their team has the ball.

Fouls:

Charging into an opponent

Holding

Hitting

Pushing

Tripping

Free Throws: Worth 1 point. The players waiting to get a rebound are allowed to jump into the lane when the ball touches the rim.

Before the 5th team foul, when a team fouls, the other team gets the ball out of bounds.

After the 5th team foul, the player who has been fouled gets an attempt at a bonus free throw.

If a player is fouled while shooting:

- 1) If the shot is good, the player gets 2 points for the basket and one chance for a free throw.
- 2) If the shot is missed, the player gets two free throw shots.

Definitions:

Basket - An 18 inch ring with a net attached, which is large enough to put two basketballs through at the same time. The visiting team has the choice of their basket for the first half. It is 10 feet from the floor.

Bounce Pass - A pass which bounces on the floor before being caught.

Chest Pass - A pass from the chest of one player to a teammate.

Double Team - The use of two defensive players to cover one offensive player.

Dribbling - Bouncing the ball continuously with either hand but not with both at the same time.

Fast Break - Moving the ball quickly down the court to score before the defense can set up.

Foul Line (free throw line) - The line where the free throws are taken from, 12 feet wide and 15 feet from the basket.

Point Value – Basket is worth 2 points, free throw due to a violation or foul is worth 1 point, a basket outside the 3 point line is worth 3 points.

Give and Go - A pass that goes towards the basket, the ball may then be passed back in order to score.

Jump Ball - The beginning of the game starts with a jump ball. The remaining 8 players must stay outside the jump circle during the jump ball toss. When players from the opposite team hold the ball at the same time, the alternating possession rule applies. When 2 players from the same team hold the ball at the same time traveling is called.

Lay Up - A shot taken while moving close to the basket in which the ball is laid against the backboard at a point just above the rim.

Man to Man Defense - A defense in which each player covers a certain offensive player at all times.

Pivot - Movement in which a player, while holding the ball, steps any number of times with the same foot, while the other foot (pivot foot) holds the point on contact with the floor.

Press - Defense, man to man, or zone, involving pressure in both front and back courts. At LMS we only use ½ court press.

Rebound - To gain possession of the ball off the backboard or basket after the shot is missed.

Referee - These two people control the game and make the calls.

Screen - Offensive maneuver involving one player positioning themselves behind a defender in order to free a teammate for a pass or shot.

Zone Defense - A defense system in which each player is assigned a certain area of the court to cover. Examples 2-1-2, 1-3-1, 3-2

3 Second Rule - No offensive player may stay in the free throw lane longer than three seconds. The ball is given to the other team out of bounds.

10 Second Rule - The offensive team must get the ball over the mid-court line within 10 seconds. The ball is given to the other team out of bounds. A free throw shooter has only 10 seconds to shoot the free throw shot from when the referee gives them the ball.

5 Second Rule - All throw-ins have a 5 second time limit. Also, if a defensive player keeps an offensive player from passing or shooting after they've stopped dribbling the ball, for 5 seconds on their side of the court, the ball is awarded out of bounds to the other team.