COUGARS
McKinnon
Basketball Association

Basketball
....for Beginners

As with any sport, basketball has its own terms and phrases to describe game moves, plays, positions, and more. Knowing some basketball rules will help you to enjoy the game more while you play or watch from courtside seats.

Violations: like in any sport, occur when a player does something which conflicts with the rulebook. After a violation the other team will take possession of the ball.

Double dribble: is a violation, which involves a player dribbling the ball, stopping, and then dribbling again or when the player dribbles with both hands on the ball at once.

Travelling: is also a violation. It is similar to double dribble but isn't the same and can be described as an incorrect dribble involving too many steps between a bounce. A player can only move with the ball if they are bouncing it. To stop dribbling the player must either do a stride stop or a jump stop.

Carry: another violation where the player dribbling the ball rests the ball on the palm of their hand after each dribble. When dribbling, the hand should stay on the top half of the ball.

Sideline/Baseline: The ball is still in play if it is yet to make contact with the line, the end wall or outside of the line. If a player dribbling the ball has any part of their shoe touching the line the referee will signal out of court.

Half Court Line: Once the ball is moved into the offensive half by Team A, it cannot travel back to the defensive half by Team A otherwise it will be a 'backcourt-violation'.

Points: If a shot is made inside the 3 point arc it is worth 2 points. If the player makes a shot from behind the 3 point arc it is worth 3 points.

Free-Throws: When a player is fouled whilst shooting they are awarded 'free-throws'. If they were shooting a 2 point shot they get 2 free throws, if they were shooting a 3 point shot they are given 3 free throws. EVERY FREE THROW IS WORTH 1 POINT. If the player makes a shot and gets fouled during the shot they are awarded 1 free throw

Key: Inside the shooting area, there is an area named the key in which players may not remain for more than 3 seconds to prevent goal hanging.

Timeouts: You can have 1 timeout in the first half as long as it's not in the last minute of the half. In the second half you can have 2 time outs. But one has to be in the last 3 minutes of the half.

Possession arrow: The game commences with a jump ball, If Team A wins the jump ball then the possession arrow is pointed in the direction of Team B. The next time there is a jump ball, possession is given to Team B and the arrow is pointed in the opposite direction (Team A's direction).

Late Start: All games must start on time. A team cannot play unless they have 4 players on the court. A penalty of 2 points per minute of delay is awarded to the opposition.

Incorrect Uniform: For each player's incorrect piece of uniform the opposition will be awarded 5 points, eg: 3 players wearing different coloured shorts will result in a 15 point penalty.

A foul: is committed when a player unlawfully makes contact with a player on the other team. There are two types of foul, which can result in a player getting a personal foul marked against them. Offensive fouls involve the offensive player knocking into the defender unnecessarily. Defensive fouls are when defenders block, push, hit, or trip up an offensive player. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws

Clock: The clock will ONLY stop during the last 3 minutes of the second half on every violation. It does not stop when a basket has been scored.
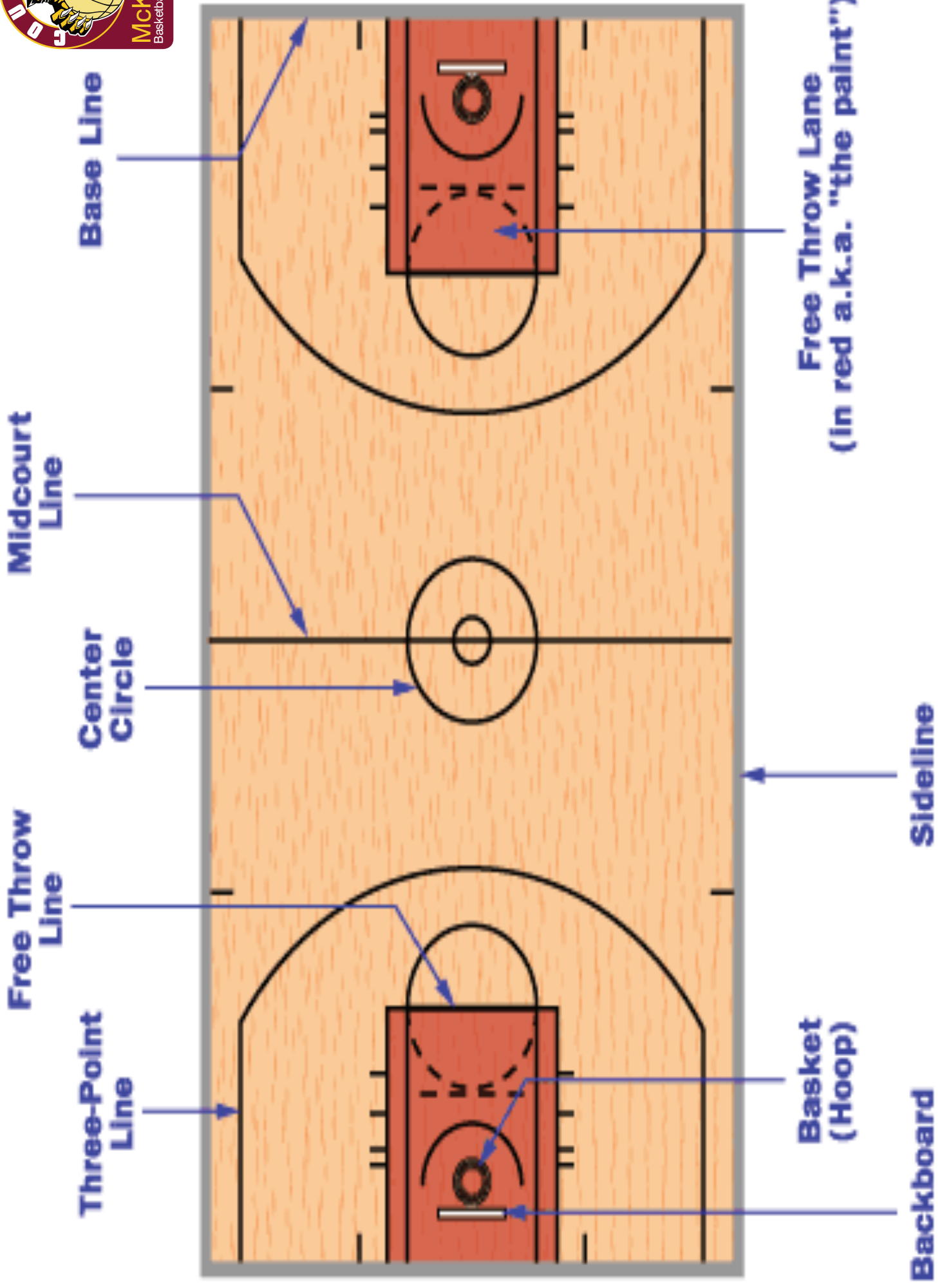
Final Score Discrepancy: If the scoreboard is not in sync with the laptop at the end of the game, the final result will be the score shown on the laptop. It is a great idea to 'call' the score when you update either the laptop or scoreboard.

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Basketball
everyone's game

COUGARS

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Base Line

Midcourt Line

Center Circle

Free Throw Line

Three-Point Line

Free Throw Lane (in red a.k.a. "the paint")

Sideline

Basket (Hoop)

Backboard