

7th Grade BASKETBALL STUDY GUIDE

A. History

Basketball was invented by Dr. James A. Naismith in 1891. Dr. Naismith was a physical education teacher in Springfield, Massachusetts.

B. Scoring

Fieldgoal- which is a shot made during regular game play , worth two or three points.

Free-throw- which is awarded to a team for certain types of fouls committed by the opposite team. Free throws are worth one point.

C. Terms/Rules

Out-of -Bounds- the ball is out-of-bounds when it touches a player, the floor or any object which is on or outside of the boundary lines.

Turnover- The result of a violation committed by either team. (ex. traveling) the ball is awarded to the team who did not commit the violation.

Length of Game - There are four, six minute quarters in a junior high school basketball game, and four, eight minute quarters in a high school game.

Starting Game Play

1. A jump ball is used to start a game.
2. To start the second-fourth quarters, the ball is put into play by a throw-in using the alternate possession rule.

D. Violations—a rule violation which does not involve physical contact. The result is always a change of possession.

1. **traveling**- running or moving with the ball and not dribbling. Dragging the pivot foot.
2. **double dribble**- dribbling with two hands or dribbling picking the ball up and dribbling again.
3. **over and back**- once a team crosses the center line with the ball it cannot be dribbled or passed back.
4. **line violations**- stepping over a line when throwing the ball inbounds, shooting a free throw, or rebounding a free throw.
5. **5 seconds closely guarded**- a player with the ball has 5 seconds to dribble, pass, or shoot.
6. **5 seconds** to pass the ball in from out of bounds
7. **10 seconds** to shoot a free throw
8. **10 seconds** to get the ball past the center line
9. **3 seconds**- offensive team can not be in the lane for 3 seconds.

E. Personal Fouls

The breaking of a rule involving physical contact between opposing players. (ex. Charging, Blocking, Illegal use of hands, Holding)

G. Penalties for Personal Fouls

1. One free throw is awarded for a player fouled in the act of shooting whose shot goes in.

2. Two free throws are awarded for a player fouled in the act of shooting a two point shot whose shot does not go in.

3. Three free throws are awarded for a player fouled in the act of shooting a three point shot whose shot does not go in.

4. Bonus Free Throw (1 and 1)

Each team is allowed 6 fouls per half, and each foul is penalized according to the general rule. Once a team reaches its seventh foul a bonus free throw is awarded. If he/she makes the first free throw, a second free throw is awarded.

5. Double Bonus Free Throw

After ten team fouls a double bonus occurs. This gives the person fouled two free throws.

6. No Free throws for:

- A. each personal (common) foul made by a team up to the seventh foul per half.
- B. double foul- when two players on opposing teams commit a foul at the same time.

H. Keys to Shooting

1. **BEEF**

balance- stance: shoulder width apart with knees slightly bent. ball resting in strong hand with weak hand as a guide.

elbow- elbow under the ball, forming a 90 degree angle.

eyes- eyes focusing on the front of the rim.

follow through- puts backspin on the basketball

2. Power for shooting is generated from the legs.

I. Keys to Dribbling

1. Hands- fingers spread a part, and you push the ball down using your finger tips.
2. eyes up
3. protect the ball using your opposite arm, body position etc.

J. Basketball Court Markings: