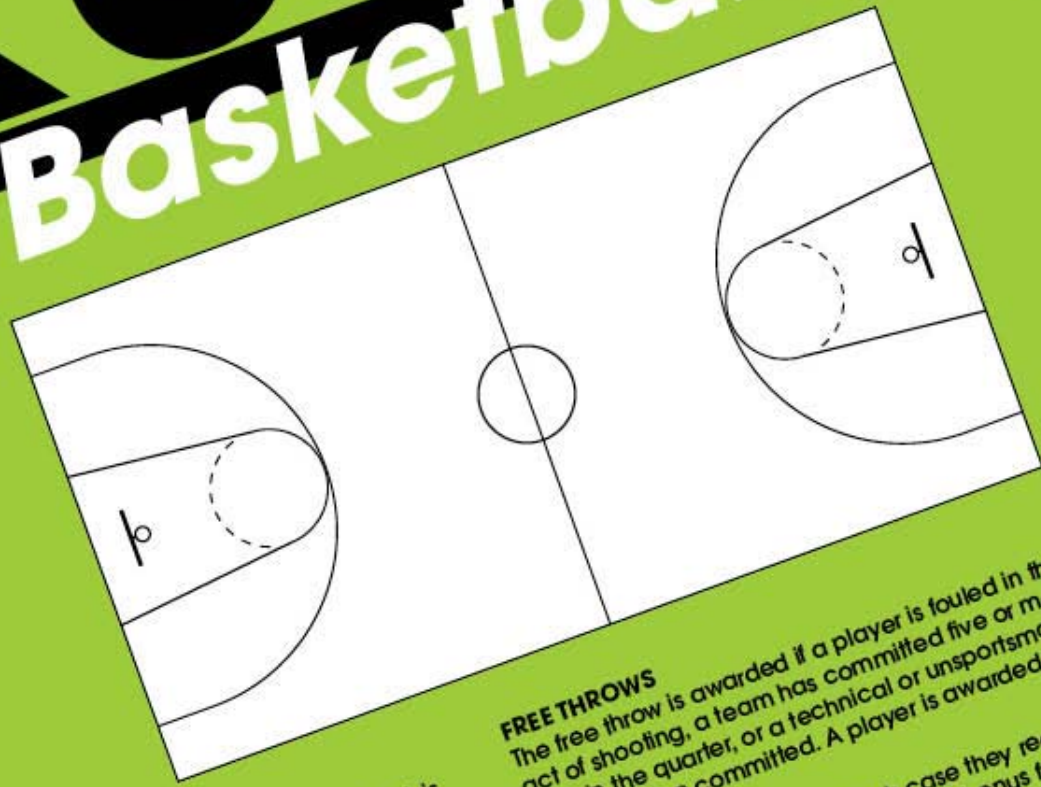


Basic of RULES of Basketball



SCORING

A basket made during normal play, a field goal, is worth two points. A shot from behind the 6.25m arc is worth three points. When a foul is committed, free throws are worth one point each.

TEAMS

Each side has five players on the court at any one time. Substitutions are normally rolling with no limits to substitutions but can only be made during a break in play.

FOULS

Basketball is theoretically a non-contact sport. Therefore the referee will call a foul against any player who makes unnecessary contact. Deliberate contact is penalised more severely with an unsportsmanlike foul and unsporting behaviour by players or coaches can be punished with a technical foul.

Each player can only commit five fouls during the course of the game. Upon receiving their fifth foul a player has 'fouled out' and must leave the game. A substitute can take their place.

TEAM FOULS

Each side is allowed to commit four team fouls in each quarter. Upon committing a fifth foul in a quarter, and for each subsequent foul in that quarter, the opposing side will be rewarded with two free throws.

FREE THROWS

The free throw is awarded if a player is fouled in the act of shooting, a team has committed five or more fouls in the quarter, or a technical or unsportsmanlike foul has been committed. A player is awarded two free throws unless:

- The basket is made, in which case they receive the points for the basket and get one bonus free throw.
- The player was shooting a 3 point shot in which case they will be awarded three free throws.

VIOLATIONS

Other rule infractions are called violations. These are punished with the possession being passed to the other team, either at the side or end line.

Violations include:

- Running with the ball and not dribbling (travelling/walking)
- Dribbling with two hands or stopping dribbling and then recommencing (double dribble)
- Kicking the ball
- Punching the ball