

Basketball

- **WHERE TO PLAY:**
 - Regulation basketball requires 2 goals
 - Basketball playing areas can be found in most playgrounds, gyms, and parks around the world.
- **NUMBER OF PLAYERS:**
 - Regulation basketball rules call for 5 vs. 5 at one time
 - However, the game can be played with fewer numbers.
- **GRADE LEVELS:**
 - 3rd-8th grades
- **EQUIPMENT:**
 - A basketball
 - Goals
- **HOW TO PLAY:**
 - Normally, there are five players on each team:
 - One center
 - Two forwards
 - Two guards
 - A game is normally played in quarters or two halves
 - The length of which can be decided by the two teams
 - To start the game
 - The official tosses up the ball between two opponents at the center circle
 - The two jumpers attempt to tap the ball to one of their teammates who are standing outside the circle
 - Each team will then try to score by dribbling/passing the ball toward the opponent's goal and shooting successfully at their basket
 - After each successful score
 - The ball is put back into play at the end of the court by the non-scoring team
 - Scoring
 - A score from the field area is worth two points
 - A successful free throw shot is worth one point
 - Violations
 - All violations result in the opposing team

- Throwing the ball in from the nearest out-of- bounds spot.
- Violations are:
 - Traveling
 - Taking more than one step while in possession of the ball
 - Double Dribbling
 - Dribbling with two hands
 - Dribbling a second time after having stopped the first dribbling series
 - Kicking the ball
 - Three seconds in the key
 - Offensive player standing inside the key area for three seconds
 - Taking more than ten seconds for the offensive team to cross the mid-court line
 - Out-of-bounds ball
 - Stepping on the out-of-bounds line while in possession of the ball
 - Passing the ball out-of-bounds
 - Knocking the ball out-of-bounds
- Fouls
 - Personal foul
 - A personal foul occurs when a player
 - Holds
 - Trips
 - Pushes
 - Charges
 - Blocks
 - Engages in rough play
 - If the foul occurs while a player is shooting
 - The shooter is award two shots from the free throw line
 - If the shooter made the shot, but was still fouled
 - They get one shot from the free throw line
 - Five personal fouls disqualify a player from any further participation
 - Technical foul
 - A technical foul occurs when a player

- Acts in an unsportsmanlike manner.
- The opposing team is awarded
 - Two free shots
 - Possession of the ball afterward
- The team with the highest score wins

