

Basketball Review Sheet

Historical Facts

- Invented in 1891 by Dr. James Naismith, an instructor at the YMCA Training School in Springfield, Massachusetts.
- The game got its name from the two half-bushel peach baskets that were attached to the gymnasium balcony.
- Backboards were first used in 1894 to keep spectators from reaching out to deflect the ball.
- The game was originally played with 9 players on a team. (Dr. Naismith had 18 students in his class)
- Five players on a team had been the standard since 1895.
- The first professional game was in 1898.
- The National Basketball Association (NBA) was formed in June of 1946.
- The Women's National Basketball Association (WNBA) formed in 1997.

Basketball Positions

- Five team players usually include a *center*, two *guards*, and two *forwards*.
- The *center* (post, pivot) is usually the tallest player.
- *Guards* are usually the best ball handlers.
- *Forwards* are responsible for shooting and rebounding missed shots.

Basic Rules

- Only five players play on each team at one time.
- A basket is scored when the ball passes through the basket from above.
- Two points are scored for a goal from the court other than from the three-point area.
- Each successful free throw is awarded for fouls scored one point.
- The ball is put into play at the beginning of the game by a jump ball in the center circle by two opposing players.
- A player is out-of-bounds when touching the floor on or outside of the boundary lines.
- A team is awarded a throw-in at the place where the opposing team caused the ball to go out-of-bounds.
- Violations include:
 - Double dribble
 - Running with the ball
 - Kicking the ball
 - Striking the ball with the fist
 - Staying in the free-throw land for more than 3 seconds
 - Keeping the ball in the backcourt for more than 10 seconds

Basketball Terms

Boxing Out	When a player positions him/herself under the backboard in such a way that it prevents the opposition from achieving good rebounding position.
Charging	Personal contact against a defensive player by a player in possession of the ball.
Dribble	Continuously bouncing the ball onto the floor without touching the ball with both hands at the same time, allowing the ball to stop its continuous movement, or losing control.
Jump Ball	Method of putting the ball into play that involves tossing the ball up into the air between two opposing players in the center circle.
Rebound	Term used for the action of the ball as it bounces off the backboard or rim.
Traveling	Player in possession of the ball moves illegally in any direction.