

BASKETBALL 101

Rules and Regulations

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Dribbling

- NO dribbling again after picking up the ball with both hands. This is known as **double dribble**.
- NO dribbling again after letting ball rest in one hand. This is known as **carrying** (i.e. hands cannot be under the basketball)
- NO dribbling or catching the ball after throwing the ball in the air (i.e. you cannot rebound your own “airball”)

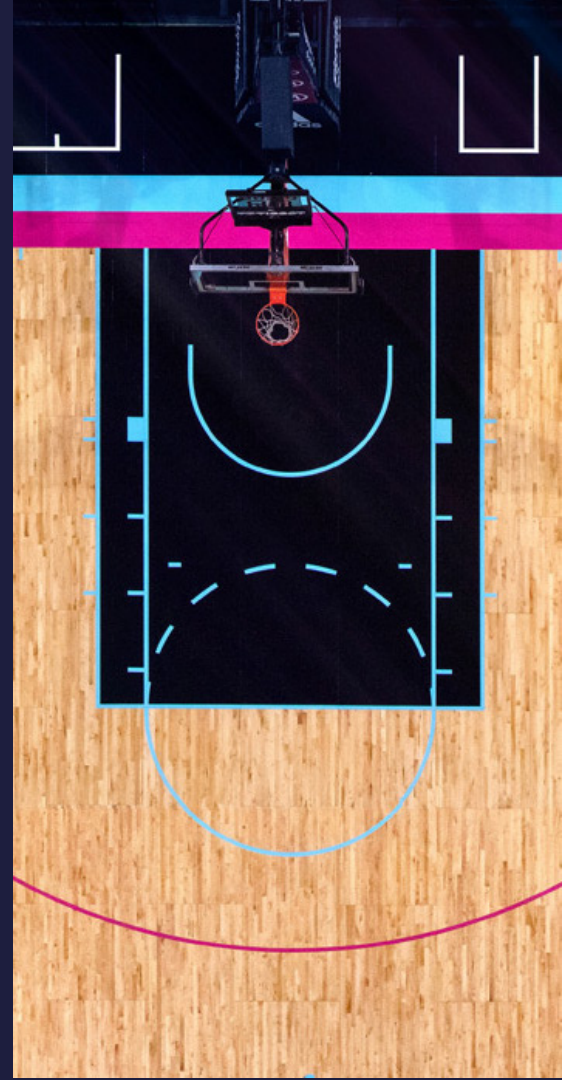


Travelling

- A player can take 2 steps after catching or picking up the ball
- The leg that you first land on after catching the ball is the pivot foot. If you land on both foot at the same time, either can be the pivot foot. You cannot take a step before releasing the ball.
- Should you dive on the floor to secure the ball, you cannot stand up after securing the ball

3 Seconds Rule

- A player shall not remain in the opponents' restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.
- To reset the count, both feet must be stepped out on the floor, outside the restricted area



8 Seconds / 24 Seconds Rule

- A team must advance from their backcourt to the frontcourt within 8 seconds, failure of which would be a turnover to the opponent
- A team must attempt a field goal (i.e. a shot that hits the rim) within 24 seconds. Shots that do not touch the rim will result in the continued running of the shot clock.





Backcourt Violation

- Picking up the ball in the backcourt (defending half) after advancing to the front court (attacking half)
- Dribbling from the front court into the back court



Personal Fouls

- A foul is an infraction of the rules concerning **illegal personal contact** with an opponent and/or unsportsmanlike behaviour.
- Illegal personal contact includes:
 - Charging
 - Blocking
 - Holding
 - Pushing
 - Hitting
- If the foul is committed **when the opponent is shooting**, it will result in **free throws**
- A player who has committed **5 fouls** in a single game will be **disqualified from play** for that game

Thank You!

