

Five Rules to Know BASKETBALL



Dribbling

A player must dribble the ball while moving. If a player stops dribbling and then starts again without passing or shooting, it's called a **double dribble** and results in a turnover.

Traveling occurs when a player moves without dribbling or takes more than two steps after stopping the dribble.

Scoring and Points System

A field goal inside the three-point line is worth 2 points. A field goal outside the three-point line is worth 3 points. Free throws, awarded after certain fouls are worth 1 point each.

Time Violations

Teams have 24 seconds to attempt a shot after gaining possession. Offensive players are not allowed to stay in the key for more than 3 seconds without attempting a shot.

Fouls and Three Throws

Physical contact that gives a player an unfair advantage or endangers another player is called a foul. Common fouls result in free throws if the fouled player was shooting or if the team has committed too many fouls.

Possession and Out of Bounds

If the ball touches the boundary lines or goes out of bounds, possession is given to the opposing team. The last player to touch the ball before it goes out loses possession to the other team.