



**Year 8
PE Knowledge Organiser
Basketball**

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Basketball

The Basics

- The game consists of 5 players per team
- The game is divided into four 10-minute periods known as quarters



Scoring...

- 3 points are for shots outside of the D.
- 2 points are for shots within the D.
- 1 point for a basket made from a free throw.

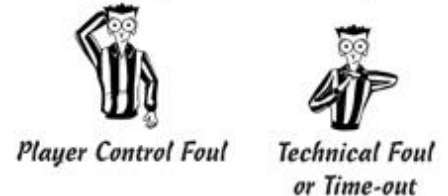
The Main Rules

Out of bounds

- If a player causes the ball to go out of the court the ball is awarded to the opposing team at the sideline
- If a player steps on a boundary line they are OUT of court even if the ball itself remains inbounds.

Travelling

- A player is not allowed to move with the ball if they are not dribbling it.
If a player does move with the ball this is travelling and the other team gets a throw in from the sideline.
- Jumping and landing without releasing the ball also counts as travelling and the ball goes to the opposing team.



- A player who catches the ball while standing still can pivot on either foot.

Double dribble

- When a player has dribbled the ball and stops they must pass or shoot they CANNOT dribble the ball again.
- A player can dribble for a second time if the player has made a shot and the ball has rebounded off the hoop or backboard or another player touches the ball.
- If the ball is bounced with 2 hands rather than one this is also double dribble.
- If a double dribble occurs the opposing team takes a throw in from the sideline.

Contact foul

- Many moves constitute illegal body contact.
- Do not allow pushing, arms around a player with the ball, or any contact when trying to win possession of the ball.
- Holding a player to prevent them from moving is also a contact foul.
- If you are fouled when shooting you may award a free throw from the free throw line.

Free throws

- Players are not permitted to attempt to block the ball before it reaches the basket.
- The shooter is not permitted to fake an attempt at the goal.
- Opponents are not permitted to attempt to distract the free throw shooter.

- When a team has committed more than 4 fouls in one quarter this is known as a team foul. 2 free throws are awarded to the opposing team.

Throw-Ins

- The thrower must release the ball in 5 seconds.
- The thrower cannot make an attempt at the basket from the throwing in spot.
- The thrower cannot step over the boundary line while throwing back in court.
- The thrower cannot simply hand the ball to a player on court.
- IF these rules are violated the opposing team will be rewarded possession at the spot of the original throw in.

Jump ball

- The game is started with a jump ball.
- Each player should face the basket they are shooting towards and have at least one foot inside the circle.
- The ball is thrown in the air between the two players; at least one player must touch the ball before it lands.
- The players that jump for the ball must only touch the ball once and cannot touch it again until it has landed or one of the other 8 players on court has touched it.

Defence

- There are two main types of defence
- Man to man
- Zone defence