History of the Game
Basketball was first developed in 1891 by James Naismith as a way for athletes to keep themselves in shape during the winter months. He was the Physical Education Director at the International YMCA Training School (now Springfield College) in Springfield, Massachusetts. The early basketball games were played with a soccer-style ball and peach baskets. There was also no limit in the number of players or balls that could be used at once. It was not uncommon to see a game with 50 players and 5 balls. In 1892, Naismith developed 13 simple rules to help govern the game. Some of these rules are still used today. The rules of the game were published in a national magazine and its popularity spread quickly throughout the United States. The game grew so fast that the first intercollegiate basketball game was played in 1896. In 1936, basketball became an Olympic sport.

Object of the Game
- The object of the game is to advance the ball toward your opponent’s basket (by dribbling or passing) and to score more points than your opponent by shooting the ball through the basket (field goal) or from the free throw line (free throw).
- Each team attempts to score points as they move the ball down the court by passing, dribbling, and shooting it into their basket. At the same time they try to prevent their opponent from scoring.

Official Basketball Rules
- Timed quarters will be played.
- Colored lines mark the boundary lines for each court.
- All baskets are worth 1, 2, or 3 points, based on court size and lines marked on the floor.
- If the ball touches the boundary line it is considered out.
- If a player touches the boundary line while in possession of the ball they are out.

Fouls
- All fouls result in the opposing team putting the ball in play from the sideline, nearest the spot of the foul.
- No foul shots will be taken, this rule speeds up the game and reduces wasted playing time.
- Technical Foul (unsportsmanlike conduct of any kind).

Violations
- All violations result in a turnover (the ball goes to the other team).

Traveling
- A player, in possession of the ball, is moving without dribbling the ball.
- A player jumps with the ball and lands before releasing it.
- A player with the ball moves his pivot foot without dribbling.

Double Dribble
- Dribbling the ball with both hands at the same time.
- Dribbling the ball after picking up the original dribble.

Time Violations
- 3 Second in the key – An offensive player cannot stand in the key are for more than 3 seconds.
- 5 Second Call – taking five seconds or more to inbound the ball.
- 10 Second Call – taking 10 seconds or more to advance the ball past the mid-court line.

Over and Back Rule
- Once the basketball has crossed the mid-court line, it cannot cross back over the mid court line.
Modified Physical Education Rules

- Timed games will be played, based on teacher discretion.
- The start of each period will begin with a team passing the ball from out of bounds.
- All baskets are worth 1 or 2 points, based on court size and lines marked on the floor.

Safety Rules

- Minimal body contact should occur between players at any time. When body contact is made a foul will be called on the responsible player.
- No tripping, pushing, hacking, blocking, grabbing, etc.
- No reaching in (hitting a player when reaching for the ball).
- No charging into a stationary player.

Physical Education Positions

- Basketball is a team sport that uses five players per team on the court at a time. These five players play different positions on the floor. Traditionally these players are as follows:
  - Center – (1) usually the tallest player and plays close to the basket.
  - Forward – (2) tall players with better ball handling skills than the center. (Frontcourt players)
  - Guard – (2) usually shorter players, they have the best ball handling, passing and shooting skills.

Basketball Vocabulary

- Assist: A pass made to a teammate who scores.
- Defense: Team not in possession of the ball. They are defending their own goal.
- Double Team: Two defensive players guarding one offensive player.
- Key (lane): The painted area extending from under the hoop to the free throw line.
- Jump Ball: The way each game is started. The referee throws the ball up at center court.
- Lay-Up: A short shot that is taken from one or two feet from the basket.
- Man-to-Man: Defense involving each player guarding one offensive player at all times.
- Offense: The team in possession of the ball who are trying to score.
- Pivot: A stationary foot that is established then does not move.

Shots

- Jump shot
- Set shot
- Lay Up
- Hook
- Dunk

Passes

- Chest pass (one/two hand)
- Baseball pass
- Bounce pass (one/two hand)
- Two hand overhead pass
- Shovel

Strategies

**Offensive**

- Protect the basketball at all times!
- Attack the basket!
- Create space by moving to the open area.
- Pass to open teammates.

**Defensive**

- Stay between your person and the basket.
- Move your feet.
- Play a man to man or zone defense.