

Field Goal:	A shot made from anywhere on the court. Worth 2 or 3 points.
Free Throw:	An unguarded shot at the basket that is attempted by a player whom an opponent has fouled.
Jump Ball:	A method of putting the ball in play by tossing it up between two opponents in the center circle. Also occurs when two players, one from each team, both possess the ball in their hands. If this occurs, possession of the ball rotates from team to team.
Offensive Player:	A player whose team has possession of the ball.
Pivot:	A play in which the player holding the ball can move more than once in any direction with the SAME foot moving, and the other foot PLANTED at its initial point of contact with the floor.
Traveling:	Violation that is an illegal progression, usually by the means of walking while holding the ball.
Turnover:	Loss of the ball without attempting a shot.

The Game

- Each team consists of 5 players on the court. Each player may play the entire length of the court.
- Scoring: Field goal = 2 points
Free throw = 1 point
- Starting the Game: The game is started with a jump ball at center circle between any two opponents.
- Games are usually 4 quarters or 2 halves long, with a halftime break in the middle.

Violations and Fouls

1. Holding the ball for more than 5 seconds out of bounds or when closely guarded during play.
2. Holding the ball for more than 10 seconds during a free-throw.
3. **Three Second Lane Violation** - A player without the ball that remains in the lane (paint) for more than 3 seconds while their team is in possession of the ball. This violation results in the opposing team receiving the ball.
4. Crossing the free-throw line before the ball touches the rim.
5. **Fouls:**
 - a. Hacking, pushing, tripping, or holding.
 - b. Displaying unsportsmanlike behavior (could result in a technical foul).
 - c. Intentional roughness.
 - d. Blocking - preventing the opponent from entering a path without giving them a chance to stop or change directions.
 - e. Charging - contact resulting from a player with the ball moving into an opponent whose position is legal or whose path is already established.

If a foul is committed against a player who is in the act of shooting a basket, the basket counts if made, and one free throw will be awarded. If the basket is missed, two free throws will be awarded.

In other foul circumstances, the fouling team is charged one team foul, the player that committed the foul is charged with a foul, and the non-fouling team takes or keeps possession of the ball. After 5 personal fouls, a player will not be allowed to remain or return to the game.