

Basketball Rules & Regs Quiz Study Guide

Directions: The following terms and explanations will help you answer the questions on the quiz. It is important to study these before taking the quiz. Except for question 10, you only have one chance per question to get it right. You need 90% to pass, which means you can only miss one question. If necessary, you can take the quiz three times to pass, but challenge yourself to study and pass it the first time you take it. Also, a diagram of a basketball court is provided on page three. Make sure you look this over carefully and know the location and correct terminology for specific areas of the court.

Dead ball: Whenever action on the court has ceased and the ball isn't in play. After a play has been stopped due to a time out, ball out of bounds, or any other reason, the team who has possession of the ball has 5 seconds to inbound the ball.

Inbounds: Throwing the ball in play from out of bounds.

Out of bounds: The area outside the court boundaries.

Paint: The painted area directly under the basket that extends 7-8 feet out and makes up the free throw lane. It is also referred to as the key. An offensive player can only stand in the paint for a period of 3 seconds.

Foul: A violation of the rules usually involving illegal contact with a player of the opposition. If a player receives 5 fouls (high school/college) or 6 fouls (NBA), that player is eliminated from the game.

Personal Foul: Illegal personal contact against an opposing player.

Technical Foul: Technical fouls are most commonly called due to unsportsmanlike conduct. They can also be referred to as a "T" or "Tech." This type of foul includes actions like yelling at a referee, flopping, kicking a basketball, using inappropriate language, holding onto the rim after a dunk, etc. A technical foul is worth one player foul.

Flagrant Foul: A foul called as a result of contact that is deemed excessive, intentional and/or unnecessary. The team that draws a flagrant foul is awarded two free throws and possession.

Free Throw: A free shot given to a player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key. A free throw is worth 1 point.

The Arc: The three point arc is a certain distance from the basket. Any shot made outside of the arc is worth three points instead of the normal two. **(Note: Look at the diagram of a basketball court on page three to locate the arc.)**

Standing During Game Play: Only the coach is allowed to stand on the court or out of bounds during the live period of the game. Players not in the game must remain seated on the bench.

One and One: When a team has reached the initial foul limit — 5 fouls (high school/college) or 6 fouls (NBA) — the next player to get fouled will receive one free throw. If the player makes the free throw, he or she shoots an additional free throw. This occurs in youth, high school, and college basketball only.

***Five Positions:** There are five positions in basketball.

- **Point Guard** — The Point Guard has good ball handling skills and the ability to guide the team during play.
- **Shooting Guard** — The Shooting Guard is often the best shooter and is able to shoot accurately from longer distances.
- **Small Forward** — The Small Forward is able to make cuts to get open for shots.
- **Power Forward** — Power forwards play a role similar to that of center. They typically play offensively with their backs towards the basket and position themselves defensively under the basket in a zone defense or against the opposing power forward in man-to-man defense.
- **Center** — The center is the tallest player on each team, playing near the basket. On offense, the center tries to score on close shots and rebound. But on defense, the center tries to block opponents' shots and rebound their misses.

Note: The Power Forward and the Center make up the front court, often acting as the team's primary rebounders and shot blockers.

*It is important to know the five positions and be able to name them from memory.

