

Rules of Basketball

Traveling: When a player takes more than 2 steps without dribbling the ball.

Double Dribble: Bouncing the ball with 2 hands or dribbling the ball, stopping, and then dribbling again.

Fouls:

- Hitting someone in the arm or from behind while they are shooting
- Hitting someone in the arm while they are passing the ball
- Blocking, Charging, Hacking, Holding, Over the back

Scoring:

- A lay-up and shot made from in front of the 3-point line is worth 2 pts.
- A shot that is uncontested and taken from the free throw line because a shooting foul occurred is worth 1 pt.
- A shot that is made behind the "arc" is worth 3pts.

PE Rules:

- If someone is fouled while shooting it is an automatic point and the other teams ball.
- If they are fouled while taking the shot and it goes in they get the basket plus one point and it becomes the other teams ball.
- You are your own referee, so call your own fouls and if someone travels or double dribbles, call them on it.
- Substitutions: There are 5 people on the court for each team (making 10 total for both teams). I will blow my whistle and the people that are sitting out need to call someone on their team sub in for. Everyone must sub out once. You may sub out twice if everyone has been subbed out at least once. At least 1 girl needs to be on the court per team.
- After a basket is made, there is no full court pressure. However, the team that is bringing the ball up the court has 10 seconds to get the ball passed half court. (They may not stand at the half court line and tease the other team for not being able to get it.)
- You can only score 5 baskets unless everyone has scored.
- When you record your scores you need to record actual scores. The captain of the winning team is the only one that should come record. If the captain doesn't record or there is an argument of who won the game will be recorded as a 0-0 tie.