

Basketball Basic Rules

Violations

The basketball basic rules include numerous ball handling and time violations that cause a team to lose possession of the ball. Here are some common violations:

- **Back-court Violation** – During a dribble from backcourt to frontcourt, the ball shall be in the frontcourt when both feet of the dribbler and the ball touch the playing court entirely in the frontcourt. Also, if a player is the last one on her team to touch the ball before it goes into the back-court, she cannot be the first player to touch it in the back-court.
- **Closely Guarded (or Five-second Violation)** – Violation that occurs when a ball handler in her team's front-court is continuously guarded by any opponent who is within 6 feet of her while she is holding the ball. The offensive player has 5 seconds to either get rid of the ball or drive past the defender.
- **Double Dribble** - When a dribbler touches the ball with both hands at the same time or when the dribbler picks up the ball and then starts dribbling again.
- **Lane Violation** – A violation called during a free throw situation against a player who enters the lane too soon.
- **Ten Seconds in the Back-court** – A team has 10 seconds to advance the ball from their back-court past the half-court line to the front-court.
- **Three Seconds in the Lane** – An offensive player cannot remain in the free throw lane for longer than 3 seconds while her team is in control of the ball in the front-court. She must clear the lane completely with both feet to stop the official's count. If she receives the ball while she is in the lane, she can stay beyond 3 seconds to drive toward the goal for a shot.
- **Traveling** – A violation caused by moving the feet in any direction without properly dribbling the ball. It results in a turnover, and the ball is given to the opposing team. While holding the ball, a player must establish a pivot foot which must remain on the floor always until she passes, shoots, or dribbles. While holding the ball, her knee cannot touch the floor and if she falls, she must get rid of the ball before attempting to get up

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Each player is allowed 5 fouls before they are removed from the game. Here are some common basketball fouls:

- **Blocking** – A personal foul caused when the defender makes illegal personal contact with an opponent who may or may not have the ball. Blocking is called when the defender impedes the progress of the opponent.
- **Charging (or Player Control Foul)** – A personal foul occurring when an offensive player contacts a defender who has already established a set position. A player with the ball must avoid contact with a stationary defender by stopping or changing direction.
- **Elbowing** – It is a violation for a player to swing the elbows excessively.
- **Disqualifying Foul** – A personal or technical foul, which is violent in nature. Examples are fighting, striking, kicking, or kneeling an opponent.
- **Hand Check** – A personal foul caused by a defender making repeated contact with her hands on her opponent.
- **Holding** – A personal foul caused by illegal contact with an opponent, which interferes with his freedom of movement.
- **Unsportsmanlike Foul** – A personal or technical foul, which keeps the opponent from capitalizing on an advantageous situation. It could be contact away from the ball or contact when a defender is not making a legitimate attempt to play the ball or a player. It also occurs when a player causes excessive contact with an opponent.
- **Offensive Foul** – A foul caused by an offensive player, usually in the form of charging.
- **Personal Foul** – Illegal contact with an opponent while the ball is live, which hinders the opponent's offensive or defensive movement. A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- **Technical Foul** – A non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead; or a violation charged to the head coach because of violations on the sideline or from bench personnel.
- **Team Foul** – Any foul charged to a team. Once a team reaches 5 team fouls per quarter, its opponent is in a bonus free throw situation.

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Option to Advance the Ball

- During the last 59.9 seconds of the game (fourth period or any extra period) when the team in control of the ball, or the team who is to be awarded a throw-in in their backcourt, is granted a timeout, the team will have the option to move the throw-in spot to point 28 feet from the end line on either side of the playing court.
- The game time when the timeout is granted and charged, and not the time that team control began, will determine whether the option is available to the team calling timeout.
- An opponent's timeout or an electronic-media timeout does not provide a team with the option to advance the ball (unless the electronic-media timeout is a result of the team in control requesting a timeout, e.g., the first team-called timeout in the second half).
- If the team advances the ball by a pass or dribble, in any direction, before the timeout is granted, the team will no longer have the option to advance the ball.
- If the ball has been dribbled or passed in the backcourt before the timeout, successive timeouts do not provide the team with the option to advance the ball.
- If the ball has been dribbled or passed in the backcourt and the team in control is still in their backcourt when the defense commits a common foul before the bonus is in effect or a violation, the option is available to the team in control when they request a timeout.
- If the ball has been dribbled or passed in the backcourt and play is stopped for a timing or scoring mistake, an inadvertent whistle, a held ball, a technical foul assessed to the team in control, or for an injury, blood situation or lost or displaced glasses/lenses and the team in control calls a timeout, the option to advance is NOT available.
- The head coach must notify the officials of his/her intent to advance the ball, or which side of the court to make the throw-in, before the timeout has been reported to the scorer. If the head coach does not inform the officials before the timeout has been reported to the scorer, play will resume at the point of interruption. When the head coach does not designate a side of the court to inbound the ball before the timeout is reported to the scorer, the throw-in will be made at the 28-foot line tableside.

10 Second Count

There will be a new 10-second count anytime there is a new throw-in in the backcourt, unless the throw-in results from a defensive deflection out of bounds, a held ball where there is no change in team control or a technical foul assessed to the team in control.

There shall be no new 10-second backcourt count when the offensive team is granted a timeout.