



## Macopin School Physical Education 3-on- 3 Basketball Study Guide



### Court and Markings:

- **Out of bounds lines**- markings that distinguish the court and what is considered out; the line in basketball is out. The lines go up both sides (sidelines) and across both ends of the court (baselines). If a player steps out of bounds, their opponent gains possession of the ball.
- **Free throw line**- this is where the player who gets fouled and is awarded free throws shoots from. It is **15 feet** from the bottom edge of the backboard

### Violations:

- **Travelling**- when the player walks without dribbling or moves his pivot foot (**foot that must stay on the floor**) while standing with the ball.
- **Double Dribble**- when the player either uses both hands at the same time to dribble the ball or if the player dribbles then stops and then dribbles again.

### Fouls:

- **Pushing**- This is when a player makes too much contact with an opponent
- **Charge**- This is when the offensive player moves into the defensive player who has already occupied his path.

### Rules for *Macopin PE* Basketball:

- The game is started by checking the ball with your opponent. You check the ball by passing it to your opponent and having them pass it back. You do this to make sure each team is ready to play.
- When the offensive team shoots at the basket, the basketball **hits** the rim and is rebounded by the defensive team; the defensive team **must take the ball back** behind the foul line before they can shoot.
- When the offensive team shoots at the basket, the basketball **does not hit** the rim and is rebounded by the defensive team; the defensive team **does not have to take the ball back** behind the foul line before they can shoot.
- After your team scores a basket, the opposing team gets the ball.
- Each basket is worth **one** point.

### Defense:

- There are 2 basic types of defense played in basketball.
  - **Man to man**- this type of defense is where you are responsible for a player on the other team. You cover this person wherever they go on the court. **(WE PLAY THIS ONE)**
  - **Zone**- in this type of defense you are responsible for an area of the court and when a player enters that area you cover them so they cannot get the ball.