

Basketball Australia hopes that all the young girls and boys who have read the "Beginners" booklet to basketball have enjoyed learning the basic rules of the game.

To join up with your nearest Basketball Association, simply visit www.basketball.net.au to find an association near you or contact your state/territory association.

Thanks to Basketball Queensland for designing this brochure for the Aussie Hoops program.

HOW TO PLAY BASKETBALL FOR BEGINNERS



BEAUTIFUL

A TEAM GAME

SOcially GREAT

KEEPS YOU FIT & HEALTHY

EASY TO LEARN THE RULES

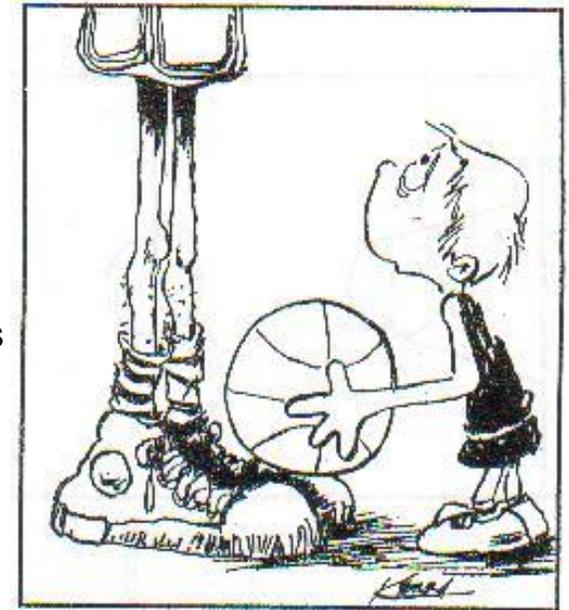
TEACHES DISCIPLINE

BEATS JUST WATCHING TV

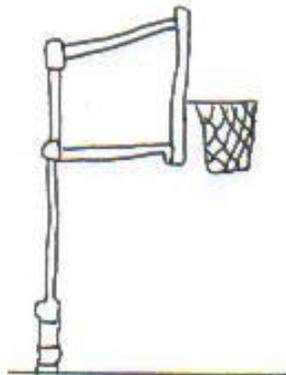
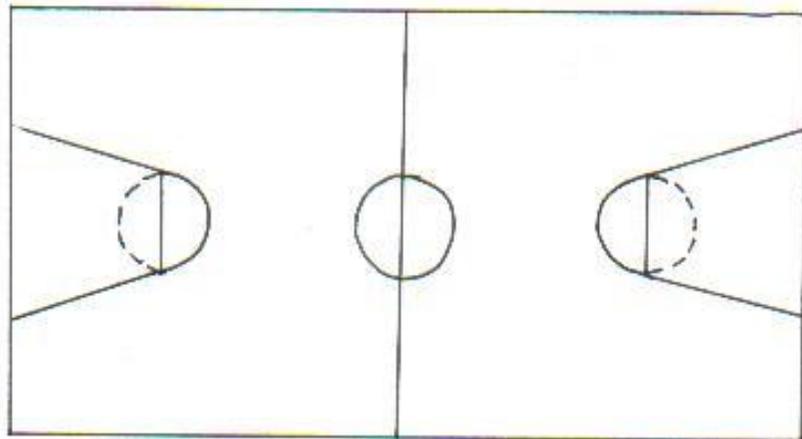
ALLOWS YOU TO MAKE NEW FRIENDS

LEISURE TIME ENJOYMENT

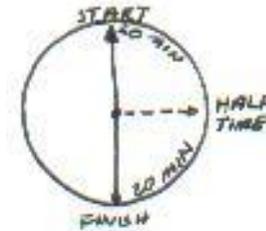
LIFTS SELF ESTEEM



This is a basketball and this is where I do most of work!



Duration of game



Time outs



Two time outs per team, per half

Rebounding

- Players should assume that every shot will miss. Getting possession of the ball after a missed shot is called rebounding

Jump ball is when two equally contest possession a jump ball is called. A jump ball is also used each half of play.



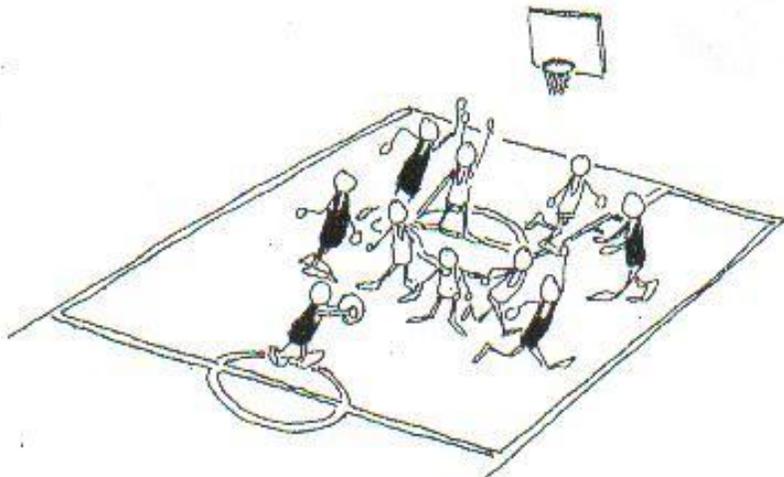
Coaches be aware of the level of competition.

It is very important that the team with me keeps themselves well spread around the court, otherwise the game would look like this.

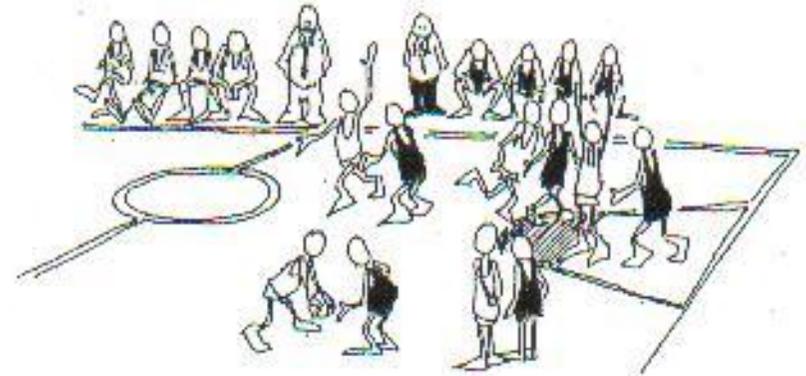


No one can play, surrounded by nine players

Good spacing lets everyone have a go at the basket. All players now can dribble, shoot or pass when they have me.



Each team has five players on court and may have as many as five substitutes who can replace any other player when the referee says it's OK.

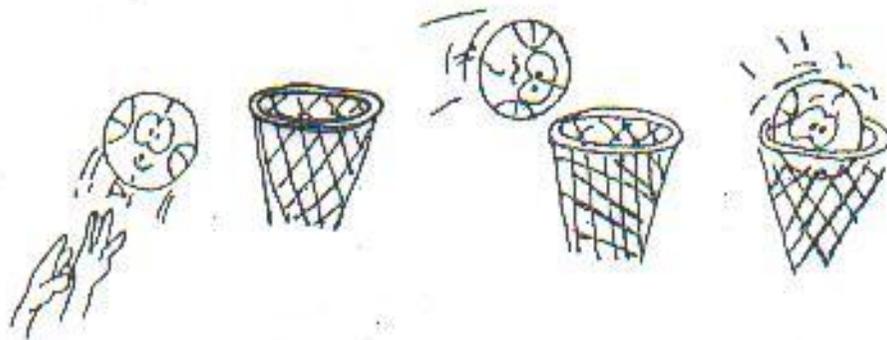


A player being subbed off *MAY* be put back into the game any time a coach wants

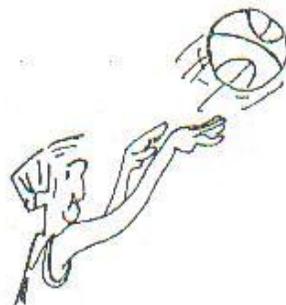


The team holding me is on **OFFENSE**. The team without me is on **DEFENCE** - trying to stop the offensive team from scoring. The defence should always try to stay between the basket and the players they are guarding.

The purpose of the games is to throw me through the basket



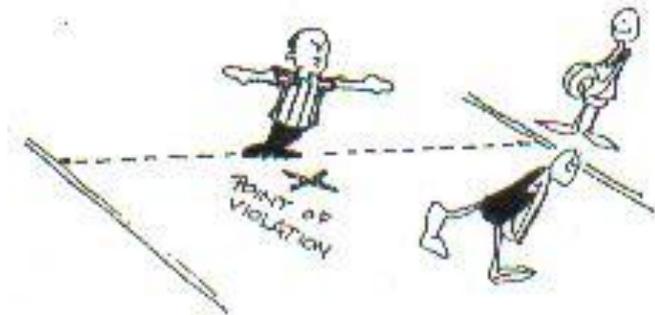
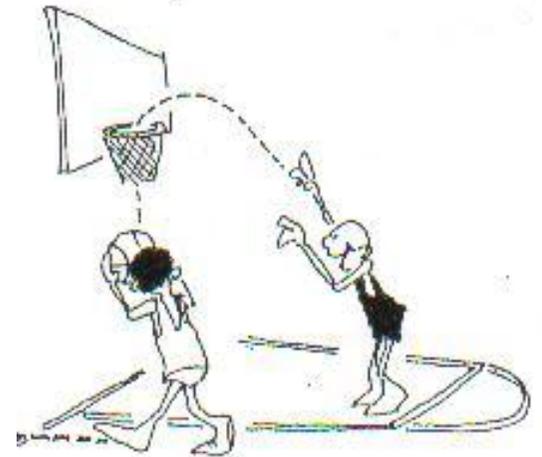
When this happens the player throwing me has "shot two points", and his team's score is increased by two. One team shoots at the basket at one end of the court and the other team at the other end.



Good shooters put one hand under me with the wrist cocked. The other hand balances me in shooting hand. The while arm pushes me up into the air while the wrist flicks me towards the basket.

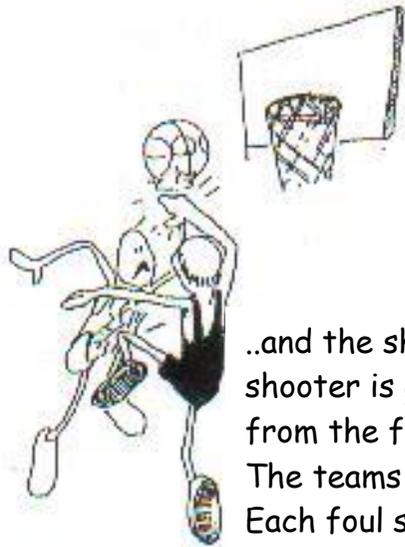
If a player makes five fouls in a game he cannot play any more in that game.

After a score, the team not scoring throws me in from behind the end of the court to re-start play.

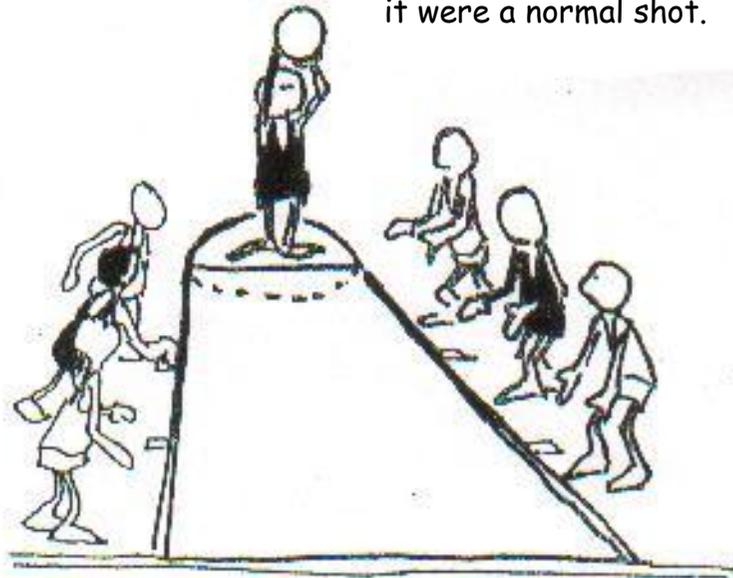


After a violation the team getting me throws me in to play from behind the sideline of the court nearest to where the violation happened.

If a foul is made on a player who is trying to shoot..

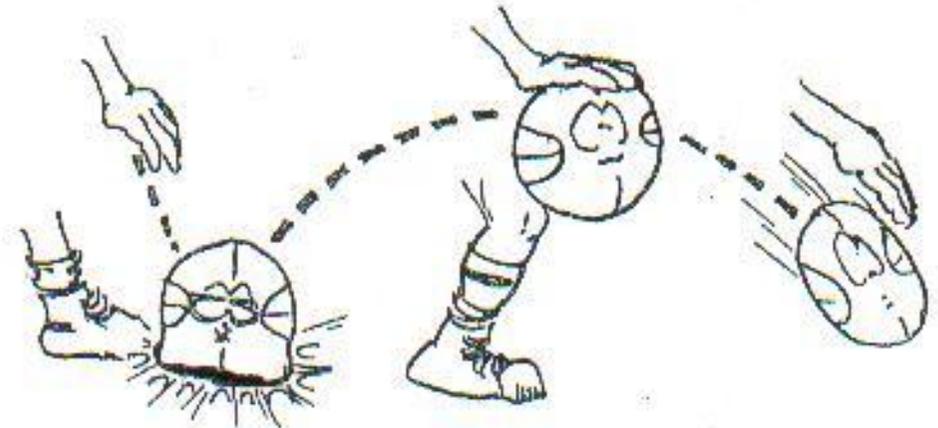


..and the shot misses, the shooter is given free shots from the free-throw line. The teams line-up as shown. Each foul shot is worth one point. After the last shot is taken, the game goes on as if it were a normal shot.



There are two ways a team may move the ball up the court to a shooting position.

By dribbling with one hand..



Ooff, ooff

Or by passing



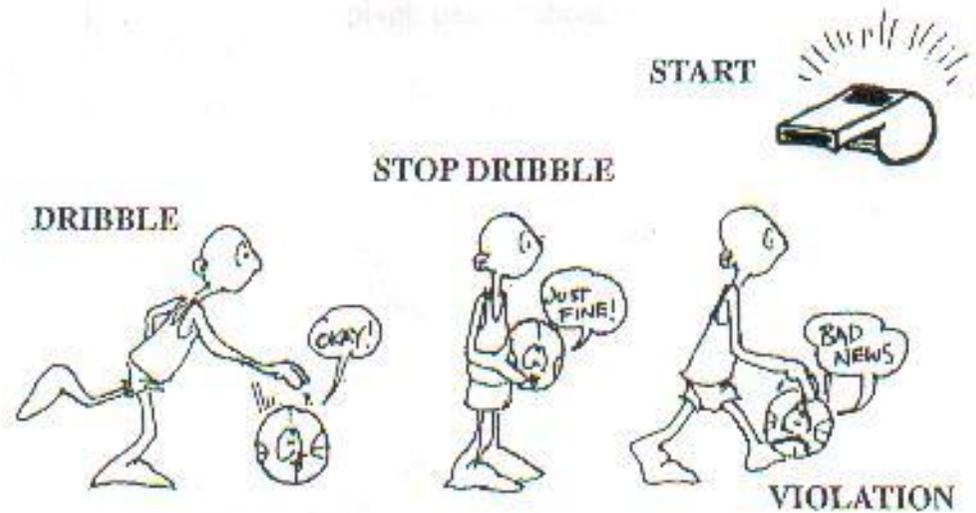
Passing is a lot faster -and a lot more fun

A player holding me must always keep one of his feet on a spot on the floor - unless he dribbles, passes or shoots. The player is like a compass and mat pivot around this foot.



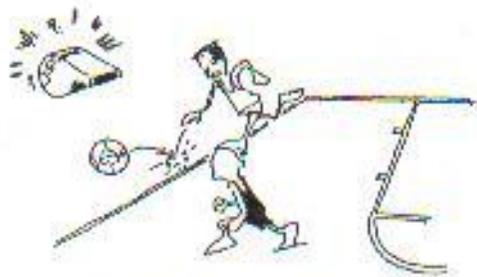
If a player moves this foot off the spot without dribbling, passing or shooting, he has committed a *travelling violation* and the other team gets me.

Once a player has stopped dribbling by touching me with both hands - he cannot dribble again, but he may pivot, pass or shoot.

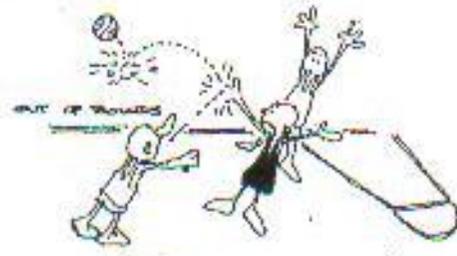


No player may use contact to "put off" an opposition player. If he does, he has *FOULED!*

I have to be kept in the court of play. The team who causes me to hit something ON or OUTSIDE the boundary lines has committed a violation and the other team gets me.



BLACK BALL



WHITE BALL

FOUL ON DEFENCE
(Hack on dribble)



FOUL ON OFFENSE
(Charge)



THE DEFENCE HAS THE RIGHT TO STAND WHERE EVER IT WANTS TO