

## Basketball in 10 Simple Rules

1	<b>Travelling</b>	Taking more than one and a half steps without dribbling while you have the ball. Also when you stop dribbling and then move or change your pivot foot
2	<b>Double dribble</b>	When a player stops dribbling, holds the basketball, and then starts dribbling again. Also when a player dribbles the ball with two hands at the same time.
3	<b>Carry ball</b>	If the ball handler places hand underneath the ball and momentarily holds the ball while dribbling
4	<b>Charging</b>	When an offensive player runs into a defender who is in an established position
5	<b>Jump Ball</b>	To start the game or if two players have possession at the same time
6	<b>Back over half</b>	When a player crosses over the midcourt line into the frontcourt and then crosses back into the backcourt.

### Fouls

Basketball is a contact sport! All players are constantly moving, because of this fouls are often committed. Basketball fouls are called when the referee feels there has been physical contact between two players and that one player has gained an advantage because of that contact.

Here are some basic guidelines used by the officials to determine which player has committed the foul after contact has occurred:

A The first player to become set in a position on the court has the rights to that position.

When a player moves into the path of an opposing player, obstructs  
B their path, and contact is made - that player is responsible for the contact made.

C A player cannot extend an arm or leg in the pathway of an opponent.  
When this happens, that player is responsible for the contact made.

7	<b>Blocking</b>	When a player uses their body position to prevent their opponent from advancing
8	<b>Elbowing or holding</b>	When a player swings their elbows and makes contact or uses their hands to interfere with an opponent's freedom of movement
9	<b>Reaching in</b>	When attempting to steal the ball, the defender extends their arm and hand and makes contact with the ball handler
10	<b>Over the back</b>	Jumping on and over the back of an opposing player who is attempting to rebound the basketball