

BASKETBALL

KEY RULES

Teams and Scoring: Basketball is played with two teams of five players on court at a time. Substitutes wait on the bench and can swap in when play stops. A basket scored from inside the three-point arc is worth 2 points, outside the arc is worth 3 points, and each free throw is worth 1 point.

Starting and Restarting Play: The game begins with a jump ball at centre court, where two players try to tip the ball to their teammates. After a basket, the other team takes possession from behind the baseline.

Ball Handling: Players must dribble (bounce) the ball while moving. Running without dribbling is called travelling and is not allowed. A double dribble happens if a player dribbles, stops, then starts dribbling again – this gives the ball to the other team.

Court and Out of Play: The ball is out of play when it completely crosses the sideline or baseline. When out, the other team restarts with a throw-in from the spot nearest where the ball went out.

Defence and Fouls: Contact fouls happen if a player pushes, holds, hits, or blocks unfairly. These give the other team possession or free throws, depending on the foul. Shooting fouls give free throws if the player was fouled while attempting a shot.

Game Conduct: Players must respect referees, opponents, and teammates. Poor behaviour, unsporting actions, or arguing can result in technical fouls. Teamwork, fair play, and communication are expected throughout the game.

NATIONAL GOVERNING BODY (NGB)

Basketball England – responsible for basketball in England, including rules, coaching, and competitions.

Basketball Scotland – governing body for basketball in Scotland.

Basketball Wales – oversees basketball in Wales, supporting schools and clubs.

Basketball Ireland – governs basketball in both Northern Ireland and the Republic of Ireland.

USEFUL LINKS

Basketball England: basketballengland.co.uk

Basketball Scotland: basketballscotland.co.uk

Basketball Wales: basketballwales.com

Basketball Ireland: basketballireland.ie

FIBA (International Basketball Federation): fiba.basketball/en

School Games: yourschoolgames.com/taking-part/our-sports/basketball