

# BASKETBALL GUYS™

## INSTRUCTIONS AND PLAYBOOK

### OBJECTIVE:

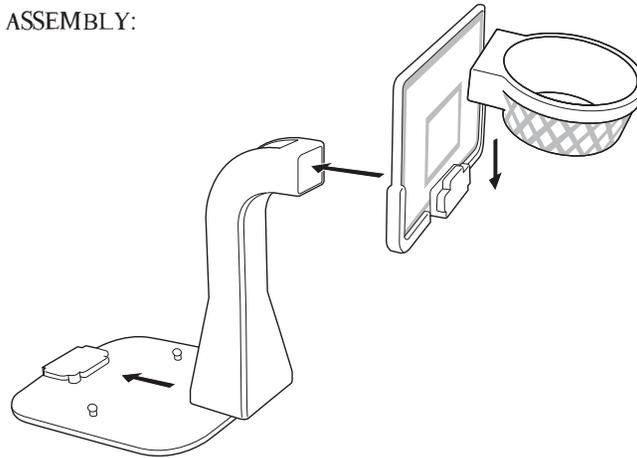
Basketball is played by two teams of five players on a rectangular court with the objective of shooting a ball through a hoop that is at each end of the court. A team can score a field goal, also called a basket, worth 2 points if it is shot closer to the basket than the three point line or 3 points if shot beyond the three point line. A team can also score 1 point for a free throw shot after a foul or violation is committed. The teams can move the ball around the court by either bouncing it, called dribbling, or passing it to a fellow player; however a player is not allowed to run with the ball. The objective is to score the most points during the game.

The court is divided into two main sections by the mid-court line. The team with the ball trying to score a basket is called being on **Offense** while the other team defending the hoop is called the **Defense**. When a team makes a basket, they score two points and the ball goes to the other team who has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense

gets the ball. Once the **Offense** gets the ball over the mid-court line it cannot go back otherwise the **Defense** is awarded the ball. The **Defense** tries to steal the ball, block shots, steal and deflect passes, and get all rebounds to prevent the other team from scoring.

Key skills and techniques involved in playing Basketball are shooting, passing, dribbling, lay ups, jump shots, pivoting, cutting, jumping, screening, defending and rebounding. These skills are also called the **Fundamentals of Basketball**. Another popular skill called **dunking** is when a player stuffs the ball directly into the hoop.

### ASSEMBLY:

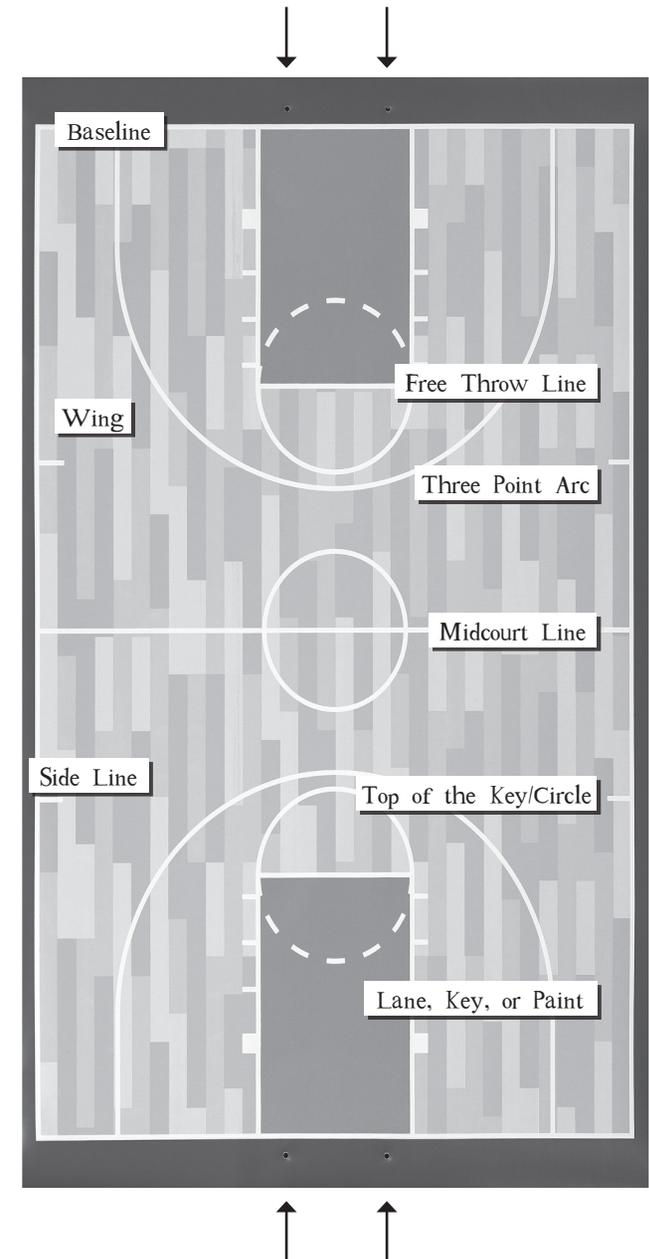


**Hoops:** You will see two holes in the play mat and two notches on the base of the hoop. Slide the holes in the mat over the notches to secure the hoop and ensure the hoops do not slide around.

**Ball:** You will also notice that each center is designed with a small peg in his shooting hand. Our oversized basketballs are designed with a small hole that will fit snugly onto the peg. We always like to include something unique in each set of Guys to add to the fun. We hope by giving the center the ability to hang on to the ball, you can be more creative when playing with Basketball Guys.



**Mat:** If you would like your mat to flatten out quickly, iron the back of the mat on low. Please remember to put a thin sheet between the iron and that mat to avoid damaging the mat. Only adults should attempt this and should use caution to avoid damaging the iron or the plastic mat.



## TIP OFF:

The game begins at center court with the official tossing the ball between one player from each team who attempt to get their hand on the ball while it's in the air to tip it to a teammate.

## TIME:

Each game is divided into sections. In college, each half is twenty minutes long. In high school and below, the halves are divided into eight or six minute quarters. In the pros, quarters are twelve minutes long. There is a gap of normally 20 minutes between halves called Halftime during which teams go back into the locker room to strategize and rest; and very short breaks between the quarters where players briefly return to the bench. If the score is tied at the end of regulation, then overtime periods of various lengths are played until a winner emerges. Each team is assigned a basket or goal to defend. This means that the other basket is their scoring basket. At halftime, the teams switch goals. Also, each team is awarded a certain number of timeouts to use each half which allows a team to stop the game to huddle up and strategize or stop the clock from running out of time.

## FREE THROW:

A free throw is worth one point and is awarded to a team based on the number of overall team fouls committed in a half, or a foul committed by the other team on a player in the process of shooting. Fouling a shooter always results in two or three free throws being awarded the shooter, depending upon where he was when he shot. If he was beyond the three-point line, then he gets three shots. Also, once a certain number of fouls have accumulated during a half by an entire team the player who was fouled is awarded a 1-and-1 opportunity. If he makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.

## FOULS:

Personal: illegal physical contact such as hitting, pushing, slapping, holding and illegal picking when an offensive player is moving or sticks out a limb to block the path of a defender.

Charging: when a player with the ball runs over a defensive player who is not moving but has an established position with both feet set on the ground.

Flagrant: more violent contact with an opponent such as hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional: when a player makes physical contact with another player with no reasonable effort to steal the ball based on the judgment of the official.

Technical: when a player or coach uses bad sportsmanship such as bad language or too much arguing with the officials.

## VIOLATIONS:

Walking/Traveling: taking more than a step and a half without dribbling the ball, or moving your pivot foot once you stopped dribbling.

Carrying/Palming: dribbling the ball using too much of the hand such that it is either too far on the side of the hand or the hand is under the ball.

Double Dribbling: using both hands at the same time to dribble the ball, or starting to dribble again after picking up the ball from the first dribbling attempt. Once a player stops dribbling he is not allowed to start again and must either pass, shoot or call a timeout.

Held Ball: when two or more opposing players gain possession of the ball at the same time and the official stops the action and awards the ball to one team or the other on a rotating basis.

Goaltending: when a player interferes with a shot while it's on the way down toward the basket. If committed by the defense the basket counts and if committed by the offense while the ball is on the rim then the basket does not count.

Backcourt: when the Offense has brought the ball across the mid-court line and then crosses back over it. If committed the ball is awarded to the other team.

5 Seconds: a player passing the ball inbounds only has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Also, a player holding the ball with a defender closely guarding them must either pass or dribble within 5 seconds or the ball is awarded to the other team. If the defender is not closely guarding the player with the ball then the player has no time limit to pass or dribble.

3 Seconds: an offensive player without the ball is only allowed to stay within the boxed lines around the basket, also called the Key, for a total of 3 seconds otherwise the ball is awarded to the other team. A player must leave the area before 3 seconds, but is permitted back into the Key for 3 seconds if they chose to return to the Key.

## PLAYER POSITIONS:

Centers: Are generally the tallest players and positioned near the basket. On Offense their goal is get open to pass or shoot, as well as block defenders, called picking or screening, in order to open teammates up so they can drive to the hoop for a basket. Centers are also expected to get offensive rebounds when shots are missed by other players. On Defense the Center tries to keep opponents from shooting by blocking shots and passes in the Key area as well as get rebounds on missed shots.



Forwards: Are generally the next tallest players and can either play under the hoop near the Center or operate in the wings and corner areas of the court. On Offense they are responsible to get free for a pass, take outside shots, and drive to the basket for goals and rebounds. On Defense forwards try and prevent offensive players from driving to the hoop and shooting, and try to get rebounds.



Guards: Are generally shorter than Centers and Forwards and are really good at dribbling fast, seeing the court, and passing and defending the other team's quickest players. Guards dribble the ball down the court and set up offensive plays. On Offense they dribble, pass, set up plays, drive to the basket, shoot and pass to open teammates. On Defense guards try and steal passes, block shots, prevent drives to the hoop, and box out for rebounds.

