



TOP TEN MOST MISUNDERSTOOD BASKETBALL RULES

1. Charging Foul

An offensive foul consisting of illegal personal contact by pushing or moving into an opponent's torso. This usually happens when an offensive player drives to the basket and "runs over" a defensive player. If a basket is made on a "charging" call, the basket will not count. The defensive player does not receive any free throws on player control (the person charging has the ball) fouls.

2. Blocking Foul

A defensive foul that is illegal personal contact which impedes the progress of the offensive player. This usually happens when a defensive player "bodies" an offensive player driving to the hoop. The referee's decision to call a charge or block will usually depend on the position of the defensive player when contact is made; did the defensive player establish and maintain guarding position, and was contact made to the defensive player's torso (middle of their chest)?

3. Three Seconds In The Lane

Offensive players must move out of the lane before three seconds elapse. The offense must have control of the ball on the offensive end of the court for the count to start. Once the ball leaves the player's hand when shooting, the count stops. There is no count during rebound-put backs. For example, all five offensive players may be in the lane rebounding the ball and immediately "putting back" another shot and there will be no 3-second call made regardless of how long they are occupying the lane.

4. Carrying or Palming the Ball

This violation occurs when an offensive player dribbles the ball so that it rests and stays in the palm of the hand. Dribbling the ball with the hand on the side of the ball is not carrying.

5. Traveling

When an offensive player "runs" with the ball or moves their pivot foot after the player has stopped dribbling. A player who falls to the floor with the ball has not traveled unless they get up to at least one knee. Rolling over to get away from another player is traveling. Sliding along the floor is not traveling.

6. Over and Back

Once the offense brings the ball over the half court line, the offense cannot go back across the line. In order to be “over” the line, the offensive player with the ball must have the ball and **both** feet over the half court line at the same time. If a player has one foot on each side of the half court line and dribbles back and forth past the half court line, the ball has not yet gone “over”. The violation of going “back” occurs when any part of the ball handler touches the floor on or past the half court line or the ball is dribbled on or past the half court line.

7. Closely Guarded – Five Seconds

A violation occurs when the ball handler is closely guarded (within six feet) by the same defensive player for five consecutive seconds while the ball is being held **OR** while the ball is being dribbled. A player who catches the ball and is being closely guarded may hold the ball for four seconds, then dribble the ball for four seconds, then hold the ball for another four seconds, then pass, will not be in violation of this rule. Anytime the defensive player goes farther than six feet from the ball handler, the five second count stops.

8. Five Second – Inbounding

When the ball is taken out of bounds, the offensive team has five seconds to put the ball into play. The count starts when the ball is at the disposal of the team throwing the ball in and ends when the ball leaves the ball handler’s hands (not when it is touched inbounds).

9. Out of Bounds Moving Violation

- A. Any out of bounds play other than after a made basket – The person taking the ball out of bounds must stay within the designated spot, usually within a three foot area of the place where the referee administers them the ball. The person inbounding the ball does not have to establish a pivot foot and may move both feet, however, if they step beyond the designated spot, it is a violation.
- B. After made baskets – When a basket is made, the opposing team may “run” the entire baseline when trying to inbound the ball. This includes returning from a time out. The ball may also be passed to a teammate who is positioned entirely out of bounds on the baseline and there is no violation.

10. Other Fouls

- A. Flagrant Fouls – involves violent contact with an opponent, including punching, kneeling, or kicking.
- B. Intentional Fouls – this occurs when the player is not directly going for or playing the ball.
- C. Technical Fouls – This violation can be committed by either a player or a coach. It involves no contact with an opponent or contact while the ball is dead. Examples include taunting, vulgarity, profanity or obscene gestures.