

Basic Rules of the Game

Fouls

Personal fouls - Personal fouls include any type of illegal physical contact. This can include hitting, pushing, slapping, or holding. It's the most common type of foul in basketball.

Illegal pick/Moving screen - When an offensive player in motion sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Charging/Player Control Foul - An offensive foul that is committed when a player pushes or runs over a defensive player that has established the proper positioning. The defensive player must have both feet on the floor and be stationary. The ball is given to the team that the foul was committed upon.

Blocking - Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive.

Flagrant foul - Violent contact with an opponent. This includes 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 foul - When a player makes physical contact with another player with no reasonable effort to make a basketball play. It is a judgment call for the officials.

Technical foul - A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscene gestures, and even arguing can be considered technical fouls.

Personal foul penalties:

- If a player is in the act of shooting while being fouled, they get two free throws if their shot doesn't go in, but only one free throw if the shot does go in, also called an And-One.
- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, they are awarded one free throw. Thus, they could score four points on the play.
- If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball inbounds.

- If a player gets 5 personal fouls, or 6 in the NBA, they foul out of the game, meaning they can no longer play for that game.
- One & one (bonus) - If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
- Ten or more fouls (bonus +) - If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.