



GLOSSARY OF TERMS

Alive:	A ball is alive when it is released by a shooter or thrower, or legally tapped by a jumper during a jump ball. The game clock starts when the ball is alive.
Alternating possession:	The possession arrow changes direction in each jump ball situation subsequent to the tip off thus alternating which team gets possession for the throw-in.
Assist:	The last pass to a team mate that leads directly to a field goal. The scorer must move immediately toward the basket for the passer to be credited with an assist.
Backboard:	The rectangular structure to which the basket is attached
Backcourt:	The half of the court, including the basket, a team is defending.
Ball handler:	The player with the ball - usually the point guard at the start of a play.
Ball side:	The side of the court closest to the ball.
Baseline:	The boundary line behind each basket; also called the endline.
Beat the defender:	When an offensive player, with or without the ball, is able to get past an opponent who is guarding him.
Blind pass:	A pass from a ball handler who does not see his receiver, but is estimating where he should be.
Block or Blocked shot:	The successful deflection of a shot by touching part of the ball on its way to the basket, thereby preventing a field goal.
Blocking foul:	A defensive foul which occurs when the defender's body position illegally prevents an opponent's advance; the opposite of charging.
Boxing out:	A player's attempt to position his body between his opponent and the basket to get rebounds and prevent the opponents from doing so.
Centre circle:	The circular area at midcourt from which jump balls are taken.
Charging:	An offensive foul which occurs when an offensive player runs into a defender who has established position. The defensive player must have both feet on the floor.
Court:	The area bounded by 2 sidelines and 2 end lines containing a basket at each end, on which a basketball game is played.
Court vision:	A player's ability to see everything on the court during play - such as where his team mates and defenders are set up which enables him to make better choices in passing; the best point guards possess this.
Crossover dribble:	Moving the ball across the body from one hand to the other while dribbling.
Cut:	A quick move by the offensive player away from their defence, usually toward the basket.
Cylinder:	The imaginary area directly above the basket where goaltending or basket interference can occur.



GLOSSARY OF TERMS (CONTINUED)

Dead ball:	Any ball that is not live - occurs after each successful field goal or free-throw attempt, after any official's whistle or if the ball leaves the court. It stops play which is then resumed by a jump ball, throw-in or free-throw.
Defence:	The act of preventing the offence from scoring; the team without the ball.
Defensive position:	The stance used when playing defence - staying low, knees bent, head up, hands active.
Defensive rebound:	A rebound of an opponent's missed shot at a field goal.
Double dribble:	Dribbling the ball a second time after the first dribble has finished. This is a violation – penalty: loss of ball.
Double team:	When two team mates join efforts in guarding a single opponent.
Dribble or dribbling:	When a player repeatedly pushes, pats, taps or bats the ball toward the floor with one hand to cause the ball to bounce back up to either of his hands; used to advance the ball or keep control of it. When a player ceases dribbling they must pass or shoot the ball.
Drive to the basket:	To move rapidly toward the basket with the ball.
Dunk:	When a player close to the basket jumps and strongly throws the ball down into it; an athletic, creative shot used to intimidate opponents.
Elbowing:	It is a violation if a player vigorously or excessively swings his elbows, even if there is no contact; it is a foul if contact is made, and an automatic ejection if that contact is above shoulder level.
Established position:	When a defensive player has both feet firmly planted on the floor before an offensive player's head and shoulder get past him; the offensive player who runs into such a defender is charging.
Fake or feint:	A deceptive move to throw a defender off balance and allow an offensive player to shoot or receive a pass; players use their eyes, head or any other part of the body to trick an opponent.
Fast break:	A play in which the team that has just gained possession of the ball moves quickly toward the basket in an attempt to get off a shot before the other team can recover and set up a defence.
Field goal:	When the ball enters the basket from above during play; worth 2 points, or 3 points if the shooter was standing behind the 3-point line.
Floor:	The area of the court within the end lines and sidelines.
Floor violation:	A player's action that violates the rules but does not prevent an opponent's movement or cause him harm; penalized by a change in possession.
Forwards:	The 2 players on the court for a team who are usually smaller than the centre and bigger than the guards; often a team's highest scorers.
Foul:	Actions by players which break the rules but are not floor violations; penalized by a change in possession or free-throw opportunities; see personal foul or technical foul.



GLOSSARY OF TERMS (CONTINUED)

4-point play:	A 3-point shot followed by a successful free-throw.
Free-throw:	An unguarded shot taken from the foul line by a player whose opponent committed a personal or technical foul; it is worth 1 point.
Free-throw line (foul line):	The line 15' from the backboard and parallel to the end line from which players shoot free-throws.
Free-throw line extended:	An imaginary line drawn from the free-throw line to the sideline to determine the location for certain throw-ins.
Frontcourt:	The area between the midcourt line and the end line closest to the offence's basket.
Full-court press:	When defenders start guarding the offence in the backcourt.
Game clock:	Shows the time remaining in each of the four 10-minute quarters of a game.
Guards:	The 2 players on each team who are the smallest on the court; they usually handle setting up plays and passing to team mates closer to the basket.
Guarding:	The act of following an opponent around the court to prevent him from getting close to the basket, taking an open shot or making easy an pass, while avoiding illegal contact. (Defending)
Hands up defence:	A defensive player keeps at least one if not both hands raised so that the offensive player will not be able to get a good sight of the basket.
High post:	An imaginary area outside either side of the keyway near the free throw line.
Jump ball	2 opposing players jump for a ball an official tosses above and between them, to tap it to their team mates and gain possession; used to start the game (tip-off).
Key or keyway:	The area at each end of the court consisting of the foul circle, foul lane and free-throw line; named for the shape it had years ago.
Layup or layin:	A shot taken after driving to the basket by leaping up under the basket and using one hand to drop the ball directly into the basket (layin) or to bank the ball off the backboard into it (layup).
Live ball:	As soon as a ball is given to a free-throw shooter or a thrower on a throw-in, it is live, but the game clock does not restart until the ball is alive.
Loose ball:	A ball that is alive but not in the possession of either team.
Low post:	An imaginary area outside either side of the keyway close to the basket.
Low percentage shot:	A shot that is less likely to go in the basket, such as one thrown by a player who is off balance or outside his shooting range.
Man-to-man defence:	The defensive style where each defensive player is responsible for guarding one opponent.
Match-ups:	Any pairing of players on opposing teams who guard each other.
Most Valuable Player:	An award recognizing the player who contributed most to the team in a game or season.



GLOSSARY OF TERMS (CONTINUED)

Offence:	The team with possession of the ball.
Offensive rebound:	A rebound of a team's own missed shot.
Open:	When a player is unguarded by a defender.
Out of bounds:	The area outside of and including the end lines and sidelines.
Outside shooting:	Shots taken from the perimeter (refer perimeter definition)
Overtime or OT:	The extra period(s) played after a regulation game ends tied.
Pass:	When a passer throws the ball to a teammate; used to start plays, move the ball down court, keep it away from defenders and get it to a shooter.
Passer:	The player who passes the ball to a teammate.
Period:	Any quarter, half or overtime segment.
Perimeter:	The area beyond the foul circle away from the basket, including 3-point line, from which players take long-range shots.
Personal foul:	Contact between players that may result in injury or provide one team with an unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent; these are also counted as team fouls.
Pivot foot:	The foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot.
Playmaker:	The point guard who generally sets up plays for his team mates.
Possession:	To be holding or in control of the ball.
Possession arrow:	Used to determine which team's turn it is to inbound the ball to begin a period or in a jump ball situation.
Post position:	The position of a player standing in the low post or high post.
Rebound:	When a player grabs a ball that is coming off the rim or backboard after a shot attempt; see offensive rebound and defensive rebound.
Receiver:	The player who receives a pass from the ball handler.
Release:	The moment that the ball leaves a shooter's hands.
Run:	Occurs when one team scores several field goals in quick succession while its opponents score few or none.
Scoring opportunity:	When a player gets open for a shot that is likely to score.
Screen or screener:	The offensive player who stands between a teammate and a defender to give his teammate the chance to take an open shot.
Shot clock:	A clock that limits the time a team with the ball has to shoot it - generally 24 seconds. Not used in junior games.



GLOSSARY OF TERMS (CONTINUED)

Shooter:	A player who takes a shot at the basket.
Shooting range:	The distance from which a player is most likely to make his shots.
Sidelines:	2 boundary lines that run the length of the court.
Split line:	The imaginary line running down the middle of the court joining the baskets at either end of the court.
Squaring up:	When a player's shoulders are facing the basket as he releases the ball for a shot; considered good shooting position.
Starting lineup:	The 5 starters who begin a game; usually a team's best players.
Substitute:	A player who comes into the game to replace a player on the court.
Swing man:	A player who can play both the guard and forward positions.
Team fouls:	Each personal foul committed by a player is also counted against his team; when a team goes over the limit, its opponent is awarded free-throw opportunities. In junior games the limit is 5 team fouls.
Technical fouls or 'T's':	Procedural violations and misconduct that officials believe are detrimental to the game; penalized by two free-throws and possession of the ball to the non-offending team.
3-on-3:	A game played with only 3 players on the court for each team.
3-point play:	A 2-point field goal followed by a successful free-throw.
3-point shot:	A field goal worth 3 points because the shooter had both feet on the floor behind the 3-point line when he released the ball or had one foot behind the line while the other is in the air.
Throw-in:	The method by which a team with possession inbounds the ball.
Timeout:	The period of time when play is temporarily suspended by an official or at the request of a team to respond to an injured player or discuss strategy.
Tip-off:	The initial jump ball that starts the game.
Transition:	The shift from offense to defense.
Traveling (Walking):	A floor violation when the ball handler takes too many steps without dribbling; also called walking.
Turnover:	When the offense loses possession through its own fault by passing the ball out of bounds or committing a floor violation.
Violation:	See floor violation.
Weak side:	The side of the court away from the ball.
Zone defence:	A style of defence where each defender is responsible for an area of the court and must guard any player who enters that area as opposed to man-to-man defence.