

Team Sports/ Individual and Dual Sports- Semester Exam Study Guide (50% of Exam Grade)

BASKETBALL:

SCORING:

2 point field goal- a shot made from anywhere during play inside the 3 pt arc.

3 point field goal- a shot made from anywhere outside the 3 pt arc.

Free throw- 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

Dribbling- bouncing the ball with 1 hand using your fingertips instead of your palm (the only legal way to move with the ball).

Rebound - The recovering of a shot that bounces off the backboard or the rim.

VIOLATIONS:

Traveling - moving illegally with the ball (moving without dribbling, etc.).

Double dribble - a player dribbles the ball with both hands at the same time.

Volleyball

THE SERVE: 1. Server must serve from behind the restraining line (end line) until after contact. 2. Ball may be served underhand or overhand. 3.

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| Fault: A fault is committed when the ball: 1. Is hit out of bounds. 2. Does not clear the net. 3. Is volleyed from the non-volley zone "the kitchen". 4. Is volleyed before a bounce has occurred on each side |