

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.** Ball must be clearly visible to opponents before serve. **4.** Served ball may graze the net and drop to the other side for point. **5.** First game serve is determined by a volley, each subsequent game shall be served by the previous game loser. **6.** Serve must be returned by a bump only. no setting or attacking a serve.

SCORING: **1.** Rally scoring will be used- There will be a point scored on every score of the ball. **2.** Game will be played to 25 pts. **3.** Must win by 2 points.

ROTATION: **1.** Team will rotate each time they win the serve. **2.** Players shall rotate in a clockwise manner. **3.** There shall be 4-6 players on each side.

PLAYING THE GAME: **1.** Maximum of three hits per side. **2.** Player may not hit the ball twice in a row **3.** Ball may be played off the net during a volley and on serve. **4.** A ball touching a line is good. **5.** If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play. **6.** A player must not block or attack a serve

BASIC VIOLATIONS: **1.** Stepping on or over the line on a serve. **2.** Failure to serve the ball over the net successfully. **3.** Hitting the ball illegally. Carrying, Palming, Throwing, etc.). **4.** Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play. **5.** Reaching over the net. **6.** Reaches under the net (if it interferes with the ball or opposing player). **7.** Failure to serve in the correct order. **8.** Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position

Pickleball

Basic Overview :. The first side scoring eleven points and leading by at least two points wins. Pickle-ball® can be played with singles or doubles.

The Serve: Serves are to be made diagonally

Serves must be underhand should always be done underhand with the paddle below the waist,

Double-Bounce Rule: Each team must play their first shot off of the bounce. That is, the receiving team must let the serve bounce and the serving team must let the return of the serve bounce before playing it. Once these two bounces have occurred, the ball can either be volleyed or played off the bounce.

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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

Ultimate Frisbee

Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("**pulls**") the disc to the offense.

Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

Movement of the Disc: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

Change of Possession: When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

Fouls: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone. Defensive players should be an arm's length away.