Middle School Basketball Fundamentals

Physical Education · Practice Test · 8 Questions

1. Who invented the game of basketball in December 1891?

A) James Naismith
B) Abner Doubleday
C) Walter Camp
D) William G. Morgan

2. How many players from one team are allowed on the court at a time during a standard basketball game?

A) 4
B) 5
C) 6
D) 7

3. What is the official height of a standard basketball hoop rim from the court floor?

A) 9 feet (2.74 m)
B) 10 feet (3.05 m)
C) 11 feet (3.35 m)
D) 12 feet (3.66 m)

4. Which rule violation occurs when an offensive player takes steps with the ball without dribbling?

A) Double dribble
B) Traveling
C) Over and back
D) Charging

5. How many points is a successful free throw worth in standard basketball rules?

A) 1 point
B) 2 points
C) 3 points
D) 4 points

6. What is the maximum continuous time an offensive player can spend inside the key (paint) area?

A) 3 seconds
B) 5 seconds
C) 8 seconds
D) 10 seconds

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7. What term describes a player successfully gaining possession of the ball after a missed field goal attempt?

A) Steal
B) Rebound
C) Block
D) Turnover

8. What rule violation occurs when a player dribbles with both hands simultaneously or stops dribbling and then dribbles again?

A) Carrying
B) Palming
C) Double dribble
D) Backcourt violation

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