



The SESK Party Game

STUFF EVERY BASKETBALL PLAYER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 63. More cards and the free daily online game at sesk.info. Built 2026-10-13.

SPORTS & FITNESS



In the NBA, after you gather the ball while dribbling, how many steps may you take?

- A** One step
- B** Two steps
- C** Three steps

FLIP FOR THE ANSWER

#10092

SESK.INFO

STRAIGHT FACE
Why did the basketball player bring a suitcase to the game? The ref kept calling him for traveling.

B Two steps
WHY NBA rules let a player who gathers the ball while dribbling take two steps to stop, pass or shoot. A third step with the ball is traveling.

SPORTS & FITNESS



When starting a dribble from a standstill, when must the ball leave your hand?

- A** Before your pivot foot lifts off the floor
- B** Any time within two steps
- C** Before you take three steps

FLIP FOR THE ANSWER

#10093

SESK.INFO

STRAIGHT FACE
Why did the basketball player become a dancer? She already had a great pivot.

A Before your pivot foot lifts off the floor
WHY Your pivot foot is the one that stays planted. To start a dribble, the ball must be out of your hand before that foot comes up, or it is traveling.

SPORTS & FITNESS



You dribble, catch the ball with both hands, then dribble again. What is that called?

- A** Carrying
- B** Traveling
- C** Double dribble

FLIP FOR THE ANSWER

#10094

SESK.INFO

STRAIGHT FACE
Why are basketball players messy eaters? They are always dribbling.

C Double dribble
WHY Once you end your dribble on purpose, you may not start a second one. The other team gets the ball.

SPORTS & FITNESS



What violation is it to put your hand under the ball and pause it while dribbling?

- A** Carrying
- B** Goaltending
- C** Backcourt

FLIP FOR THE ANSWER

#10095

SESK.INFO

STRAIGHT FACE
Why did the waiter get called for carrying? He kept serving the ball on a tray.

A Carrying
WHY A dribbler may not put a hand under the ball and carry it or bring it to a pause, then keep dribbling. It costs your team the ball.

SPORTS & FITNESS



How many seconds does the NBA shot clock start with?

- A** 24 seconds
- B** 30 seconds
- C** 35 seconds

FLIP FOR THE ANSWER

#10096

SESK.INFO

STRAIGHT FACE
Why did the shot clock go to therapy? It felt like everyone was counting down on it.

A 24 seconds
WHY An NBA team must try a shot before the 24-second shot clock runs out. The clock shows tenths of a second once it gets under 5 seconds.

SPORTS & FITNESS



How long is the shot clock in NCAA college basketball?

- A** 24 seconds
- B** 30 seconds
- C** 35 seconds

FLIP FOR THE ANSWER

#10097

SESK.INFO

STRAIGHT FACE
Why did the college shot clock skip class? It only had 30 seconds of attention.

B 30 seconds
WHY NCAA rules call for a 30-second shot clock. That is 6 seconds longer than the NBA's 24.

SPORTS & FITNESS



In high school basketball, how long is the shot clock in states that use one?

- A** 24 seconds
- B** 30 seconds
- C** 35 seconds

FLIP FOR THE ANSWER

#10098

SESK.INFO

STRAIGHT FACE
Why did the high school shot clock get a hall pass? It needed 35 more seconds.

C 35 seconds
WHY NFHS rules let each state association decide whether to use a shot clock. States that adopt it use 35 seconds, allowed since the 2022-23 season.

SPORTS & FITNESS



In the NBA, an offensive rebound off the rim resets the shot clock to what?

- A** 24 seconds
- B** 20 seconds
- C** 14 seconds

FLIP FOR THE ANSWER

#10099

SESK.INFO

STRAIGHT FACE
Why did the rebound feel shortchanged? It only got 14 seconds of fame.

C 14 seconds
WHY If the offense gets the ball back after a missed shot hits the rim, the NBA shot clock resets to 14, not a full 24.

SPORTS & FITNESS



In the NBA, how long do you have to get the ball past half court?

- A** 5 seconds
- B** 8 seconds
- C** 10 seconds

FLIP FOR THE ANSWER

#10100

SESK.INFO

STRAIGHT FACE
Why did the point guard rush across half court? He did not want to be late for the frontcourt.

B 8 seconds
WHY An NBA team may not keep the ball in its backcourt for more than 8 seconds in a row. If it does, the other team gets the ball at midcourt.

SPORTS & FITNESS



In NCAA college basketball, how long does a team have to get the ball out of its backcourt?

- A** 8 seconds
- B** 10 seconds
- C** 12 seconds

FLIP FOR THE ANSWER

#10101

SESK.INFO

STRAIGHT FACE
Why did the college guard count to ten? Her coach said she had time to think it over.

B 10 seconds
WHY NCAA rules give a team 10 seconds to move the ball into the frontcourt. The NBA and FIBA give only 8.

SPORTS & FITNESS



How long may an offensive player stay in the free throw lane while their team has the ball?

- A** 3 seconds
- B** 5 seconds
- C** 10 seconds

FLIP FOR THE ANSWER

#10102

SESK.INFO

STRAIGHT FACE
Why did the center bring a stopwatch into the paint? He kept losing track after three seconds.

A 3 seconds
WHY An offensive player may not stay in the lane, also called the paint, for more than 3 seconds while their team controls the ball in the frontcourt. Breaking it gives the other team the ball.

SPORTS & FITNESS



In the NBA, what is the penalty for a defensive three-second violation?

- A** Loss of the next possession
- B** A jump ball
- C** A technical foul

FLIP FOR THE ANSWER

#10103

SESK.INFO

STRAIGHT FACE
Why did the defender get a technical? He was camping in the paint without a permit.

C A technical foul
WHY A defensive three-second violation is a technical foul. A defender in the lane generally must actively guard an opponent, with a special exception for the ballhandler's defender.

SPORTS & FITNESS



Under FIBA rules, a closely guarded player holding the ball must pass, shoot or dribble within how long?

- A** 3 seconds
- B** 5 seconds
- C** 8 seconds

FLIP FOR THE ANSWER

#10104

SESK.INFO

STRAIGHT FACE
Why did the closely guarded player start counting?
He did not want to be a five-second wonder.

B 5 seconds
WHY In FIBA international play, a player holding the ball with a defender within 1 meter must pass, shoot or dribble within 5 seconds. Otherwise the other team gets the ball.

SPORTS & FITNESS



In the NBA, how long may a player dribble with their back to the basket below the free throw line?

- A** 3 seconds
- B** 5 seconds
- C** 8 seconds

FLIP FOR THE ANSWER

#10105

SESK.INFO

STRAIGHT FACE
Why did the post player turn around? He finally wanted to face his problems.

B 5 seconds
WHY The NBA does not let a player back down a defender forever. Below the free throw line extended, dribbling with your back or side to the basket is limited to 5 seconds.

SPORTS & FITNESS



Your team controls the ball past half court, sends it back, then touches it first. What is that?

- A** Backcourt violation
- B** Traveling
- C** Goaltending

FLIP FOR THE ANSWER

#10106

SESK.INFO

STRAIGHT FACE
Why did the ball keep crossing half court? It could not decide which side it was on.

A Backcourt violation
WHY Once your team controls the ball in the frontcourt, it may not send the ball into the backcourt and be the first team to touch it there. The other team gets the ball at midcourt.

SPORTS & FITNESS



A defender blocks a shot that is already coming down toward the hoop. What is that?

- A** A clean block
- B** A jump ball
- C** Goaltending

FLIP FOR THE ANSWER

#10107

SESK.INFO

STRAIGHT FACE
Why did the goalie switch to basketball? He heard there was goaltending.

C Goaltending
WHY You may not touch a shot on its downward flight when it has a chance to score. The shooting team gets the points as if the shot went in.

SPORTS & FITNESS



When the ball goes out of bounds, which team gets it?

- A** The team that did not touch it last
- B** The team that touched it last
- C** The team on defense, always

FLIP FOR THE ANSWER

#10108

SESK.INFO

STRAIGHT FACE
Why did the basketball go out of bounds? It needed some personal space.

A **Why** The team that did not touch it last
A player may not be the last to touch the ball before it goes out. The other team gets a throw-in near the spot where it went out.

SPORTS & FITNESS



How long does the player inbound the ball have to release it?

- A** 3 seconds
- B** 5 seconds
- C** 10 seconds

FLIP FOR THE ANSWER

#10109

SESK.INFO

STRAIGHT FACE
Why did the inbunder hurry? He had five seconds to make a good first impression.

B **5 seconds**
Why On a throw-in, the passer has 5 seconds to release the ball. Taking longer is a violation, and the other team gets it.

SPORTS & FITNESS



In the NBA, how does the game start?

- A** A coin toss
- B** A throw-in at midcourt
- C** A jump ball in the center circle

FLIP FOR THE ANSWER

#10110

SESK.INFO

STRAIGHT FACE
Why was the referee great at jump balls? He always had a lot of ups.

C **A jump ball in the center circle**
Why An official tosses the ball up between two opposing players in the center circle. NBA overtime periods start the same way.

SPORTS & FITNESS



In college and FIBA games, what shows which team gets the ball on the next jump ball situation?

- A** The possession arrow
- B** The shot clock
- C** The team foul marker

FLIP FOR THE ANSWER

#10111

SESK.INFO

STRAIGHT FACE
Why did the possession arrow never get lost? It always knew which way to go.

A **The possession arrow**
Why For held balls and most other jump ball situations, college and FIBA games use alternating-possession throw-ins. The arrow shows whose turn it is. NCAA overtime still begins with a jump ball.

SPORTS & FITNESS



In the NBA, how long does a shooter have to attempt a free throw?

- A** 5 seconds
- B** 10 seconds
- C** 24 seconds

FLIP FOR THE ANSWER

#10112

SESK.INFO

STRAIGHT FACE
Why are free throws the best deal in basketball?

They are free.

WHY Once the official hands over the ball, an NBA free throw shooter has 10 seconds to shoot. The shot must enter the basket or touch the ring.

B 10 seconds

SPORTS & FITNESS



How far is the NBA free throw line from the face of the backboard?

- A** 10 feet
- B** 12 feet
- C** 15 feet

FLIP FOR THE ANSWER

#10113

SESK.INFO

STRAIGHT FACE
Why did the free throw line never move? It was set in its ways.

WHY The NBA free throw line is 15 feet from the front of the backboard. Each made free throw counts one point.

C 15 feet

SPORTS & FITNESS



How far is the NBA three-point arc from the middle of the basket?

- A** 19 feet 9 inches
- B** 22 feet 1.75 inches
- C** 23 feet 9 inches

FLIP FOR THE ANSWER

#10114

SESK.INFO

STRAIGHT FACE
Why did the shooter love math class? He was great with threes.

WHY The NBA arc is 23 feet 9 inches from the middle of the basket. Near the corners, straight lines run 3 feet in from the sidelines, so the corner three is shorter.

C 23 feet 9 inches

SPORTS & FITNESS



How far is the NCAA college three-point line from the center of the basket?

- A** 19 feet 9 inches
- B** 22 feet 1.75 inches
- C** 23 feet 9 inches

FLIP FOR THE ANSWER

#10115

SESK.INFO

STRAIGHT FACE
Why did the college shooter bring a ruler? He wanted to measure up from deep.

WHY NCAA men and women use the same arc, 22 feet 1.75 inches from the center of the basket. That is shorter than the NBA arc.

B 22 feet 1.75 inches

SPORTS & FITNESS



In FIBA international basketball, how far is the three-point arc from the spot under the basket?

- A** 6.25 meters
- B** 6.75 meters
- C** 7.24 meters

FLIP FOR THE ANSWER

#10116

SESK.INFO

STRAIGHT FACE
Why did the metric shooter never miss? He had it down to the last centimeter.

B 6.75 meters
WHY FIBA measures in meters. Its arc is 6.75 m from the point on the floor beneath the center of the basket, very close to the NCAA distance.

SPORTS & FITNESS



How long is each quarter in an NBA game?

- A** 8 minutes
- B** 10 minutes
- C** 12 minutes

FLIP FOR THE ANSWER

#10117

SESK.INFO

STRAIGHT FACE
Why was the NBA game so punctual? Every quarter ran like clockwork.

C 12 minutes
WHY An NBA game has four periods of 12 minutes each, 48 minutes in all. Halftime lasts 15 minutes.

SPORTS & FITNESS



NCAA men's college basketball is played in what?

- A** Two 20-minute halves
- B** Four 10-minute quarters
- C** Four 12-minute quarters

FLIP FOR THE ANSWER

#10118

SESK.INFO

STRAIGHT FACE
Why did the college team only play two halves? They did not want to be quartered.

A Two 20-minute halves
WHY NCAA men's games use two halves of 20 minutes each, with a 15-minute halftime. Most other levels play quarters.

SPORTS & FITNESS



How long is each quarter in a varsity high school (NFHS) basketball game?

- A** 8 minutes
- B** 10 minutes
- C** 12 minutes

FLIP FOR THE ANSWER

#10119

SESK.INFO

STRAIGHT FACE
Why did the high schooler love basketball quarters? They were shorter than class periods.

A 8 minutes
WHY NFHS high school rules use four 8-minute quarters, 32 minutes in all. That is shorter than college or pro games.

SPORTS & FITNESS



When an NBA game is tied after four quarters, how long is each overtime?

- A 3 minutes
- B 4 minutes
- C 5 minutes

FLIP FOR THE ANSWER

#10120

SESK.INFO

STRAIGHT FACE
Why did the tied teams keep playing? They just could not leave things even.

C 5 minutes
WHY Every NBA overtime period is 5 minutes. Teams keep playing overtimes until one team leads at the end.

SPORTS & FITNESS



How high is the top of a regulation basketball rim above the floor?

- A 8 feet
- B 9 feet
- C 10 feet

FLIP FOR THE ANSWER

#10121

SESK.INFO

STRAIGHT FACE
Why did the basketball hoop never get lonely? It always had a net-work.

C 10 feet
WHY The upper edge of the rim is 10 feet above the floor in the NBA and in college. FIBA uses 3.05 meters, which is the same height.

SPORTS & FITNESS



How big is an NCAA college basketball court?

- A 84 by 50 feet
- B 90 by 48 feet
- C 94 by 50 feet

FLIP FOR THE ANSWER

#10122

SESK.INFO

STRAIGHT FACE
Why did the basketball court go on a diet? It wanted to trim a few feet.

C 94 by 50 feet
WHY NCAA rules set the court at 94 feet along the sidelines and 50 feet along the end lines, measured from the inside edges. NCAA men and women use the same size.

SPORTS & FITNESS



Under FIBA international rules, how big is the court?

- A 28 by 15 meters
- B 24 by 12 meters
- C 30 by 18 meters

FLIP FOR THE ANSWER

#10123

SESK.INFO

STRAIGHT FACE
Why did the FIBA court sign up for metric class? It wanted to go the extra meter.

A 28 by 15 meters
WHY FIBA courts are 28 m long and 15 m wide, measured from the inner edge of the boundary lines. That is a bit smaller than the 94 by 50 foot NCAA court.

SPORTS & FITNESS



What is a personal foul in basketball?

- A** Illegal contact with an opponent
- B** Any contact inside the paint
- C** A missed shot attempt

FLIP FOR THE ANSWER

#10124

SESK.INFO

STRAIGHT FACE
Why did the basketball player hold his opponent?
He wanted to stay close.

A **Illegal contact with an opponent**
WHY A personal foul is illegal contact with an opponent, such as holding, pushing or charging into them. Not all contact is a foul.

SPORTS & FITNESS



A player is fouled while shooting a two and misses. How many free throws do they get?

- A** One free throw
- B** Two free throws
- C** Three free throws

FLIP FOR THE ANSWER

#10125

SESK.INFO

STRAIGHT FACE
Why are free throws so relaxing? Nobody is guarding you.

B **Two free throws**
WHY A foul on a shooter whose two-point shot misses gives two free throws. If the shot goes in, the basket counts and the shooter gets one free throw.

SPORTS & FITNESS



What is a technical foul usually called for?

- A** Excessive contact on a layup
- B** Missing a shot badly
- C** Unsportsmanlike conduct or procedural violations

FLIP FOR THE ANSWER

#10126

SESK.INFO

STRAIGHT FACE
The ref gave me a technical for hanging on the rim. I thought it was off the hook.

C **Unsportsmanlike conduct or procedural violations**
WHY Technical fouls usually cover noncontact conduct or procedural violations, such as disrespecting an official, delay of game or hanging on the rim.

SPORTS & FITNESS



What makes a foul flagrant in basketball?

- A** Unnecessary or excessive contact
- B** Any foul by a guard
- C** A foul called after a timeout

FLIP FOR THE ANSWER

#10127

SESK.INFO

STRAIGHT FACE
A flagrant foul is not a good flag to plant.

A **Unnecessary or excessive contact**
WHY Flagrant fouls involve contact that goes beyond normal basketball play. Unnecessary contact is a flagrant 1; unnecessary and excessive contact is a flagrant 2.

SPORTS & FITNESS



In the NBA, what happens to a player called for a flagrant 2 foul?

- A** A free throw only
- B** The player is ejected
- C** One team timeout

FLIP FOR THE ANSWER

#10128

SESK.INFO

STRAIGHT FACE
Why did the flagrant 2 player bring a suitcase? He knew he was getting sent packing.

B The player is ejected
WHY A flagrant 2 is unnecessary and excessive contact. The player is ejected, and the other team gets two free throws and the ball.

SPORTS & FITNESS



How many personal fouls disqualify an NBA player?

- A** 4
- B** 5
- C** 6

FLIP FOR THE ANSWER

#10129

SESK.INFO

STRAIGHT FACE
He did not foul out; he just wanted to sit with the coaches.

C 6
WHY NBA players foul out on their sixth personal foul. College and high school players foul out after five.

SPORTS & FITNESS



How many fouls disqualify a player in high school and NCAA college basketball?

- A** 5
- B** 6
- C** 4

FLIP FOR THE ANSWER

#10130

SESK.INFO

STRAIGHT FACE
Fifth foul? That is like a limit on a breakfast buffet.

A 5
WHY High school (NFHS) and NCAA rules disqualify a player on the fifth foul. NBA players get six.

SPORTS & FITNESS



In an NBA quarter, after how many team fouls do common defensive fouls start giving free throws?

- A** After the third team foul
- B** After the fourth team foul
- C** After the fifth team foul

FLIP FOR THE ANSWER

#10131

SESK.INFO

STRAIGHT FACE
My team went over its foul budget.

B After the fourth team foul
WHY Each NBA team gets four team fouls per quarter without extra penalty. The fifth common defensive foul and later such fouls give the opponent two free throws.

SPORTS & FITNESS



In basketball, what is a charging foul?

- A** A defensive player blocking a shot
- B** An offensive player running into a defender in legal guarding position
- C** A coach entering the court

FLIP FOR THE ANSWER

#10132

SESK.INFO

STRAIGHT FACE
I tried to pay with a card at the basketball game. The ref said that was a charge.

B **An offensive player running into a defender in legal guarding position**
WHY A dribbler may not charge into a defender who has established legal guarding position. A defender who gets there too late may be called for blocking instead.

SPORTS & FITNESS



A player is fouled shooting a three-pointer and misses. How many free throws do they get?

- A** Two free throws
- B** Three free throws
- C** One free throw

FLIP FOR THE ANSWER

#10133

SESK.INFO

STRAIGHT FACE
Three free throws are more than my average in a whole game.

B **Three free throws**
WHY A shooter fouled on a missed three-point try gets three free throws. If the three goes in, it counts and one free throw is added.

SPORTS & FITNESS



Which position runs the offense and is usually the team's best dribbler and passer?

- A** Center
- B** Point guard
- C** Power forward

FLIP FOR THE ANSWER

#10134

SESK.INFO

STRAIGHT FACE
Point guards pass on good shots? That is the point.

B **Point guard**
WHY The point guard brings the ball up and runs the offense. They are usually the team's best dribbler and passer.

SPORTS & FITNESS



Which position is usually the team's best shooter?

- A** Center
- B** Power forward
- C** Shooting guard

FLIP FOR THE ANSWER

#10135

SESK.INFO

STRAIGHT FACE
Shooting guards shoot a lot. It is in the job description.

C **Shooting guard**
WHY The shooting guard is usually the team's best shooter and can make shots from long distance.

SPORTS & FITNESS



Which position roams all over the court and scores from both long and close range?

- A** Small forward
- B** Center
- C** Point guard

FLIP FOR THE ANSWER

#10136

SESK.INFO

STRAIGHT FACE
Small forward? The name is small, the role is not

A Small forward
WHY The small forward plays against both small and large players and roams all over the court. Small forwards can score from long shots and close ones.

SPORTS & FITNESS



Which position plays near the basket like a center but also takes longer shots?

- A** Point guard
- B** Power forward
- C** Shooting guard

FLIP FOR THE ANSWER

#10137

SESK.INFO

STRAIGHT FACE
Power forward means forward with extra power.

B Power forward
WHY The power forward does many of the things a center does: plays near the basket, rebounds and guards taller players. But power forwards also take longer shots.

SPORTS & FITNESS



Which position is usually the tallest player and plays near the basket?

- A** Point guard
- B** Shooting guard
- C** Center

FLIP FOR THE ANSWER

#10138

SESK.INFO

STRAIGHT FACE
Playing center is a tall order.

C Center
WHY The center is the tallest player on each team and plays near the basket. On offense they score close shots and rebound; on defense they block shots.

SPORTS & FITNESS



In a pick and roll, what does the screener do after setting the pick?

- A** Runs back on defense
- B** Runs to the corner and stops
- C** Rolls toward the basket

FLIP FOR THE ANSWER

#10139

SESK.INFO

STRAIGHT FACE
Pick and roll is also my deli order.

C Rolls toward the basket
WHY One player sets a pick, or screen, for the ball handler. The screener then rolls toward the basket to take a pass for an open shot.

SPORTS & FITNESS



What is the goal of a box out in basketball?

- A** Stay between an opponent and the basket
- B** Block the shooter's view
- C** Set a screen for a three-pointer

FLIP FOR THE ANSWER

#10140

SESK.INFO

STRAIGHT FACE
My box out is not about moving boxes.

A Stay between an opponent and the basket
WHY A player boxes out by using the body to stay between an opponent and the basket. That puts them in better position to grab the rebound.

SPORTS & FITNESS



Where and when was basketball invented?

- A** Boston in 1910
- B** Chicago in 1920
- C** Springfield, Massachusetts in 1891

FLIP FOR THE ANSWER

#10141

SESK.INFO

STRAIGHT FACE
Naismith invented basketball so winter had a hoopportunity.

C Springfield, Massachusetts in 1891
WHY James Naismith invented basketball in 1891 at Springfield College in Springfield, Massachusetts. Restless students needed a new indoor game for winter.



