

# NCAA Basketball Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which conference is the University of Indiana a part of?**
  - A. Big 12**
  - B. SEC**
  - C. Big Ten**
  - D. American Athletic**
  
- 2. What is the length of a standard college basketball game?**
  - A. 30 minutes**
  - B. 32 minutes**
  - C. 40 minutes**
  - D. 60 minutes**
  
- 3. What does the term "One-and-Done" refer to in college basketball?**
  - A. Players who stay for four years**
  - B. Players who attend college for one year before declaring for the NBA draft**
  - C. Players who transfer multiple times**
  - D. Players who choose to play overseas instead of college**
  
- 4. What is the athletic conference called that includes both Ohio State University and Purdue University?**
  - A. Big Ten**
  - B. Pacific-10**
  - C. Big Five**
  - D. Southwest Conference**
  
- 5. In NCAA basketball, what is the effect of a technical foul on the game?**
  - A. The game is restarted after a time-out.**
  - B. Compensation in points is awarded to the opposing team.**
  - C. Players must sit out the next quarter.**
  - D. The team incurs an automatic turnover.**

- 6. What is the penalty for technical fouls in NCAA basketball?**
- A. Loss of possession of the ball.**
  - B. Free throws for the opposing team.**
  - C. Replaying the previous play.**
  - D. Points deducted from the team total.**
- 7. What type of flooring is typically used in NCAA basketball games?**
- A. Oak wood**
  - B. Pine wood**
  - C. Maple wood**
  - D. Birch wood**
- 8. Which basketball conference is known for its competitive teams like Ohio State and Michigan?**
- A. ACC**
  - B. Big Ten**
  - C. Big 12**
  - D. SEC**
- 9. How many NCAA basketball teams typically receive at-large bids in the tournament?**
- A. 32**
  - B. 36**
  - C. 40**
  - D. 48**
- 10. How long do teams have to call a timeout after a request during a dead ball?**
- A. 10 seconds**
  - B. 15 seconds**
  - C. 30 seconds**
  - D. 45 seconds**

## Answers

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1. C
2. C
3. B
4. A
5. B
6. B
7. C
8. B
9. B
10. C

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## **Explanations**

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**1. Which conference is the University of Indiana a part of?**

**A. Big 12**

**B. SEC**

**C. Big Ten**

**D. American Athletic**

The University of Indiana is a member of the Big Ten Conference. This conference is known for its strong athletic programs and competitive basketball teams. The Big Ten includes a number of prestigious universities, and Indiana has a storied tradition in college basketball, including multiple national championships and a rich history of successful players and coaches. In contrast, the Big 12 and SEC conferences comprise different universities that do not include Indiana, while the American Athletic Conference (AAC) is also separate and does not feature Indiana as a member. The affiliation with the Big Ten underscores the university's commitment to both athletics and academics, positioning it among some of the most recognized institutions in the nation.

**2. What is the length of a standard college basketball game?**

**A. 30 minutes**

**B. 32 minutes**

**C. 40 minutes**

**D. 60 minutes**

A standard college basketball game is played for a total of 40 minutes, divided into two halves, each lasting 20 minutes. This structure is foundational to college basketball and differentiates it from professional leagues like the NBA, where games are played in four quarters totaling 48 minutes. The 40-minute format captures the essence of college basketball, allowing for a reasonable amount of time for teams to compete while still maintaining a fast-paced, dynamic gameplay environment. Notably, within this time, there are stoppages for fouls, timeouts, and other interruptions, which can affect the actual duration of the game when played but do not alter the game's scheduled length. Understanding this standard is essential for anyone studying college basketball, as it sets the framework for strategy, endurance, and game management.

**3. What does the term "One-and-Done" refer to in college basketball?**

**A. Players who stay for four years**

**B. Players who attend college for one year before declaring for the NBA draft**

**C. Players who transfer multiple times**

**D. Players who choose to play overseas instead of college**

The term "One-and-Done" specifically refers to players who attend college for only one year before declaring for the NBA draft. This phenomenon emerged prominently after the NBA implemented a minimum age requirement that mandates players be at least one year removed from high school before entering the draft. As a result, many elite high school prospects opt to play for a single season in college, often to develop their skills and gain exposure before transitioning to the professional level. This one-year college experience typically allows players to showcase their talent on a major stage, potentially increasing their draft stock. The practice has become a notable aspect of college basketball, especially involving programs with high-profile athletes, where the emphasis is on preparing for a career in the NBA rather than completing a full college education. In contrast, the other choices refer to scenarios that do not align with the "One-and-Done" definition; for example, staying for four years indicates a commitment to the full collegiate experience, transferring suggests a decision to change schools, and opting to play overseas reflects an alternative path to professional basketball outside of the NCAA framework.

**4. What is the athletic conference called that includes both Ohio State University and Purdue University?**

**A. Big Ten**

**B. Pacific-10**

**C. Big Five**

**D. Southwest Conference**

The Big Ten Conference is the correct answer because it is the athletic conference that includes both Ohio State University and Purdue University, along with several other prominent universities in the Midwest. It was founded in 1896 and is known for its strong academic institutions as well as its competitive athletic programs, particularly in basketball and football. The conference includes schools that have rich traditions in collegiate athletics, and both Ohio State and Purdue have a long history within the Big Ten, competing against each other and other member schools in various sports. The Big Ten encompasses schools that are often recognized for their athletic and academic excellence, making it an influential conference in the NCAA landscape. The other answer choices represent different conferences. The Pacific-10 is a former conference primarily for schools on the West Coast, while the Big Five and Southwest Conference do not pertain to the schools listed in the question. The Big Five typically refers to the major basketball conferences from which teams belong to the NCAA Football Bowl Subdivision, while the Southwest Conference no longer exists and was primarily based in the southern United States.

5. In NCAA basketball, what is the effect of a technical foul on the game?

- A. The game is restarted after a time-out.
- B. Compensation in points is awarded to the opposing team.**
- C. Players must sit out the next quarter.
- D. The team incurs an automatic turnover.

In NCAA basketball, when a technical foul is assessed, the opposing team is awarded two free throws, which effectively grants them points. This is a significant consequence because it can impact the momentum of the game and the score, giving the opposing team an opportunity to capitalize on the foul without requiring possession of the ball. After the free throws are taken, the game resumes, typically with the team that had the possession before the technical foul retaining possession. This system is in place to discourage unsportsmanlike conduct and maintain fairness in the game. The other options do not accurately reflect the consequences of a technical foul. The game does not restart after a time-out following a technical foul, players are not required to sit out the next quarter, and there is no automatic turnover incurred by the team that was assessed the technical foul. Thus, the awarding of free throws to the opposing team is the most direct and impactful outcome of a technical foul.

6. What is the penalty for technical fouls in NCAA basketball?

- A. Loss of possession of the ball.
- B. Free throws for the opposing team.**
- C. Replaying the previous play.
- D. Points deducted from the team total.

The penalty for technical fouls in NCAA basketball consists of granting free throws to the opposing team. When a technical foul is called, it indicates a violation of the rules, typically involving unsportsmanlike conduct, such as aggressive behavior toward officials or inappropriate comments. As a result of this foul, the opposing team is awarded two free throws, which are taken by any player designated by the coach. This action serves both as a punishment for the offending team and an opportunity for the opposing team to score extra points without any risk of losing possession. Additionally, following the free throws, the game resumes with the team that had possession of the ball before the foul maintaining that possession. Understanding this mechanism for technical fouls is essential for recognizing how they can impact the game's momentum and score.

**7. What type of flooring is typically used in NCAA basketball games?**

- A. Oak wood**
- B. Pine wood**
- C. Maple wood**
- D. Birch wood**

The use of maple wood flooring in NCAA basketball games is due to its excellent performance characteristics. Maple wood is hard and durable, providing the right balance of hardness and shock absorption, which is essential for player safety and performance. The fine, close grain of maple also allows for a smooth playing surface that enhances ball bounce and control. Moreover, many courts are finished with a special coating to improve grip and reduce slipperiness, further ensuring player safety during fast-paced game situations. Its natural light color also allows for good visibility of markings, enhancing the experience for players and spectators alike. This combination of properties is why maple wood is the standard choice for basketball courts, particularly at competitive levels like the NCAA.

**8. Which basketball conference is known for its competitive teams like Ohio State and Michigan?**

- A. ACC**
- B. Big Ten**
- C. Big 12**
- D. SEC**

The Big Ten is well-known for its competitive basketball programs, with schools such as Ohio State and Michigan being prominent members of this conference. Historically, the Big Ten has produced many successful teams and has a rich basketball tradition, with programs often competing at a very high level both nationally and in the postseason. The conference is known for its physical style of play and has consistently been represented in the NCAA tournament by multiple teams, showcasing the depth and talent within the league. The rivalry between Ohio State and Michigan, known primarily in football but also significant in basketball, further underscores the intense competition and passionate fan bases that define the Big Ten.

**9. How many NCAA basketball teams typically receive at-large bids in the tournament?**

- A. 32
- B. 36**
- C. 40
- D. 48

In the NCAA basketball tournament, the number of at-large bids can vary slightly from year to year, but it typically hovers around 36. At-large bids are extended to teams that do not win their conference tournaments but have strong overall resumes, including their win-loss records, strength of schedule, and quality wins. This is particularly important as the tournament field attempts to include the most competitive teams regardless of their conference affiliation. Usually, there are 68 teams that participate in the NCAA tournament, and this includes a combination of automatic bids—earned by conference champions—and at-large bids, which are selected by the tournament committee based on various criteria. The remaining teams, after the automatic qualifiers (typically 32), comprise the at-large selections, which are generally around 36, rounding out a competitive field. The option indicating 36 at-large bids reflects a common structure of the tournament selection process and is widely accepted as the correct number for this context.

**10. How long do teams have to call a timeout after a request during a dead ball?**

- A. 10 seconds
- B. 15 seconds
- C. 30 seconds**
- D. 45 seconds

In NCAA basketball, teams have a specific time window in which they are allowed to call a timeout during a dead ball situation, which is established at 30 seconds. This rule is designed to maintain the pace of the game while giving coaches and players adequate time to strategize or make necessary adjustments. The 30-second window allows teams to quickly organize themselves without causing significant delays in the game's flow. This established timeframe contributes to ensuring that timeouts are utilized efficiently, thereby promoting a smoother playing experience as both teams remain engaged and the momentum of the game is preserved. Other options either extend beyond the practical need for timely decision-making during a game or do not align with the structured guidelines set by the NCAA.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ncaabasketball.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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