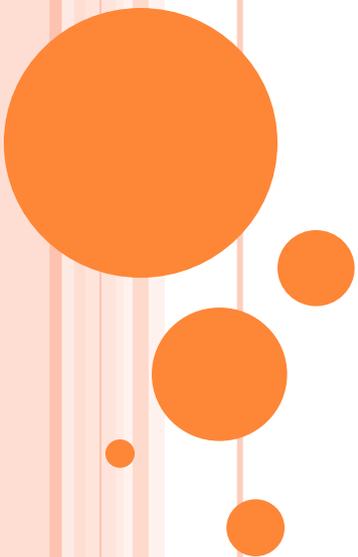


BASKETBALL



HISTORY

- On December 21, 1891, James Naismith published rules for a new game using five basic ideas and thirteen rules. That day, he asked his class to play a match in the Armory Street court: 9 versus 9, using a soccer ball and two peach baskets. Frank Mahan, one of his students, wasn't so happy. He just said: "Huh. Another new game". However, Naismith was the inventor of the new game. Someone proposed to call it "Naismith Game", but he suggested "We have a ball and a basket: why don't we call it basket ball"?
- The first professional league was founded in 1898.
- The greatest level of early activity was seen in American colleges. The first recorded instance of an organized college basketball game was played between Geneva College and the New Brighton YMCA on April 8, 1893, in Beaver Falls, Pennsylvania.



OBJECTIVE

- **Basketball** is a team sport, the objective being to shoot a ball through a horizontally positioned basket to score points, while following a set of rules. Usually, two teams of five players play on a marked rectangular court with a basket at each width end.
- Basketball is one of the world's most popular and widely viewed sports.



RULES AND REGULATIONS

- Games are played in four quarters of 12 minutes (NBA).
- College games use two 20-minute halves, while United States high school varsity games use 8 minute quarters.
- 15 minutes are allowed for a half-time break under NBA and NCAA rules and 10 minutes in United States high schools.
- Overtime periods are five minutes in length except for high school which is four minutes in length.
- Teams exchange baskets for the second half.
- The time allowed is actual playing time; the clock is stopped while the play is not active. Therefore, games generally take much longer to complete than the allotted game time, typically about two hours.



RULES AND REGULATIONS CONT.

- Five players from each team may be on the court at one time.
- Substitutions are unlimited but can only be done when play is stopped.
- The game is controlled by the officials consisting of the referee (referred to as crew chief in the NBA), one or two umpires (referred to as referees in the NBA) and the table officials. For college, the NBA, and many high schools, there are a total of three referees on the court.



VIOLATIONS

- The ball may be advanced toward the basket by being shot, passed between players, thrown, tapped, rolled or dribbled (bouncing the ball while running).
- The ball must stay within the court; the last team to touch the ball before it travels out of bounds forfeits possession. The ball is out of bounds if it touches or crosses over a boundary line, or touches a player who is out of bounds. This is in contrast to other sports such as football, volleyball, and tennis (but not rugby or American football) where the ball (or player) is still considered in if any part of it is touching a boundary line.



VIOLATIONS CONT.

- The ball-handler may not step with both feet without dribbling, an infraction known as traveling.
- The ball-handler may not dribble with both hands or hold the ball and resume dribbling, a violation called double dribbling.
- Any part of the player's hand cannot be directly under the ball while dribbling; doing so is known as carrying the ball.
- A team, once having established ball control in the front half of their court, may not return the ball to the backcourt and be the first to touch it.
- The ball may not be kicked, nor be struck with the fist.
- **A VIOLATION OF THESE RULES RESULTS IN LOSS OF POSSESSION, OR, IF COMMITTED BY THE DEFENSE, A RESET OF THE SHOT CLOCK.**



FOULS

- An attempt to unfairly disadvantage an opponent through physical contact is illegal and is called a foul.
- These are most commonly committed by defensive players; however, they can be committed by offensive players as well.
- Players who are fouled either receive the ball to pass inbounds again, or receive one or more free throws if they are fouled in the act of shooting, depending on whether the shot was successful.
- One point is awarded for making a free throw, which is attempted from a line 15 feet (4.6 m) from the basket.



FOULS CONT.

- A player or coach who shows poor sportsmanship, such as by arguing with a referee or by fighting with another player, can be charged with a more serious foul called a technical foul.
- A blatant foul involving physical contact that is either excessive or unnecessary is called an intentional foul (flagrant foul in the NBA).



FOULS CONT.

- If a team exceeds a certain limit of team fouls in a given period (quarter or half) – four for NBA – the opposing team is awarded one or two free throws on all subsequent non-shooting fouls for that period, the number depending on the league.
- In the US college and high school games, if a team reaches 7 fouls in a half, the opposing team is awarded one free throw, along with a second shot if the first is made. This is called shooting "one-and-one".
- If a team exceeds 10 fouls in the half, the opposing team is awarded two free throws on all subsequent fouls for the half.
- When a team shoots foul shots, the opponents may not interfere with the shooter, nor may they try to regain possession until the last or potentially last free throw is in the air.
- After a team has committed a specified number of fouls, it is said to be "in the penalty". On scoreboards, this is usually signified with an indicator light reading "Bonus" or "Penalty" with an illuminated directional arrow indicating that team is to receive free throws when fouled by the opposing team. (Some scoreboards also indicate the number of fouls committed.)



FOULS CONT.

- If a player is fouled while attempting a shot and the shot is unsuccessful, the player is awarded a number of free throws equal to the value of the attempted shot.
- A player fouled while attempting a regular two-point shot, then, receives two shots.
- A player fouled while attempting a three-point shot, on the other hand, receives three shots.
- If a player is fouled while attempting a shot and the shot is successful, typically the player will be awarded one additional free throw for one point. In combination with a regular shot, this is called a "three-point play" or "four-point play" (or more colloquially, an "and one") because of the basket made at the time of the foul (2 or 3 points) and the additional free throw (1 point).



POSITIONS

- Point guard: usually the fastest player on the team, organizes the team's offense by controlling the ball and making sure that it gets to the right player at the right time.
- Shooting guard: creates a high volume of shots on offense, mainly long-ranged; and guards the opponent's best perimeter player on defense.
- Small forward: often primarily responsible for scoring points via cuts to the basket and dribble penetration; on defense seeks rebounds and steals, but sometimes plays more actively.
- Power forward: plays offensively often with their back to the basket; on defense, plays under the basket (in a zone defense) or against the opposing power forward (in man-to-man defense).
- Center: uses height and size to score (on offense), to protect the basket closely (on defense), or to rebound.



SHOOTING

- Shooting is the act of attempting to score points by throwing the ball through the basket, methods varying with players and situations.
- Shooting Acronym B.E.E.F-Balance, Eyes, Elbow, Follow Through
- The set-shot is taken from a standing position, with neither foot leaving the floor, typically used for free throws.
- The jump-shot is taken in mid-air, the ball released near the top of the jump. This provides much greater power and range, and it also allows the player to elevate over the defender. Failure to release the ball before the feet return to the floor is considered a traveling violation.
- Another common shot is called the *lay-up*. This shot requires the player to be in motion toward the basket, and to "lay" the ball "up" and into the basket, typically off the backboard (the backboard-free,



SHOOTING CONT.

- The most crowd-pleasing and typically highest-percentage accuracy shot is the *slam dunk*, in which the player jumps very high and throws the ball downward, through the basket while touching it.
- A shot that misses both the rim and the backboard completely is referred to as an *air-ball*.
- A particularly bad shot, or one that only hits the backboard, is called a brick.



REBOUNDING

- The objective of rebounding is to successfully gain possession of the basketball after a missed shot or free throw, as it rebounds from the hoop or backboard.
- This plays a major role in the game, as most possessions end when a team misses a shot.



PASSING

- A staple pass is the *chest pass*. The ball is passed directly from the passer's chest to the receiver's chest. A proper chest pass involves an outward snap of the thumbs to add velocity and leaves the defence little time to react.
 - Another type of pass is the *bounce pass*. Here, the passer bounces the ball crisply about two-thirds of the way from his own chest to the receiver. The ball strikes the court and bounces up toward the receiver. The bounce pass takes longer to complete than the chest pass, but it is also harder for the opposing team to intercept (kicking the ball deliberately is a violation). Thus, players often use the bounce pass in crowded moments, or to pass around a defender.
 - The *overhead pass* is used to pass the ball over a defender. The ball is released while over the passer's head.
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DRIBBLING

- Dribbling is the act of bouncing the ball continuously with one hand, and is a requirement for a player to take steps with the ball.
- To dribble, a player pushes the ball down towards the ground with the fingerpads rather than patting it; this ensures greater control.



DEFENSIVE STRATEGIES

- There are two main defensive strategies: *zone defense* and *man-to-man defense*.
- In a **zone defense**, each player is assigned to guard a specific area of the court.
- In a **man-to-man defense**, each defensive player guards a specific opponent.



OFFENSIVE STRATEGIES

- Offensive plays are more varied, normally involving planned passes and movement by players without the ball.
- A quick movement by an offensive player without the ball to gain an advantageous position is a *cut*.
- A legal attempt by an offensive player to stop an opponent from guarding a teammate, by standing in the defender's way such that the teammate cuts next to him, is a *screen or pick*.
- The two plays are combined in the *pick and roll*, in which a player sets a pick and then "rolls" away from the pick towards the basket.
- Screens and cuts are very important in offensive plays; these allow the quick passes and teamwork which can lead to a successful basket.
- Teams almost always have several offensive plays planned to ensure their movement is not predictable. On court, the point guard is usually responsible for indicating which play will occur.

