

BASKETBALL

Dr. Hoshiyar Singh

Associate Professor

J.S.P. G. College, Sikandrabad -203205

Bulandshahr (U.P.)

LECTURE-11: B.A. I, II & III (Course code: 785; 885; 985)

Content

- History
- Rule
- Fundamental Skills



History

- Basketball was invented by Dr. James Naismith in 1891 in Springfield, Massachusetts.
- Dr. Naismith was a college professor who wanted to create a game that his physical education classes could play inside during the long winters.
- The first games used peach baskets nailed to the wall for rims. The first ball used was a soccer ball.
- In 1893, he replaced the peach basket with iron hoops and a hammock-style basket.

Rules

- The game
- Court and equipment
- Team
- Playing Regulations
- Violation
- Fouls
- General provisions
- Official, Table Official, Commissioner

1. The Game

Basketball Game

- Basketball is played by 2 teams of 5 Players each.

Basket: Opponents/own

- Attacked by a team is the opponents basket and the basket which is defended by a team's own basket.

Winner of a game

- Team that has scored the greater number of points at the end of the playing time shall be the winner.

2. Court and Equipment

Playing Court

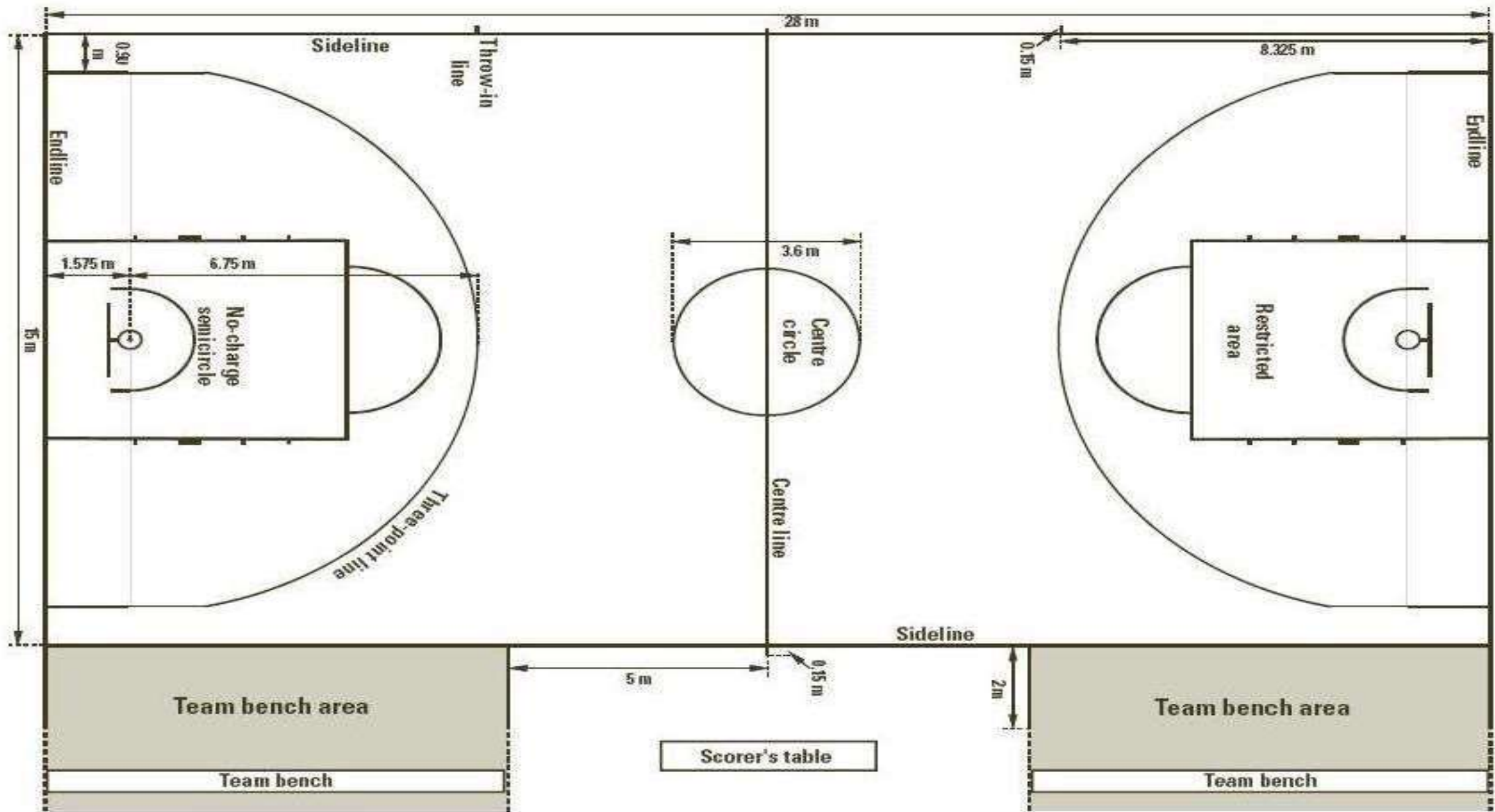
- The playing court shall be flat, hard surface free from obstructions with dimensions of 28m in length by 15m in width measured from the inner edge of the boundary line.

Lines

- All lines shall be drawn in white color, 5 cm in width and clearly visible.

Equipment

- Basketball
- Game clock
- Scoreboard
- Twenty – four second clock
- Scoresheet
- Player foul marker
- Team foul marker
- Alternating possession arrow



1 = Twenty-four second
operator

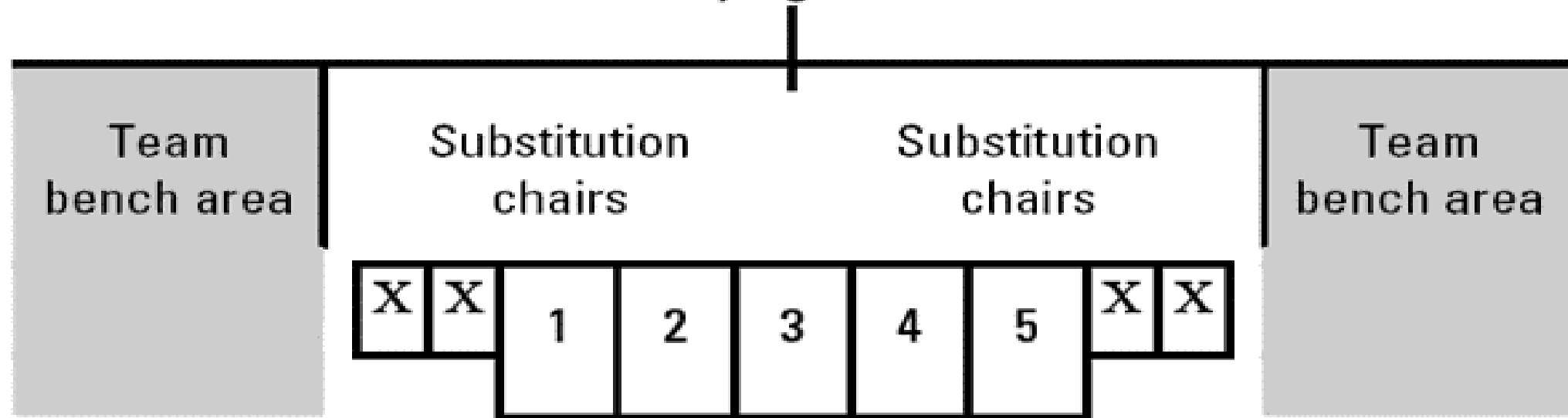
2 = Timer

3 = Commissioner, if present

4 = Scorer

5 = Assistant scorer

Playing court



Scorer's table

The scorer's table and its chairs must be placed on a platform. The announcer and/or statisticians (if present) can be seated at the side of and/or behind the scorer's table.

3. Team

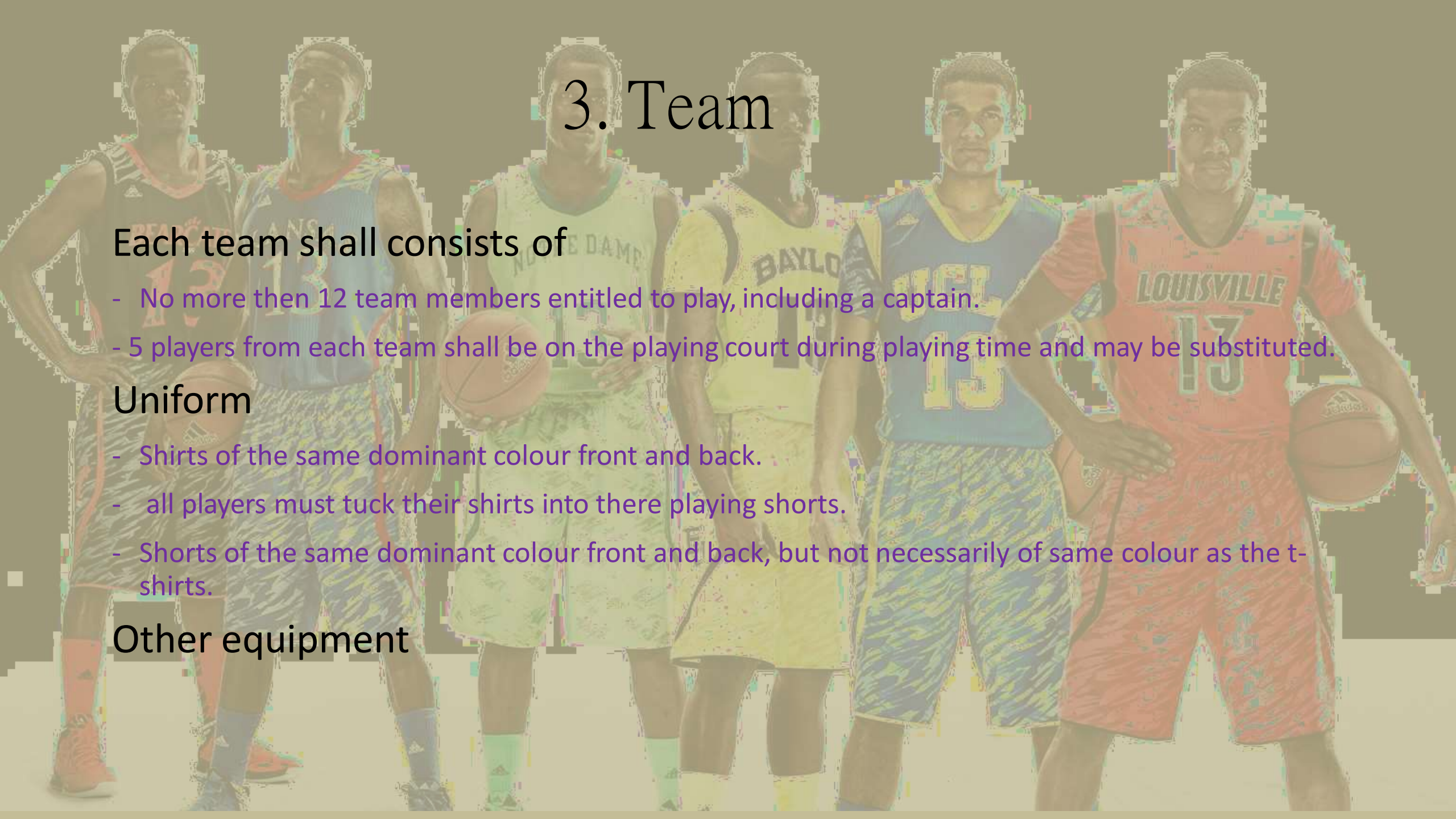
Each team shall consists of

- No more then 12 team members entitled to play, including a captain.
- 5 players from each team shall be on the playing court during playing time and may be substituted.

Uniform

- Shirts of the same dominant colour front and back.
- all players must tuck their shirts into there playing shorts.
- Shorts of the same dominant colour front and back, but not necessarily of same colour as the t-shirts.

Other equipment



4. Playing Regulations

- The game shall consist of 4 periods of 10 minutes. (10:02:10:15:10:02:10)
- There shall be intervals of play of 2 minutes between the 1st and 2nd period (First Half), between the 3rd and 4th period (Second Half) and before extra period .
- There shall be a half time interval of play of 15 minutes.
- Status of the ball :- live and dead
- Jump ball and alternating possession.
- Goal :- when made and its value

5. violation

- Player out of bounds and ball out of bounds.
- Dribbling
- Travelling
- Three second
- Eight second
- Twenty-four second
- Ball returned to the backcourt



6.Fouls

A foul is an infraction of the rules concerning illegal personal contact with an opponent and unsportsmanlike behavior.

- Personal foul
- Double foul
- Unsportsmanlike foul
- Disqualifying foul
- Technical foul
- Fighting

7. General provisions

- Five fouls by a player
- Team fouls penalty
- Special situation
- Free throws
- Correctable errors

8. Official, table official, commissioner

- Referee:- duties and power
- Official:- duties and power
- Scorer and Assistant Scorer
- Timer
- Twenty-four second operator

Fundamental Skills

Dribble

- Low Dribble
- High Dribble

Passing

- Over head Pass
- Chest Pass
- Bounce Pass

Shooting

- Jump Shot
- Dunk
- Lay up
- Hook Shot
- Three Point shot
- Free throw

Fundamental skills Cont.

- Rebounding
- Offense
- Defense
- Moves



Refereces

- https://www.google.co.in/search?q=basketball&biw=1366&bih=667&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiNiKCbxfrKAhWGbY4KH WkGCnEQ_AUIBigB#imgsrc=bhJZUyiq-4LlaM%3A
- http://www.streetdirectory.com/travel_guide/40924/recreation_and_sports/10_basketball_skills_you_should_learn.html

Thank You!

