

BASKETBALL

HISTORY

The game of Basketball was started in America. Dr. James Naismith invented basketball in December 1891 in spring field college in America. That's why Dr. James Naismith is called the father of this game. In the beginning, there used to be 40-50 players in a team and this game was played in a gymnasium. A pair of baskets were affixed on two opposite walls. Whenever a goal was made, stairs were used to bring down the ball which was quite a difficult task. After some time, the rules of the game were modified. On 22nd January 1892 first time, this game was played with 5 players in a team. Till 1900, the rules of the game were changed on a large scale. In the past 19th century, this game spread across the world apart from America. In the year 1932, Federation International The Basketball Amateur (FIBA) was established which did great work for rules and organizing basketball competitions. Basketball was first included in Berlin Olympic Games in 1936. In the year 1950, the Men's World cup and in 1953 Women's world cup of basketball was started. In India, basketball was played at Y.M.C.A. college Madras (Chennai) around 1923. First Men's National Championship was held in Delhi in 1934. The Basketball Federation of India was established in 1950. Basketball was included in the first Asian Games held in Delhi in 1951 and the South Asian Games (SAF) was included in 1987.

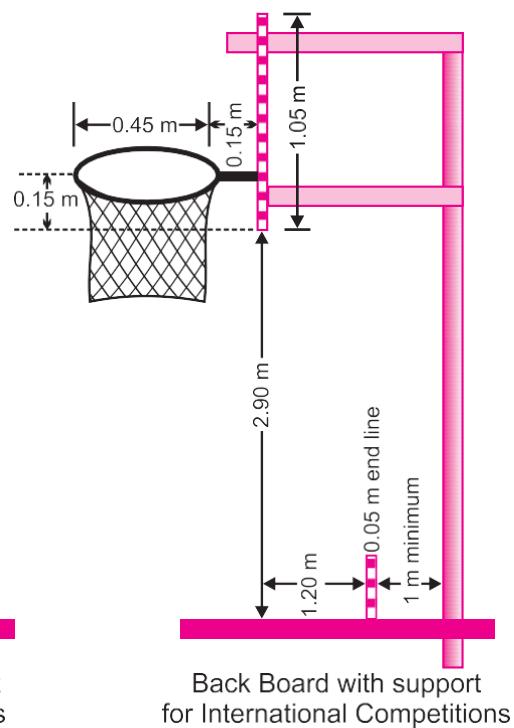
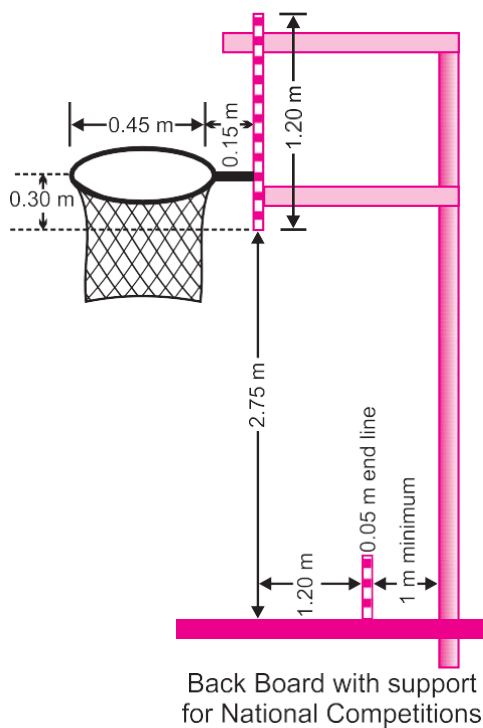
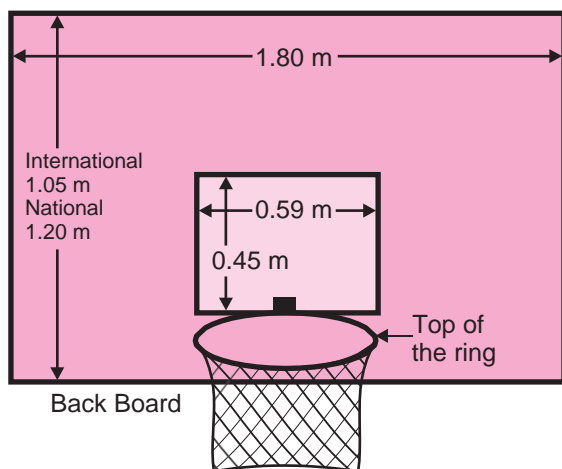
Important Information Regarding Basketball

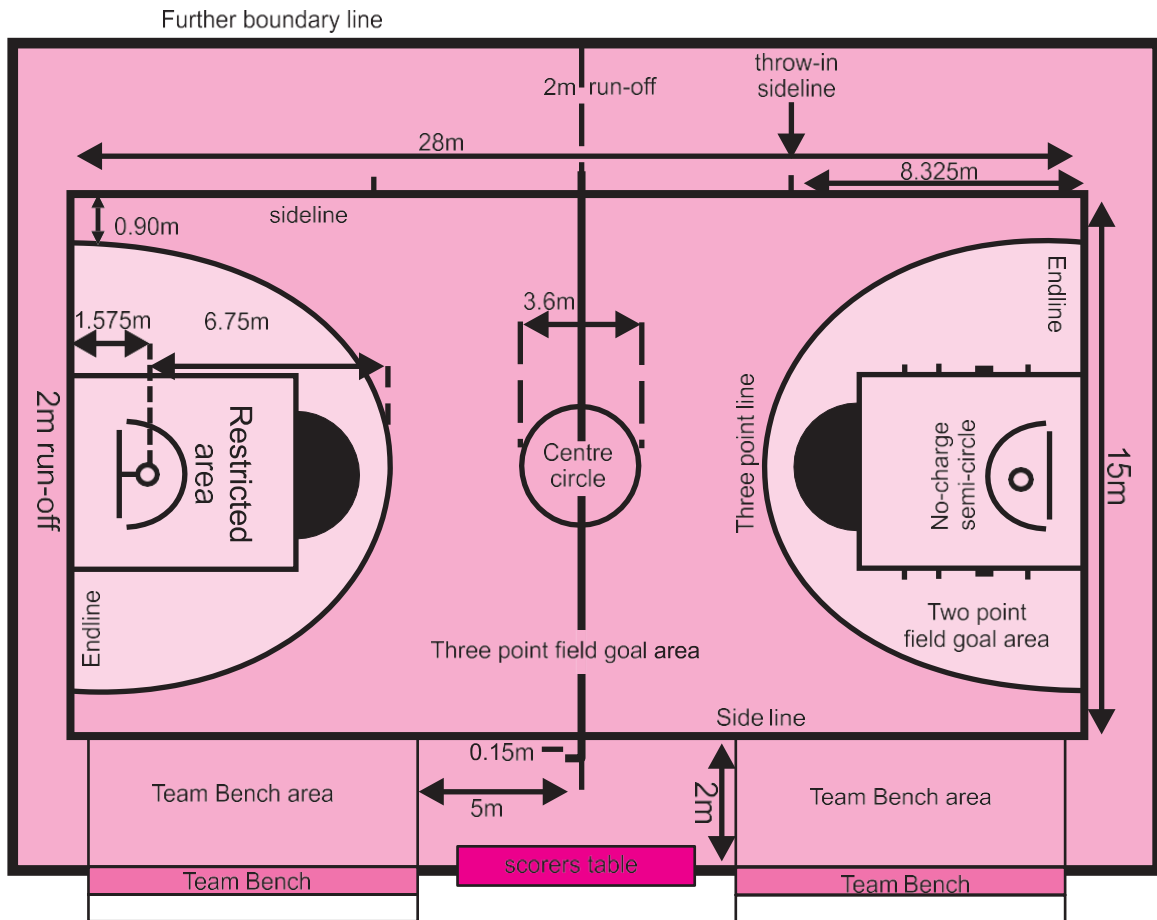
- | | |
|--|--|
| 1. Total No. of players on a Basketball team | = 12 |
| 2. The number of players who played in court | = 5 |
| 3. No. of extra players | = 7 |
| 4. Size of basketball court | = 28 m × 15 m |
| 5. Diameter of the center circle in the area | = 3.6 m |
| 6. Width of sidelines of the court | = 5 cm |
| 7. Thickness of Board | = 3 cm |
| 8. Height of Backboard from floor | = 2.90 m |
| 9. Height of Ring from floor | = 3.05 m |
| 10. Size of Board | = 182 cm × 106 cm |
| 11. Diameter of Ring | = 45.2 cm or 18 inch |
| 12. Chest Number | = 4 to 15 |
| 13. Duration of a Basketball match | = The game shall consist of 4 quarters of 10 minutes each
There shall be the intervals of play of 2 minutes between the first and second quarter (first half), between the third and fourth quarter (second half) and before each overtime and There shall be a half-time interval of play of 15 minutes. |
| 14. No. of Officials in Basketball match | = (Seven) – 1 Referee, 2 Umpire, 1 Scorer, 1 Assistant scorer, 1 Timekeeper, 1-24 second operator, 1 Table commissioner |

- | | |
|---------------------------|-----------------|
| 15. Weight of ball | = 600 to 650 gm |
| 16. Circumference of ball | = 75 to 78 cm |

Latest General Rules

1. There are a total of four quarters in the game of basketball 10-10-10-10.
2. The numbers on T-shirts in Basketball vary from 4 to 15.
3. Three pointer line has been increased from 6.25 m. to 6.75 m.
4. The alternate ball possession rule has taken place of a jump ball.
5. The rule of 30 seconds has been changed into 24 seconds.
6. The last two minutes of the game match should be played in a real sense not to pass the time.
7. 5 minutes of extra time will be allotted if the scores get tied.





Basketball Court

8. The size of the backboard in international matches will be = 180 cm × 105 cm.
9. Poles of basketball should be at least 2 m behind end lines.
10. Now it is necessary to extend the center line 15 cm aside. The Centreline will be considered part of the backcourt.
11. Kicking or punching a ball in basketball is not allowed.
12. There are a total of 5-time outs in a basketball match, 2-time outs in the first two quarters, and 3-time outs in the second quarter.
13. Duration of time out – 1 minute
14. There will be a Toss before starting a match and both teams will change their courts in the second half.

Foul

1. Personal Foul – when a player obstructs an opponent player with hands or use his/her elbow by pushing in wrongly or attacks then it is called a personal foul.
2. Double Foul – when both the opposition players commit fouls simultaneously against each other than it is a double foul.
3. Technical Foul – it means a breach of rules of the game by any player, team, or coach. it is such a foul where a player does not contact the opponent player. Here, a player does not behave like a sportsperson.

4. Unsports man Foul – When a player commits foul deliberately.
5. Disqualifying Foul – Any player who commits this foul is disqualified from the match.

Violation of Rules

When rules of basketball are Violated without physical contact. Violation of rules of basketball is as follows:-

1. Double dribbling – when the ball is dribbled again after holding it in hands once.
2. Traveling – Progressing ahead without dribbling the ball.
3. Carrying – if a player moves forward by taking the balls in hands.
4. Deliberately kick or punch the ball – if a player kicks the ball or punches it while playing basket ball then it is a violation of the rule.
5. Ball returned to the backcourt.
6. Violation of rule of three seconds, five-second, eight-second, or twenty-four seconds.
7. Ball out of bounce – when the ball goes out of court by any player.

Time Rules

1. **3 second Rule** – According to this rule, a player should not remain in the opponent's area for more than 3 seconds continuously while the ball is in his/her team's control.
2. **5 second Rule** – As per this rule, no player can hold the ball in his/ her hands more than 5 seconds without bouncing it.
3. **8 second Rule** – As per this rule, the ball has to be taken into the frontcourt within 8 seconds.
4. **24 second Rule** – As per this rule, when a team gains control of the ball then it has to touch the ball to the ring within 24 seconds.
5. **Extra time** – if the scores of both the teams get a tie-in schedule period then extra 5 minutes is given to get the result of the match.
6. **Playtime** – The duration of the basketball game is 40 min which is divided into four quarters of 10 minutes each. There are 2 minutes out in between the first quarter and there is 10 min time out between two intervals. After the interval, there is 2 minute time out in between two quarters.

Terminology

Violation, blocking, charging, screening, holding, double foul, dead ball, live ball, lay upshot, three-point, jump ball, traveling, throw-in, personal foul, dribbling, free show, shooting, rebounding, board shot, zone defense, fast break, fake, extra time, team foul, 24 second, device, held ball, goal, penalty, scorer pivot, frontcourt, backcourt, out of bound, intentional foul.

1. **Fake** – Progressing in another direction by giving dodge to opponent player.
2. **Rebound** – when the ball bounces back after colliding the board or basket.
3. **Violation** – breach of rules without touching opponent player is called violation.
4. **Throw-in** – throw-in is used to restart the game when the ball becomes out of bound.
5. **Dribbling** – Moving ahead by bouncing the ball.
6. **Personal Foul** – when a player holds, pushes, topple down, or obstructs an opponent player, wrongfully uses elbow then it is foul.
7. **Blocking** – Obstructing an opponent player improperly is called blocking.
8. **Intentional foul** – It is a deliberate foul against an opponent player.

9. **Jump ball** – To start the match, when the referee throws the ball in the air between two opposing players, it is called a jump ball.
10. **Shooting** – efforts to make the goal.
11. **Zone Defence** – Defence by the players in their area where each player defends its schedule area.

Court and Sports-Related Equipment

Court – According to international standards length & breadth of the basketball court should be $20\text{ m} \times 15\text{ m}$ and at least 2 m open space should be around the court.

Lines of court – All the lines of the court should be 5 cm wide.

Boundary Line – There are two end lines and two sidelines within the boundary line and these lines are not part of the court.

Centreline – It divides the court into two equal parts.

Three-point field Goal Area – This goal area is drawn with two fixed scales and it is painted in the ring with a 6.75 m radius.

Ball – It is made of leather having a circumference from 75 cm to 78 cm.

Ring – The diameter of a basketball ring is 0.45 m.

Net – The length of the net is 0.40 m.

Back Board – There are two boards of fiberglass on the basketball court whose dimensions are $180\text{ cm} \times 105\text{ cm}$ and thickness is 3 cm. The lower side of the board is 2.90 m above the ground.

Match Equipments

1. 1 – Game clock for the whole match
2. 1 – stopwatch for time out
3. 1 – 24 second device
4. 1 to 5 number for a personal foul
5. Alarm, whistle, ball
6. 2 team foul indicators, 2 free throw flags

Fundamental Skill of Basketball

- Handling the ball
- Passing
 1. Chest pass or push pass
 2. Baseball pass
 3. Under hand pass
 4. Overhead pass
 5. Two-handed bounce pass
 6. Hook pass
 7. Flip pass
 8. Volley pass
 9. Back pass

- Pivoting
- Shooting
 1. Two hand shot
 2. Lay upshot
 3. Hook shot
 4. Jump shot
- Defensive strategy
 1. Blocking
 2. Zone defense
 3. Man to man defense
 4. Guarding
- Offensive strategy
 1. Faking
 2. Screening
 3. Attack by two three
 4. Triangular attack
 5. Pole ring attack
 6. Zone attack
- Dribble
 1. Low dribble
 2. High dribble
- Free throw
- Rebounding
- Dodge
 1. Dodging by signal
 2. Dodging by speed
 3. Dodging by defense

Brief Description of Some Fundamental Skills:

1. **Holding the ball** – While playing basketball many actions like passing, dribbling, shooting, etc. should be in the proper manner. Fingers should be spread outside and thumb inside to the ball. The palm should not touch the ball and the ball should be close to the body of the player.
2. **Chest Pass** – This pass is given chest level to chest level while giving pass arms and palms of player should open outside.
3. **Pivoting** – During pivoting, one foot of the player should be at one place on the ground and another foot could be moved in any direction.
4. **High Dribbling** – It is used to move ahead with speed. During high dribbling, a player bounces the ball on the ground with speed. It is a kind of offensive dribbling.

Important Tournaments

- | | |
|-------------------------------------|-------------------------------|
| 1. European cup | 2. American cup |
| 3. Asian Games | 4. Services cup |
| 5. Federation cup | 6. C. Munni Swamy cup |
| 7. Olympic Games | 8. B. C. Gupta Trophy |
| 9. National Basketball championship | 10. Prince Vasalat Jha Trophy |
| 11. C. C. Abraham Trophy | |

Famous Sports Personalities of Basketball

- | | |
|-----------------------|--------------------|
| 1. Hanuman Singh | 2. Man Mohan Singh |
| 3. Om Prakash | 4. Radhey Shyam |
| 5. Vijay Raghavan | 6. Suman Sharma |
| 7. Parminder Singh | 8. Khushi Ram |
| 9. Ajmer Singh | 10. Gurdayal Singh |
| 11. Surendra Katariya | 12. Anil Punj |
| 13. Khushi Ram | 14. Abbas |
| 15. Sajjan Singh | |

Arjun Award Winners

- | | |
|---------------------------------|--------------------------------|
| 1. 1961 - Sarabjit Singh | 2. 1967 - Khushi Ram |
| 3. 1968 - Gurdayal Singh | 4. 1969 - Hav. Hari Dutt |
| 5. 1970 - Gulam Abbas Moontasir | 6. 1971 - Man Mohan Singh |
| 7. 1973 - S. K. Kataria | 8. 1974 - A.K. Punj |
| 9. 1975 - Hanuman Singh | 10. 1977/78 - T. Vijayaragavan |
| 11. 1979/80 - Om Prakash | 12. 1982 - Ajmer Singh |
| 13. 1983 - Kumari Suman Sharma | 14. 1991 - Radhey Shyam |
| 15. 1999 - Sajjan Singh Cheema | 16. 2001 - Parminder Singh |

Dhyanchand Award Winners

- | | |
|-----------------|-------------|
| 1. Aparna Ghosh | 2. Rajkumar |
|-----------------|-------------|

Important International Players

- | | |
|-------------------|-----------------|
| 1. Tony Parker | 2. Kevin O'Neil |
| 3. Michael Jordan | 4. Everson |
| 5. Magic Johnson | 6. Kobe Bryant |
| 7. John Wizards | 8. Carter Scott |

General Questions

Q1. What are the measurements of the basketball court?

Ans. 28 m × 15 m.

Q2. What is the weight of the ball?

Ans. 600 gm to 650 gm.

Q3. What is the circumference of the ball?

Ans. 75 cm to 78 cm.

Q4. How many players are there on the basketball team?

Ans. There are 12 players on the basketball team. Out of these 5 players play and the remaining 7 are extra players.

Q5. What are the dimensions of the backboard?

Ans. 180 cm × 120 cm.

Q6. What is the thickness of the backboard?

Ans. 3 cm.

Q7. What is the height of the board from the ground?

Ans. 2.90 m.

Q8. From which material the backboard is made?

Ans. Fiberglass.

Q9. What is the diameter of the ring which is attached to the board?

Ans. The diameter of the ring from inside is 45 cm.

Q10. What is the height of the ring from the ground?

Ans. 3.05 m.

Q11. In which country basketball was invented and when?

Ans. America in 1891.

Q12. Who invented the basketball?

Ans. Dr. James Naismith.

Q13. In which Olympic Basketball was included?

Ans. Berlin Olympics in 1936.

Q14. When was the Basketball Federation of India established?

Ans. In the year 1950.

Q15. What is the duration of the match?

Ans. Four Quarters of ten minutes each. 10-2-10-10-10-2-10.

Q16. How many time-outs can be given to a team basketball match?

Ans. Total 5. Two time-outs in the first 2 quarters and three time-outs in the last 2 quarters.

Q17. What is the duration of a time-out?

Ans. One minute.

Q18. What is the duration of substitution?

Ans. 20 Seconds.

Q19. What numbers are printed on the T-shirts?

Ans. Numbers from 4 to 15.

Q20. After how many fouls a player can't play the match?

Ans. After committing 5 fouls.

Q21. What is the time of 30 seconds rule now?

Ans. 24 seconds.

Q22. Can an old ball be used in a match?

Ans. Yes.

Q23 What is the three-pointer line now?

Ans. 6.75 m.

Q24 How many points on a free throw in basketball?

Ans. 1 point.

Q25 Where are basketball posts placed?

Ans. 2 m. away from the end line.