

BASKETBALL

INVENTION OF THE GAME

The game of basketball as it is known today **was created by Dr. James Naismith** in December 1891 in Springfield, Massachusetts, **to condition young athletes during cold months.**

It consisted of peach baskets and a soccer style ball.

He published 13 rules for the new game. He divided his class of eighteen into two teams of nine players each and set about to teach them the basics of his new game.



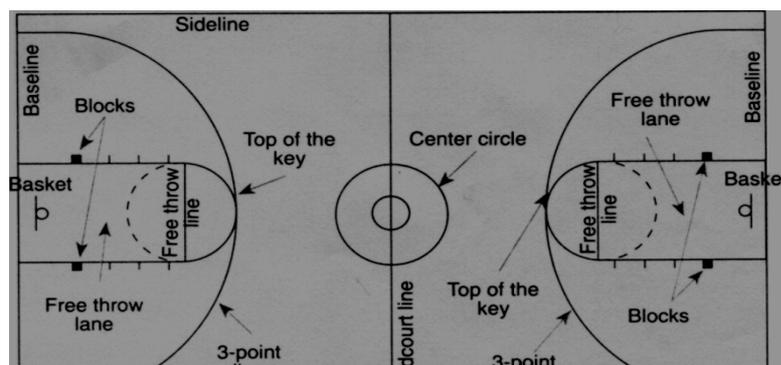
The objective of the game was to throw the basketball into the fruit baskets nailed to the lower railing of the gym balcony. After a while, the bottoms of the fruit baskets were removed. **The first public basketball game was played in Springfield, Massachusetts, on March 11, 1892.**

OBJECT OF THE GAME

Each team tries **to score points by shooting a ball into a basket** while preventing its opponent from scoring. **The team that scores the most points wins** the game.

COURT, BASKETS AND BALL

The court dimensions **vary according to the level of play**



- The **basket** is a metal ring with an inside diameter of 18 inches with a cord net hanging from it, **set 10 feet above the floor.**
- The **backboard** is a rigid flat surface, either transparent or white, measuring 6 x 4 feet, with a 24 x 18 inch rectangle outlined above the basket.
- The **baselines** mark the ends of the court and the sidelines mark the sides of the court.
- **A half-court line runs across the center of the court connecting the sidelines.**
- **A free-throw lane (3 second lane)** is at both ends of the court.
- **A free throw line** is in front of the lane semi-circle and parallel to end lines, **15 feet from the backboard.**
- **A three-point line** is in the shape of **an arc around each basket.**

FOULS

Personal fouls: Personal fouls include any **type of illegal physical contact.**

- Hitting
- Pushing
- Slapping
- Holding
- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

Personal foul penalties: If a player **is shooting while a being fouled**, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

VIOLATIONS

- **Walking/Traveling**: taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

- **Carrying/palming**: when a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

- **Double Dribble**: dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

- **Backcourt violation**: once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

TIME RESTRICTIONS

- **24 second rule**: after a team gains possession of the ball, **they have 24 seconds** - timed by a "shot clock" - **to shoot**

- **Eight second rule**: after the attacking team gains possession of the ball in their own half, they have eight seconds to move the ball into the opposition's half.

- **Five second rule**: throw-ins from the sidelines or free throws must be taken within five seconds of the restart

- **Three second rule**: a player can only be in the opposition's restricted area - or the "key" - for three seconds.

PLAYER POSITIONS

- **Point and shooting Guard (1,2)**: these are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

- **Small and Power Forward (3,4)**: your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

- **Center (5)**: centers are generally your tallest players. They generally are positioned near the basket.

