

2. BASKETBALL

HISTORY :

The game of Basketball was invented in United States of America. Dr. James Naismith of USA invented it in December. 1891. First time, 5 players were fixed in a team. From 1895 to 1900 A. D., a lot of amendments were done in the rules of the game. The game basketball derives Its name from the original ball and basket used in the first game. Since that time the Young Men's Christian Association and the international (Y.M.C.A.) secretaries have introduced the game to all parts of the United States and also to foreign countries. In 1924, it had been placed as an exhibition game at the Olympic games in Paris and became part of the Olympics in 1936 in Berlin, where Naismith himself was present to address the competing teams. In India, the first National Basketball Championship had been played in 1934 in Delhi. The Basketball Federation of India was constituted in 1950. In 1951, Basketball was included in the Asian Games.

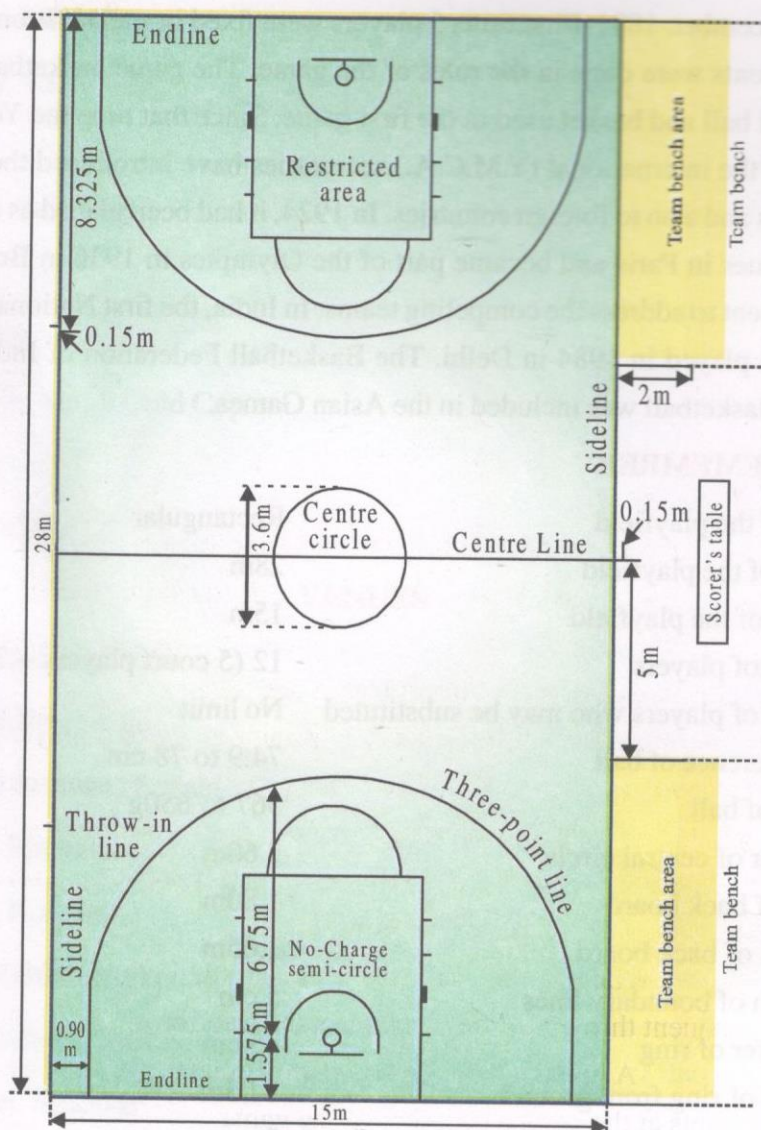
POINTS TO REMEMBER

1. Shape of the playfield	Rectangular
2. Length of the playfield	28m
3. Breadth of the playfield	15m
4. Number of players	12 (5 court players + 7 extras)
5. Number of players who may be substituted	No limit
6. Circumference of ball	74.9 to 78 cm
7. Weight of ball	567 to 650g
8. Diameter of central circle	3.60m
9. Width of back board	1.80m
10. Length of back board	1.05m
11. Breadth of boundary lines	5 cm
12. Diameter of ring	45 cm
13. Height of ring from ground	3.05m
14. Distance of pole from end line	2m
15. Duration of game	10-10-10-10 minutes
16. Duration of extra time	5 minutes
17. Officials for game	7 (Referee - 1, 24 Second Operator -1, Umpire -1, Time Keeper- 1, Scorer-1, Assist. Scorer- 1, Commissioner- 1

RULES

1. Duration : Game will be played in 4 quarters of 10 minutes each. There will be a rest of 15 minutes between these quarters (after 2 innings).

2. Substitution of Player : The substitute should not take more than 30 seconds to enter in the court. He will report to the scorer before entering the ground. If more time is taken then it is considered as a time out.



3. 3 Seconds Rule : Any player of the offensive team is not allowed to stay in the restricted area for more than 3 seconds. However, defensive players can move anywhere in their court.

4. 5 seconds Rule : According to this rule, a player cannot hold the ball for more than five seconds when guarded by an opponent player.

5. 8 Seconds Rule : After the score, the opponent team is given a throw. That team has to cover the front court within 8 seconds, otherwise a violation is given.

6. 10 Seconds Rule : In second half last three minutes of the play and during all the extra periods of play, the attacking team must bring the ball to its front court within ten seconds after the possession of the ball.

7. 24 Second Rule : According to this rule, the attacker team has to take a shot within 24 seconds. If the player takes a shot near 24 seconds and the 24 seconds clock sounds then :

(a) If the ball goes into the basket then there is no foul and the team gets a point.

(b) If the ball touches the ring but does not go into the basket then there is no foul.

3. If the ball does not touch the ring then it is considered as a foul.

8. 30 Seconds Rule : A new 30 seconds period does not begin following a throw-in from out of bounds at the side line when the ball has gone out of bounds and throw-in is taken by a player from the same team that was previously in control of the ball.

9. Free-th row : A free-throw is an opportunity given to a player to score one point, uncontested from a position behind the free-throw line and inside the semi-circle.

10. Dribbling : It starts when a player, having gained control on a live ball on the court throws, taps, rolls, or dribbles it on the floor and touches it again before it touches another player. A player shall not dribble it for the second time during the same dribble.

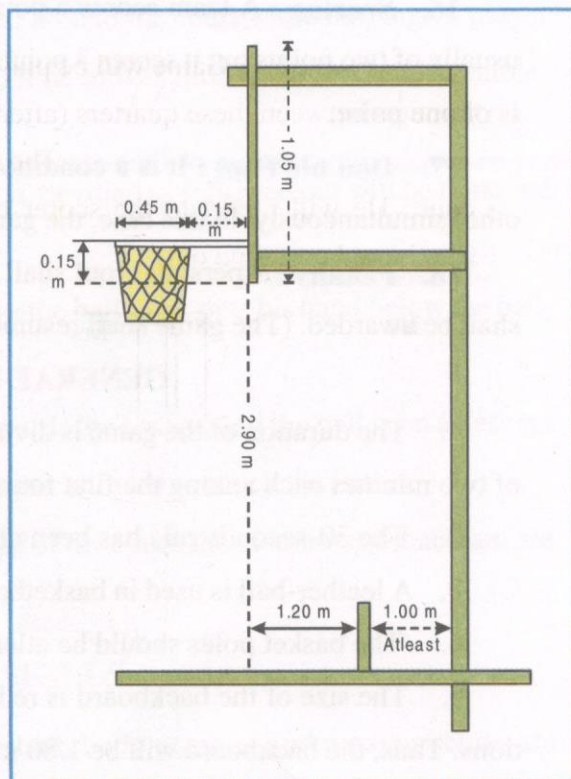
11. Throw-in : Whenever the ball enters the basket, but the field goal or the free-throw is not valid, the subsequent throw-in shall be taken at the free-throw line extended.

12. Jump ball : A jump ball occurs when an official tosses the ball in the centre circle between any two opponents at the commencement of the game.

13. Time-out : Five time-outs may be granted at any time during the normal playing time.

14. Dead Ball : A ball is considered to be dead when any foul is committed or the ball has gone out of bounds or when the referee blows a whistle.

15. Ball in Play After Goal : A player from the opposite team will throw the ball from the goal side, from the outer boundary into the game within 5 seconds after the goal has been scored.



16. Scoring : A team scores a point by shooting field goals and free scores. A field goal is usually of two points but it scores 3 points when attempted away from the 3 point line. A free throw is of one point.

17. Double Foul : It is a condition when two opposite players commit a foul against each other simultaneously. In this case, the game is restarted with jump ball.

18. Penalty : A personal foul shall be charged against each offending player. No free-throw shall be awarded. (The game shall resume with a throw-in or jump ball as the case may be).

GENERAL RULES OF BASKETBALL

1. The duration of the game is divided into four periods of 10 minutes each and two intervals of two minutes each among the first four periods.
2. The 30-seconds rule has been changed to 24-seconds.
3. A leather-ball is used in basketball competitions.
4. The basket poles should be atleast 2 m away from the endline.
5. The size of the backboard is reduced by 5 cm at its bottom for the international competitions. Thus, the backboard will be 1.80 m x 1.05m.



6. The next two minutes of play before the game end, the clock should be stopped after the basket also.
7. Three time-outs are permitted in the second half. Two time-outs are given to each team in the first half. The time out period shall be of 1 minutes.

8. It is mandatory for every player to bounce the ball around the court while moving. A player can move ahead only two steps, after he stops dribbling. If he moves further, he commits a double-dribble violation.

9. If a player commits more than five fouls in a match, he is ruled as followed out and will be removed from the game.

10. While dribbling, the player's hand must be above the ball. If he puts his hand below the ball, it is called carrying.

11. Once a player of either team shoots the ball towards the basket, and the ball is on a descent towards the basket, the player of the opposition team is not allowed to block the ball.

12. Once a team establishes control on the front-half of the court, the members of that team are not allowed to pass the ball to the rear-half of the court.

FUNDAMENTAL SKILLS

Bounce Pass : In bounce pass, the holding of the ball, body position and passing action are approximately the same as in two hand chest pass. However, in bounce pass, the ball is thrown in such a way it should bounce with one hand only.

Baseball Pass : In this type of pass, the ball should be taken just behind the head on right or left direction with a support of upper portion of palm and fingers. One foot should be kept in front of the other and the ball should be thrown with a swing with fingers. This pass is usually applied for long passes.

Catching : To control a pass given by a team mate or to control a throw by opposite player is called as catching. The player usually catches the ball with both hands.

Dribbling : The ball is always controlled with fingers. While dribbling, the palm of your hand should not be used and knees should be slightly bent. Normally the ball should not bounce higher than the waist. Knees should be slightly bent.

There are two types of dribbling :

(i) Low Dribbling

(ii) High Dribbling

Defensive Attack : Blocking, Tackling, Guarding, Man to man defence, Zonal defence.

Dodging : When a player dodges the opposite player through body or dribbling, it is called as Dodging.

Holding the ball : Holding the ball is very significant for passing, throwing, shooting and dribbling in the basket ball game. So, the ball should be held in hands with fingers spread and the thumbs tilted inwards. The ball should not be held between palms i.e. while holding the ball, the hands should be relaxed but the grip should be firm. A low ball should be close enough to the body.

Jump shot : This is the most common shot in the game. The shot involves jumping straight up into the air and the ball is released with both hands when the player is in the air.

Lay-up shot : This is the most common and easiest shot in basketball. The player reaches the ring by taking two-and-a-half steps.

Offensive strategy : Faking, Screening, Triangular attack, Zonal attack.

Overhead pass: The two-handed overhead pass is used for taller players. This pass keeps the ball away from defensive players; that is why it is safer.

Passing : In this, the player gives a pass to his team mate with one hand or both hands. Pass can be small long low, high, with a bounce or overhead pass.

Pivoting : Stationary Pivot-(i) Pivots from the post and side post (ii) Pivots from the forward position.

Shooting : When a player throws the ball in the opposite team's ring, it is called as shooting. Shooting can be of many types as Jump shot, Set Shot, Layup Shot, Hook Shot.

TERMINOLOGIES

Back court : A player while attacking reaches the front court and is not allowed to go back to his court, which is known as back court.

Blocking : If a player attempts to screen and block the opponent in restricting the move towards scoring, it is called blocking.

Batting : If a player hits the ball with open hand or palm, it is called batting.

Box out : To stay between an opposing player and the basket in search of a rebound when someone shoots the ball.

Cut : A quick offensive move by a player, trying to get free for a pass.

End line : It is the line defining each end of the court, also known as the "baseline".

Free throw : A throw awarded to a team to score one or two points by unhindered throws from the free throw circle as result of a foul committed by an opponent.

Fast break : Moving the ball quickly downcourt in order to score before the defence can set up.

Guard : A position usually played by players adept at ball-handling, passing or long-range shooting.

Held ball : It occurs when two opponents have one or both hands firmly on the ball, and neither can gain possession without undue roughness.

Jump ball : A ball tossed in the air by the referee so that two opposing players can jump and try to tip it to a teammate.

Lay-up shot : In this shot, the player reaches the ring by taking two and half steps.

Live ball : A ball in play.

Multiple Foul : A foul on an opponent by two or more players at the same time.

Multiple throws : A number of free throws awarded at the same time for a foul by an opponent.

Personal foul : Being most common type of foul, it relates to an illegal physical contact with an opposing player.

Pick : To block a defensive player while standing still, enabling a team mate on offence to evade the defender; also known as "screen" or "block".

Three point basket : A basket shot from beyond the three-point line.

Travelling : A violation by a player with the ball who moves both feet without dribbling.

Violation : An infraction of the rules resulting in a throw-in front out of bounds for the opponent.

ARJUNA AWARD WINNERS

1961	Sarabjit Singh
1968	Gurdial Singh
1970	Gulam Abbas Moontasir
1973	S.K.Kataria
1975	Hanuman Singh
1967	Khushi Ram
1969	Hawaladar Hari Dutt
1971	Manmohan Singh
1974	A.K. Punj
1977	Vijay Raghvan
1979	Om Parkash
1991	Radhey Sham, S. Sharma
2002	Parminder Singh
1982	Ajmer Singh
1999	Sajjan Singh Cheema
2014	Geetu Ann Jose

DHYAN CHAND AWARD WINNERS

2002	Aparna Ghosh
2003	Ram Kumar

PADMA SHRI AWARD WINNERS

2019	Prashanti Singh
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TOURNAMENTS

1. Youth National Basketball Championship
2. FIBA World Championship
3. FIBA Asian Basketball Championship
4. Commonwealth Games

5. Asian Games
6. SEPSSABasketball Tournament
7. B.C. Gupta Trophy
8. WilliamsCup
9. Federation Cup
10. Olympic Games
11. CBSE National Basketball Championship
12. National Games, Senior National Basketball Championship
13. Junior National Basketball Championship
14. Mini National Basketball Championship

VENUES

1. NIS Complex, Patiala
2. NIS Complex, Bengaluru
3. Indira Gandhi Indoor Stadium New Delhi
4. Sports Complex, Chandigarh
5. Railway Sports Complex, Mumbai