



# Basketball

## History

In 1891 at the YMCA Training School in Springfield, Massachusetts, Dr. James Naismith attached two peach baskets to the balcony ten feet from the floor and the game of basketball was born. Originally the game was played with nine players and had thirteen basic rules. In 1898 the number of players was reduced to five.

- 1895 – The first collegiate game was played (Chicago vs. Iowa)
- 1898 – The first professional game was played
- 1899 – Women formulated their own rules
- 1936 – Basketball became an Olympic event
- 1949 – The NBA was formed

## Rules and Information

The game of basketball involves the physical skills of speed, agility and coordination and the mental skills of critical thinking and teamwork. Add to these the sports specific skills of shooting, passing, dribbling, jumping and rebounding.

5 players on a team

### POSITIONS:

- 2 guards (point guard – primary ball handler and the shooting guard)
- 2 forwards (small forward and the power forward)
- 1 center

### SCORING:

- FREE THROW – 1 point
- FIELD GOAL – 2 points from inside the three point line
- 3 points from outside the three point line

### DEFENSE:

- MAN TO MAN – each player is responsible to guard one opponent
- ZONE – players are responsible to protect an area – guard any player entering that area.  
(EX. 2-1-2 zone, 3-2 zone, 2-3 zone)

Theoretically basketball is a non-contact sport; obviously personal contact cannot be entirely avoided. Personal contact should not be penalized unless roughness occurs.

**FOULS:** breakage of the rules involving body contact

1. Fouled in the act of shooting = 1 or 2 free throws
2. Fouled not in the act of shooting = ball put in play from the sideline
3. After 7 team fouls in a half all fouls become shooting fouls from the foul line – bonus situation.

**PERSONAL FOULS:**

1. BLOCKING – personal contact which impedes opponent's progress (with or without the ball)
2. CHARGING – contact by the player with the ball moving his/her body or the ball into an opponent whose position was established.
3. PUSHING
4. HOLDING
5. TRIPPING
6. HACKING

**TECHNICAL FOUL:** can be called on a player, coach or spectator.

1. DELAY OF GAME
2. EXCESSIVE TIME OUTS
3. UNSPORTSMANLIKE CONDUCT
4. SHOWING DISRESPECT TO OFFICIALS
5. USING PROFANITY, OBSCENE GESTURES OR TAUNTING

Two free throws are awarded plus possession of the ball at half court.

**VIOLATIONS:** breaking the rules with no physical contact – the ball is put in play by an opponent from out of bounds – throw in.

**1. HANDLING THE BALL**

- a. traveling
- b. illegal dribble
- c. kicking the ball
- d. holding the ball for more than 5 sec (out of bounds) or 10 sec at the foul line.

**2. OUT OF BOUNDS** – causing the ball to go out of bounds, stepping out of bounds while the possession of the ball.

**3. 3 SECOND LANE** – offensive player without the ball stays in the key for more than 3 sec. A player receives the ball while in the key less than 3 sec, now has an additional 3 sec. to shoot or get out of the key.

**4. JUMP BALL VIOLATIONS** – entering the circle before the ball is tapped; catching instead of tapping the ball; tapping the ball before it reaches the highest point; touching the ball before it is touched by another player, the floor, etc.

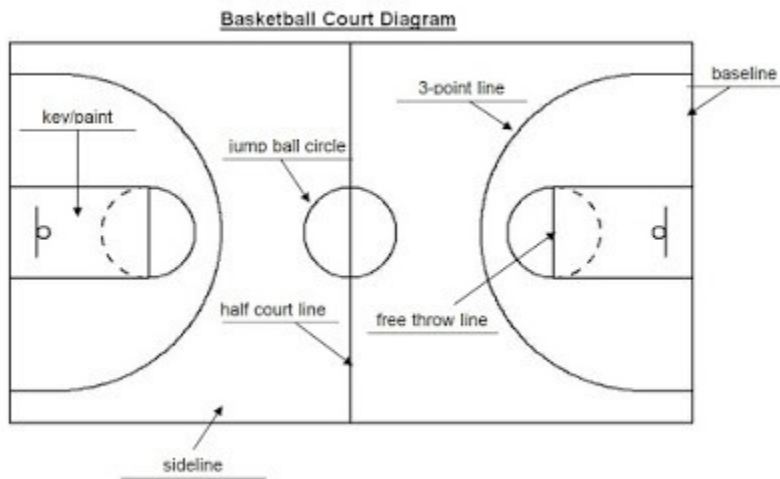
**5. BACKCOURT VIOLATION** – stepping back over or on the center line while in possession of the ball.

## TERMS:

1. GOAL TENDING – touching the ball in its downward flight to the basket or interfering with the basket.
2. KEY/LANE – the area in front of the basket from the foul line to the end line. It is usually painted a color different than the rest of the court.
3. PIVOT – a player in possession of the ball while keeping one foot in contact with the floor may move the other foot in any direction.

## KEYS TO SUCCESSFUL BASKETBALL:

1. Good passing – looking for the open person
2. Teamwork – utilize everyone on the team
3. Being patient and tolerant of others' attributes as well as drawbacks
4. Good decision making regarding offense and defense – “think before you act!!!”
5. Communicate with teammates!!



## Benefits:

1. Highly aerobic/cardio-respiratory endurance
2. Enhance eye/hand coordination
3. Improve agility and body control
4. Teamwork and social interaction

## **Fun Fact**

Two men's basketballs or three women's basketballs will fit inside of the hoop at the same time.