

篮球规则



英汉双语教程

LAN QIU GUI ZE YING HAN SHUANG YU JIAO CHENG

闫育东 等 主编

北京体育大学出版社

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闫育东，男，中共党员，博士生，硕士生导师，国际级篮球裁判员，现任哈尔滨体育学院科研处处长、体育科学研究中心主任、《哈尔滨体育学院学报》副主编、国家体育总局体育社会科学重点研究基地（哈尔滨体育学院）副主任、国家社科基金项目通讯评审、鉴定专家。

1985年毕业于北京体育大学，并留校任教。自参加工作以来，曾从事北京体育

大学篮球普修课、专修课、校男、女篮球代表队的教学与训练、以及6年该校科研处的行政管理工作。并于1995年~1996年间，被国家体育总局选派到阿曼国担任该国篮球教练。2003年7月调至哈尔滨体育学院工作。2004年9月考取苏州大学体育教育训练学专业博士研究生。

多年来，共发表科研论文及文章50余篇，其中核心期刊30余篇。有关论文曾入选“全国第六、七届体育科学大会”、“国家体育总局体质研究与健康促进论文报告会”、“亚太地区体育运动与科学论文报告会”、“国家体育总局青年论文报告会”、“亚洲体育科学论文报告会”，并获“世界华人重大科技与学术



成果奖”和“中国‘九五’优秀科学技术成果奖”。先后在人民体育出版社、高等教育出版社和北京体育大学出版社等主编和参编出版学术论著：《学做裁判丛书——篮球裁判必读》、《跟专家练丛书——篮球》、《篮球训练指南》、《体育科研论文写作与投稿指南》、《篮球裁判员专业英语》、《英汉篮球裁判工作手册》、《球类运动——篮球》、《篮球运动习题集》、《篮球裁判晋级必读》等9部。先后承担国家体育总局课题《中国篮球运动管理系统优化配置的研究》、《以冰雪体育产业带动东北老工业基地经济增长的战略研究》、《我国体育裁判员研究》和《后奥运时代中国体育管理组织系统的优化构想》；黑龙江省教育厅骨干教师创新资助项目《新世纪体育高层次人才培养可持续发展战略的研究》以及黑龙江省科技厅青年基金课题《篮球裁判员多媒体理论考核软件的研制》等10余项。

在完成教学与科研工作的同时，本人将极大精力与热情投入到篮球裁判的工作之中。1989年，26岁时被国际篮球联合会批准为国际级篮球裁判员，成为当时我国最年轻的国际级篮球裁判员，也是目前我国唯一一位攻读博士学位的国际级篮球裁判员。1984年至今分别担任了亚运会、世界奥林匹克大赛、亚洲青年锦标赛、远东及泛太平洋地区残疾人运动会、世界大学生运动会、亚洲俱乐部杯和数十次国际邀请赛、上百次全国篮球比赛的裁判工作，数次获得体育道德风尚奖。曾随中国篮球队出访西班牙、意大利和黎巴嫩等国。业绩被收入《中国当代著名教练员、裁判员大辞典》、《科学中国人·中国专家人才库》、《中国专家人名辞典》和《中华体育英才大辞典》。

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Unit 1 Definitions (定义)



Part One English Rule (英文规则)

Definitions

1.1 Basketball game

Basketball is played by two(2) teams of five(5) players each. The aim of each team is to score in the opponents' basket and to prevent the other team from scoring. Basketball is controlled by officials, table officials and a commissioner.

1.2 Basket: own/opponents'

The basket that is attacked by a team is the opponents' basket and the basket which is defended by a team is the team's own basket.

1.3 Winner of a game

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



Part Two Chinese Rule (中文规则)

定 义

1.1 篮球比赛

每场篮球比赛由两个队参加,每队出场 5 名队员。每队的目标是在对方球篮得分,并阻止对方队得分。篮球比赛由裁判员、记录台人员和技术代表管理。



1.2 球篮:本方/对方

被某队进攻的球篮是对方的球篮,由某队防守的球篮是本方球篮。

1.3 比赛的胜者

在比赛时间结束时得分较多的队,将是比赛的胜者。



Part Three Key Words (关键词)

1. basketball/'bɑ:skitbɔ:l/n. 篮球(运动)
2. game/geim/n. 比赛
3. team/ti:m/n. (球)队
4. player/'pleiə/n. 队员
5. score/skɔ:/v. 得分
6. opponent/ə'pəʊnənt/n. 对手
7. basket/bɑ:skit/n. 球篮
8. official/ə'fiʃəl/n. 裁判员
9. table official/teibl ə'fiʃəl/n. 记录台人员
10. commissioner/kə'miʃənə/n. 技术代表
11. attack/ə'tæk/n. &v. 进攻
12. defend/di'fend/n. &v. 防守
13. winner/'winə/n. 优胜者



Part Four Exercises (练习)

1. Can a basketball game end in a draw as a football game?

No, it mustn't, every basketball game should end with a winner and a loser.



Part Five Reference Answers (参考答案)

1. 篮球比赛是否也可以如同足球比赛一样,以平局结束一场比赛?

不可以,每一场篮球比赛都必须分出胜负。



Unit 2 Court(球场)



Part One English Rule (英文规则)

Court

2.1 Playing court

The playing court shall have a flat, hard surface free from obstructions (Diagram 1) with dimensions of twenty-eight (28) m in length by fifteen (15) m in width measured from the inside edge of the boundary line.

The national federations have the authority to approve, for their competitions, existing playing courts with minimum dimensions of twenty-six (26) m in length by fourteen (14) m in width.

2.2 Lines

All lines shall be drawn in the same colour (preferably white), five (5) cm in width and clearly visible.

2.2.1 Boundary line

The playing court shall be limited by the boundary line, consisting of the endlines (on the short sides) and the sidelines (on the long sides). These lines are not part of the playing court.

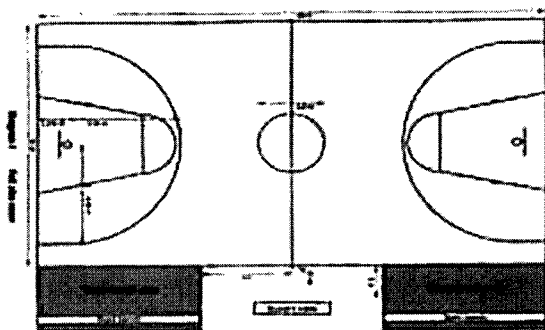


Diagram 1 Full size court

Any obstruction including seated team bench personnel shall be at least two(2)m from the playing court.

2.2.2 Centre line, centre circle and semicircles

The centre line shall be marked parallel to the endlines from the mid-points of the sidelines.

It shall extend fifteen(15) cm beyond each sideline.

The centre circle shall be marked in the centre of the playing court and have a radius of 1.80 m measured to the outer edge of the circumference. If the inside of the centre circle is painted, it must be the same colour as the restricted areas.

The semicircles shall be marked on the playing court with a

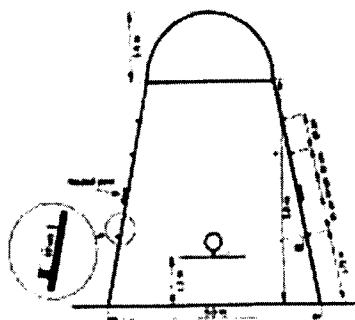


Diagram 2 Restricted area

radius of 1.80 m measured to the outer edge of the circumference and



with their centres at the mid-points of the free-throw lines (Diagram 2)

2. 2. 3 Free-throw lines and restricted areas

A free-throw line shall be drawn parallel to each endline. It shall have its furthest edge 5.80 m from the inner edge of the endline and shall be 3.60 m long. Its mid-point shall lie on the imaginary line joining the mid-points of the two endlines.

The restricted areas shall be the floor areas marked on the playing court, limited by the endlines, the free-throw lines and the lines which originate at the endlines, their outer edges being three (3) m from the mid-points of the endlines and terminating at the outer edge of the free-throw lines. These lines, excluding the endlines, are part of the restricted area. The inside of the restricted areas may be painted but must be the same colour as the centre circle.

Rebound places along the restricted areas, reserved for players during free throws, shall be marked as in Diagram 2.

2. 2. 4 Three-point field goal area

A team's three-point field goal area (Diagram 1 and Diagram 3) shall be the entire floor area of the playing court, except for the area near the opponents' basket, limited by and including:

Two parallel lines extending from and perpendicular to the endline, with the furthest edges 6.25 m from the point on the floor directly perpendicular to the exact centre of the opponents' basket. The distance of this point from the inside edge of the mid-point of the endline is 1.575 m.

A semicircle with the radius of 6.25 m measured to the outer edge of the circumference from the centre (which is the same point as defined above) which meets the parallel lines.

2. 2. 5 Team bench areas

Team bench areas (Diagram 1) shall be marked outside the court,

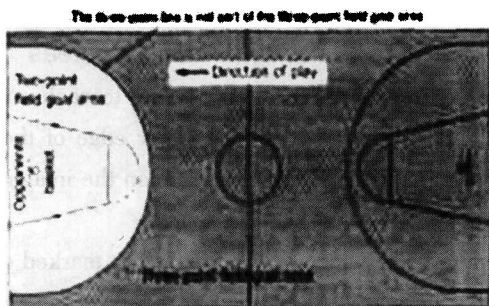


Diagram 3 Two-point/Three-point field goal area

on the same side as the scorer's table.

Each area shall be limited by a line extending from the endline, at least two(2)m in length and by another line at least two(2)m in length, drawn five(5)m from the centre line and at right angles to the sideline.

There must be fourteen(14) seats available in the team bench area for the coaches, the substitutes and the team followers. Any other people shall be at least two(2)m behind the team bench.

2.3 Position of the scorer's table and substitution chairs(Diagram 4)

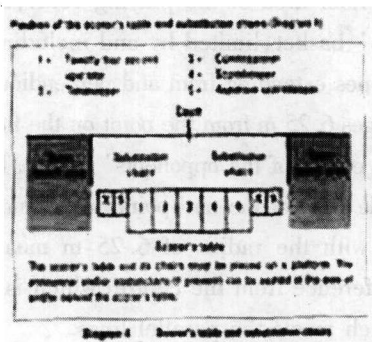


Diagram 4 Scorer's table and substitution chairs



Part Two Chinese Rule (中文规则)

球 场

2.1 比赛场地

比赛场地应是一块平坦、坚实且无障碍物的表面(图1)。其尺寸是长 28 米、宽 15 米,从界线的内沿丈量。

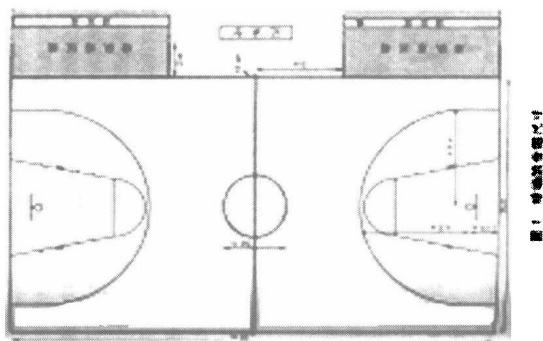


图 1 球场的全部尺寸

国家篮球联合会为举办比赛,有权批准最小尺寸为长 26 米、宽 14 米的现有比赛场地。

2.2 线

所有的线应用相同的颜色(最好白色)画出,宽 5 厘米并清晰可见。

2.2.1 界线

比赛场地是由两条端线(在短边)和两条边线(在长边)组成的界限所限定。这些线不是比赛场地的部分。

任何障碍物包括在球队席就座的人员距比赛场地应至少 2 米。



2.2.2 中线、中圈和半圆

中线应从两边线的中点标出并平行于端线的线。它向每条边线外延伸 15 厘米。

中圈应标在比赛球场的中央,半径为 1.80 米(从圆周的外沿丈量)。如果中圈里面着色,它必须与限制区内的颜色相同。

半圆应标在比赛场地上,半径为 1.80 米(从圆周的外沿丈量),它的圆心在两条罚球线中点上(图 2)。

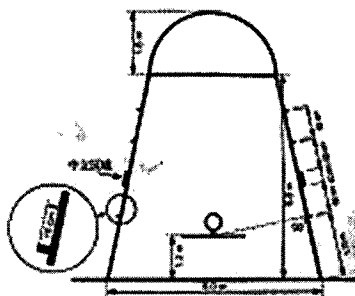


图 2 限制区

2.2.3 罚球线和限制区

罚球线应画成与每条端线平行。从端线内沿到它的最外沿应有 5.80 米,其长度为 3.60 米。它的中点应落在连接两条端线中点的假想线上。

限制区是在比赛球场上标出的地面区域,它由端线、罚球线和两条起自端线(画线的外沿距离端线中点 3 米)终于罚球线外沿的线所限定。除端线外,这些线都是限制区的一部分。限制区里面可以着色,但必须与中圈内的颜色相同。

罚球时留给队员们使用的沿限制区两侧的抢篮板球位置,应按图 2 标出。

2.2.4 3 分投篮区域

某队的 3 分投篮区域(图 1 和图 3)是除对方球篮附近被下述条件限制出的区域之外的整个赛场地区。这些条件包括:

- 从端线引出两条垂直于端线的平行线,外沿分别距对方球篮的中心垂直线与地面的交点 6.25 米。该交点距端线内沿中点的距离为 1.575 米。

- 以上述规定的同一点为圆心,画半径为 6.25 米(量到圆弧