

ARUN KUMAR TYAGI

# BASKETBALL

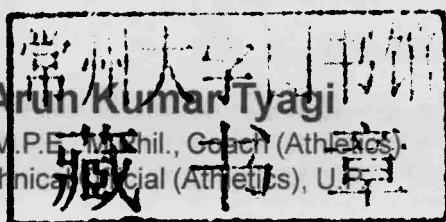
Skills & Rules

# BASKETBALL

## Skills & Rules

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# **BASKETBALL**

## **Skills & Rules**

***This Book is Dedicated to  
National-Level Player  
Late Shri Sunil Balayan,  
Ex-Educator,  
Ambedkar Senior Secondary  
School, Delhi***

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# 1

## INTRODUCTION AND HISTORY OF BASKETBALL



J a m e s  
Naismith was the  
C a n a d i a n  
p h y s i c a l  
e d u c a t i o n  
i n s t r u c t o r  
w h o  
i n v e n t e d  
b a s k e t b a l l  
i n  
1891. James  
Naismith was born  
i n     A l m o n t e ,  
O n t a r i o     a n d  
e d u c a t e d     a t  
M c G i l l   U n i v e r s i t y  
a n d   P r e s b y t e r i a n  
C l l e g e     i n  
M o n t r e a l . H e   w a s  
t h e     p h y s i c a l  
e d u c a t i o n   t e a c h e r  
a t     M c G i l l

U n i v e r s i t y (1887 t o 1890) a n d a t S p r i n g f i e l d   C o l l e g e i n  
S p r i n g f i e l d , M a s s a c h u s e t t s (1890 t o 1895). A t  
S p r i n g f i e l d   C o l l e g e (w h i c h   w a s   t h e n   t h e Y . M . C . A . t r a i n i n g  
s c h o o l ) , J a m e s   N a i s m i t h , u n d e r   t h e   d i r e c t i o n   o f  
A m e r i c a n   p h y s - e d   s p e c i a l i s t   L u t h e r   H a l s e y   G u l i c k ,

invented the indoor sport of basketball.

It is believed that game of basketball was born in the United States in 1891 as a recreational activity and quickly spread, culminating in its debut at the Olympic Games in 1936 as a men's sport. The final game was played outside in the rain on tennis courts when the USA defeated Canada but 19-8. The USA continued their Olympic dominance until 1972 when in a dramatic and still controversial finish the USSR stole the game in the last three seconds. The USA reclaimed the Olympic title in 1976 defeating Yugoslavia, another very strong nation who triumphed in Moscow in 1980 in the absence of the USA and Canada. The scene is set for a titanic struggle in Los Angeles in 1984 in the pre-eminent team sport of Olympic competition.

The Women's Olympic Competition inaugurated in the 1976 Games has been dominated by the USSR, but today in many countries of the world women are participating in this game with a zeal and excitement.

Basketball is a game full of thrill and excitement. The game is played between two teams both having five players, and five substitutes. In this manner, team consists of 10 players, with 5 active players. One out of these players is captain who will direct his team while playing. Along with this, team can have its coach and assistance coach, however, captain of the team can act as its coach. On the court, there are two forwards, two guards and a centre, where players are required to take position. During the play, players can move from their place to another. There are two halves, each having a duration of 20 minutes. Between these two halves an interval of 10 minutes is provided to the players.

However, this time can be increased or decreased as condition demands, like for high school teams duration of game is reduced to 8 minutes while for players younger than high school age, it is played 6 minute quarters. Act of throwing the ball by a player in his opponent's basket is termed as scoring the basket or field goal. For every field goal, both teams get two points and one point for a foul.

Two centres face each other on opposite side of division line of the centre circle in the beginning of the game. Ball is being thrown by the referee in the court at a height above the jumpers. Centre attempts to top the ball to any of his teammate. Player getting possession of ball will either opt to pass the ball to one of his teammate or to attempt to shoot the ball in the basket. Ball will remain in possession of this team till no player of this team either commits any foul or score a basket, after which ball has to be pass to defensive team's possession.

Player of opposite team can put the ball from any part of end line under his opponent basket, however, this rule keeps on changing according to level of competition. These days, game can be played between two teams each having 2 males and 3 females, or 2 females and 3 males. This is termed as co-educational players. In this case female players can guard female players and male only to male players. It is not permissible for the males to enter in area of free throw line to baseline during the play. A male player can be substituted by only male player, in the same way a female player by a female player. Referee and empire are considered the main officials of the game. To help them in working their function, a time keeper, a scorer and a 30-second operator are also present on the court.

Sometimes, a technical commissioner can be present. Main duty of all the officials is to conduct the game in accordance with their rules. Right to authorize the forfeiture of a contest rest with referee.

Duty of beginning the game rests with referee, while on the jump umpire should remain at his opposite. List containing names and numbers of players taking part in the game remains with the scorer. This list also mentions the names of substitute players. Summary of points scored by each team, field goal, free throw made and missed and fouls committed remain with this scorer. To indicate the players to begin each half of the player, a signal is sound by timekeeper after which players begin the game. In accordance with rules, he keep time of begging and stoppage of the game. Duty of 30 second operator is to operate the 30 second device or clock according to rules. Supervision the work of table officials and assistance of referee and umpire are included in responsibilities of technical commissioner.

Nothing exactly is known about foundation and invention of this game, but it is believed that game was first founded by Dr. James Naismith in the year 1891. It is said that in the ancient times, people of Mayas of Mexico used to play a game similar to this game, however they used to throw the solid rubber ball with a stone ring and winner was awarded with clothes of all the spectators. Game was believed to played in the school for the first time.

It is said that Naismith was head of department of physical education who wanted to invent some new game which can be played in winter season in which it was not possible to play games of football and baseball.

For that, he worked hard and at last put his ideas in reality by placing two peach baskets on balconies at opposite ends of the gymnasium. He included nine players in a team whose main purpose was to shot the ball into basket of opponent. Score line was kept 1-0 only, but it proved to be a great success. Thus, credit of drafting rules of the game goes to Naismith, but some critics said that these rules were only a rough set of basic rules of the game.

Gradually, game became very popular and in 1897 a national college championship was under way. In 1899 first professional league was formed in United States. In the beginning, ball had to be retrieved from basket with a step latter, but later, rule of knocking the bottoms out of peach basket and ring and net was introduced. It was mentioned in the rules given by Naismith that upto 40 players can play this game, however in 1897 rule of five-a-side was introduced.

First match was played in the year 1892 in which only 200 spectators were present on the field, but with popularity number of spectators also increased. Because of this increased number of spectators, players often got problem in playing, because of which in the year 1929 it was ruled that game will be played inside the net cages. However, this restricted its popularity and importance as now use of gymnasium was being ignored because a gymnasium, which could be used by 60 players, was used by only 14 players. On this basis, Y.M.C.A. made a rule that basketball players should use dance balls and other places with enough space and teams charged admission for payment of rent for the building. That time, in different regions, game was played with different rules, which created a lot of

confusion.

Popularity of game can be measured by the fact that during the beginning of 20th century, more than 50 colleges started the game in their colleges, however, there was not even a single coach available. That time, players were not provide with different facilities. They had to pay for their own uniform and incur expenditure on travel. They had to face the problem with flexible rules which used to change frequently.

Uniform of that time player consisted of a jersey, a pants or wrestler's tights, however, short padded pants took place of this pants. In the beginning, players used to play with a soccer ball, which later got replaced by little larger laced ball and then by a laceless ball, however in 1941 a moulded ball replaced that ball. In 1893, hammock type baskets were used by the teams, but it created a lot of problem for the players. To solve this problem it was decided that a pole would be used to regain the ball, but later this pole was replaced by a device consisted of a chain which when pulled would ejected the ball, and to permit ball to fall through, an opening was cut in the net.

In the beginning, balcony spectators sitting directly behind the baskets steered the ball into or away from the baskets according to their loyalties. In the year 1895, a wire screen was recommended as a standard backboard. Glass back boards were used in the year 1909 whereas they were replaced by fan shaped backboard in 1940. Presently, backboards of rectangular or fan shape are used which are made of plate glass, steel or wood. Not only this, there have occurred a number of changes in court used in those days and presently used courts.

Now, big court comparatively to used earlier are being used in the game. Rule of keeping the boundary lines straight was introduced in the year 1903. To set up a single code governing the game, a National Joint-Rule Committee was formed in the year 1915. Then, provision of expert coaches was made for the players.

In real sense, in the year 1930 game gained its popularity, which was a result of facilities and changes by which game became interesting and excited. Now, big field houses were available where more than 10000 spectators could sit, standardized rules and officials made available and high scoring game was introduced.

When men's game became so popular, how could women could keep themselves without taking part in the game. Now, women also took part in the game and it was in the year 1893 that first women competition was played in Northampton Mass. Rules of men game were changed slightly to make it less rough and a particular dress was advised in which women could play the game conveniently. It was in 1934 that rules for uniformity of game all the world were made. In 1936 Berlin Olympics and in Asian Games in 1951, these rules were followed. In Asian Games, women's basketball was taken for the first time in the year 1974.

Thus, the present face of game is very different from its beginning state and now it has got world wide popularity.

Basketball is a team sport in which two teams of five active players each try to score points against one another by placing a ball through a 10 feet (3.048 m) high hoop (the goal) under organized rules. Basketball is one of the most popular and widely viewed sports in



the world.

Points are scored by throwing (shooting) the ball through the basket from above; the team with more points at the end of the game wins. The ball can be advanced on the court by bouncing it (dribbling) or passing it between teammates. Disruptive physical contact (foul) is penalized and there are restrictions on how the ball can be handled (violations).

Through time, basketball has developed to involve common techniques of shooting, passing and dribbling, as well as players' positions, and offensive and defensive structures. Typically, the tallest members of a team will play center or one of two forward positions, while shorter players or those who possess the best ball handling skills and speed, play the guard positions. While competitive basketball is carefully regulated, numerous variations of basketball have developed for casual play. In some countries, basketball is also a popular spectator sport.

While competitive basketball is primarily an indoor sport, played on a basketball court, less regulated variations played in the outdoors have become increasingly popular among both inner city and rural groups.

### **Ancient Origins**

Naismith also knew a couple of ancient religious traditions: the Mayan po-ta-pok and the Aztec tchlatzli. Po-ta-pok was played using a full inside ball made by rubber and a ring, placed on a pole, as in the modern basketball, but vertically. Inside the ring usually there were religious symbols, and in Chichén Itzá, there is the typical image of Quetzalcoatl, one of their Gods.