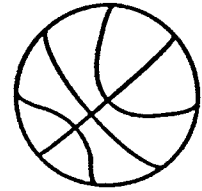


BASKETBALL 9



HISTORY

Basketball is the only major sport that was originated and developed in North America. It was invented in 1891 by Dr. James A. Naismith, a Canadian who was an instructor at the Y.M.C.A. Training School in Springfield, Mass. Naismith wanted to develop a game that could be played indoors during the winter. At first he tried unsuccessfully to modify some of the existing outdoor games. He then concluded that a game in which a ball could be thrown but not carried would eliminate objectionable roughness. Shouldering, pushing and kicking were prohibited. Two wooden peach baskets were chosen as goals and hung at either end of the gymnasium, and a soccer ball was used for the game. Play began by tossing the ball up between two players, one from each team, stationed in the middle of the court.

GLOSSARY OF TERMS

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| Backcourt | - the half of a court which a team defends. |
| Dribbling | - continuous bouncing of the ball with one hand; the only legal way a player may move with the ball. |
| Field Goal | - a basket made from the court during normal play. A field goal is worth 2 or 3 points, depending on the part of the court from which the shot is attempted. |
| Free Throw | - a free (unguarded) shot from the free throw line, awarded after certain fouls by the opposing team. Also called a foul shot. |
| Front Court | - the half of the court in which a team is trying to score. |
| Jump Ball | - a means of putting the ball into play in which the official tosses it upward between two opposing players. |
| Rebound | - the recovery of a missed field goal attempt. |
| Steal | - the capture of the ball by a defender from an opposing player; an intercepted pass. |
| Three Point Shot | - a field goal made from behind a line marked in an arc a certain distance from the basket. It is worth 3 points. |
| Travelling | - running or walking with the ball without dribbling it. |
| TurnOver | - loss of possession of the ball without attempting a field goal. |

SIMPLIFIED RULES

The Game: Basketball is a game played by two teams, with only five players from each team permitted on the court at one time.

Officials: During a game there are two officials on the floor, a referee and an umpire. They are assisted by a scorekeeper, timekeeper and 30 second (shot clock) timer.

Scoring: A successful field goal attempt taken beyond the 3 point line is worth 3 points. A successful field goal attempt taken inside the 3 point line is worth 2 points. A successful free throw attempt is worth 1 point.

Length of Game: In international basketball the playing time consists of two 20 minute halves with a 10 minute half-time break. The N.B.A. plays four 12 minute quarters - 48 minutes in total.

Jump Ball: There are a number of reasons for a jump ball to occur during a game:

1. to start the game, quarter or half
2. to restart after a ball has been held for 5 seconds by two opponents
3. to restart after a double foul by two opponents
4. when there is uncertainty as to which team put the ball out of bounds

Violations: Minor infractions of the rules. After a violation the ball is put back in play from the sideline nearest to where the violation took place by the opposing team. Violations include:

1. travelling - including moving without dribbling the ball and changing the pivot foot
2. stepping or going out of bounds with the ball
3. over and back - bringing the ball back into your backcourt from the frontcourt
4. double dribble
5. three seconds in the opponents key
6. foot ball - any time a player intentionally strikes the ball with his foot
7. shooter stepping over the free throw line before the free throw hits the rim

Personal Fouls: A personal foul is a player foul which involves contact with an opponent. The player responsible for the contact is charged with a personal foul. After 5 personal fouls the player is eliminated from the game. Personal fouls include:

1. holding an opponent
2. pushing or tripping an opponent
3. charging into an opponent
4. illegally blocking an opponent
5. illegal use of the hands - hitting an opponents arm or body especially while that player is shooting.

COURT DIAGRAM

A regulation basketball court measures 94 feet long by 50 feet wide (29m x 15m).

