

# BASKETBALL

## HISTORY

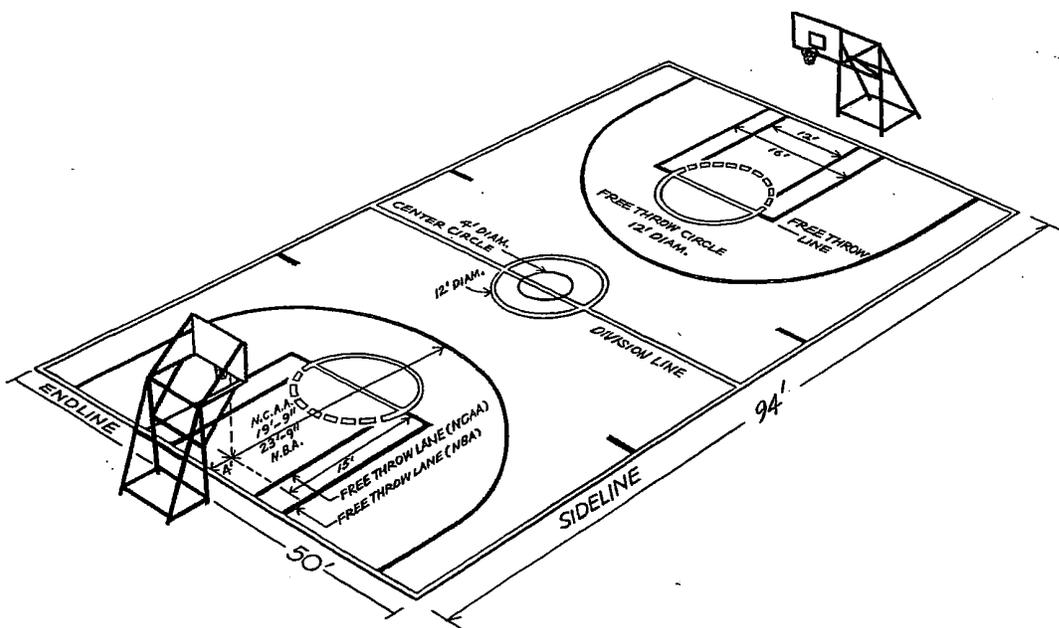
Basketball was invented in 1891 by Dr. James Naismith, an instructor at the YMCA Training School in Springfield, Massachusetts. Unlike football and baseball and other sports that evolved over the years from earlier games in other countries, Naismith's game was specifically created to stimulate attendance during the winter.

The game began with 13 fundamental rules which were expanded over the years. It was originally played with nine on a side because Naismith had eighteen members in his class: five on a side has been standard since 1895. The first college game (Chicago vs. Iowa) was played in 1896 and the first professional game was played in 1898. The next 50 years the sport grew rapidly with the NBA being formed.

## OBJECT OF THE GAME

Each team tries to score points by shooting a ball into a basket while preventing its opponents from scoring. The team that scores the most points wins the game.

## FIELD OF PLAY



## EQUIPMENT

The ball is round with an orange pebbled leather or synthetic cover. It has a circumference of 29-30 inches and weighs 20-22 ounces. The women's ball has a circumference of 25.5-29 inches and weighs 18-20 ounces. The basketball hoop is 10 feet high.

## GENERAL RULES

Each team has five players on the court, usually a center, two forwards and two guards. The ball may be passed, thrown, tapped, rolled, or dribbled as a team with the ball moving toward the goal. The ball may not be kicked or carried. A dribble ends when the player catches the ball with one or both hands, touches the ball with both hands, when an opponent taps (tips or strikes the ball) or if the ball becomes dead. Any shot made inside the 3-pt arch is worth 2 points. A foul shot is worth 1 point and any shot made outside the 3-pt arch (19'9") is worth 3 points.

## GAME LENGTH

- High School: four 8 minute quarters, 10-20 minutes between halves
- College: two 20 minute halves, 20 minutes between halves
- NBA: four 12 minute quarters

## VIOLATIONS

Violations are infractions that do not involve personal contact, including;

- Sending the ball out of bounds
- Running with the ball (traveling)
- Kicking or punching the ball
- Keeping the ball in the backcourt more than 10 seconds
- Dribbling the ball picking it up and then dribbling again (double dribble)
- Staying in the lane for 3 seconds when on offense (3 second violation)
- Dribbling the ball for 5 seconds while being closely guarded and not heading towards the basket (5 second violation)

When a violation is called, any goal made does not count and the ball is awarded to an opponent for a throw-in from the closest spot on the sideline or end line to the infraction

## FOULS

Personal fouls are infractions involving contact with an opponent, whether the ball is in play or not.

- Holding, pushing, tripping, hitting

A player is disqualified and removed from the game after 5 fouls (College/High School) or 6 (NBA). A player fouled while shooting is awarded 2 foul shots if the shot misses or one foul shot if the shot is successful. If the foul is committed by an offensive player, the defense gets possession; no foul shots are awarded.

A penalty situation occurs after a team commits its limit of personal fouls (7 team fouls= 1 and 1/10 team fouls= 2-shot bonus)

During a 1 and 1 foul situation, if the player makes the first foul shot, then a second foul shot is taken. A double personal foul is called when 2 opponents commit personal fouls at the same time.

An intentional foul is a deliberate personal foul in which a player does not make a true attempt to play the ball or an opponent. The penalty is two free throws plus possession of the ball.

A flagrant foul is the result of violent contact that may cause injury. The penalty is 2 free-throws and offender is sent to the locker room.

A technical foul is a violation by a player or coach for doing one of the following:

Delay of game, taking more timeouts than allowed, having more than 5 team players on the court at one time, interfering with the ball after a goal, showing disrespect towards the officials, using profanity, obscene gestures or teasing, a coach leaving the coaches box during play

When a technical foul is awarded, two free-throws are awarded plus possession of the ball.