

# Basketball

The game of basketball was actually developed to help condition football players during the winter months. In 1891 Dr. James A. Naismith, the Physical Education teacher at the International YMCA Training School in Springfield, Massachusetts, introduced the game. The first basketball games were played with a soccer-style ball and a peach basket, hence the name “basketball”. Originally there was no limit to the number of players on a team or the number of balls used to play. It was not uncommon to have as many as 50 players on the floor using 4 to 5 balls at a time. The first official game was not played until 1892, when Naismith developed 13 basic rules, some of which are still used today. The first intercollegiate basketball game was played in 1896 between Yale and Connecticut Wesleyan. Basketball became an Olympic sport in 1936.

Basketball is a game played by 2 teams consisting of 5 players: 2 guards, 2 forwards and 1 center. Two or three officials regulate the game. The game begins with a jump ball at the center jump circle between any two opponents. The ball is passed, thrown, bounced, batted or rolled from one player to another. A player in possession with the ball must maintain contact with the floor with one foot (called the pivot foot), unless the player is shooting, passing, or dribbling.

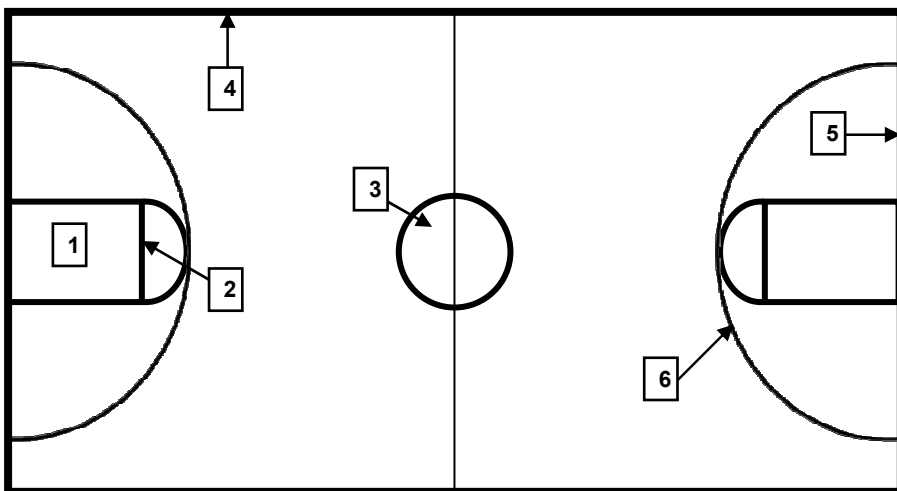
The game is played on a hardwood court that is 94 x 50 feet for college teams and 84 x 50 for high school teams. The baskets are suspended 10 feet above the floor at the end line of each court. The basketball used by men weighs 20 to 22 ounces and has a circumference of 30 inches. The basketball used for women weighs 18 to 20 ounces and a circumference of 29 inches. Balls are usually covered with leather, rubber or synthetic material; an official ball is covered with leather.

Each team attempts to score points as they move the ball down the court by passing, dribbling and shooting it into their basket. At the same time they try to prevent their opponent from scoring.

The game is divided into 20-minute halves for college games and 8-minute quarters for high school games.

## Shooting

- Aim for a spot on the rim or backboard.
- Concentrate on where you are aiming.
- The ball should have sufficient arch so that it will have a wider angle for entering the basket.
- Always hold the ball on the pads of the fingers. Do not allow the ball to touch the palm of the hand.
- When the ball is released, it should have some backspin. The backspin will help if the shot is too long or too short.
- After the ball is released, it is important to have a good follow through.
- Try to be in position to follow your shot.
- Make sure feet and shoulders are square to the basket.



1. Three-Point Line
2. Free-Throw Line
3. Center Circle
4. Sideline
5. Baseline/End Line
6. Three-Point Line

## Terms

Assist:	Pass made to a teammate who scores.
Back Court:	The half of the court, including the midcourt line, nearest the opponent's basket.
Blocking Foul:	A foul by the defensive player who blocks the legal path of the offensive player.
Blocking Out:	Keeping your opponent away from the basket in a rebounding situation. Also known as boxing out.
Charging Foul:	A foul by an offensive player that runs into a defensive player who has legal position.
Foul:	Infraction of the rules resulting in loss of possession or the awarding of one or more free throws.
Free Throw:	An uncontested shot from behind the free throw line, awarded following a foul.
Front Court:	The half of the court nearest a team's basket.
Jump Ball:	The means of putting the ball into play by having an official throw the ball upward between two opposing players.
Jump Shot:	A shot attempt in which the ball is released at the top of the vertical jump by a player.
Lay Up:	A short-range shot off the backboard and into the basket.
Man to Man:	Defense involving each player guarding one offensive player at all times.
Rebound:	A shot that caroms off the backboard or basket and remains in play to be recovered by either team.
Screen:	Offensive maneuver involving one player positioning him/herself behind a defender in order to free a teammate for a pass or shot.
Stall:	An offensive maneuver involving holding the ball to allow time to run off the clock.
Technical Foul:	Infraction of the rules involving an unsportsmanlike act by a player or coach, resulting in 1 or 2 free throws and loss of possession.
Ten Second Rule:	The requirement that a team has to bring the ball across the midcourt line within 10 seconds after gaining possession.
Three Second Rule:	An offensive player taking a set position within the free throw lane for more than three seconds.
Traveling:	Moving the feet in any direction in excess of the prescribed limits while holding the ball.
Violation:	Infraction of the rules that results in loss of possession and a throw-in from out of bounds.