



BASKETBALL

HISTORY OF BASKETBALL

Basketball was invented in 1891 by Dr. James Naismith, a Canadian physical education instructor, as an indoor game to keep his students active during winter in Springfield, Massachusetts. The original game involved a soccer ball and peach baskets as goals, with no dribbling and only passing allowed. Over the years, basketball evolved into a fast-paced, globally popular sport, culminating in the establishment of the NBA in 1946, which transformed it into a professional and highly commercialized game.



EQUIPMENT AND FACILITIES



- **Basketball Court:** A rectangular surface, 94x50 ft for professionals, and 74x42 ft for elementary play.
- **Hoops:** Two 10-ft-high hoops with a backboard and rim at each end.
- **Markings:** Includes the center circle, free-throw line, three-point line, and key area.
- **Seating and Spectator Areas:** Indoor courts have bleachers; outdoor courts may have minimal seating.
- **Lighting:** Ensures visibility for indoor games or outdoor night play.
- **Scoreboard and Shot Clocks:** Tracks game time, scores, and shot-clock violations.
- **Balls:** Men's balls are 29½–30 inches; women's are 28½ inches in circumference.

BASIC SKILLS

- **Dribbling:** Moving the ball across the court by bouncing it continuously.
- **Passing:** Throwing the ball to a teammate.
- **Shooting:** Throwing the ball towards the basket with the intention of scoring.
- **Rebounding:** Grabbing the ball after a missed shot.
- **Defense:** Preventing the opposing team from scoring.



RULES IN BASKETBALL

- 1 Although the foul rule is described above as a defensive rule, it applies exactly the same to all players on the court including offensive players.
- 2 Basketball players cannot kick the ball or hit it with their fist.
- 3 No player can touch the basketball while it is traveling downward towards the basket or if it is on the rim. This is called goaltending.

OFFENSIVE RULES

Dribbling Rule: Players must dribble with one hand while moving; stopping requires keeping one foot as the pivot.

Double-Dribble: Players cannot dribble again after stopping; this results in a violation.

Out-of-Bounds: If the ball goes out, the opposing team gains possession.

Hand Position: Players must keep their hand on top of the ball while dribbling to avoid a violation.

Backcourt Rule: Once crossing half court, the offensive team cannot return to the backcourt unless the defense causes it.

DEFENSIVE RULES

Defensive players must refrain from making physical contact with offensive players that interferes with their ability to maintain possession of the ball or successfully execute a shot. The primary rule for defensive players is to avoid committing fouls.

