

# **BASKETBALL STUDY GUIDE**

## **HISTORY:**

Basketball was invented by during the school year of 1891-92 at Springfield College, Springfield, Massachusetts. **Dr. James A Naismith** conceived the idea of attaching peach baskets at opposite ends of the gym on the track that encircled the playing floor. This is where the height of 10 feet for the basket was arrived at. The game, basketball, derives its name from the original ball and basket used in the first games. The game was introduced in YMCA's across America and also to foreign countries. Basketball became a part of the Olympic games in 1936.

## **BASIC RULES:**

1. Players: Five players per team on the floor at a time with unlimited substitutions. Usually players fill the standard positions of 2 forwards, 2 guards, and 1 center. The names of these may be changed depending on the offense played.
2. Scoring: Field Goals = 2 or 3 points, Free Throws = 1 point
3. Timing:
  - o Running time is used in physical education and intramural situations. The clock does not stop on dead balls.

## **PLAY:**

- The game is started with a jump ball in the center circle between two opponents.
- A player or ball is out of bounds when touching the floor on or outside the boundary line.
- If two opponents are both firmly holding the ball a "jump ball" is called.
- In physical education, intramurals, or pick up games, a "jump ball" is awarded to the defender.
- Violations include double dribbling, running with the ball, kicking the ball, striking the ball with the fist, interfering with the basket, illegal throw-in (taking more than 5 seconds or stepping on the line), being closely guarded for 5 seconds while in possession of the ball in the front court, and the three second lane rule.
  - o Personal: foul involving illegal contact between players (shooting foul, reaching in, charge, block, etc.) can result in free throws if person is shooting.
  - o Intentional: foul involving "intent" to foul as opposed to trying to play the ball which awards the person fouled two free throws and team possession of the ball after the free throws.
  - o Technical: involving delay of game, unsportsmanlike conduct, illegal entry, and excessive timeouts with the offended team being awarded two free throws and the ball out of bounds.