1. HISTORY AND DEVELOPMENT OF THE GAME

Dr. James A. Naismith (1861-1939)

- Basketball is purely American Game.
- It was invented in 1891 by Dr. James A. Naismith (1861-1939) who was the physical education director at the Y.M.C.A. College, Springfield Mass.
- The aim of the game was to put the ball in to the basket. The game got its name of ‘Basketball’ since baskets were used as goals in the game.
- The first World Basketball Championship was held in U.S.A in 1897.
- Olympic Demonstration 1904 (St. Louis, USA), 1924 (Paris, France)
- Federation International of Basketball Association (FIBA) was established in the year 1932 and the rules of the game were standardized in 1934.
- The game was introduced in the world Olympics in 1936 at Berlin.

Women’s Basketball

- It was introduced in 1900 by Mrs. Sanda Abbot of Smith College U.S.A.
- The game was then known as Line Basketball and women had their own rules of play.
- In 1953 the first world championship was held for women at Chile.

Basketball in India

- Basketball was introduced in India at the beginning of the 20th century by the American Missionaries.
- It was mainly due to the effort of the members of the Y.M.C.A., the game had spread throughout the length and breath of our country.
- The Y.M.C.A. College of Physical Education, Madras, had contributed not a little towards the propagation of this game through its Alumni.
- The Basketball Federation of India was formed in the year 1950 at Bombay under the leadership of the late Mr. C.C. Abraham.
NATIONAL LEVEL CUPS AND TROPHIES

- Edward William Todd Memorial Trophy – Winner of the National Men’s Championship
- Basala Jha Trophy - Winner of the National Women’s Championship
- Federation Cup – Runner’s –up of the National Men’s Championship
- Devassy Master Memorial cup – National level under 17 girls Championship
- C.C Abraham Trophy - National level school Boys Championship
- B.C. Gupta Trophy,
- S.M. Arjuna Raja Trophy
- William Jones Cup.

2. BASIC RULES

- **Number of Players:** 12 players (5 players take active part in the game and 7 players are reserves)
- **Duration of the match:** The game consists of 4 periods of ten minutes.

<table>
<thead>
<tr>
<th>Q1</th>
<th>Int</th>
<th>Q2</th>
<th>Int</th>
<th>Q3</th>
<th>Int</th>
<th>Q4</th>
</tr>
</thead>
<tbody>
<tr>
<td>10min</td>
<td>2min</td>
<td>10min</td>
<td>15min</td>
<td>10min</td>
<td>2min</td>
<td>10min</td>
</tr>
</tbody>
</table>

Q- Quarter; Int-Interval

- **Charged time out:** Two (2) charged time-outs may be granted to each team at any time during the first half, three(3) time-outs at any time during the second half and Unused charged time outs may not be carried over to the next half or extra period.
- **Extra period:** 5-2-5 (one time out allowed during extra period)
- **Duration of time out:** one minute
- **Start of the game:** Jump ball
- **Jersey Number:** 00 to 1 to 99 (front 10 cm high 2 cm wide, back 20 cm High 2 cm wide)

- **Scoring**
  1. **2 point field goal** - a shot made from anywhere during play inside the 3 pt arc.
  2. **3 point field goal** – a shot made from anywhere during play outside 3 pt arc.
  3. **1 point (Free throw)** – 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

3. EQUIPMENT

- **Ball**
Weight: 567 to 650 grams
Circumference: 74.9 to 78 cm
Panel’s: 8 Panel’s
Air pre: If the ball dropped on a solid wooden floor from a height of 1.80 m, it should rebound to a height of at least 1.20 to 1.40 m measured to the top of the ball.

➢ The Ring

Loops: 12
The Ring colour: orange
Diameter of the Ring: 45 cm
Thickness of the Ring: 1.6 to 2 cm
Height of the Ring: 3.05 m (from floor to top of the ring)

➢ The Net

Length of the Net: 40 to 45 cm
Colour of the Net: Red, White, Blue

➢ TECHNICAL EQUIPMENT
To organize the basketball game, there must be following technical equipment’s.
1) Game Clock 2) Balls
3) Big Score Board 4) Shot clock
5) Stop Watch 6) Score Sheet
7) Player Foul Marker 8) Team Foul Marker

➢ ALTERNATING POSSESSION
It is a procedure through which the ball remains in the game by throw in only without repeating jump ball.
Court Measurement

- Endline
- Restricted area
- Sideline
- Centre line
- Centre circle
- Scorer's table
- Throw-in line
- Three-point line
- Team bench area
- No-charge semi-circle
➢ The Backboard

![Backboard Diagram]

➢ Regulation of Restricted Area

![Restricted Area Diagram]
1 = Shot clock operator  
2 = Timer  
3 = Commissioner, if present  
4 = Scorer  
5 = Assistant scorer

The scorer’s table and its chairs must be placed on a platform. The announcer and/or statisticians (if present) can be seated at the side of and/or behind the scorer’s table.
4. FUNDAMENTAL SKILLS

a) Offensive Skills
b) Defensive Skills

Offensive Skills

- Passing
- Dribbling
- Shooting
- Pivoting

Passing
1. Push pass
2. Over the head pass
3. Bounce pass
4. Sideward pass
5. Flick pass
6. Hook pall
7. Reverse pass
➢ **Dribbling**
  1. High dribble
  2. Low dribble
  3. Forward dribble
  4. Alternate dribble

➢ **Shooting**
  1. Set shot
  2. Jump shot
  3. Lay-up-shot
  4. Dunk Shot

**Defensive Skills**
  1. Rebounding
  2. Blocking
  3. Screening
  4. Boxing out

**5. SYSTEM OF PLAY**

  ▶ Offensive system
  ▶ Defensive system
  a) Offensive system
      1:2:2
      2:1:2
  b) Defensive system
     a) Man to man defense
     b) Zonal defense

**6. FOULS AND VIOLATIONS**

  1. Fouls
     a) Personal Foul (Each person maximum 5 Fouls allowed)
     b) Team Foul (Team Foul also maximum 5 Fouls allowed)
  2. Violations
     a) Rules
     b) Time Restriction

**Fouls**
  1. Holding
  2. Blocking
  3. Pushing
  4. Charging
  5. Double
  6. Illegal Use of Hands
  7. Hacking
Violations

a) Rules
1. Traveling
2. Double Dribbling
3. Carrying the Ball
4. Deliberate Foot Ball
5. Line Touch (Side line, End line)
6. Back court

b) Time Restriction
1. Three Seconds
2. Five Seconds
3. Eight Seconds
4. Twenty Four Seconds

7. OFFICIALS

1. Referee
2. Umpire (2)
3. Scorer
4. Assistance-Scorer
5. Timer
6. Foul Indicator
7. 24 Seconds Operator
8. Commissioner

8. CARDS

a) Yellow Card (Warning)
b) Red Card (Disqualified)
c) Yellow & Red (Expulsion)
9. IMPORTANT TERMS

Air ball, Assist, Ball, Basket, Blocking, Defense, Dribbling, Dunk, Fast break, Free throw, Held ball, Holding, Jump ball, Man-to-Man, Multiple throw, Offense, Pivot, Screening, Turnover, Zone defense.

10. OFFICIALS HAND SIGNALS

**Game clock signals**

**STOP THE CLOCK**
- Open palm

**STOP THE CLOCK FOR FOUL**
- One clenched fist

**START THE CLOCK**
- Chop with hand

**Scoring**

**1 POINT**
- 1 finger, 'flag' from wrist

**2 POINTS**
- 2 fingers, 'flag' from wrist

**3 POINTS**
- 3 fingers extended
  - One arm: Attempt
  - Both arms: Successful

**Substitution and Time-out**

**SUBSTITUTION**
- Cross forearms

**BECKONING-IN**
- Open palm, wave towards the body

**CHARGED TIME-OUT**
- Form T, show index finger

**MEDIA TIME-OUT**
- Open arms with clenched fists
In the Informativeness section, there are three main categories:

1. **CANCEL SCORE, CANCEL PLAY**
   - Scissor-like action with arms, once across chest

2. **VISIBLE COUNT**
   - Counting while moving the palm

3. **COMMUNICATION**
   - Thumb up

4. **SHOT CLOCK RESET**
   - Rotate hand, extend index finger

5. **DIRECTION OF PLAY AND/OR OUT-OF-BOUNDS**
   - Point in direction of play, arm parallel to sidelines

6. **HELD BALL/JUMP BALL SITUATION**
   - Thumbs up, then point in direction of play using the alternating possession arrow

In the Violations section, there are three main categories:

1. **TRAVELLING**
   - Rotate fists

2. **ILLEGAL DRIBBLE: DOUBLE Dribbling**
   - Patting motion with palm

3. **ILLEGAL DRIBBLE: CARRYING THE BALL**
   - Half rotation with palm
3 SECONDS
Arm extended, show 3 fingers

5 SECONDS
Show 5 fingers

8 SECONDS
Show 8 fingers

24 SECONDS
Fingers touch shoulder

BALL RETURNED TO BACKCOURT
Wave arm front of body

DELIBERATE KICK OR BLOCK OF THE BALL
Point to the foot

Number of Players
No. 00 and 0

Both hands show number 0
Right hand shows number 0
No. 1 - 5  
Right hand shows number 1 to 5

No. 6 - 10  
Right hand shows number 5, left hand shows number 1 to 5

No. 11 - 15  
Right hand shows clenched fist, left hand shows number 1 to 5

No. 16  
First reverse hand shows number 1 for the decade digit - then open hands show number 6 for the units digit

No. 24  
First reverse hand shows number 2 for the decade digit - then open hand shows number 4 for the units digit

No. 40  
First reverse hand shows number 4 for the decade digit - then open hand shows 0 for the units digit

No. 62  
First reverse hands show number 8 for the decade digit - then open hand shows 2 for the units digit

No. 78  
First reverse hands show number 7 for the decade digit - then open hands show number 8 for the units digit

No. 99  
First reverse hands show number 9 for the decade digit - then open hands show number 9 for the units digit
**Type of Fouls**

**HOLDING**
- Grasp wrist downward

**BLOCKING (DEFENSE), ILLEGAL SCREEN (OFFENSE)**
- Both hands on hips

**PUSHING OR CHARGING WITHOUT THE BALL**
- Imitate push

**HANDCHECKING**
- Grab palm and forward motion

**ILLEGAL USE OF HANDS**
- Strike wrist

**CHARGING WITH THE BALL**
- Clenched fist strike open palm

**ILLEGAL CONTACT TO THE HAND**
- Strike the palm towards the other forearm

**HOOKING**
- Move lower arm backwards

**EXCESSIVE SWINGING OF ELBOW**
- Swing elbow backwards

**HIT TO THE HEAD**
- Imitate the contact to the head

**FOUL BY TEAM IN CONTROL OF THE BALL**
- Point clenched fist towards basket of offending team
FOUL ON THE ACT OF SHOOTING
One arm with clenched fist, followed by indication of the number of free throws

FOUL NOT ON THE ACT OF SHOOTING
One arm with clenched fist, followed by pointing to the floor

Special Foul

DOUBLE FOUL
Wave clenched fists on both hands

TECHNICAL FOUL
Form T, showing palms

UNSPORTSMANLIKE FOUL
Grasp wrist upward

DISQUALIFYING FOUL
Clenched fists on both hands

FAKE A FOUL
Raise the lower arm twice

IRS REVIEW
Rotate hand with horizontal extended index finger

Foul Penalty Administration
Reporting to Table

AFTER FOUL WITHOUT FREE THROW(S)
Point in direction of play, arm parallel to sidelines

AFTER FOUL BY TEAM IN CONTROL OF THE BALL
Clenched fist in direction of play, arm parallel to sidelines
1 FREE THROW
Hold up 1 finger

2 FREE THROWS
Hold up 2 fingers

3 FREE THROWS
Hold up 3 fingers

Administrating Free Throws – Active Official (Lead)
1 FREE THROW
1 finger horizontal

2 FREE THROWS
2 fingers horizontal

3 FREE THROWS
3 fingers horizontal

Administrating Free Throws – Passive Official (Trail & Centre)
1 FREE THROW
Index finger

2 FREE THROWS
Fingers together on both hands

3 FREE THROWS
3 fingers extended on both hands
## 12. SCORESHEET

### B - THE SCORESHEET

**FEDERATION INTERNATIONALE DE BASKETBALL**  
**INTERNATIONAL BASKETBALL FEDERATION**  
**SCORESHEET**

<table>
<thead>
<tr>
<th>Team A</th>
<th>Team B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Competition</strong></td>
<td><strong>Date</strong></td>
</tr>
<tr>
<td><strong>Game No.</strong></td>
<td><strong>Place</strong></td>
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<tr>
<td>1</td>
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<td>2</td>
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</table>

**Players**  
**No.**  
**Points**  
**Periods**  
**1**  
**2**  
**3**  
**4**  
**5**  

**Scores**  
**Period**  
**1**  
**2**  
**3**  
**4**  
**5**  

**Final Score**  
**Team A**  
**Team B**  

**Name of winning team**  

**Game ended at (h:mm)**
### 13. World Cup Winners

**Basketball World Cup Men’s Champions**

<table>
<thead>
<tr>
<th>Year</th>
<th>Host Country</th>
<th>World Champion</th>
<th>Second</th>
<th>Third</th>
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<tbody>
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<td>Argentina</td>
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<td>2014</td>
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<td>United States</td>
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<tr>
<td>2019</td>
<td>China</td>
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</tbody>
</table>

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