

# Basketball

## Basic Information

Basketball is a game played by two teams, of five players each, on a rectangular floor. The purpose of each team is to throw an inflated spherical ball into its own basket or goal located at one end of the playing floor, and to prevent the other team from scoring at its basket located at the other end. A basket made from closer than 19 feet 9 inches is worth 2 points. A shot made from outside this area is worth 3 points, and a free throw is worth one point.

\* A regulation high school game consists of four quarters, 8 minutes in length and a college game consists of 2 20 minute halves.

\*A team in control of the ball is generally considered to be the offense.

## Playing Floor and Equipment

- Floor dimensions for players of high school age, are 84 feet by 50 feet.
- The goals are at each end of the playing floor. Backboards can be either rectangular or fan shaped.
- The metal ring attached to the backboard is 18 inches in diameter, and is hung 10 feet above the floor.
- Basketballs- Boys 30 in. and 20-22 oz
- Girls 29 in. and 18-20 oz.

## History

- High school basketball first began in America in the late 1890's. as a way to condition football players in the winter months. Originally there was no limit to the number of players allowed on the court.
- In high school state championships conclude each season for all states. No national play-off system.
- Dr. James Naismith – creator of basketball in 1891.
- First goals- 2 peach baskets. No backboards were used, and a soccer ball was used.
- First publicly played game was between students and teachers at the school for Christian workers in Springfield, Mass. in 1892. The crowd was over 200 people.
- Smith College in North Hampton, Mass. was first women's game. No men were allowed to watch.

## Vocabulary

**Assist-** A pass or handoff resulting in a basket by a teammate.

**Blocking-** A foul by a defensive player who blocks the legal path of an offensive player.

**Charging-** a foul by an offensive player who runs into a defensive player who has established legal court position.

**Dribble-** to bounce and control the ball continuously with one hand on the ball while

walking or running. To double dribble is to stop and then resume dribbling, which is a violation.

**Field goal-** a basket scored from the floor.

**Free throw-** an unobstructed shot from the foul line, worth one point, awarded as a penalty for a foul by the opposing team.

**Front court-** the half of the court in which a basket is under attack by the offensive team.

**Offensive foul-** a personal foul committed by a member of the offensive team, usually not involving a free throw as a part of the penalty.

**Personal foul-** one of many body contacted fouls. Five personal fouls disqualifies a player for the remainder of a game.

**Man to Man defense-** a style of team defense in which each player is assigned a specific opponent to guard anywhere on the court.

**Rebound-** a shot that caroms off the basket or backboard and remains in play, to be recovered by either team.

**Traveling-** illegally moving the ball by violating the dribble rules.

**Zone-** a style of team defense in which each player is assigned an area to guard rather than a specific opponent.