

Essential Rules of Basketball: A Comprehensive Overview

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ABSTRACT

This paper highlights the rules of basketball and regulations that govern the play, officiating, equipment and procedures of basketball. Basketball is a team sport where two teams, usually consisting of five players, play against each other on a rectangular court. This paper focuses on two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. Each player is assigned to different positions defined by the strategic role they play. Guard, forward and center are the three main position categories.

Keywords: Rules, goal, court, regulation shooting, equipment, opposing and procedures

INTRODUCTION

Basketball is a team sport played on a rectangular court with the objective of shooting a ball through a hoop mounted high on each end of the court. A brief outline of basketball is it is a game played with a pumped round ball between two teams of five players each on a rectangular court. In professional or minor competition basketball is usually played indoors, but it does not need to be. Each team tries to score by shooting the ball through the other team's goal at each end of the court, above their heads. The goal is a round hoop and net called a basket. The team scoring the most such throws, through field goals or foul shots, wins the game.

“The purpose of Basketball: to measure the four skills in basket basketball in two class periods to an average size class. The test of battery can be used for measuring playing ability for the purposes of grading, grouping, practice, diagnosis, classification, and showing improvement, it could aid in team selections. Individual items can be used for the same purposes relative to that specific skill” (Mangal, 51).

“The Duties of scorer in Basket ball: The scorer has to maintain a chronological running summary of the point scored. The scorer has to record the field goal and free throws made or missed. He has record the foul of each player and if any player commits technical foul fifth time, he refers it immediately to the referee. The scorer has to record the time outs charged to each team. The scorer shall keep a record of the name and number of players who are to start the game and all substitutes who enter the game” (Tripathi, 130).

You do not need a lot of equipment to play basketball all you need is a basketball, a court and one or two basketball rings. The basketball court is in a shape of a rectangle ranging in size from about 29 m by 15 m to about 22 m by 13 m. at each end of the court is a backboard placed behind the ring, measuring usually about 2 m by 1 m, this is also in a rectangular shape although in some colleges in America it is more in a shape of this.

Each normal rectangular backboard is about 2.7 m (about 9 ft) above the court. The basketball is attached firmly to the backboards about 3 m 9 about 10 ft) above the playing surface. Each basket is about 46 cm 9 about 18 in) in diameter and consists of a round hoop, or metal ring, from which a wide- meshed white net is hung. The regulation basketball is an inflated, leather or nylon- covered sphere that weighs from 567 to 624 g (20 to 22 oz) and has a circumference of about 76-cm (about 30 in)

A conventional basketball team, which is directed by coach, is made up of two forwards, two guards, and a center. The two forwards are usually the better of the shooters and are really quick. In the both stand between the circle and the opponent's basket. The two guards stand in the backcourt. The centre, usually the tallest player on the team who stands inside a circle that has a radius of about 61 cm 9 about 24 in) and is located midway along a line painted across the center of the court. “This rule remained until 2000, when FIBA reduced the requirement to eight seconds, the NBA following suit in 2001. The NCAA retains the 10-second rule for men's play, and adopted this rule for women's play starting with the 2013–14 season” (Williamson, Debbie:6).

The game commences with the tip-off, when the referee tosses the ball into air over the center circle, in which the opposing centers stand face to face. The centers then leap into the air and attempt, with their hands, to tap the ball to their teammates. The team that gets the ball attempts to advance it towards the basket defended by the opposing side, in order to try for a field goal, or basket, scoring two or three points, depending on the player's distance from the basket. A player may advance the ball by passing it to a teammate or by bouncing (dribbling) it continually along the floor while running towards the basket. After a basket is scored, the opposing team puts the ball into play from behind its end line and in turn tries to move the ball up court to score.

“ An official tosses the ball between the two opposing players and it is known as jump-ball. Here the official tosses the ball up ward(vertically) in a plan at right angle to the side line between the jumpers to height greater than either of them can reach by jumping” (Mangal, 36).

In the Olympics Basketball the officials consist of a referee, one or two umpires, one or two scorekeepers, and one or two timekeepers. The referee is in charge of the game. The referee and umpires operates on the court to ensure that the game played by the rules. They both can all any four or violation they see anywhere on the court. Usually, one official operates near the offensive team's basket and the other near division line. The officials reverse positions when the teams move to the other end of the court. If a second umpire is used, he or she stands near a sideline. To call a violation or foul, the official blows a whistle to stop play and the clock. The official explains the violation of foul, usually with a hand or arm signal, and enforces the penalty. The game then resumes. Because around the world basketball has little changes from one country to the other when the Olympics are played someone has to make the decisions on how it is going to be much of a change from where ever the basketball player have come from to make it difficult to play. “Blocking is physical contact between the offensive player and the defensive player. Blocking fouls are issued when a defensive player interferes with the path of the offensive player in the shooting motion. Blocking fouls are easily called when the defensive player is standing in the "restricted zone"(NBA.com)

In the Olympics the game is set out as one big knock out game to decide who plays in the finals to be become number one in the world. All teams have to try not to get kicked out by losing games while trying to knock the other teams out of competition. Which leaves the basketball players with an enormous amount of pressure on them. “A technical foul can given to a team in many different ways. A technical foul can be given when a team calls more time outs than they have, delaying the game, have too many players on the court, verbally disrespect or curse, or hang on the rim. With a technical foul, the opposing team will be rewarded with a free throw, and possession of the ball as well. If a player, or coach gets two technical fouls in one game, it will result in an automatic ejection” (NBA.com).

The basic rules to basketball are fouls, travelling, double dribbling, three second violation, foot violation and finally out of bounds. To get a foul in basketball you are usually hit or pushed in some way by the opposing side. To travel in basketball you will either take to many steps before bouncing the ball again, or after bouncing and stopping you start to bounce the ball again. To double dribble you must jump in the air with the ball in your hands and land again without passing or shooting the ball. Someone playing offence and staying in the key for longer than three seconds more causes the three second violation. Foot violation in exactly what it sound like, it is a violation made by someone kicking the ball. “Restricted zone: In 1997, the NBA introduced an arc of a 4-foot (1.2 m) radius around the basket, in which an offensive foul for charging could not be assessed. This was to prevent defensive players from attempting to draw an offensive foul on their opponents by standing underneath the basket. FIBA adopted this arc with a 1.25-meter (4 ft 1 in) radius in 2010” (FIBA. April 26, 2008)

Last but not least is going over the boundary line with the ball. All of these things are not allowed in basketball and I should know as I play in real competition. For almost all off the rules the referees have made some kind of body signal to tell everyone what just happened without yelling it so everyone can hear. Below you can see some of the following signs the referees make. “If a foul by a player is interpreted as unnecessary, a flagrant 1 foul will be assessed. The opposing team will then be rewarded with 2 free throws and possession of the ball. If a foul by a player is interpreted as both unnecessary and excessive, a flagrant 2 foul will be assessed. The opposing team will then be rewarded with two free throws and possession of the ball. With a flagrant 2 foul, the player that committed the foul will not only be automatically ejected, but fined at least \$2,000 as well” (official.nba.com) .

The success of international basketball was greatly advanced by Forest C Allen, a Nasmith discipline and a former coach at the University of Kansas, who led the movement for inclusion of basketball in the Olympic Games in 1936 and from then onwards. Details of any Australians who completed at the Olympics in these events. One Australia Basketball players who has not only participated in one Olympics is Andre Gaze, Andre Gaze has played with the Melbourne Tigers for his whole carrier in the national Basketball League the NBL. At one stage of his long and successful carrier he decided to upgrade

himself by competing in the national Basketball Association the NBA. This did not really work out for him so he came back to Australia and continued playing with the Melbourne Tigers. To say the most I think a lot of his fans and also his team preferred it this way.. Andrew Gaze is more of a offensive player as he is known of his pure shooting skills as his was voted best pure shooter in 1994 yet did not a single vote for his defense.

Changes in the game, Soon after Naismith invented basketball; changes were adopted to improve the sport. In 1893, metal hoops with net bags attached replaced the wooden baskets. Officials pulled a cord attached to the net to let the ball drop out. Baskets with bottomless nets came into general use about 1913. The backboard was introduced in 1931. That year, larger balls replaced soccer balls. 1932, the 10-second rule was adopted. This rule stated that the offensive team must advance the ball across the division line within 10 seconds or lose possession. Once the ball crossed the line, the offensive team lost possession if a player took the ball back over the line. This rule eliminated wasting time with the ball in the backcourt. Until 1937, a centre jump was held after every field goal. Beginning 1937, the defensive team received the ball out-of-bounds after a field goal.

In 1935, a rule was adopted that stopped any offensive player from standing in the free throw lane for more than three seconds. 1955, the foul lane was widened to 12 feet (3.7 meters) from the previous 6 feet (1.83 meters). These changes resulted in more offensive movement and less rough physical contact near the basket. Early basketball had little scoring. Players basically used two shots; the lay-up and two-handed set shot. Hank Luisetti revolutionized the game by popularized a one- handed shot. Luisetti was a star for Stanford University from 1935 to 1938. His one –handed shot could be released quicker than the two-handed shot and was more difficult to defend. The one-handed shot was the most popular shot in basketball until Joe Fulks popularized the jump shot. The jump shot became the most popular shot in basketball and greatly increased scoring.

James Naismith, a Canadian, invented basketball in 1891. Naismith was a physical-education instructor at the school for Christian Worker (Now Springfield Colleges) in Springfield, Massachusetts. Luther H. Gulick Naismith to create a team sport that could be played indoors during the winter. For his new game, Naismith decided to use a soccer ball because it was large enough to catch easily. He then asked the building superintendent had no boxes to use as goals. The superintendent had no boxes but provided two peach baskets. The baskets were attached to a gymnasium balcony railing 10 feet (3 meters) above the floors. The first game took place between members of Naismith’s physical education class in December 1891.

The most successful international competitors these days and for the last so many years is the American basketball team and for the last three Olympics known as the dream team. The American team is not only the best in the world it also the most popular as it is known right round the world. The reason for winning basketball in the Olympic game is because of the great players like Michael Jordan, Karl Malone, Magic Johnson, Larry Barkley, David Robinson and so many more what do you expect. Another country that always does well in the Olympics is Yugoslavia. Just the last Olympics they came second in the world loosing against American. Yugoslavia might have a little bit more experience than some other countries let’s say us. Because players like Toni Kukoc have played for the NBA with the Chicago Bulls for some of his carrier and been able to go no have great success. If it weren’t for America’s team, Yugoslavia would be the best team in the world now until proven different.

“In the skill Test Manual norms are given for males and females separately for ages 10 through colleges. Both percentile and T-score scales are listed. The scales may be developed. Total scores for playing ability can be found by converting the raw scores for each of the four tests to T-scores and then totaling theses T-scores”(Tripathi, 131.)

Unlike swimming or running basketball is not a sport that ties to break records, as its only objective is to win the finals. The only true record holders could be America as they have won in the Olympics in a row for the longest time ever. Longer than any other country has yet proven. To tell you the truth I don’t think any one will ever either.

CONCLUSION

The basic rule of the game is to score the maximum number of points compared to the opponent team. Basketball has a unique set of rules that establish guidelines for personnel, penalties, and game play. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. During the game, the ball must be bounced continuously (trickling), thrown through the air to other players (transient) or thrown towards the basket (execution).

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