

BASKETBALL



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Introduction

Basketball is a dynamic indoor team game (but can play as a outdoor game as well), which involves two teams each team consist of five players. Both man and women play this sport and very popular in North American countries.



History of the game

- This was invented by Dr. James Naismith, who was a teacher in Springfield College, Massachusetts, USA
- He invented this game in 1891 as indoor game that could be played during the inclement winter months
- This became popular very quickly & first professional basketball league was created in 1898.



History of the game cont.

- Initially the game was played using soccer balls and ball uses presently was introduced in 1950s.
- Dribbling (which is very common activity in modern basketball), the bouncing of the ball up and down while moving was introduced after introduction of new ball

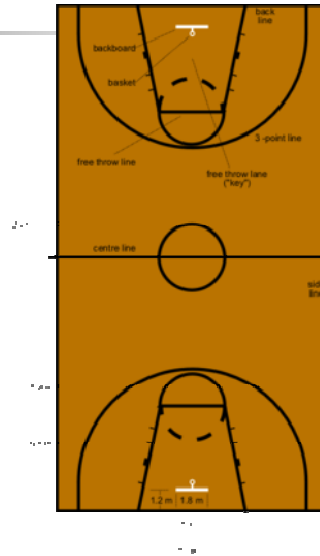


History of the game cont.

- Basketball gained it's popularity during 1910-1920 in USA
- Basketball became a Olympic game in 1936
- First FIBA world championship was held in 1950

Basic features of the game

- Dimension of the playing area is 25m X 18m
- A cast iron basket with net and backboard hang over each end of the court. At almost all levels of competition, the top of the rim is exactly 10 feet (3.05 m) above the court and 4 feet (1.2 m) inside the end line

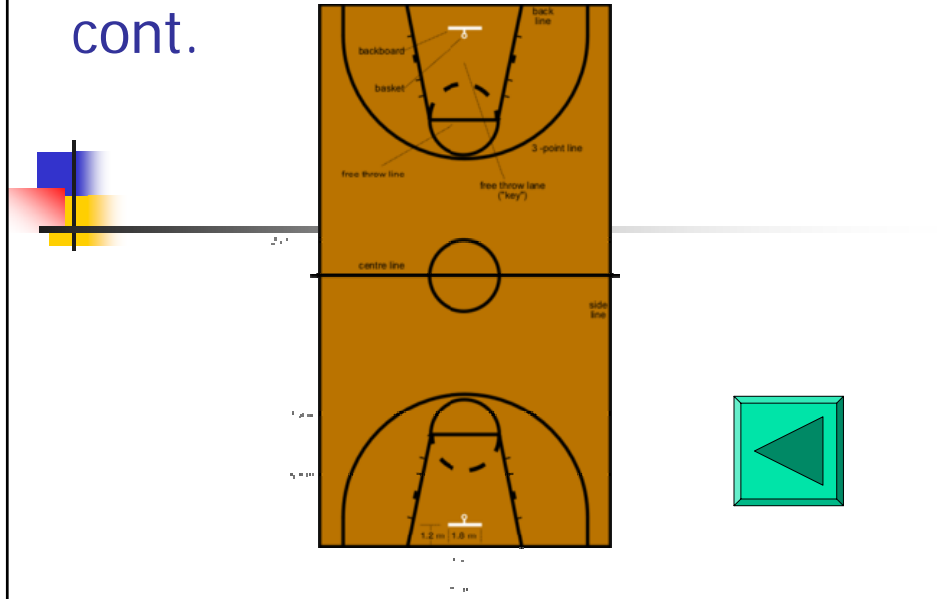


Basic features of the game cont.

- The object of the game is to outscore one's opponents by throwing the ball through the opponents' basket from above while preventing the opponents from doing so on their own.
- An attempt to score in this way is called a shot. A successful shot is worth two points, or three point if it is taken from beyond the three-point arc which is 6.25 meters (20 ft 6 in) from the basket in international games and 23 ft 9 in (7.24 m) in NBA games.



Basic features of the game cont.



Basic features of the game cont.

- Five players from each team may be on the court at one time. Teams can have up to seven substitutes. Substitutions are unlimited but can only be done when play is stopped.
- Games are played in four quarters of 10 (international) or 12 minutes (NBA). Fifteen minutes are allowed for a half-time break, and two minutes are allowed at the other breaks



Basic features of the game cont.

- The game is controlled by the officials consisting of the referee, one or two umpires and the table officials



Rules & Regulations

- The ball must stay within the court; the last team to touch the ball before it travels out of bounds forfeits possession
- The ball-handler may not move both feet without dribbling
- limits imposed on the time taken before progressing the ball past halfway (8 seconds i), before attempting a shot (24 seconds), holding the ball while closely guarded (5 seconds), and remaining in the restricted area (the lane, or "key") (3 seconds). These rules are designed to promote more offense

Rules & Regulations

- There are two type of fouls in the game
 1. Personal foul
 2. Technical foul



Rules & Regulations cont.

- An attempt to unfairly disadvantage an opponent through personal contact is illegal and is called personal foul.
- Players who are fouled either receive the ball to pass inbounds again, or receive one or more free throws if they are fouled in the act of shooting, depending on whether the shot was successful. One point is awarded for making a free throw, which is attempted from a line 4.5 meters (15 ft) from the basket.



Rules & Regulations cont.

- A player or coach who shows poor sportsmanship, for instance, by arguing with a referee or by fighting with another player, can be charged with a technical foul
- Repeated such incidents can result in disqualification.



Compression with other similar games

- This game but somewhat similar to Netball. But one basic different is dribbling is not there in Netball.
- Also rules and regulations of the game two games are different.
- There is another game called streetball have been developed & only two players play one – on – one basis in a small court in that case.
- Rules are identical to basketball rules



Basketball in Sri Lanka

- Basketball Federation of Sri Lanka is a member of FIBA from 1959 & it has registered as a sport association in 1975
- Sri Lanka has won Bronze medals from Basketball in 1991 & 1995 SAF games



World Ranking (FIBA ranking on 21/11/06)

- Men

| Team | Rank |
|------------------------------------------------------------------------------------------|---------|
|  USA | 1. USA |
|  ARG | 2. ARG |
|  ESP | 3. ESP |
|  YUG* | 4. YUG* |
|  LTU | 5. LTU |
|  GRE | 6. GRE |
|  ITA | 7. ITA |
|  FRA | 8. FRA |
|  GER | 9. GER |
|  AUS | 10. AUS |



World Ranking (FIBA ranking on 21/11/06)

- Women

| Team | Rank |
|---------------------------------------------------------------------------------------|---------|
|  USA | 1. USA |
|  AUS | 2. AUS |
|  RUS | 3. RUS |
|  BRA | 4. BRA |
|  FRA | 5. FRA |
|  CZE | 6. CZE |
|  CUB | 7. CUB |
|  ESP | 8. ESP |
|  KOR | 9. KOR |
|  CHN | 10. CHN |



World Ranking

- However last FIBA world championship was held in Japan in September, 2006 & **Spain** won the championship while **Greece & USA** won the second and third places respectively.

