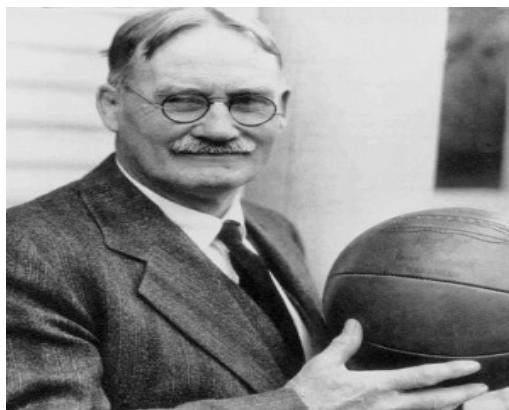


7. - BASKETBALL:

7.1. - HISTORY.

Basketball originated in 1891, invented by James Naismith, a professor at the YMCA in Springfield, Massachusetts (USA). Concerned to find a game that could be played indoors (winters in that state are long and harsh) and with little space, he hung two baskets of peaches on the balconies of the gymnasium. He was looking for a game that required finesse and agility as opposed to American football.



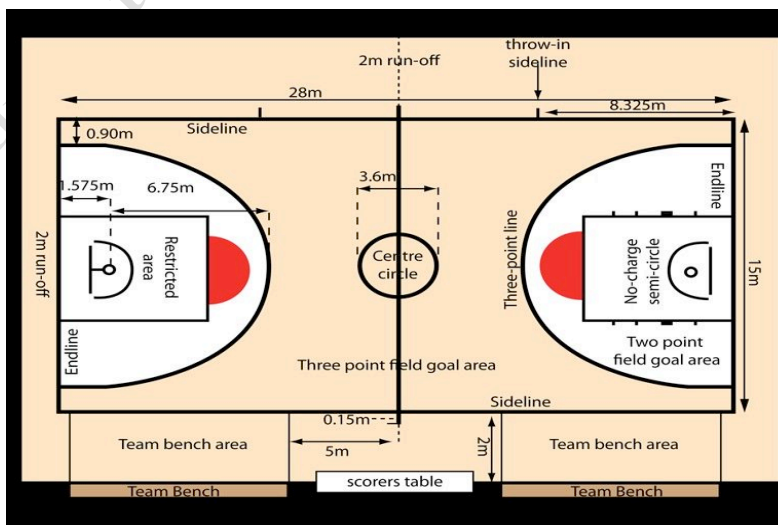
7.2. - MAIN DIMENSIONS OF THE COURT AND MATERIALS.

THE COURT.

It is a rectangle of hard surface, generally of parquet, 26 to 28 m long by 14-15 m wide. The height of the enclosure shall be at least 7 m.

In each half of the court there is an area marked with lines called restricted area or paint.

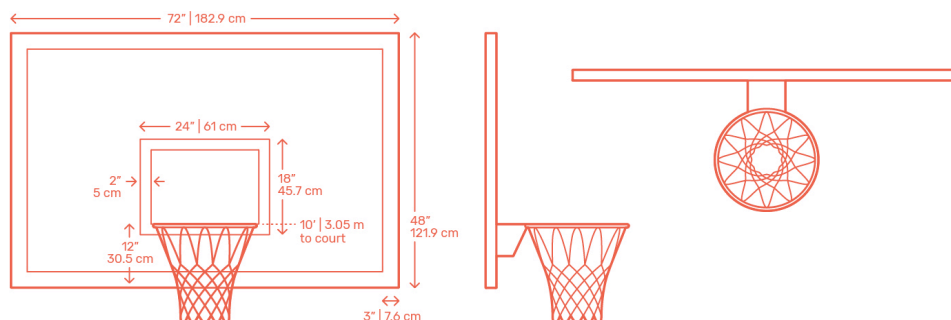
The free throw line is 5.80 m from the baseline of the court. The three-point line is 6.75 m from the end of the court.



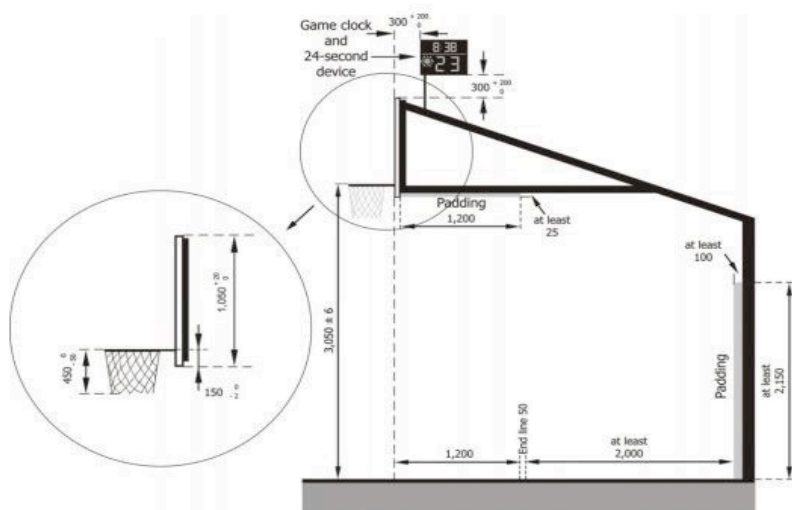
A) THE BOARD.

It is made of a single piece and is usually made of synthetic material, rigid and transparent. It is situated 1.20m from the baseline inside the court. The lower edge is 2.90m from the floor.

Dimensions.Guide | Basketball Backboard

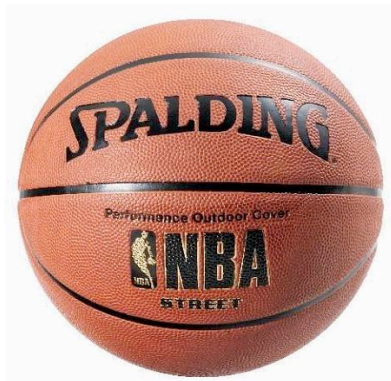
**B) THE BASKET.**

It is made up of a solid orange iron ring with a section of 20 mm and a white rope net. It is 3.05m above the ground and has an inner diameter of 45cm. The net is used so that the ball stops when it passes through the hoop and falls, and so that the referees and the audience can see better if the ball has gone in or not. The hoop is attached to the backboard in a flexible way to support the weight of the players when they dunk.



C) THE BALL

It has a rubber chamber covered with leather, rubber or other synthetic material. Its circumference measures 75cm and its weight is about 600gr.

**7.3. - TYPES OF PLAYERS AND THEIR CHARACTERISTICS.**

Usually, a basketball team is made up of 12 players, of which only 5 can remain on the court at the same time.

Substitutions can be made without limit, as long as the clock is stopped and we have possession of the ball, or in a time-out.

Traditionally there were only three types of players:

- Guards.
- Forwards.
- Centers.

However, nowadays, although they are still referred to as such, a more detailed classification is usually established. Thus, we can differentiate the following players:

- **Point guard or "1":** He is in charge of moving the ball up the court and directing the team's attacking play by sending out the moves he considers appropriate. His main qualities must be speed, game vision (that is, he must see when a teammate is unmarked in order to pass quickly and accurately), great ball handling, passing ability in different situations and he must be a good shooter, mainly from long distance (3-pointers and 5-6m). Height is not usually a determining factor in this type of player, as they tend to be short, around 1.85m (although there are cases of professional players who play in this position measuring from 1.60 to 2.06m).



- **The guard, shooting guard or "2":** He is in charge of helping to bring the ball up to the point guard when he is having difficulties. He is usually in charge of finishing fast breaks when they are carried out in superiority. His qualities are usually similar to those of the point guard, although he tends to be a little worse at dribbling, passing and vision, but better at shooting from long and medium distance. Shooting guards tend to be taller, and although there is a wide variety of heights in this position, they are usually around 1.95m.



- **Small forward or "3":** He is usually the team's main shooter from outside the zone. His main characteristics are: great shooter from both long distances (5-6.25m) and medium distances (3-4m), he is a good penetrator to the basket, he is the other option to finish counterattacks made in superiority. He also helps in rebounding, especially defensively. His height is around 2m.



- **Forward, power forward or "4":** He is in charge of playing inside the zone. His most important qualities are as follows: Must score near the hoop, must have a good shot from 3-4m, must help in rebounding, both offensive and defensive. His height is normally around 2.05m.



- **Center or "5":** His main role is to provide rebounds and intimidation in defence (blocking opponents and forcing their shots). Their main skills tend to be: ability to score near the basket, ability to grab rebounds, both in attack and defence, ability to intimidate and block. They tend to be big players with a large size and wingspan. Their height ranges from 2.05m to 2.30m.



In the last years, the basketball game has changed a lot. The three-point shot has increased its importance. Now, in some cases, even the center or the power-forwards are good at the long-distance shot. It searching the players who can do almost everything.

7.4. - MAIN RULES.

Basketball is a sport that is always evolving and its rules are constantly being renewed. Many of the rules we see now may be different in a year's time. However, many of the most important rules have remained the same for many years.

- **Periods and quarters:** 2 periods divided into 2 quarters each are played, i.e. 4 halves of 10 minutes each of actual play, i.e. the clock stops when the ball is not in play. The break is 15 minutes between the two halves (i.e. between the 2nd and 3rd) and 2m between the quarters of each half (i.e. 1st and 2nd, 3rd and 4th).
 - **Scoring:** All baskets scored in play from inside the 6.75 line are worth 2 points. Baskets scored beyond the 6.75 line are worth 3 points. Shots scored when play is stopped due to a foul from the free throw line are worth 1 point.
 - **24-second rule:** The maximum time of possession of the ball is 24 seconds for each attack, i.e. from the moment a team picks up the ball, it must make a shot at the opponent's basket within 24 seconds.
 - **Travelling rule:** At the start with the ball in hands, the ball must touch the floor before taking a step. No more than 2 steps are allowed without the ball touching the ground.
 - **8 second rule:** The team in possession of the ball must pass into the opponent's half within 8 seconds. If not, the ball passes to the opposing team.
 - **Backfield rule:** The team in possession of the ball may not move back into their own half. If they do so, possession goes to the opposing team.
 - **3-second rule:** An attacking player may not stay inside the zone for more than 3 seconds. If he does so, the ball goes to the opposing team.
 - **Doubles rule or illegal dribble:** You cannot bounce the ball with both hands, you cannot jump and not release the ball, you cannot bounce the ball, catch the ball and then bounce it again. If you do so, the ball will be passed to the opposing team.
 - **5-second rule:** You cannot hold the ball in your hands without doing anything for more than 5 seconds, nor can you take more than 5" to put the ball in play from a throw-in, nor can you take more than 5" to take a free throw.
 - **Personal foul:** This is when an action is carried out that is not permitted in the rules, such as pushing an opponent, hitting him in the arms when he is going to pass or shoot, etc.
 - **Technical foul:** This is when an action is taken outside of the game but which is considered serious: criticising a referee's decision, shouting,
 - **Disqualifying technical foul:** this is similar to the previous one but when the action is considered very serious: serious insults, violently hitting a teammate or a referee,... This foul eliminates the player directly from the game and can be punished with more games depending on the seriousness of the action.
- 5 personal fouls are allowed per player. Technical fouls are counted as one more.

Referee Signals



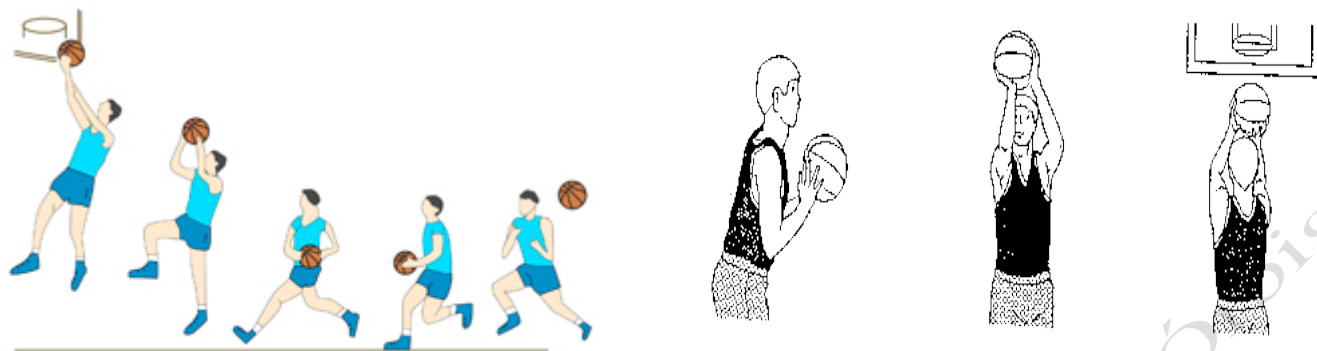
7.5. - MAIN TECHNICAL ACTIONS.

In basketball, a multitude of actions of all types can be developed. However, there are some that are mainly used, these are the technical fundamentals.

In general terms, we can talk about offensive fundamentals and defensive fundamentals.

OFFENSIVE FUNDAMENTALS: These can be divided into various types; of which we will highlight the following:

Shooting: The basic technique for shooting at the basket is as follows: The ball is taken with the right hand, holding it only with the fingertips. The arm must be parallel to the floor and the forearm must be perpendicular, forming a 90° angle with the forearm. The hand should also form a 90° angle with the forearm. The other hand is only used to hold the ball at the start of the throw, separating from it when the throw has just started. The throw is made by the right hand, with an extension of the arm and a flexion of the wrist. The movement must be quick and coordinated.



The pass: There are many types of passes, but we can highlight the following:

+ **Chest pass:** The ball, held with both hands, is thrown from chest height, by means of an extension of both arms and the flexion of both wrists outwards, with the fingers of the hands completely facing outwards.



+ **With bounce:** Similar to the previous one, but the ball follows a different trajectory, as it must bounce and then be thrown towards the receiver's chest.

+ **Over the head:** The ball, held by both hands, comes out from behind the head by the extension of both arms. The fingers are pointed in the direction of the ball.



Bouncing: A distinction is made between speed bouncing and protective bouncing:

+ **Speed:** consists of moving forward with the ball as fast as possible. The ball goes a little ahead driven by the fingers of the hand, which bounces the ball by extending the arm and bending the wrist. The head must be held upright.

+**Protection:** The main objective is to keep the ball in our possession until we find an option to pass or shoot. In this bounce the ball is bounced low, at knee height, and backwards, putting our body and our arm, fully extended, between us and the defender.

There are different very important technical fundamentals within the dribble, such as changes of rhythm and direction. There are: the forward pass, the pass between the legs, the back pass and the reverse pass.

DEFENSIVE FUNDAMENTALS: Here we are going to talk about the basic defensive position.

The player will stand between the man and the basket. The legs are bent, slightly wider than shoulder width apart. The trunk is leaning forward a little. The head is upright. Arms slightly bent with the palms of the hands facing upwards. We always move in a crouching position.

