

BASKETBALL

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History of basketball

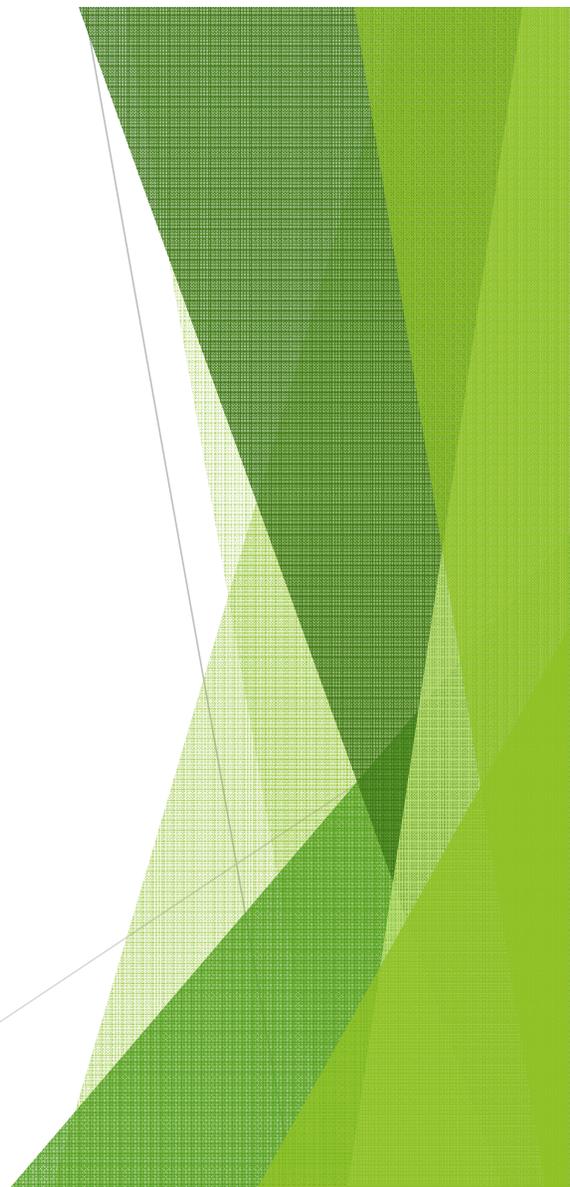
The history of basketball began with its invention in 1891 in Springfield, Massachusetts by Canadian physical education instructor James Naismith as a less injury-prone sport than football. Naismith was a 31-year old graduate student when he created the indoor sport to keep athletes indoors during the winters.



What is Basketball ?

- ▶ Basketball, game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket.



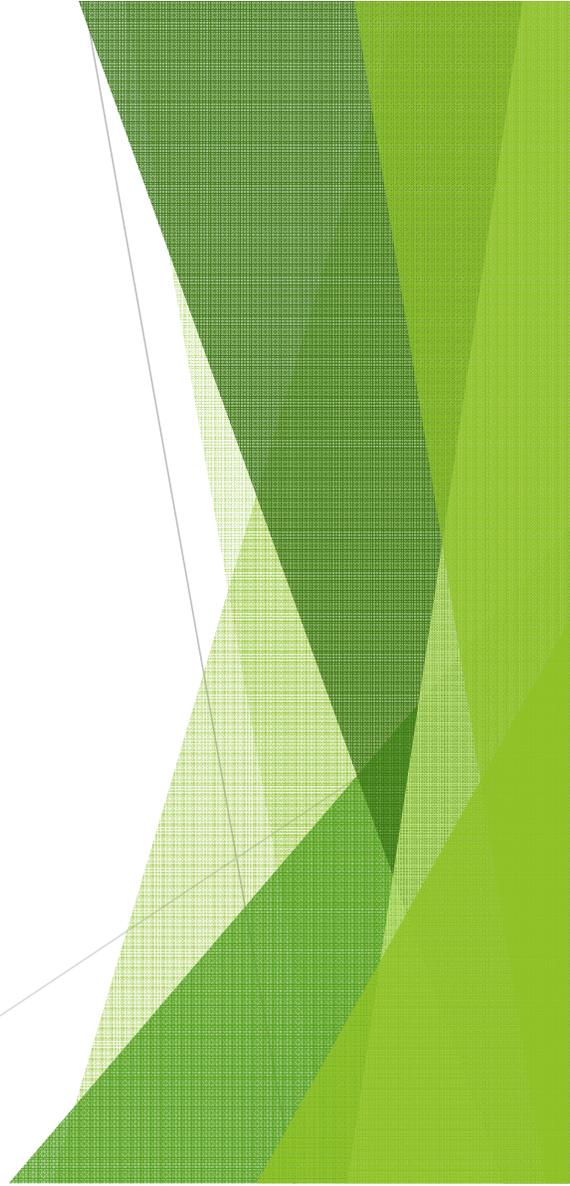
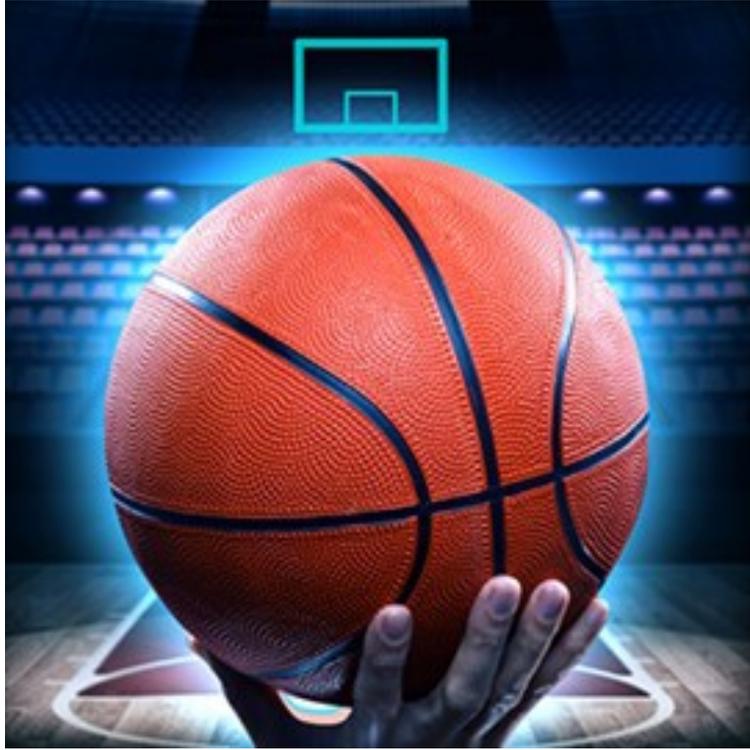


How does basketball exercise ?

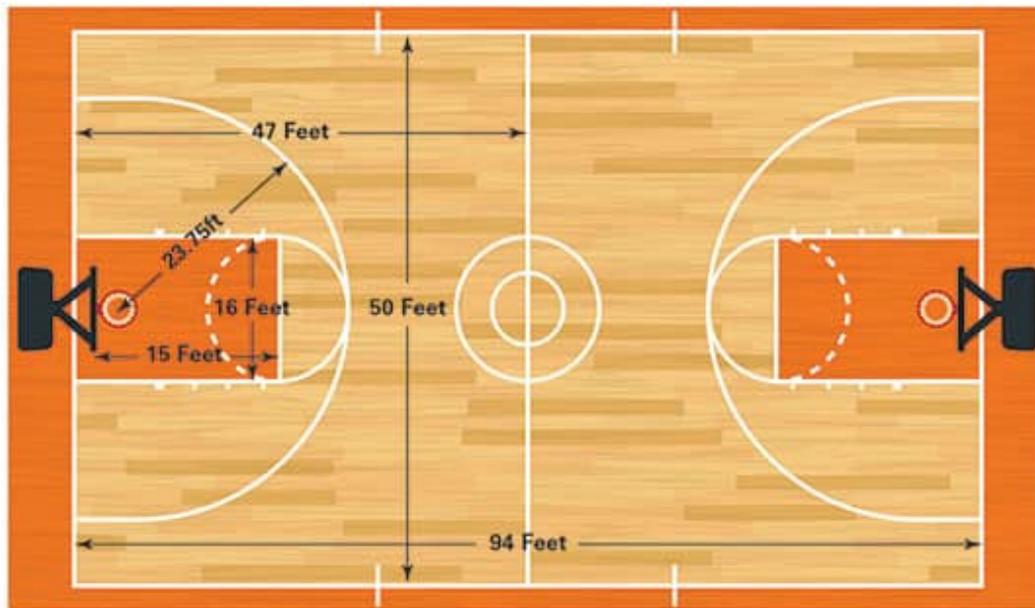
- ▶ Basketball is a dynamic sport that builds stamina from the short sprints required of running up and down the length of the court. Movements distinct to basketball, such as jumping to take a shot or to grab a rebound, require frequent muscle contractions, which can build muscular endurance. Additional weight training is recommended for basketball players in order to improve their performance on the court.

Where is basketball popular outside of the United states?

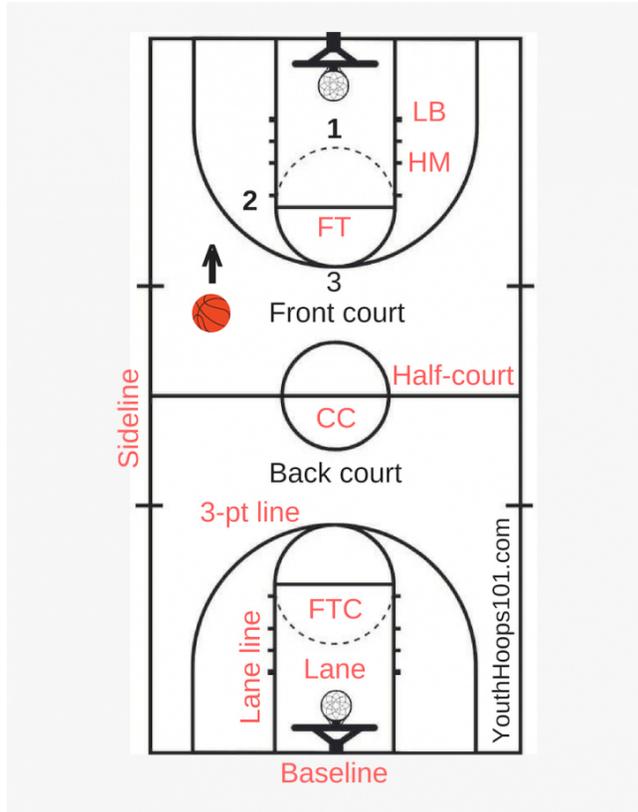
- ▶ The success of international basketball was greatly advanced by the inclusion of men's basketball in the Olympic Games beginning in 1936. Basketball has caught on particularly well in Italy, and Spain has several basketball leagues. The other major centre of European basketball is eastern Europe, particularly in the Balkans.



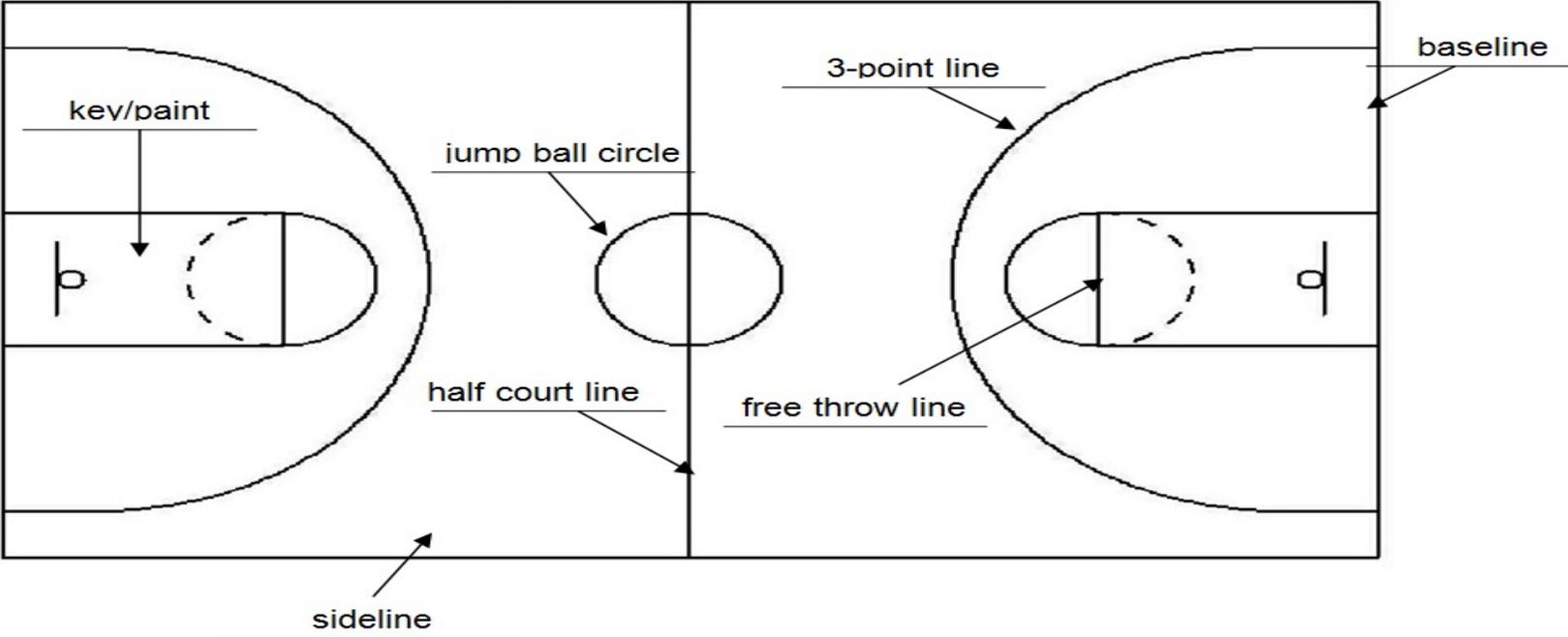
NBA Basketball Court Dimensions

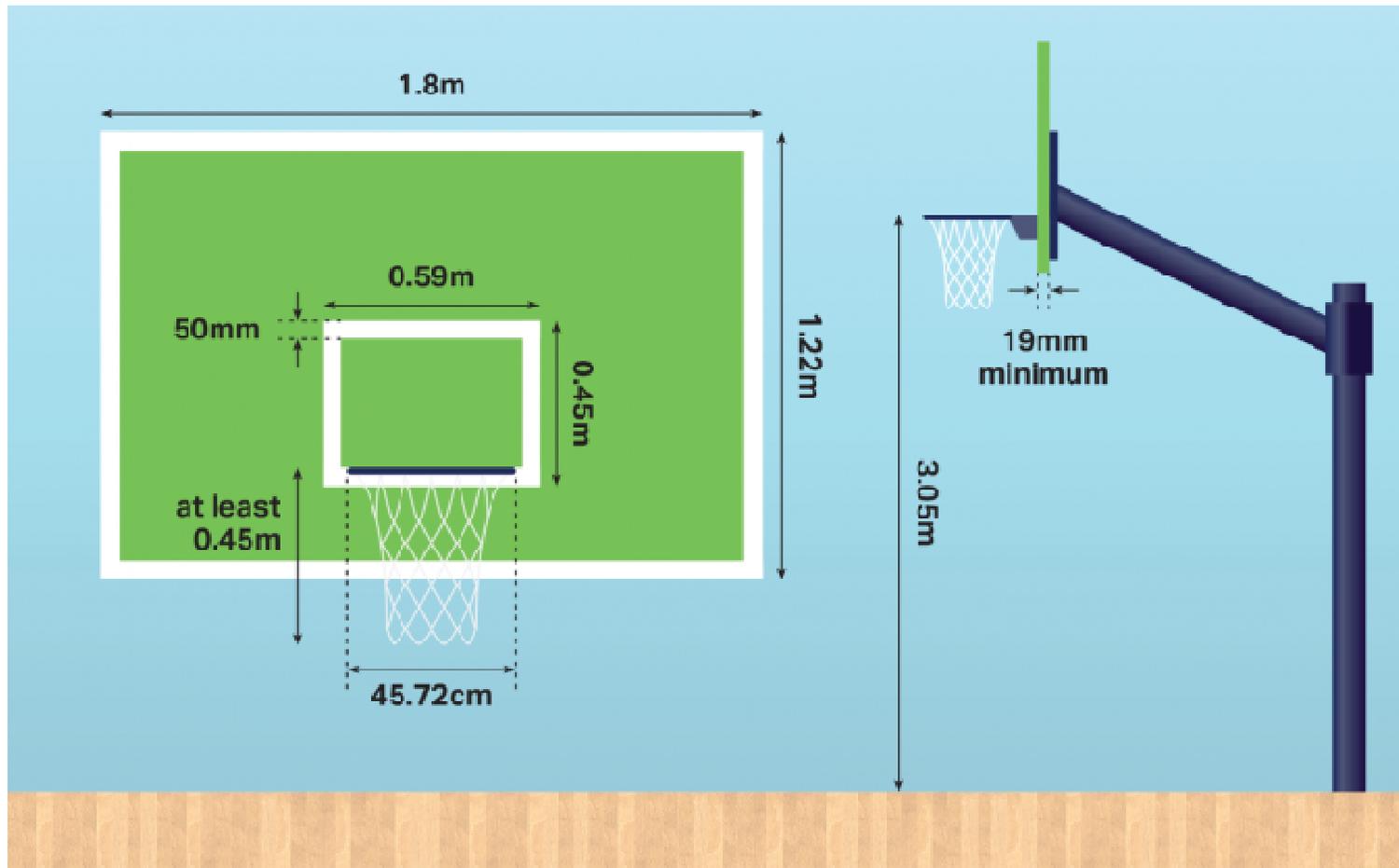


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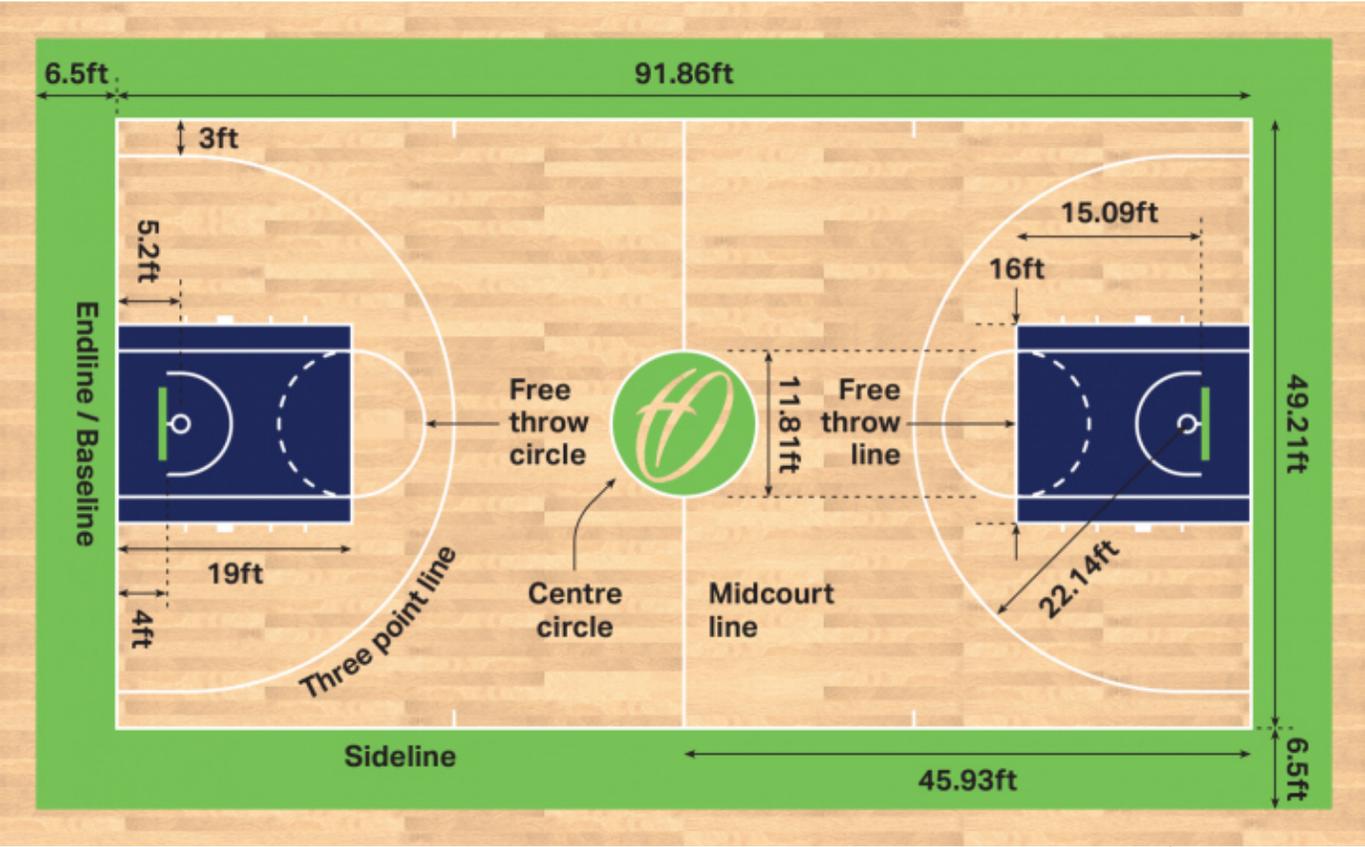


Basketball Court Diagram





Basketball Court dimensions & Markings;



What are the rules of basketball?

- ▶ The ball can be thrown in any direction with one or both hands.
- ▶ The ball can be batted in any direction with one or both hands, but never with the fist.
- ▶ A **player** cannot run with the ball. ...
- ▶ The ball must be held in or between the hands. ...
- ▶ No shouldering, holding, pushing, striking, or tripping an opponent

The 13 Original Rules of Basketball

- ▶ 1. The ball can be thrown in any direction with one or both hands.
- ▶ 2. The ball can be batted in any direction with one or both hands, but never with the fist.
- ▶ 3. A player cannot run with the ball. The player must throw it from the spot on where he catches it.
- ▶ 4. The ball must be held in or between the hands. The arms or body must not be used for holding it.
- ▶ 5. No shouldering, holding, pushing, striking, or tripping an opponent.
- ▶ 6. A foul is striking the ball with the fist.
- ▶ 7. If a side makes three consecutive fouls, it counts as a goal for the opponents.
- ▶ 8. A goal shall be made when the ball is thrown or batted from the ground into the basket and stays there.
- ▶ 9. When the ball goes out of bounds, it shall be thrown into the field and played by the first person touching it.
- ▶ 10. The umpire shall be the judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made.
- ▶ 11. The referee shall be the judge of the ball and decide when it is in play in bounds, to which side it belongs, and shall keep the time.
- ▶ 12. The time shall be two 15-minute halves with a five-minute rest between.
- ▶ 13. The side scoring the most goals in that time shall be declared the winner.