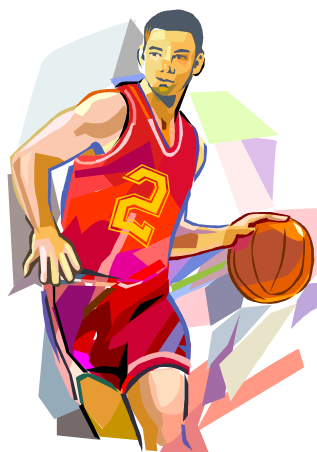


BASKETBALL



Safety Procedures:

Specific attention should be given to checking the playing court for any items on the floor or places that might cause players to slip or stick on the floor.

Location of any glass doors or windows should be noted to avoid any balls being thrown in that direction or students running toward the glass.

Students should be instructed not to kick or sit on the balls. Students should be instructed to refrain from pulling on nets and rims.

History:

Dr. James A Naismith introduced a game called basketball, and is generally considered the founder of the game.

Basketball originated at the Y.M.C.A. College in Springfield, Massachusetts in January, 1892. Originally, peach baskets were used, and the game resembled a riot more than a contest of skill. As conceived by Dr. Naismith, the first rules were a combination of La Crosse and association football with unlimited participation and a soccer ball. Sometimes as many as fifty people played on "one side" at a time.

Eventually, the balls, baskets and backboards have evolved to where they are today and court dimensions have been somewhat standardized. New skills have come to the forefront and the advent of the "tall man" has made basketball a game of wide appeal.

BASKETBALL

Rules:

FOULS

1. **A FOUL** - is an infraction of the rules which is charged and penalized.
2. **A PERSONAL FOUL** - is a player foul which involves illegal contact with an opponent while the ball is alive or after the ball is in possession of a player for a throw-in or committed by an airborne shooter when the ball is dead.
3. **A COMMON FOUL** - is a personal foul, which is neither flagrant nor intentional nor committed against a player trying for a field goal nor a part of a double or multiple foul.
4. **A DOUBLE FOUL** - is a situation in which two opponents commit personal fouls against each other at approximately the same time.
5. **A FALSE DOUBLE FOUL** - is a situation in which there are fouls by both teams, the second of which occurs before the clock is started following the first, but such that at least one of the attributes of a double foul is absent.
6. **A FLAGRANT FOUL** - may be a personal or technical non-contact foul which displays vulgar or abusive conduct. It may or may not be intentional.
7. **AN INTENTIONAL FOUL** - is a personal or technical foul, which, in the judgment of the official, appears to be designed or premeditated. It is not based on the severity of the act.
8. **A MULTIPLE FOUL** - is a situation in which two or more teammates commit personal fouls against the same opponent at approximately the same time.
9. **A PLAYER CONTROL FOUL** - is a common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.
10. **TECHNICAL FOUL** - is a non-contact foul by a player, team, or coach for unsportsmanlike behavior or failure to abide by rules regarding submission of lineups, uniform numbering, and substitution procedures.
11. **AN UNSPORTSMANLIKE FOUL** - is a non-contact technical foul which consists of unfair, unethical or dishonorable conduct.
12. **A DISQUALIFIED PLAYER** - is one who is barred from further participation in the game because of committing his or her 5th personal foul, or a flagrant foul or an infraction of technical fouls.
13. **THE PENALTY FOR A FOUL** - is the charging of the offender with the foul and awarding one or more free throws plus the ball for certain fouls, or only awarding the ball to the opponents for a throw - in.

BASKETBALL

Terminology:

1. **BANK SHOT** a shot in which the player attempts to score by bouncing the ball against the backboard, then through the basket.
2. **BLOCKING** personal contact which impedes the progress of an opponent who may or may not have the ball.
3. **BOUNCE PASS** rebounding the ball from the floor on a throw from one player to another.
4. **CHARGING** contact resulting when the player with the ball moves his/her body or the ball into an opponent whose position is legal or whose path is already established.
5. **CHEST PASS** a two-hand pass made by a full extension of both arms from the chest.
6. **DEAD BALL** Any ball which is temporarily out of play
7. **DEFENSIVE PLAYER** A player whose team does not possess the ball
8. **DOUBLE FOUL** players on opposing teams committing fouls simultaneously.
9. **DRIBBLE** giving impetus to the ball one or more times, causing it to rebound from the floor.
10. **OVERTIME** continuation of a game to break a time score
11. **FEINT** a fake or a pretense of moving the body or ball in an effort to deceive the opponent
12. **FOUL** infringement of a rule for which one or more free throws are awarded
13. **FREE- THROW** an unguarded shot awarded a player from behind the free-throw line in an attempt to score one point
14. **FREE-THROW-LANE** area under each basket extending from the free-throw line to the end line and bounded on the sides by two lines which are twelve feet apart.