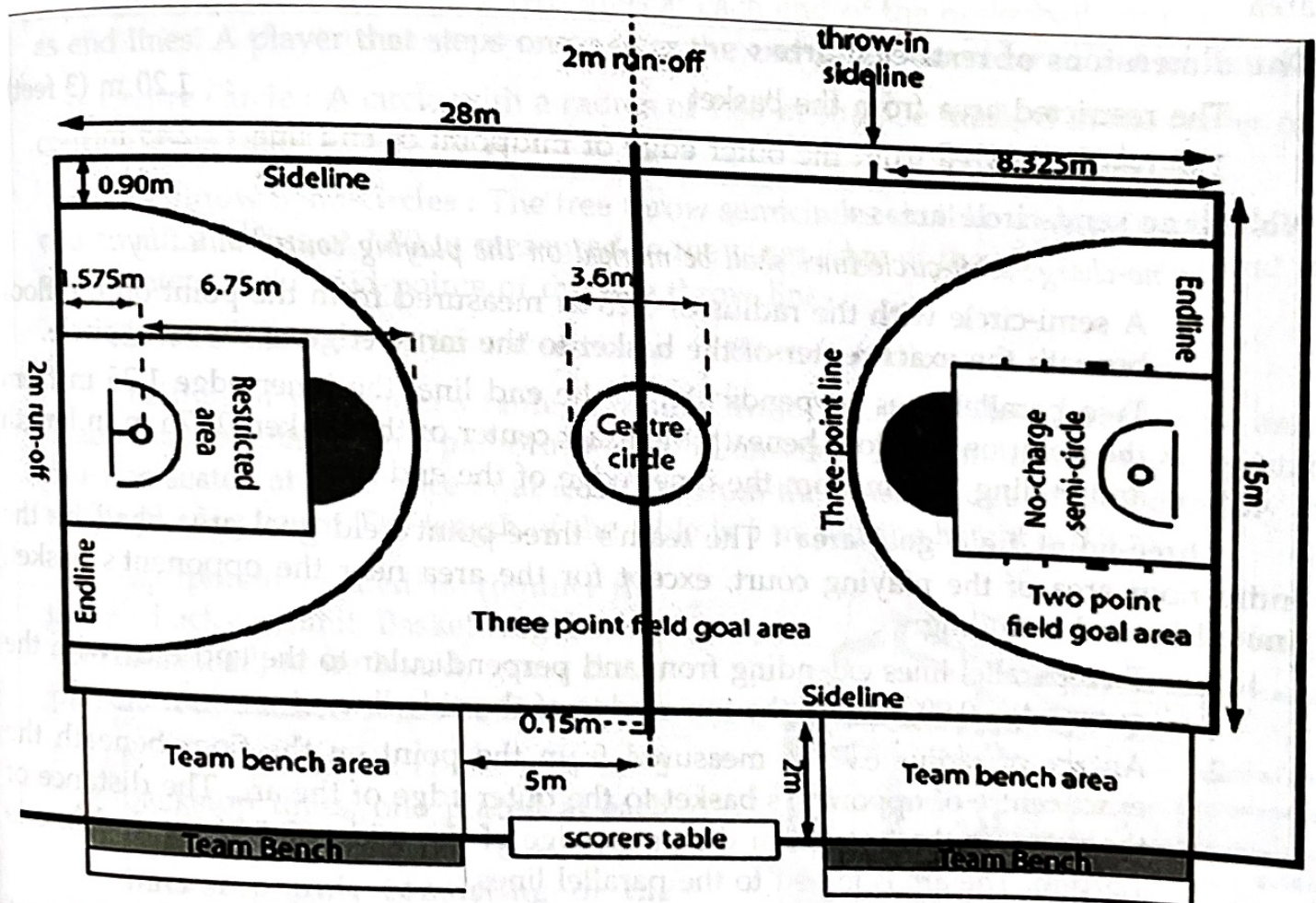


Knowledge of the game : Basketball is a team sport that involves two teams of five active players each trying to score points against one another by throwing a ball through a 10 feet high hoop (the 'basket') under organised rules. It is played on both indoor and outdoor courts. Dr. James Naismith invented the game basketball in 1891 while working at the YMCA Training School in Springfield. Basketball was introduced at the Berlin Olympics in 1936.

BASKETBALL PLAYING COURT :



The playing court : The playing court shall be flat and is measured from the inner edge of the boundary lines. The playing surface should be uniformly and adequately lighted.

Dimensions of Court :

- Length of the court : 28 m (30.62 yards or 91.86 feet)
- Breadth of the court : 15 m (16.40 yards or 49.21 feet)
- Area of Basketball court : 4700 m²
- Height of the ceiling from the playing floor : 7 m

Front court : A team's frontcourt consists of the opponent's basket, the inbounds part of the backboard and that part of the playing court limited by the endline behind the opponents' basket, the sidelines and the inner edge of the center line nearest to the opponents' basket.

Backcourt : A team's backcourt consists of its team's own basket, the inbounds part of the backcourt and that part of the playing court, limited by the end line behind the team's own basket, the side lines and the center line.

Restricted areas : The restricted areas shall be the rectangular areas measuring 1.20 m (3 feet) from the basket and marked on the playing court limited by the end lines, the extended free-throw line and the lines which originate at the end lines, their outer edges being 2.45 m from the mid-points of the end lines and terminating at the outer edge of the extended free-throw lines. These lines, excluding the end lines, are part of the restricted area.

The dimensions of restricted area :

- The restricted area from the basket : 1.20 m (3 feet)
The restricted area from the outer edge of midpoint of end line : 2.45 m.

No-charge semi-circle areas :

The no-charge semi-circle lines shall be marked on the playing court limited by :

1. A semi-circle with the radius of 1.25 m measured from the point on the floor beneath the exact center of the basket to the inner edge of the semi-circle.
2. Two parallel lines perpendicular to the end line, the inner edge 1.25 m from the point on the floor beneath the exact center of the basket, 0.375 m in length and ending 1.20 m from the inner edge of the end line.

Three-point field goal area : The team's three-point field goal area shall be the entire floor area of the playing court, except for the area near the opponent's basket, limited by and including:

1. Two parallel lines extending from and perpendicular to the end line, with the outer edge 0.90 m from the inner edge of the side line.
2. An arc of radius 6.75 m measured from the point on the floor beneath the exact centre of opponent's basket to the outer edge of the arc. The distance of the point on the floor from the inner edge of the mid-point of the end line is 1.575 m. The arc is joined to the parallel lines.

The team bench area : Team bench areas shall be marked outside the playing court limited by two lines, on the same side as the scorer's table and the team benches. There must be 14 seats available in the team bench area for the team bench personnel which consist of the coaches, the assistant coaches, the substitutes.

Dimensions of team bench areas :

- i. Each area limited by a line which is extended from the end line: At least 2 m in length.
- ii. Another line drawn from the inside edge of the center line and at right angles to the side line which is: 5 m.

Lines : All lines shall be drawn in white colour and 5cm in width.

Centre line (Division line or midcourt line or ten-second line or time line) : A line midway between and parallel to the baseline that divides the court into halves. The center line shall be marked parallel to the endlines from the mid-points of the sidelines and shall extend 15 cm beyond each side line. The center line is part of the backcourt.

Free-throw line : A free throw line is the area where an offensive player cannot spend more than three seconds at a time. It shall be drawn parallel to each end line and shall have its further edge 5.80 m from the inner edge of the end line and it shall be 3.60m long. The width of the lines is 5 cm.

Throw-in lines : The two lines of 0.15 m in length shall be marked outside the playing court at the side line opposite the scorer's table, with the outer edge of the lines 8.325 m from the inner edge of the nearest end line.

End lines (Base line) : The two lines at each end of the basketball court are known as end lines. A player that steps on or over the end line is considered out of bounds.

Centre Circle : A circle with a radius of 1.80 m shall be marked in the center of the court. This is called center circle.

Free throw Semi-circles : The free throw semicircles shall be marked on the playing court with a radius of 1.80 m measured to the outer edge of the circumference and with their centers at the mid-points of the free throw lines.

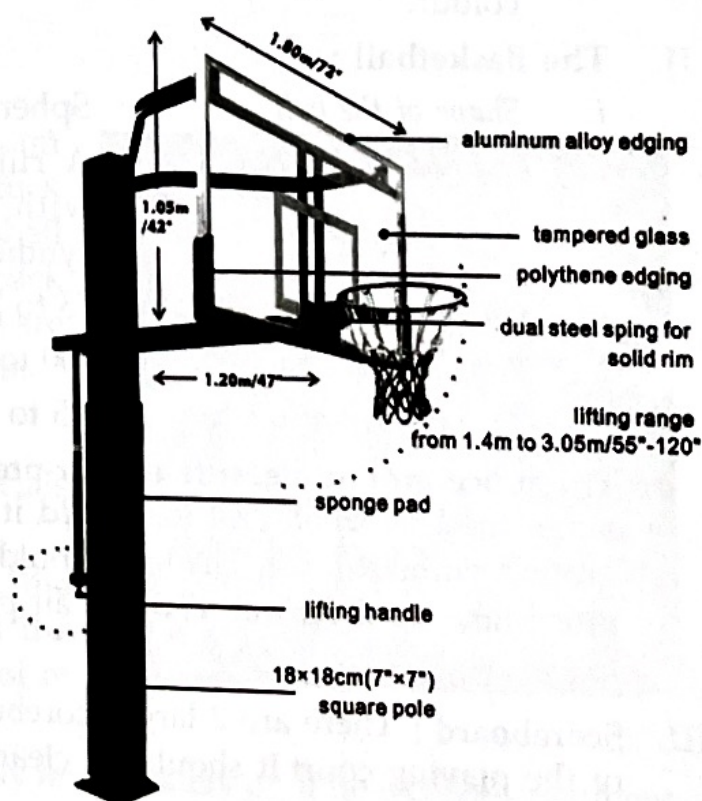
Radius of the centercircles and semicircle : 1.80 m (6 feet)

Position of the scorer's table and substitution chairs : The scorer's table and its chairs must be placed on a platform with a minimum of 200 mm in height. All spectators must be seated at a distance of at least 5 m from the outside edge of the boundary lines of the playing court. The length of the table is 6 m and the height is 0.8 m.

Equipment needed to conduct the game : Backstop unit, Basket ring, Basket net, Basketball, score board, game clock, players foul marker, teams foul marker

I. Backstop unit : There will be 2 backstop units, one placed at each end of the playing court. Each backstop unit consisting of the following parts: One backboard, one basket ring with a ring mounting plate, one basket net, one basket support structure, and Padding.

Backboard : The backboards shall be made of hardwood or transparent material in one piece, non-reflective with flat front surface and shall have a protective framework of



the backboard support structure around the outside edge. All lines on backboard shall be in white colour.

Dimensions of Backboard :

- i. Backboard shall be horizontally : 1.80 m
- ii. Backboard shall be vertically : 1.05 m
- iii. Thickness of the backboard : 3 cm.
- iv. Height of lower edge of board from the floor : 2.90 m
- v. Width of all the board lines : 5 cm

1 Basket ring : The ring shall be made of a solid iron and shall be painted orange.

Dimensions of Basketball ring :

- i. The diameter of the ring : 18 inches (45 cm).
- ii. Metal diameter will be : 16 mm - 20 mm
- iii. The top edge of the ring is at a height from the playing floor : 3,050 mm

2. Basket net : The nets shall be made of white cord and shall be suspended from the rings. The net is manufactured with 12 loops to attach it to the ring so that they can check the ball momentarily as it passes through the basket.

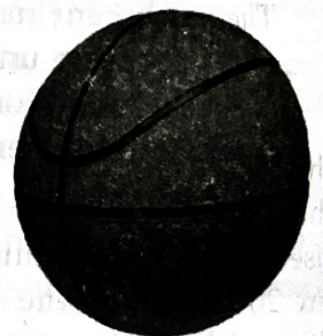
Length of Basket net : 400 mm - 450 mm.

3. Backboard support structure : Only mobile or floor fixed backboard support structures shall be used. The backboard support structure shall be of a bright colour. It should be at a distance of at least 2000 mm, including padding, from the outer edge of the endline.

4. Padding : The backboard and backboard support must be padded. The padding of the backboard shall cover, with a minimum thickness of 20 mm and blue in colour.

II. The Basketball :

- i. Shape of the ball : Spherical.
- ii. Material of the ball : A rubber bladder covered with a case of leather or synthetic material.
- iii. Circumference of the ball : 75 to 78 cm (30 inches)
- iv. Weight of the ball : 600 to 650 gm.
- v. Air pressure at the ball : 7.5 to 8.5 pounds per square inch (PSI).



The procedure to measure the air pressure in the ball : First put a fair amount of air in the basketball and then hold it little above your waist. Now drop it on the ground without force. The ball should bounce back till your waist. If it bounces too much take some air out using an air pump, and if it wouldn't bounce, put some air in.

III. Scoreboard : There are 2 large scoreboards which shall be placed, one at each end of the playing court. It should be clearly visible to everyone involved in the game, including the spectators.

IV. Game clock : The game clock is a digital countdown clock with an automatic sounding for the end of the period. It should be placed so that it is clearly visible to everyone including the spectators. The clock is stopped during a game of basketball when ball is dead.

Situations when a game clock is stopped during a game : The game clock is stopped in the following situations: At the end of each quarter, at the end of first half, any injury to a player, when the ball get lost or burst, and any natural calamity.

V. Player foul markers : The player foul markers are indicators displaying personal fouls committed by individual players. They are numbered 1 to 4 in black and number 5 in red. The numbers are 20cm long and 10 cm width. The 5 player markers are displayed by the scorer.

VI. Team foul markers (Team foul indicator) : The 2 team foul markers provided for scorekeeper shall be of red colour. It is used to indicate the number of team fouls up to 5 and to show that a team has reached the team foul situation. It is 20 cm in width and 35 cm in height.

VII. Alternating possession indicator : Alternating possession indicator is an electronic device which shows the direction, provided for the scorekeeper. The alternating possession indicator having an arrow of a minimum 100 mm in length and 100 mm in width showing the direction.

VIII. Twenty-four second device : It is automatic digital countdown device indicating the time in seconds and with a very loud automatic signal sounding to indicate the end of 24 second period.

Team compositions : Basketball is played by two teams of 12 players each. A maximum of five players from each team shall be on the playing court and the seven players used as a substitute.

The number of field players in a team : 5

The number of substitutes in a team : 7

Uniforms of players : All players of a team shall wear shirt and a short. All players must tuck their shirts into their playing shorts. Teams shall use numbers from 4 to 15. The numbers on the back are 20 cm in height, the numbers on front side are 10 cm height and the width of numbers is 2 cm.

Injured players :

1. In the event of injury to a player, the officials may stop the game.
2. If the ball is live when an injury occurs, the official shall not blow his whistle until the team has shot for a field goal, lost control of the ball, or the ball has become dead.
3. If the injured player cannot continue to play immediately or, if he receives treatment,



he must be substituted unless the team is reduced to fewer than 5 players on the playing court. 4

4. A doctor may enter the playing court, without the permission of an official if, in the doctor's judgment, the injured player requires immediate medical treatment.
5. During the game, any player who is bleeding or has an open wound must be substituted.

1. Captain : *Duties and powers of Captain :*

1. He should take part in the coin toss.
2. He may join the manager in deciding team.
3. He has no special authority under the laws to challenge a decision by the referee.

2. Coach : *Duties and powers of coach:*

1. Studying the skills and abilities of the players to maximize performance.
2. Developing ideas to optimize performance.
3. Teaching players the rules of the game.
4. He submit the list of players with numbers to the referee 10 minutes prior to the game

Duration of play : The game shall consist of four periods of 10 minutes each (40 minutes) with an interval of 2 minutes between the first and second period (first half), between third and fourth period (second half) and before each extra period. The half time interval will be about 15 minutes between second and third period. In case of a tie, the game shall continue with two halves as an extra period of 5 minutes as is necessary to break the tie.

Divided time : 10m-2m-10m-15m-10m-2m-10m.

Winner of a game : The team that has scored the greater number of points at the end of playing time, shall be the winner of the game.

Winner of a game in case of tie (Extra time) : If the score is tied at the end of playing time (40 minutes) for the fourth period, the game shall continue with as many extra periods of 5 minutes as is necessary to break the tie.

STATUS OF THE BALL :

1. **Live ball :** During jump ball if ball is legally tapped or official places the ball for play or at the disposal of free throw or throw in.

Ball becomes live when :

1. During the jump ball, the ball is legally tapped by a jumper.
2. During a free throw, the ball is at the disposal of the free-throw shooter.
3. During a throw-in the ball is at the disposal of the player taking the throw-in.

2. **Dead ball :** Any player with the ball that is not 'live' this occurs after each successful field goal, free-throw attempt, after any official's whistle or if the ball leaves the court, in case of violation, fouls. It is temporarily stoppage of the game.

Occasions when the ball becomes dead during play are :

1. Any field goal or free throw is made.
2. An official blows his whistle while the ball is live.
3. The twenty-four second device signal sounds while a team is in control of the ball.
4. The game clock signal sounds for the end of the period
5. When intentional foul, personal foul, double foul, technical foul is called by official.
6. When 24 second foul, 8 second foul, 5 second foul, 3 second foul called by official.

Jump ball : A Jump ball occurs when an official toss the ball in the centre circle between any two opponents at the beginning of the first period.

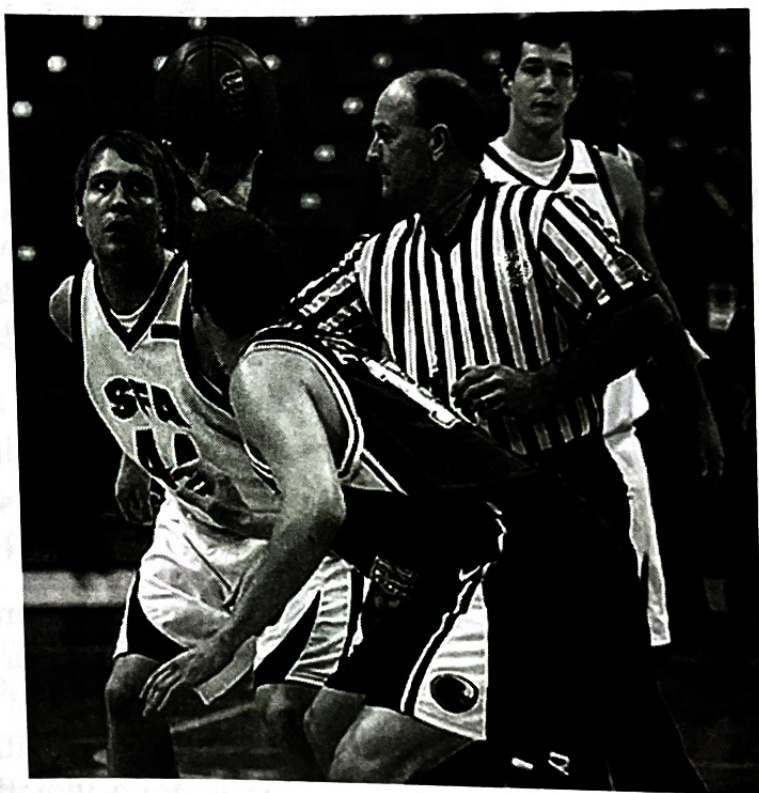
Procedure applied to start the game

(Procedure of Jump ball) : A jump ball is the procedure applied to start the game. It occurs when an official tosses the ball in the centre circle between any two opponents at the beginning of the first period.

1. Each jumper shall stand with both feet inside the half of the centre circle nearest to his team's own basket with one foot close to the centre line.
 2. The official shall then toss the ball upwards (vertically) between the two opponents, higher than either of them can reach by jumping.
 3. The ball must be tapped with the hands by one or both the jumpers after it reaches its highest point.
 4. Neither jumper shall leave his position until the ball has been legally tapped.
- If the ball is not tapped by at least one of the jumpers, the jump ball shall be retaken.

Jump ball situations : A jump ball situation occurs when :

1. A held ball is called.
2. The ball goes out-of bounds and the officials are in doubt or disagree about which of the opponents last touched the ball.
3. A double free-throw violation occurs during an unsuccessful last or only free throw.
4. All periods other than the first period are to begin.



Alternating possession : Alternating possession is a method of causing the ball to become live with a throw-in rather than a jump ball. After the first jump ball, all other jump ball situations thereafter will be administered by the method of alternate team throw in.

Procedure of alternating possession :

1. In all jump ball situations teams will alternate possession of the ball for a throw-in at the place nearest to where the jump ball situation occurs.
2. The team that does not gain control of the live ball on the playing court after the jump ball will be entitled to the first alternating possession.
3. The team entitled to the next alternating possession at the end of any period shall begin the next period with a throw in at the center line extended opposite the scorer's table, unless there are further free throws and a possession penalty to be administered.
4. The team entitled to the alternating possession throw-in shall be indicated by the alternating possession arrow in the direction of the opponent's basket.

How does the team advance with the ball in an attempt to score: The two teams aim to score into the opponent's basket and to prevent the other team from gaining control of the ball or scoring by passing, throwing, tapping or dribbling the ball. The team that scores the greatest number of points at the end of playing time of the fourth period, or if necessary, any extra period, shall be the winner of the game.

The aim of each team during the game :

1. To score points by throwing a ball into the opposing team's basket i.e., goal
2. To prevent the opposing team from scoring a point or goal in their own basket.
3. To score the most points in order to win the game.

How the ball is played : During the game, the ball is played with the hands only and may be passed, thrown, tapped, rolled or dribbled in any direction, subject to the restrictions of these rules. A player shall not run with the ball, deliberately kicks or block it with any part of the leg or strike it with the fist. However, to accidentally touch the ball with any part of the leg is not a violation.

Control of the ball : Team control starts when a player of that team is in control of a live ball by holding or dribbling it or has a live ball at his disposal.

i. Team control continues when :

1. A player of that team is in control of a live ball.
2. The ball is being passed between team-mates.

ii. Team control ends when :

1. An opponent gains control.
2. The ball becomes dead.
3. The ball has left the player's hand on a shot for a field goal or for a free throw.

A basket (A goal) : A goal is made when a live ball enters the basket from above and remains within or passes through the basket.

Types of baskets (Goals) : A goal is credited to the attacking team which put the ball into the basket as follows:

- i. **One point :** A goal from a free throw counts one (1) point
- ii. **Two point :** A goal from the two-point field goal area counts two (2) points.
- iii. **Three points :** When a basket is scored from behind the three point line or the arc.

Throw-in : A throw-in occurs when the ball is passed into the playing court by the out-of bounds player taking the throw-in. When a player makes the ball to go out-of-bounds or fouls a player not in the shooting action then the opposite team is awarded a throw in.

Rules of Throw-in : Players have five seconds to throw the ball into play. The ball must pass the plane of the baseline or sideline. No player can interfere or touch the in-bounding player during the throw-in.

Procedure of throw in :

1. The players have five seconds to throw the ball into play.
2. The ball must pass the plane of the baseline or sideline.
3. No player can interfere or touch the in-bounding player during the throw-in.

Time-out : It is interruption of the game requested by the coach or assistant coach of 60 seconds during which the play is stopped and teams discuss strategy. A team can avail 2 time outs at any time during the first half; 3 at any time during the second half and 1 during each extra period.

Types of time-outs :

1. **Charged time out :** A time out of 1 minute's duration shall be charged to a team during a time-out opportunity, in each quarter and two minutes duration in the last quarter.
2. **Official time-out :** In each quarter, there are two mandatory timeouts required. If no team has taken a timeout prior to 6:59 of the period, the official scorer will take it at the first dead ball and charge it to the home team.

Substitution : It is the interruption of game requested by a substitute. It is replacing a player by reserve player. It is given on demand to official when the ball is dead. The player to be substituted enters only when the other player has moved off the court boundaries.

Substitution procedure :

1. Only a substitute has the right to request a substitution. He shall go to the scorer's table and ask clearly for a substitution, or sit on the substitution chair.
2. As soon as a substitution opportunity begins the scorer shall sound his signal to notify the officials that a request for a substitution has been made.
3. The substitute shall remain outside the boundary line until the official blows his whistle, gives the substitution signal and beckons him to enter the playing court.
4. The player being substituted is permitted to go directly to his team bench

- without reporting either to the scorer or the official.
5. If a substitution is requested during a time-out or during an interval of play other than the half-time interval, the substitute must report to the scorer before entering the game.

Game lost by forfeit (Team forfeits the right to play) :

1. Fifteen minutes after the scheduled starting time, the team is not present or is unable to take the field with five players ready to play.
2. Its actions prevent the game from being played.
3. It refuses to play after being instructed by the referee to do so.

The game is awarded to the opponents and the score shall be 20 to 0.

Game lost by default : A team shall lose a game by default if, during the game, the team has fewer than 2 players on the playing court ready to play. If the team to which the game is awarded is ahead, the score shall stand as at the time when the game was stopped. If the team to which the game is awarded is not ahead, the score shall be recorded as 2 to 0 in its favour.

Player out of bounds : The player is out-of-bounds when he touches the floor or any object on or outside a boundary. For location of a player in the air, his position is that from which he last touched the floor. The last part of the foot/feet which is in contact with the floor on his last step prior to jumping over the midcourt line or three-point line shall determine his location.

The ball is out of bounds : *The ball out of bound is when it touches :*

1. A player or any other person who is out of bounds.
2. The floor or any object above, on or outside the boundary line.
3. The backboard supports, the back of the backboards or any object above the playing court.

Closely guarded player : A player who is holding a live ball on the playing court is closely guarded when an opponent is in an active legal guarding position at distance of no more than 1m. A closely guarded player must pass, shoot or dribble the ball within 5 seconds.

Violations : A violation means an infraction of the rules. A violation occurs when players break the rules in a way that does not involve contact.

Penalty in case of violations : The ball shall be awarded to the opponents for a throw-in at the place nearest to the infraction, except directly behind the backboard, unless otherwise stated in the rules.

Violations that may occur during the course of game : Travelling, carrying, double dribble, out of bound, back court violation, 24 second violation, 8 second violation, 3 second violation.

Violations which are done without obstructing an opponent : Travelling, carrying, double dribble, back court violation, 24 second violation, 8 second violation, 3 sec violation.

Violations when opponent gain the possession of the ball : Travelling, carrying, double dribble, out of bounds, back court, Player out of bound, ball out of bound, 24 second violation, 8 second violation, 5 second violation, 3 second violation, goal tending, interference.

1. **Travelling (Walking or Carrying or Steps or Ducing) :** Travelling is an illegal movement of one or both feet beyond the limits in any direction, while holding a live ball on the playing court. Most commonly, a player travels by illegally moving his pivot foot or taking three or more steps without dribbling the ball.
Penalty : The ball becomes dead and a throw-in is awarded to the opposing team out of bounds nearest the point where the violation took place.
2. **Double dribble :** A double dribble is a violation occurs when a player stops dribbling the ball, clearly holds it with the combination of one or two hands and starts dribbling again without first either attempting a field goal or a touch of the ball by an opponent, a pass or fumble that has touched by another player.
Penalty : If a player begins a second dribble illegally, the referee will call a dribbling violation and that player's team will lose possession of the ball. The opposing team will gain possession of the ball at the sideline nearest the violation.
3. **Three second rule :** A player shall not remain in the opponent's restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running. The team committing a defensive three-second violation is assessed a team technical foul. The offense receives one free throw and retains possession of the ball.
4. **Five second rule :** When a player is being closely guarded who is holding the ball, does not pass, shoot or dribble the ball within 5 seconds it is violation. The penalty for a five-second closely guarded violation is loss of ball. The opposing team will throw-in the ball from the out-of-bounds spot nearest the violation.
5. **Eight second rule (A ten second rule) :** Whenever a player gains control of a live ball in his back-court, his team must cause the ball to go into its front court within 8 seconds. The penalty for 8 second violation is loss of ball. The ball is awarded to the opposing team at the midcourt line.
6. **Twenty four second rule :** Whenever a player gains control of a live ball on the playing court, his team must attempt a shot for a field goal within 24 seconds. If a team does not attempt a field goal within 24 seconds of gaining possession of the ball, a violation is committed and possession is awarded to the other team.
7. **Basket interference :** A violation called while a player touches the ball or any part of the basket while the ball is on the rim of the basket or within the imaginary cylinder that exists above the rim, touches the ball while reaching up through the basket from below, or pulling, down on the rim of the basket so that it contacts the ball before returning to its original position.
Penalty of interference : When a basket interference violation is called against the defending team, the shooting team is awarded the points for the field goal as if it had been made. When a basket interference violation is called against the shooting team, no points are scored.

8. **Goaltending** : A violation called when a shot is blocked by a defensive player as it is on its way down towards the basket or when a defensive player touches the ball as it is directly above the basket or in the rim. This is illegal.
- Penalty** : If goaltending is called for interference with a field goal, the shooting team is awarded the points for the field goal as if it had been made.

Ball returned to the backcourt :

A live ball which is in a team's frontcourt goes into a team's backcourt when :

1. It touches the backcourt.
2. It touches or is legally touched by an offensive player who has part of his body in contact with the backcourt.
3. It touches an official who has part of his body in contact with the backcourt.

Rule of backcourt : A player whose team is in control of a live ball in their front court may not cause the ball to be illegally returned to his backcourt.

Penalty for ball returning to backcourt : The ball shall be awarded to the opponents for a throw-in in their frontcourt at a place nearer to the infraction except directly behind the backboard.

A Foul : A foul means an infraction of the rules. Irrespective of the penalty, each foul shall be charged, entered on the score sheet against the offender and penalized accordingly. Each player can be debarred from further play if they commit five fouls.

Number of fouls a player can be debarred from further play : A player who has committed 5 fouls, personal and /or technical, shall be informed thereof by the referee and must leave the game immediately. He must be substituted within 30 seconds

Player's fouls which are noted over the score sheet by the table official : Personal foul, technical foul, unsportsmanlike foul, multiple foul, team foul, misconduct foul, holding, charging, pushing, blocking, double foul and disqualifying foul.

Types of players fouls : Personal foul, double foul, unsportsmanlike foul, intentional foul, technical foul, multiple foul, misconduct foul, holding, charging, pushing, blocking, and disqualifying foul.

1. **Personal foul** : A personal foul is a player's contact foul with an opponent, whether the ball is live or dead. A player is eliminated from the match if he commits 5 personal fouls. A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hands, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an abnormal position, nor shall he indulge in any rough or violent play.

Penalty for personal foul : A Personal foul shall be charged against the offender.

- i. Two/three free throws are given if the shot is not converted. If the shot is converted then one extra free throw is given.
- ii. If the player was not in the shooting action then throw in will be awarded to the opponent from the place of infraction.

2. **Double foul** : A double foul is a situation in which two opponents commit personal

or technical fouls against each other at approximately the same time. No free throw attempts will be awarded on double fouls, whether they are personal or technical. Double personal fouls shall add to a player's total, but not to the team total.

The Conditions for the occurrence of a double foul :

1. The team in possession of the ball at the time of the call.
2. With neither team in possession, nor when the ball is in the air on an unsuccessful field goal.
3. On a successful field goal or free throw attempt.
4. As a result of a difference in opinion of the officials.

Penalty for double foul : A personal foul shall be charged against each offender. No free throws shall be awarded and the game shall be resumed with the throw in who had the possession of the ball.

3. **Unsportsmanlike foul (Intentional foul) :** An unsportsmanlike foul is a player's contact foul which, in the judgement of the official, is not a legitimate attempt to directly play the ball within the spirit and intent of the rules. A player with a single unsportsmanlike foul can continue to play in the match but he shall be disqualified when he is charged with two unsportsmanlike fouls.

Penalty for unsportsmanlike foul : The player who committed the unsportsmanlike foul will be charged with a personal foul, while the player who is fouled will shoot two free throws, and their team will then retain possession and inbound the ball from the centre line extended.

4. **Technical foul :** A technical foul is a foul committed by anyone players on the court or bench coaches, other team officials that does not involve contact with the opponent while the ball is live. e.g. use of bad language or gesture, delay of game, excessive timeouts, unsporting conduct.

Penalty for technical foul : One free throw and ball possession to the opponent team is awarded.

5. **Disqualifying foul :** A disqualifying foul is any flagrant unsportsmanlike action by a player or team bench personnel. A disqualifying foul is one that causes the player to be ejected from the game. A coach who has received a disqualifying foul shall be replaced by the assistant coach as entered on the score sheet. If no assistant coach is entered on the score sheet, he shall be replaced by the captain.

Penalty for disqualifying foul : A disqualifying foul shall be charged against the offender. The number of free throws shall be awarded as follows: If the foul is committed on a player not in the act of shooting: two(2) free throws, and If the foul is committed on a player in the act of shooting: the goal, if made, shall count and in addition one (1) free throw.

Time allowed to be consumed during a substitution of a disqualified player: The disqualified player must be replaced in 30 seconds.

6. **Team fouls :** The total number of fouls committed by a team during one quarter and it is indicated by a red flag. A team is in a team foul penalty situation,

when it has committed four (4) team fouls in a period. All team fouls committed in an interval of play shall be considered as being committed in the following period or external period. All team fouls committed in an extra period shall be considered as being committed in the fourth period.

Penalty for team foul : The penalty for team foul is two free throws, instead of a throw-in.

Fouls which involve personal contact with the opponent : Charging, illegal blocking, guarding from behind, holding an opponent, illegal screening, double foul, Unsportsmanlike foul, disqualifying foul.

Fighting : Fighting is physical interaction between two or more opponents.

Rule for fighting :

1. Substitutes, excluded players or team followers who leave the team bench area during a fight, or during any situation which may lead to a fight, shall be disqualified.
2. Only the coach and/or assistant coach are permitted to leave the team bench area during a fight, or during any situation which may lead to a fight, to assist the officials to maintain or to restore order. In this situation, they shall not be disqualified.
3. If a coach and/or assistant coach leaves the team bench area and does not assist or attempt to assist the officials to maintain or to restore order, they shall be disqualified.

Penalty for fighting :

1. Irrespective of the number of team bench personnel disqualified for leaving the team bench area, a single technical foul shall be charged against the coach.
2. If at approximately, the same time as the game was stopped because of the fighting :
 - i. A valid field goal or a last or only free throw is scored, the ball shall be awarded to the non-scoring team for a throw -in at any place at the end line,
 - ii. A team had control of the ball or was entitled to the ball, the ball shall be awarded to this team for a throw-in at the centre line extended, opposite the scorer's table.
 - iii. Neither team has control of the ball nor was entitled to the ball, a jump ball situation occurs.

Violence : Acts of violence may occur during the game, contrary to the spirit of sportsmanship and fair play. Whenever acts of violence occurs involving players or team bench personal on the playing court or in its vicinity, the officials shall take the necessary action to stop them.

Penalty for violence : When behavior of such nature is observed by the officials, the coach of the offending team shall be given a warning. If the violence is repeated, a technical foul is charged on individual.

Contact : General principles :

Cylinder principle : It is defined as the space within an imaginary cylinder occupied by a player on the floor. It includes the space above the player and limited to the front by the palms of the hands, the rear by the buttocks, and the sides by the outer edge of the arms and legs.

Principle of verticality : During the game, each player has the right to occupy any position (cylinder) on the playing court not already occupied by an opponent. This principle protects the space on the floor which he occupies and the space above him when he jumps vertically within that space. As soon as, the player leaves his vertical position and body contact occurs with an opponent who had already established his own vertical position, the player who left his vertical position is responsible for the contact.

Legal guarding position : A defensive player has established an initial legal guarding position when he is facing his opponent, and he has both feet on the floor. The legal guarding position extends vertically above him from the floor to the ceiling. He may raise his arms and hands above his head or jump vertically but he must maintain them in a vertical position inside the imaginary cylinder.

Guarding a player who controls the ball : When guarding a player who controls the ball the elements of time and distance do not apply. The player with the ball must expect to be guarded and must be prepared to stop or change his direction whenever an opponent takes an initial legal guarding position in front of him, even if this is done within a fraction of a second. The guarding player must establish an initial legal guarding position without causing contact before taking his position.

Guarding a player who does not control the ball : A player who does not control the ball is entitled to move freely on the court and take any position not already occupied by another player. When guarding a player who does not control the ball the element of time and distance shall apply. A defensive player cannot take a position so near and/or so quickly in the path of a moving opponent that the latter does not have sufficient time or distance either to stop or change his direction.

A player who is in the air : A player who has jumped into the air from a place on the playing court has the right to land again at the same place. He has the right to land on another place on the playing court provided that the landing place and the direct path between the take-off and landing place is not already occupied by an opponent at the time of take-off.

Screening (Screen) : Screening is an attempt to delay or prevent an opponent without the ball from reaching a desired position on the playing court. Setting a screen is a particularly important element of an offensive tactic of a team.

Types of screening : There are two types of screening legal and illegal :



1. **Legal screening :** Legal screening is when the player who is screening an opponent is stationary (inside his cylinder) when contact occurs and has both feet on the floor when contact occurs.
2. **Illegal screening :** It is illegal attempt to delay or prevent opponent player who does not control the ball from reaching desired position.

Free throws : A free throw is an opportunity given to a player to score one point, uncontested, from a position behind the free-throw line and inside the semicircle. The player will be awarded one, two or three free throws as per the shooting position of the player when he/she was fouled.

Rule of free throws :

1. When a personal foul is called the free throws shall be awarded as follow:
 - i. The player against whom the foul was committed shall attempt the free throws.
 - ii. If there is a request for him to be substituted, he must attempt the free throws before leaving the game.
 - iii. If he must leave the game due to injury, having committed his five (5) fouls or having been disqualified, his substitute shall attempt the free throws. if no substitute is available, any team-mate as designated by his shall attempt the free throws.
2. When a technical foul is called, any member of the opponent's team as designated by his coach shall attempt the free throws.
3. The free-throw shooter should keep in mind while taking or executing a free throw :
 - i. He should attempt a free throw within 5 seconds of handing over of a ball to him.
 - ii. During a free throw, he should not touch the free throw line or the ground beyond it.

Penalty for free throws :

1. If a free throw is successful and the violations is committed by a free-throw point, if made, shall not count.
2. If a free throw is not successful and the violation is committed by a free-throw shooter or his teammates on the last or only free throw, the ball shall be awarded to the opponents for a throw-in at the free-throw line extended unless that team is entitled to further possession.

Points to be kept in mind by a free throw shooter : He should attempt a free



throw within 5 seconds of handling over of a ball to him. During a free throw, he should not touch the free throw line or the ground beyond it.

The Officials to conduct Basketball match : Referee-1, Umpire-1 or 2, Scorer-1, Assistant Scorer-1, Timer, shot clock operator-1.

1. **Referee (Floor official) :** In basketball, the referee enforces the rules and maintains order in the game. They are also known as floor official.

Duties of the referee :

1. The referee shall inspect and approve all equipment's e.g. ball, board.
2. He shall designate the official game clock, twenty-four second device, stop watch.
3. He shall not permit any player to wear objects which may cause injury to other players.
4. He shall have the power to suspend/cancel a game when conditions warrant it.
5. Administer a jump ball to start the first period and a throw-in to start all other periods.

2. **Umpire (Official) :** There are one or two umpires.

Uniform of Umpire : The uniform shall consist of an official's shirt, long black trousers, black socks and black basketball shoes. The officials and table officials shall be uniformly dressed.

Duties and powers of umpires :

1. The officials shall, prior to the start of the game, inspect and approve all equipment, including court, baskets, balls, backboards, timer's and scorer's equipment.
2. To check the kit of the players. To check the players list and the jersey number.
3. To make a toss.
4. The officials shall not permit players to play with any type of jewelry.
5. They shall not permit any player to wear equipment which is dangerous to other players.
6. The official shall conduct the game in accordance with the rules.
7. Blowing the whistle to stop action after the ball has become dead, administering penalties, ordering time-out and beckoning substitutes to come on to the court.

Umpires signals (Officials signals) :

1. **Start clock :** Raise the hand above head and drop raised hand directly towards the floor.
2. **Stop clock :** Raise 1 hand straight over head with palms facing out & finger tips upwards.
3. **Time outs :** He will signal with a open palm above his head.
4. **Charged time-out :** He forms a "T" with his fingers on his palm.
5. **Time in :** He chop with his hand to indicate the time in.

Basketball Referee Signals



6. **Jump ball** : The official will show the thumb up sign with one hand.
7. **Substitution** : It is indicated by having one hand facing the timekeeper, raised in a stop manner and the other hand waving substitute player into the game.
8. **Beckoning in** : He keeps open palm and wave towards the body.
9. **One point scored** : He will extend one arm parallel to the floor and point with one finger.
10. **Two points scored** : Extend one arm parallel to the floor and point with two fingers.
11. **Three points successful shot** : He will extend both the arms upward showing 3 fingers on each hand.
12. **Cancellation of score** : He will do scissor like action with arms across the chest.
13. **24-second reset** : He will rotate one hand with index finger extended.
14. **Travelling** : He rotates his fists for stepping.
15. **Double dribble (Illegal dribble)** Patting motion by both hands.
16. **Double foul** : He waves his clenched fists above his head.
17. **Personal foul** : It is indicated by a clinched fist.

18. *Technical foul* : He forms a "T" with an open palm showing on the other palm.
19. *Unsportsmanlike foul* : He will put both arm above his head and cross them.
20. *Disqualifying foul* : It is indicated by a clinched fist.
21. *Carrying the ball* : He will have one hand at the side with palm up to the palm down.
22. *Three second violation* : He will indicate by having 3 fingers raised forward.
23. *Five second violation* : He will have 5 fingers raised with arm extended upwards.
24. *Eight second violation* : He will have 8 fingers raised with arm extended upwards.
25. *24 second violation* : Fingers touch the shoulder.
26. *Ball returning to the back court* : Wave hand, index finger pointing.
27. *Deliberate foot fault (Kicking the ball)* : Point finger to the foot.
28. *Blocking*: He will touch the hips with both hands fists.
29. *Holding*: Extend one arm upward in front of face and the other hand grabbing the wrist.
30. *Pushing and charging a play*: The official imitates pushing.
31. *The cancellation of a throw*: He shifts his arms across his body.
32. *No free throws are to be awarded*: He points his fingers towards the sideline.

Table officials : They are scorer, assistant scorer, time keeper, 24 second operator and commissioner. They sit on center table on one side of the court, between the team benches.

The technical equipment's used by Table officials : Game clock, stop watch, red flag, score sheet, player foul markers, team foul markers, team foul indicating arrows, four colour pens, alternating position arrow, scoreboard and whistle.

3 **Scorer** : Duties of the Scorer :

1. The scorer shall keep a record of the names and number of players who are to start the game and of all substitutes who enter the game.
2. The scorer shall keep a chronological running summary of the points scored.
3. He shall record the timeouts charged to each team.
4. He shall also indicate the number of fouls committed by each player by raising, in a manner visible to both coaches, and by using the numbered markers as provided.

4. **Assistant scorer** : Duties of assistant scorer :

1. He shall operate the scoreboard.
2. He shall assist the scorer and timer.
3. In case of discrepancy between the scoreboard and scoresheet, he will correct it.

5. **Time keeper (Timer)** : Duties of Time keeper : The timer shall be provided with a game clock and a stopwatch and shall:

1. Keep the record of playing time and stoppage time.

2. Keep the record of time-outs and intervals of play.
 3. Starts the stopwatch and sound the signal when 50 second of charged time out has elapsed.
 4. Ensure that the game clock signal sounds very loudly and automatically at the end of a period.
6. **Match commissioner** : The match commissioner plays an important function in ensuring fairness. A match commissioner shall sit between the scorer and the time keeper.

Duties of match commissioner :

1. He ensures that the match venue is free of unauthorized persons in the course of the game.
 2. He watches the match and observes the performance of the referee and his assistants.
 3. He supervises the work of the table official.
 4. He assists the referee and umpire(s) in the smooth functioning of the game.
7. **Shot clock operator (24 second operator)** : The 24-second operator shall be provided with a 24-second device and operate it.

Duties of Shot clock operator :

1. To check the 24 second rule.
2. To notify every time when the ball possession changes.
3. Stop the timing device and continue time without a reset when play begins.
4. Sound the horn at the expiration of the shot clock period.

How the game resumes, if an official is unable to continue the match due to any reason: An official may suspend play for any unusual circumstances. The game shall resume by a free throw. If a violation has occurred the official will indicate the nature of violence by giving correct signal and the direction in which the ball will be advanced.

Fundamental skills : Dribbling, passing, shooting, defending, rebounding, catching.

- I. **Dribbling** : Bouncing the ball with one hand while walking, running or standing in one spot. One can change the hand used while dribbling after the ball bounces from the ground.

A dribble starts when : A player, having gained control of a live ball on the playing court, throws, taps, rolls, dribbles it on the floor or deliberately throws it against the backboard and touches it again before it touches another player.

A dribble ends : When the player touches the ball with both hands simultaneously or permits the ball to come to rest in one or both hands.



A player shall not dribble for a second time : After his first dribble has ended unless between the two dribbles, he has lost control of a live ball on the playing court because of:

1. A shot for a field goal.
2. A touch of the ball by an opponent.
3. A pass or fumble that has touched or been touched by another player

Types of Dribbling : High dribble, low dribble, change of pace dribble, crossover dribble, between the legs dribble, behind the back dribble

- i. **High dribble :** In high dribble the ball should bounce anywhere from between upper thigh to slightly above your waist. It is used when one is trying to move the ball up the court very quickly. It is mostly done after steals and during fast-break opportunities.
- ii. **Low dribble :** It is used when the offensive in the ball is guarded closely. Low dribble is controlled dribble. The ball is dribbled below the knee level. The ball is protected while putting the body between ball and the defensive player.
- iii. **Change of pace dribble :** Player with the ball makes the defender think that he is slowing down. He slows the momentum of moving the ball forward by relaxing torso making the defender go back on his heels. Making use of this position of defender the offensive player rapidly accelerates past the defender. It is used to make the defender loose balance.
- iv. **Crossover dribble :** Flick the ball across your body from right hand to left hand, while simultaneously moving right foot across the body to left. Ensure that the body is low and dribble is not above the level of knee. It is used when the defender is preventing you from going right or left.
- v. **Between the legs dribble :** While dribbling with right hand, keep the ball low and slide the hand to the outside of the ball. Push the ball hard and quickly between spread legs to left hand. Left hand should be close to left legs, to receive the ball with fingers pointing the floor after that continue the dribble with left hand. It is used to change the direction of the ball.
- vi. **Behind the back dribble :** To execute this dribble, one needs to place one's hand on the side of the ball. Step forward with right foot while simultaneously wrapping the ball behind back, across the back of your thighs, and flick the ball toward right hand. Be sure to plant left foot before stepping forward with right foot. It is used to change direction while keeping a good view of the entire court.

II. Passing : Passing means the movement of the ball from one player to another. It is the best way to keep possession of the ball and moving the ball up the court than dribbling.

Types of passing : Chest pass, bounce pass, long pass, one hand pass, one hand side pass, underhand pass, overhead pass, out-let pass, no look pass, baseball pass.

1. **Chest pass :** In chest pass the ball is passed to the teammate at the chest height.

It is thrown by gripping the ball on the sides with the thumbs directly behind the ball.

2. **Bounce pass** : In this pass the ball is thrown in such a way that the ball should bounce at a specific place so that it may bounce up to the waist level of the receiver easily. This type of pass can be performed with one hand only.



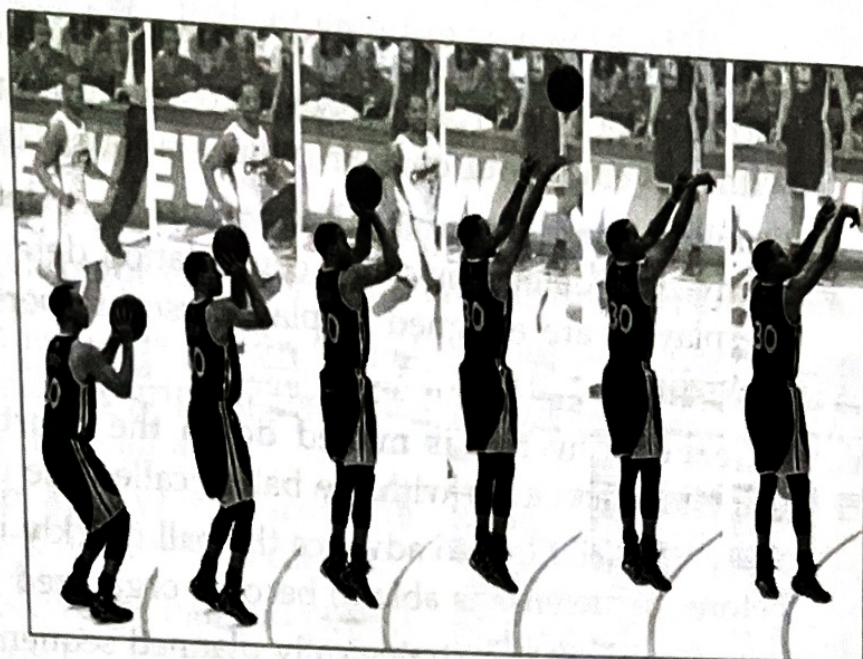
- i. **One-handed bounce pass** : One handed bounce pass is used when the bounce pass is difficult for defender to steal. The change of direction is hard for the defender to judge.
- ii. **Two-handed bounce pass** : In this the ball is bounced on the ground hard and fast with both the hands, in such a manner that the ball reaches to own team mate. The bounce pass is used to avoid a defender who is trying to block or intercept the ball.
- iii. **Outlet pass** : This refers to when a player gets a rebound on their defensive end of the court and then passes the ball out to their teammate who starts a fast break.
- iv. **A blind pass (No look pass)** : It is performed when a player looks in one direction but passes the ball to his target in another direction. They are risky but when done correctly, can confuse the defense.
- v. **One hand push pass** : It means to quickly pass the ball by pushing the ball so that the player closest to the basket is able to shoot and score.
- vi. **Hook pass** : Hook pass is made when the player is closely guarded then the ball is held at shoulder level and helping hand is dropped at face level.
- vii. **Baseball Pass** : In baseball passing the ball should be taken just behind the head on right or left direction with a support of the upper portion of palm and fingers. One foot should be kept in front of the other and the ball should be thrown with a swing with fingers.

III. Shooting : Throwing the ball toward the basket with an intension of scoring points is called shooting. A proper shot requires precise aiming, arm extension and lift from the legs.

Types of shooting basket : Jump shot, lay-up shot, dunk shot, slam shot, bank shot.

- i. **Jump shot (Jumper)** : A jump shot is an attempt to score a basket by jumping, usually straight up, propelling the ball in an arc into the basket. It is accomplished by the player bringing his/her elbow up until it is aligned with the hoop, then sent towards the hoop in a high arc.

ii. **Lay-up shot** : A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket. In this shot the player reaches the ring by taking one and a half step (2 steps).



iii. **Bank shot** : A bank shot in basketball is a shot that relies on the ball bouncing off the backboard and into the basket. The purpose of using the backboard is to try to hit the backboard at an angle, thus slowing the speed of the ball and increasing its chances of falling into the hoop.

iv. **Dunk shot** : A shot is called dunk shot when a player jumps high enough to get the ball up and over the ring to press it forcefully into the ring. The ball is pushed into the basket with a great force from the top of the ring and a goal is scored.

v. **Slam dunk** : It is a type of shot that is performed when a player jumps in the air, controls the basketball above the horizontal plane of the rim, and scores by putting the ball directly through the basket with one or both hands.

vi. **Free throw shot** : A shot taken from the free throw line that is unhindered and awarded because of a foul by an opponent. It is worth one point.

vii. **A hook shot** : A hook shot begins when the player puts his body between the ball and the opponent. He then releases the ball towards the basket with his outside hand in a "hook" motion.

IV. Defence : The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense.

Types of defence : Man to man defence, zone defence, combination defence.

Man to man defence (Man-to-man marking) : In man to man defence each member of the defensive team

is designated to guard a particular member of the offensive team. It is more aggressive than zone defense.



Zone defence (Zone Press) : A position in which players are stationed in key areas and attempt to intercept passes, traps and put pressure on the primary pass receivers with movement out of their initial stations. They guard 5 key areas.

Combination defence (Nickel defence) : A defence that is partly man-to man and partly zone defence is called combination defence. In combination defence some of the players are assigned to play person-to-person while the rest of the defenders play zone.

V. Offence : The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense.

Early offence : It is to advance the ball quickly into the front court areas and attack before the defense is able to become organized into a disruptive force.

Set offence : It is a strategically planned sequence of movements to get open shots and score points. Set plays use teamwork and screening actions in an effort to create good shots.

Motion offence : It involves constant player movement. It requires players to play together as a single unit. It requires players to create open shot opportunities for their teammates.

Zone offence : It is being applied to attack all types of zone defenses. Good outside shooting, early offense and offensive rebounding are key elements to a successful zone offense.

Spread offence : Spread offenses are normally deployed at the end of game to protect a hard earned lead. By spreading the court, it not only takes time off the clock, but also increases the area of defense.

VI. Rebounding : It means successfully gaining possession of the ball after a missed field goal or free throw that bounces off the backboard or the rim. It can be grabbed by any player.

Offensive Rebounding : A term used in basketball to describe a rebound secured by an offensive player after his/her teammate has missed a shot.

Defensive rebounding : A term used to describe a rebound is secured by the defending team. The majority of rebounds are defensive because the team on defense tends to be in better position.



VII. Pivot (Pivoting) : A pivot is the legal movement in which a player who is holding a live ball on the playing court steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contact with the floor.



Categories of pivoting :

1. When trapped, for instance against a press defense, the player with the ball can pivot through the double team and pass ahead or toward the basket.
2. The pivot move can be used by players attempting to score in the post.
3. Perimeter players can use a pivot to create space and scoring opportunities.

VIII. Catching the ball : Catching the ball is just an action that requires your hands placing a grip on the ball. The skills involved in catching the ball are :

1. To receive the ball, go always towards the ball. Keep the eyes on the ball until it is caught.
2. Extend the arm fully to receive the ball and protect the ball from interruptions.
3. Hold the ball always with fingers and thumbs and don't palm the ball.

Terminology in Basketball : A direct shot: The shot taken from outside the three-point area directly is called a direct shot. In this shot mostly the ball first contacts the rim and then goes in the basket.

Clean shot : It is a successful field goal attempt (usually from long range) that does not touch the basket rim.

Board shot : It is an attempt to score a basket by a bounce from the ring board, i. e. the ball is hit the board first for scoring a basket.

Field goal : In basketball, a field goal is a basket scored on any shot or tap other than a free throw, worth two or three points depending on the distance of the attempt from the basket.

Airball : A shot at the basket that misses everything and doesn't touch the rim, backboard or net.

Alley-Oop : When one player jumps and catches a pass from another player and simultaneously dunks the ball or shoots it in before landing.

Block (Post) : The area just outside of the key in which the rectangular blocks are painted.

Blocking : When a player attempts to screen and block the opponent in restricting the move towards scoring. It is an illegal personal contact that stops the progress of an opponent player with or without the ball.

Loose ball : A ball that is not in the possession of a player and that is considered live and able to be recovered by either team.

Ball handler : The ball handler in basketball is the offensive player who is in possession of the ball on that given play.

Travel : To move one's pivot foot illegally or to fall to the floor without maintaining a pivot foot is called a travel.



Carry : This is a penalty which occurs when a player holds the ball excessively at the apex while dribbling.

Charge : This is a penalty which occurs when an offensive player with the ball runs into a stationary defensive player and knocks him or her over.

Charging : It is a personal contact, with or without the ball, by pushing or moving into an opposing player. It is a foul.

Drive : The movement of an offensive player while aggressively dribbling towards the basket in an attempt to score.

Screen : A screen is a blocking move by an offensive player in which they stand beside or behind a defender in order to free a teammate to either shoot a pass or drive in to score.

Fake : A movement made with the aim of deceiving an opponent. This can be done with either a pass or a shot fake.

Fast Break : An offensive action where a team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.

Holding : Holding is a type of personal foul that is committed by a defensive player. It is called when a player grabs or holds his opponent in a way that stops him from moving freely on the court.

Jump Stop : A method used to come to a complete stop. Both feet must land simultaneously-either parallel or staggered-in order for it to be a jump stop.

Held ball : It occurs when two opponents have firmly gripped the ball, and neither can gain possession without undue roughness. With new changes, throw in is taken from nearest side or end line. Alternating possession is used to determine which team will get the ball.

Box out (Block out) : A player's attempt to position his body between his opponent and the basket to get rebounds and prevent the opponents from doing so.

Triple Threat : Triple Threat is an offensive position a player can use who has not dribbled yet. The offensive player stands with knees flexed feet slightly wider than shoulder width, and both hands on the basketball. From this position, the offensive player can either shoot, dribble, or pass to a teammate, thereby being a triple threat with the basketball.

Possession arrow : It is an arrow used to determine which team's turn it is to inbound the ball to begin a period or in a held ball situation.

Press : An aggressive defense that attempts to force the opponents to make errors by guarding them closely from either half court, three quarter court or full court.

Pushing : Illegal personal contact with any part of the body where a player forcibly moves or attempts to move an opponent with or without the ball.

A post player : Offensive player who stations himself in the front court in the area near the free throw line. They attempt to back their way through the defender.

Cut in : The cut in strategy is to proceed by checking the attack of the opponent who defeat him in his plan without resistance, disturb his balance and break his contact with his player.

Pivot foot : It is a restricted motion with the ball. A player rotates around keeping one foot stationary. It is changing the direction of the body while one foot maintains the contact with the floor.

An inside pivot : It occurs when the player with the ball stops one or more times in any direction with the same foot while keeping the other foot, the pivot foot, at about the same place on the floor.

A front pivot : It means moving forward while turning on the pivot foot, i.e. the foot that remain touching the floor until the player has the ball and the pivot foot must remain constant while taking front pivot.

NATIONAL AND INTERNATIONAL GOVERNING BODIES :

1. **Federation international de basketball (FIBA) :** The FIBA is the world governing body for basketball, founded on 18 June 1932 at Geneva, Switzerland. FIBA defines rules of basketball, specifies the equipment, facilities required, organizes international competitions, controls the appointment of international referees.
2. **Basketball Federation of India (BFI) :** The Basketball Federation of India (BFI), which came into being in 1950 is the governing and controlling body of basketball in India, responsibility for the development and promotion of the sport at levels. BFI oversees all the national level basketball operations in India.

National tournaments : Youth National Basketball Championship, Federation Cup Basketball Championship, UBA Pro Basketball League, Senior National Basketball Championship, Indian School Basketball League (ISBL) and Indian College Basketball League (ICBL).

1. **Youth National Basketball Championship (U 16) :** The youth National Basketball Championship is all India inter-state tournament organized annually, usually in the months of September-October. The Championship features almost all 29 Indian States and Union territories which compete for the unbeatable honor of being crowned national champions.
2. **Federation Cup Basketball Championship :** The Federation Cup is the country's premier basketball tournament featuring the top eight men's and women's teams from the previous Senior National Basketball Tournaments. It is held annually, usually before March of every year. The significance of the Federation Cup is that it serves as the qualifying tournament for the FIBA Asia Champions Cup for Men.
3. **UBA Pro Basketball League :** The United Basketball Alliance is the first men's professional basketball league in India comprising eight teams. It is the premier men's professional basketball league in India. UBA is headquartered in Pune. The first UBA match was played on 17 July 2015 at Hyderabad between Bengaluru Beast and Pune Peshawas.

International tournaments : FIBA World Championship, European Basketball Championship, FIBA Asia championship, FIBA Europe Cup, Euro Cup Women, Basketball Champions League.

1. **FIBA World Championship :** FIBA World Championship is an international

basketball competition contested by the men's national teams of the members of FIBA. The world championship has been held every four years since the inaugural tournament in 1950, except for two occasions.

2. **European Basketball Championship** : It is the main international basketball competition contested biannually by the men's national teams governed by FIBA Europe. The first championship was held in 1935, three years after the establishment of FIBA.
3. **FIBA Asia championship** : FIBA Asia Championship is an international basketball tournament which takes place every two years between men's national teams of Asia and Oceania. This was the Asian qualifying tournament for the FIBA Basketball World Cup and the Olympic basketball tournament. Through the 2015 edition, the tournament took place every two years and was also a qualifying tournament for the FIBA World Cup and the Olympic basketball tournament. However, since 2017, the tournament was renamed the FIBA Asia Cup and now includes teams from FIBA Oceania.