

Class: IX

Basket Ball

Chapter -4

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Definition :-

Basket ball is played by 2 teams of 5 players each. The aim of each team is to score in the opponent's basket and to prevent the other team from scoring.

The game is controlled by the officials, table officials and a commissioner, if present.

→ Basket :- opponent's own

The basket that is attacked by a team is the opponent's basket and the basket which is defended by a team is their own basket.

→ Winner of a game

The team has scored the greater number of points at the end of playing time shall be the winner.

→ Court and Equipments -

Court -

The playing court shall have a flat hard surface free from obstructions with dimensions of 28 m in length by 15 m in width measured from the inner edge of the boundary line.

→ Back court -

A team's back court consists of its team's own basket, the inbounds part of the backboard and that part of the playing court limited by the endline behind their own basket; the sidelines and the centre line.

Lines -

- All lines shall be drawn in white colour, 5 cm in width and clearly visible.

→ Boundary lines :-

The playing court shall be limited by the boundary line, consisting of the endlines and the sidelines. Any obstruction including seated team bench personnel shall be at least 2 m from the playing court.

→ Centre line -

The centre line shall be marked parallel to the endlines from the mid-point of the sidelines. It shall extend 0.15 m beyond each sidelines. The centre line is part of the backcourt.

→ Centre Circle -

The centre circle shall be marked in the centre of the playing court and have a radius of 1.80 m measured to the outer edge of the circumference. If the inside of the centre circle is painted, it must be the same colour as the restricted areas.

→ Free-throw semi-circles -

The free throw semi-circles 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 centres at the mid-point of the free throw line.

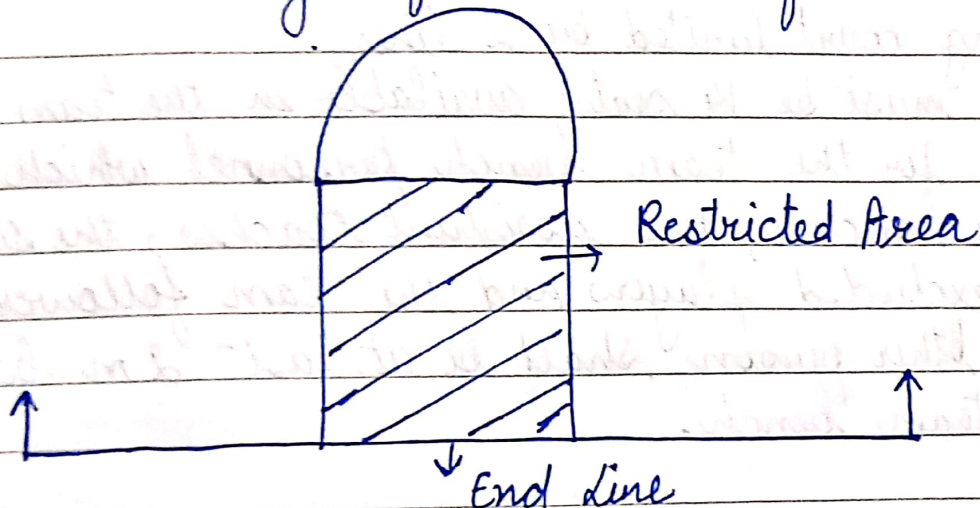
→ Free throw lines -

The free throw line shall be drawn parallel to each

endlines. It shall have its furthest edge 5.80 m from the inner edge of the endline and shall be 3.60 m long. Its mid point shall lie on the imaginary line joining the mid point of the 2 endlines.

→ Restricted Area

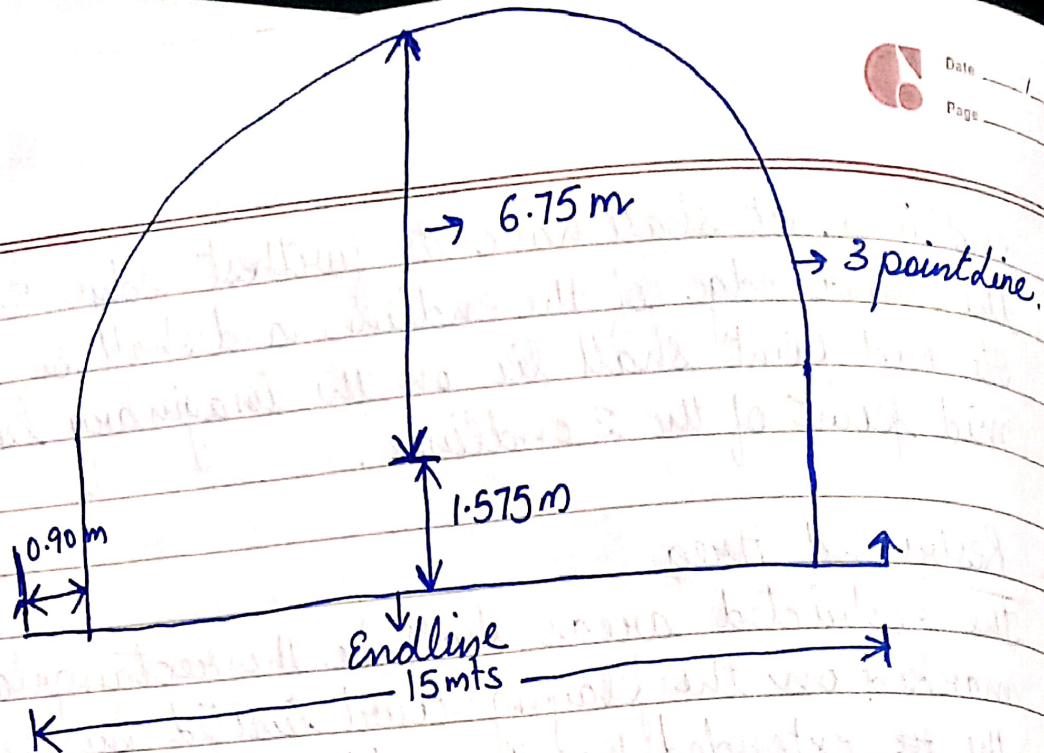
The restricted areas shall be the rectangular areas marked on the playing court limited by the endlines, the ~~the~~ extended free throw lines and the lines which originate at the endlines, their outer edge being 2.45 m from the mid-point of the endlines and terminating at the outer edge of the extended free throw lines.



→ 3 point field Goal Area

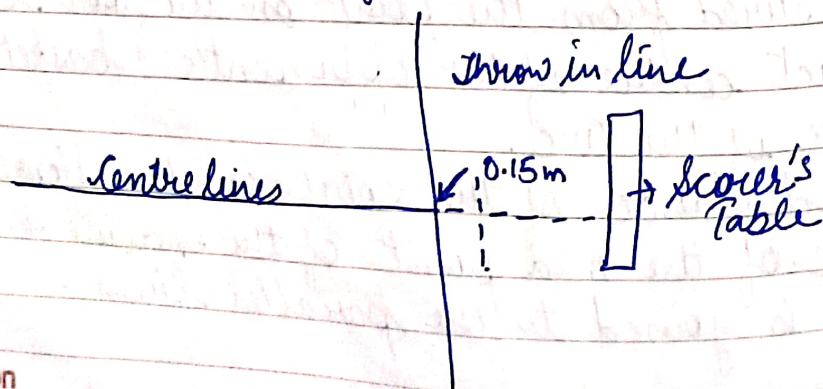
The two parallel lines extending from ~~the~~ and perpendicular to the endline, with the outer edge 0.90 m from the inner edge of the sidelines. The arc of radius 6.75 m measured from the point on the floor beneath the exact centre of the opponent's basket to the outer edge of the arc.

The distance of the point on the floor from the inner edge of the mid point of the endline is 1.575 m. The arc is joined to the parallel lines.



- Team Bench Area -
Team bench areas shall be marked outside the playing court limited by 2 lines.
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, the excluded players and the team followers.
Any other person shall be at least 2 m behind the team bench.

- Throw-in lines -
The 2 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 endline.





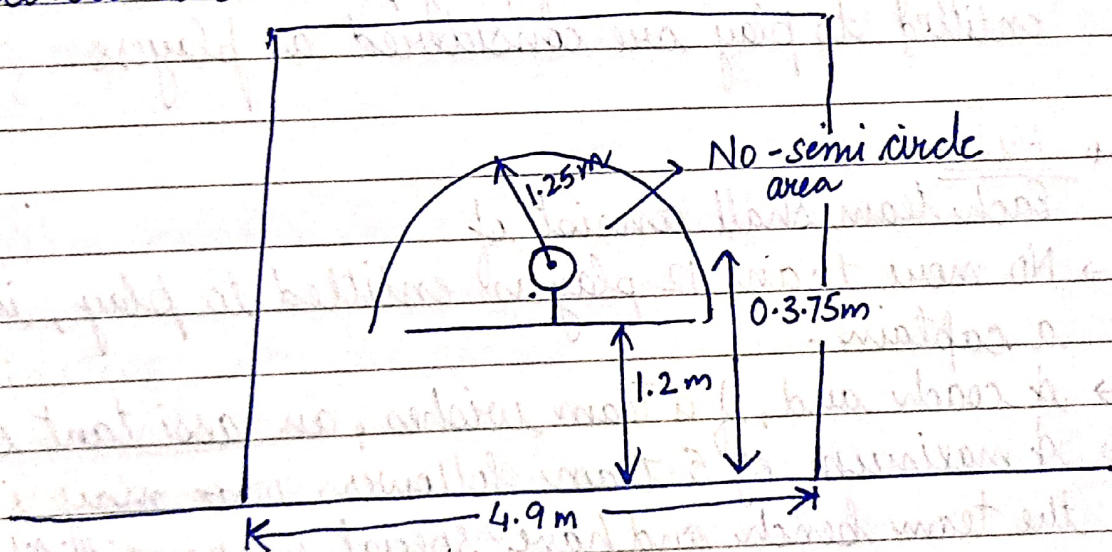
→ No-charge semi-circle areas :-

A semi-circle with the radius of 1.25 m measured from the point on the floor beneath the exact centre of the basket to the inner edge of the semi-circle.

The semi-circle is joined to the parallel lines perpendicular to the endlines, the inner edge 1.25 m from the point on the floor beneath the exact of the basket, 0.375 m in length and ending 1.20 m from the inner edge of the endline.

The no-charge semi-circle areas are completed by imaginary lines joining the ends of the parallel lines directly below the front edges of the backboards.

The no-charge semi-circle lines are part of the no-charge semi-circle areas.



→

Equipments -

Basket Ball, Backboards, Baskets comprising (pressure release) rings and nets, Game clock, Scoreboard, shot clock, stop watch or suitable device for timing time-outs, score sheet, Player foul markers, Team Foul Markers, Alternating possession arrow, Playing floor ~~or~~ ground, Playing court, Adequate lighting,

→ Teams -

A team member is eligible to play when he has been authorised to play for a team according to the regulations, including regulations governing age limits of the organising body of the competition.

During playing time, a team member is :-

- A player when is on the playing court and is entitled to play.
- A substitute when he is not on the playing court but he is entitled to play.
- An excluded player when he has committed 5 fouls and is no longer entitled to play.

During an interval of play, all team members entitled to play are considered as players.

→ Rule -

Each team shall consist of

- No more than 12 players entitled to play, including a captain.
- A coach and, if a team wishes, an assistant coach.
- A maximum of 5 team followers who may sit on the team bench and have special responsibilities eg. manager, doctor, physiotherapist, statistician, interpreter etc.

During playing time 5 players from each team shall be on the playing court and may be substituted.

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A substitute becomes a player and a player becomes a substitute when : —

- The officials enters the substitute ~~to~~ ~~ent~~ player in the playing court.
- During a time-out or an interval of play, a substitute requests the substitution to the scorer.

→ Uniform —

The uniform of the team members shall consist of :-

- Shirts of the same dominant colour front and back.
- All players must tuck their shirts into their playing shorts. All-in-one are permitted.
- Shorts of the same dominant colour front and back, but not necessarily of the same colour as the shirts.
- The shorts must end above the knee.
- Socks of the same dominant colour for all players of the team.

Each team member shall wear a shirt numbered on the front and back with plain numbers, of a solid colour contrasting with the colour of the shirt. The number shall be visible and

- Those on the back shall be at least 20 cm high.
- Those on the front shall be at least 10 cm high.
- The numbers shall be at least 2 cm width.
- Teams shall use numbers 0 and 00 and from 1 to 99.
- Players on the same team shall not wear the same number.
- Any advertising or logo shall be at least 5 cm away from the numbers.



- Teams must have a minimum of 2 sets of shirts and
- The first team named in the programme shall wear light-coloured shirts.
 - The second team named in the programme shall wear dark coloured shirts.
 - If the 2 teams agree, they may interchange the coloured of the shirts.

* Other equipments — For players:

All equipments used by players must be appropriate for the game. Any equipment that is designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted.

Basket - Ball

Q1. What is screening? What are the provisions for legal screening?

Ans:- Screening is an attempt to delay or prevent an opponent without the ball from reaching a desired position on the playing court.

→ Legal screening is when the player who is screening an opponent :-

1. Is stationary (inside his cylinder) when contact occurs
2. Has both feet on the floor when contact occurs.

Q2 How is the winner declared in the game?

Ans:- The winner of a game is the team that has scored the greater number of points at the end of playing time.

Q3 How many seats are available in the team bench area?

Ans:- There must be fourteen seats available in the team bench area for the coaches, the assistant coaches, the substitutions and the team followers.

Q4 What is the width of the lines marked on the basketball court?

Ans:- The width of the lines marked on the basketball court is 5 cm.

Q5 Explain the terms :-

Ans. 1) **Alternating possession indicator** - It is an electronic device provided for the scorekeeper, having an arrow of a minimum 1 m in length, 10 cm in width showing the direction.

ii) Double Foul - When two opponent players commit personal fouls against each other simultaneously at the same time is called Double foul.

✓ iii) Violation - A violation is an infraction of the rules.

Q6 What signals shall the referee given for the following?

i) Three second violation - Arm extended showing 3 (Three) fingers forward.

ii) Three point successful shot - Both arms extended upward showing three fingers on each hand.

iii) Double Dribbling - Patting motion by both the hands

iv) Personal foul - It is indicated by a clinched fist of the referee.

v) Substitution - Cross Fore arms

vi) Charged Time-out - Form T, show index finger

vii) Media Time-out - Open arms with clenched fists

viii) Cancel score, Cancel play - Scissor like action with arms, once across chest.

ix) Visible Count - Counting while moving the palm

x) Shot clock reset - Rotate hand, extend index finger.

xi) Out of Bound - Point in direction of play, arm parallel



to sidelines.

- xii) Held Ball / Jump Ball situation - Thumbs up, then point in direction of play using the alternating possession arrow
- xiii) Travelling - Rotate fists
- xiv) Illegal dribbling - Carrying the ball - Half rotation with ~~to~~ palm.
- xv) 24 seconds - Fingers touch shoulder.
- xvi) Ball returned to back court - Wave arm front of body
- xvii) Deliberate foot ball - Point to the foot
- xviii) Holding - Grasp wrist downward
- xix) Blocking - Both hands on ~~the~~ waist.
- xx) Pushing or charging without the ball - Imitate push.
- 21) Illegal use of hands - strike wrist.
- 22) Charging the ball with the ball - ~~strike~~ clenched fist
strike open palm.
- 23) Illegal contact to the hand - strike the palm towards the other forearm.



- 24) Excessive swing of elbow - swing elbow backwards.
- 25) Hit to the head - Imitate the contact to the head.
- 26) Double foul - have clenched fists on both hands.
- 27) Technical foul - Form T, showing palms
- 28) Unsportsmanlike foul - Grasp wrist upward.
- 29) Disqualifying foul - clenched fists on both hands.

30)



Q7. Explain the 24 second Rule?

Ans:- Whenever a player gains control of a live ball on the playing court, his team must attempt a shot for a field goal within twenty four (24) seconds.

Q8. List the various types of player fouls?

- Ans:-
- | | |
|---------------------|------------------|
| 1) Technical foul | 4) Five Fouls |
| 2) Personal foul | 5) Multiple Foul |
| 3) Intentional foul | 6) Double Foul |

Q9. What point should be kept in mind by a free throw shooter while taking or executing a free throw?

Ans:- He should attempt a free throw within 5 seconds of handing over of a ball to him. During a free throw, he should not touch the free throw line or the ground beyond it.

Q10. State any five duties of the referee?

- Ans:-
- 1) He approves all equipment to be used during the game.
 - 2) Designate the official game clock, Twenty four second device, stop watch and recognise the table officials.
 - 3) Select a game ball from at least two used balls provided by the home team.
 - 4) Not permit any player to wear objects which may cause injury to other player.
 - 5) He conducts the match. (Jump-ball) (toss)
 - 6) He signs the scoresheet after the end of the match.

Q11. What is the position of the match commissioner on the court and what are his primary duties?

Ans:- A match commissioner shall sit between the scorer and timer. His primary duty during the game



is to supervise the work of the table official and to assist the referee.

Q12. Name the fouls in a Basket Ball game?

- Ans: 1) Blocking 4) Holding the waist
2) Pushing 5) Gripping the hand.
3) ~~For~~ Striking

Q13. After committing how many fouls a player can be done from further play?

Ans: Each player can be done five fouls.

Q14. How many time outs can a team avail in the game?

Ans: A team can avail two time outs at any time during the first half, three time outs at the time of second half and one during each extra period.

Q19 Explain the terms -

Ans - 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. There are different types of cut -

- 1) Angle cut
- 2) Diagonal cut
- 3) Loop cut
- 4) Scissor cut

Q20 What is pivoting?

Ans - Pivoting is a fundamental skill because it helps basketball player to attack or defend himself. ~~and his position~~. It means when the foot is placed on the ground and the body rotate on ~~OR~~ one axis.

20

How we can check the pressure of the ball in the match?

Q21

First put fair amount of air in the basket-ball and then 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 air pump, and if wouldnot bounce, put some air in.

farthest from the offensive basket also the position played by the guards of the defensive team. E.g.

Q34 Under what circumstances is extra time awarded in a game?

If the score is tied at the end of playing time for the fourth period ^(quarter), the game shall continue with as many extra periods of five minutes ^(time) as it necessary to break the tie.

Q35 Explain two term - Technical foul.

A foul that is called on a player coach or team for unsportsman like conduct or infringement.

It may be assessed for illegal contact coach will ejected immediately as a penalty for technical foul.

OR

When a player or coach performs un-sportsman act or misconduct or violence act deliberately. In this foul opponent gets two free throws alongwith throw-in from centre.

Intentional

Q36 What is foul?

When a team is trailing near the end of the game and wants to stop the clock. A player will be intentionally foul for opposing player in hopes of getting the ball back after a missed free throw.

Q37 Write the six procedures of substitution?

6 procedures for substitution are :-

- 1) When ball becomes dead and the game clock is stopped.
- 2) After a successful free throw.

- 3) When a field goal is scored in the last 2 minutes for a non-scoring team.
- 4) The team is reduced to fewer than 5 players on the playing court.
- 5) The player entitled to the free throws as the results of the correction of an error.
- 6) If a free throw shooter is injured.

Q38 Write any two duties of the Time Keeper?

Ans:- 1) He checks playing time, time out's and intervals of play.

2) Ensure that a signals sounds very loudly and automatically at the end of the playing time in a period.

Q39 Explain Travelling in Basketball game?

Ans:- It is illegal movement of one or both feet beyond the limits in any direction while holding a live ball on playing court.

Q40 Write the procedure to start the game?

Ans:- 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.

Q41 What are the technical Equipment used by the table officials?

Ans:- The technical equipments used by table officials are a game clock, control panel and a score board control panel. Both the panels should not be computer keyboard panels.

Q42 Describe in detail the following terms :-

- Ans:-
- i) **Team fouls** - It is a team foul penalty situation when it has committed four team fouls in a period.
 - ii) **One hand push pass** - means to quickly pass the ball by pushing the ball so that the player closest to the basket is able to shoot and score.
 - iii) **Hooks pass** - It is made when the player is closely guarded then the ball is held at shoulder level and helping hand is dropped at face level.
 - iv) **Dunk shot** - It is when the ball is forced downwards into the opponents basket with one or both hands.
 - v) **Free throw** - An opponent opportunity given to a player to score one point uncontested from a position behind the free throw line and inside the semi-circle.
 - vi) **Zone Press** - Two players are placed at both ends of the free throw line and two defend inside the half court line and fifth player as prevent.

Q43 When does a three second rule apply in the game of basket ball?

Ans:- The three second rule state that a player shall not remain in the opponent's ~~restricted~~ restricted area for not more than three consecutive seconds while his team is in control of a ~~live~~ live ball.

Q44 Write the following measurements -

- Ans:-
- 1) Area of a basket ball court - Length - 28 mts
Width - 15 mts
 - 2) Diameter of Ring - 18 inches
 - 3) Height of board from surface - 10 feet / 2.75 mts

Radius of Circle - 1.80 mts
Thickness of Back Board - 30 mm
Number of Substitutions - 7 players -
Playing Players - 5 players -

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Q45 Explain the terms -

- 1) **Held Ball** - When the ball is in the possession of two opponents come from each side player's simultaneously. It is known as Held Ball.
- ii) **Rebounding** - means successfully gaining possession of the ball after a missed (field goal) or free throw.
basket

Q46 How does a team advance with the ball in an attempt to score?

The team advances by dribbling the ball and ~~claw~~ closely guarding the ball. They should try to pivot the ball into the basket by a tall player.

Q47 When is the clock stopped during a game of Basketball?

The clock is stopped during a game of basketball when the ball is dead.

Q48 Explain a situations of a basket ~~into~~ interference?

- 1) Basket interference is the violation of touching the ball.
- 2) Reaching up through the basket from below and ~~upward~~ touching the ball.
- 3) Pulling down on the rim of the basket so that it contacts the ball before returning to its original position.



Q49. State four occasions when a ball becomes dead during play?

- 1) Intentional foul
- 2) Double Foul
- 3) Technical Foul
- 4) Personal foul

Q50 List four duties of a scorer?

- 1) Keep record of team by entering the names and numbers of the players.
- 2) Running summary of points scored.
- 3) Notify the officials of the next time out.
- 4) Effect substitutions.

Q51 What duties are performed by a 24 second Operator?

- 1) An official blows his whistle for a foul or violation.
- 2) A ball on a shot for a field goal or on a pass enters the basket.
- 3) A shot for a field goal touches the ring unless the ball touch on the basket.
- 4) The game is stopped because of an action connected with the team not in control of the ball.
- 5) A double foul
- 6) A ball having gone out-of-bounds.
- 7) A jump ball situation
- 8) A player of the same team having been injured.

Q52 What is meant by the term Charging?

Charging is an offensive foul which occurs when an offensive player runs into a defender who has established position.

Q53 List any four types of match equipments?

- 1) Basket Ball
- 2) Black Board
- 3) Game clock
- 4) Scoresheet
- 5) Ground
- 6) Signals.

Q54 Explain the terms

- 1) **Blocking** - When a player attempts to screen and block the opponent ^{and} move towards scoring.
- 2) **Holding** - Both hands should be used to hold the ball, but only the shooting hand will actually propel the ball forward. Two handed shots should not be taken.
- 3) **Lay-up shot** - A shot in which a player reaches the ring by taking one and half step.
- 4) **Dribbling** - Dribbling is a action in which extending the elbow and flexing the wrist and fingers, pushing it down towards the floor and ball moves one side of the court to another side.
- 5) **Board shot** - A board shot is one where the back board is used as a deflecting tool that directs the basket ball into the basket ball hoop.
- 6) **Three point** - A team's three point field goal area shall be the entire floor of the playing court, except for the area near the opponent's basket.
- 7) **A direct shot** - The direct shot is one in which the ball first contacts the rim and then goes in the basket.



- 8) **A restricted area** - A restricted area is an area measuring three feet from the basket.
- 9) **Two-handed bounce pass** - The bounce pass is used to avoid a defender who is trying to block or intercept the ball. It is made in same way as the chest pass but with the passer bouncing the ball once on the floor between him and his receiver. The bounce takes the ball past the defender below his reach.
- 10) **A Personal foul** - A personal foul is a player's contact foul with an opponent whether the ball is live or dead.
- 11) **A screening** - When a player attempts to prevent an opponent who is not in control of the ball from reaching a particular position.
- 12) **A technical foul** - A violation is an infraction of the rules.
- 13) **A Blind Pass** - The blind pass is performed when a player looks in one direction but passes the ball to his target in another direction.
- 14) **A Freeze** - When the ball is in the possession of two opponents (one from each side) player's simultaneously.
- 15) **Extra time** - Extra time or over time is an additional period of play specified under the rules of the sport to bring the game to a decision and avoid declaring the match a tie or draw.
- 16) **A post player** - It is one who is close to the basket.
my companion



- 17) **8 seconds Rule** - Whenever a player gain control of a live ball in his back court his team must cause the ball to go into its front court within 8 seconds.
- 18) **5 seconds Rule** - When a player is being closely guarded who is holding a ball doesnot pass, or dribble the ball within 5 seconds it is violation with sidelines throw the opponents.
- 19) **3 seconds Rule** - A player shall not remain in the opponents restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the front court.
- 20) **Zone Defence** - In this Defence each all players who are not having possession on ball defend their basket from 3 point goal area.
- 21) **Technical Foul** - A foul that is called on a player or team for unsportsman like conduct.
- 22) **Multiple foul** - When two players commit same foul together.
- 23) **Team Foul indicators** - It is of red colour with minimum of 35 mm height and 20 mm width. It is with scorekeeper.
- 24) **24 second Device** - A separate control unit provided for 24 second operator with a very loud automatic signal to indicate the end of the 24 second period when the display shows zero.

25) Charging - When any player pushing any other player intentionally is called charging.

26) Held Ball - When the ball is held in two different opponent at the same time.

and circumference

Q55 What is the weight & of Basket Ball?

Ans: Weight of Basket Ball - 500 gsm to 650 gsm.
Circumference of Basket Ball - 749 mm - 780 mm

Q56 What is the Duration of the game and that of extra time?

Ans: 4 quarters of 10 minutes.
Extra time - as many 5 mins to break tie

Q57 Mention any three occasions when the ball is considered dead.

- Ans:
- a) When ball crosses the side line
 - b) When any foul is committed
 - c) When Basket is converted (after goal)

Q58 Explain the terms -

- Ans:
- i) Lut in - It is down when the ball is live and player trying to go for basket.
 - ii) Throw in - It is occurred when the ball cross the side line and ball is dead.
 - iii) Foul - Foul is counted when the ball goes out of boundary or intentionally.
 - iv) Violation - When the player doesnot play according to rules.
 - v) Jump ball - A Jump ball occurs when an officials tosses the ball in the centre circle between any



two opponents at the beginning of the first period.

Q59 State three passing technique used by players in a basket ball match?

Ans:- i) Bounce pass ii) Chest pass iii) over head pass

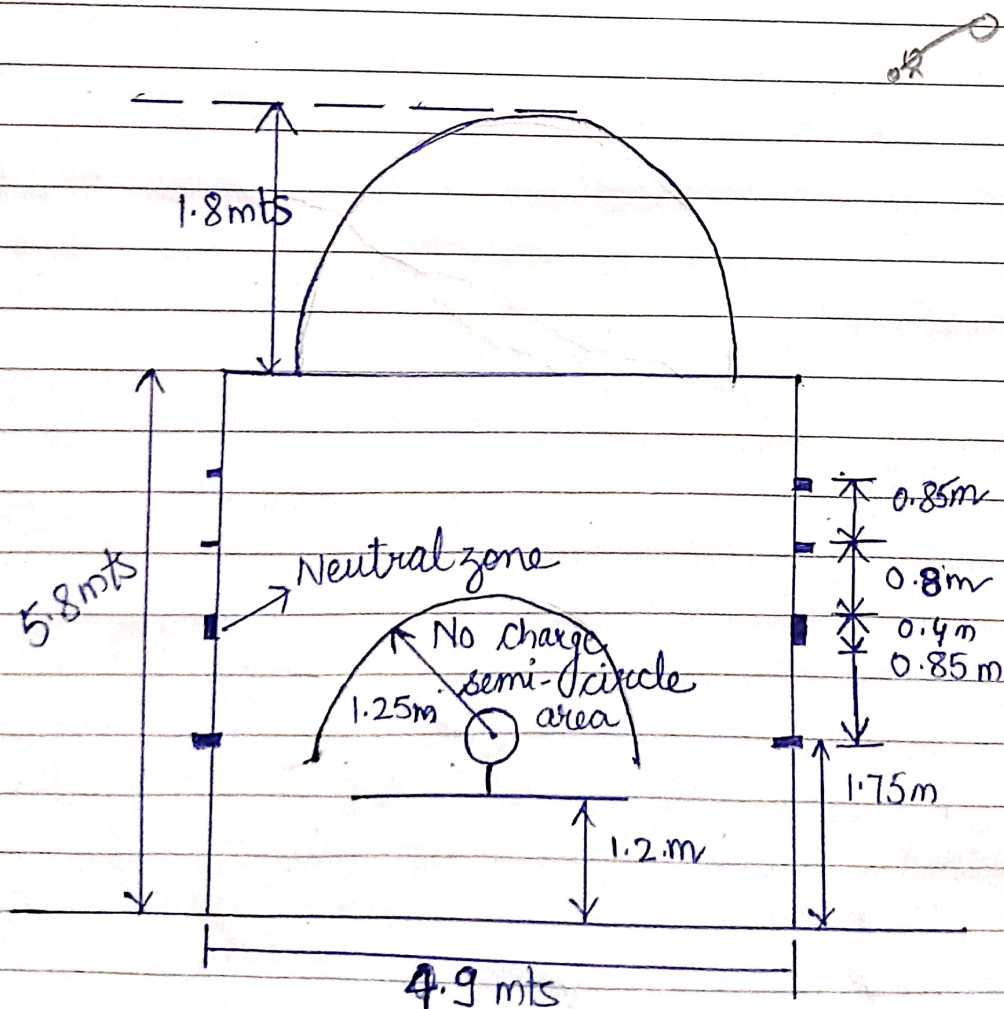
Q60 What is the radius of Centre circle?

Ans: radius 1.80 mts

Q61 What is the arc of ~~radius~~ radius of 3 point field goal area?

Ans: radius of arc = 6.75 mts

Q62 Draw the diagram of restricted area?





Q64 What are the Equipments used in Basket-Ball match?
Ans: Backboard, Game clock, scoreboard, shot clock, 24 second clock operator, Scoresheet, Team foul markers, Team foul markers, Playing court, Basketball, Alternating possession arrow.

Q65 Which equipments are not permitted to wear in the tournament?

- Ans:
- 1) Fingers, hand, wrist elbow or fore arm guards.
 - 2) Head gear, hair accessories and jewellery
 - 3) Leather, plastic, metal, and any hard substances.

Q66 What is the fullform of FIBA? -

Ans: Federation International Basketball de Association.

Q67 When the ball becomes dead?

- Ans:
- 1) The game clock signal sounds for the end of the period.
 - 2) The shot clock signal sounds while a team is in control of the ball.
 - 3) An official blows his whistle.
 - 4) The ball gets another free throw.

Q68 What is the procedure of Jump Ball?

- Ans:
- 1) Each jumper shall stand with both feet inside the half of the centre circle nearest to his own basket with one foot close to the centre line.
 - 2) The official shall toss the ball vertically upwards between the two opponents higher than either of them can reach by jumping.
 - 3) The ball must be tapped with the hand of at least one of the jumpers after it reaches its highest point.

Q69 How a team lose the game by forfeit? What is forfeit?

- A team shall lose the game by forfeit if :-
- 1) The team is not present or is unable to field 5 players ready to play 15 minutes after the scheduled time to being.
 - 2) Its action prevent the game from being played.
 - 3) It refuses to play after being instructed to do so by the referee.

Q70 What is a game lost by default? Explain.

Ans: A team shall lose a game by default if during the game, team has less than 2 players on the playing court ready to play.

Q71 What is goal tending?

Ans: Goal tending means when the ball leaves the hands of a player in the act of shooting while it is completely above the level of the ring.

Q72 What is centre line?

Ans: The centre line is the line which divides the court into two equal halves.

Q73 What is the radius of centre circle?

Ans: 1.80 mts.

Q74 What is the diameter of centre circle?

Ans: 3.60 mts



- Q75 What are the equipments used in the basketball game?
- 1) Basketball
 - 2) Game clock
 - 3) Scoreboard
 - 4) Scoresheet
 - 5) Player foul markers
 - 6) Team foul markers
 - 7) 24 second device
 - 8) Playing court