

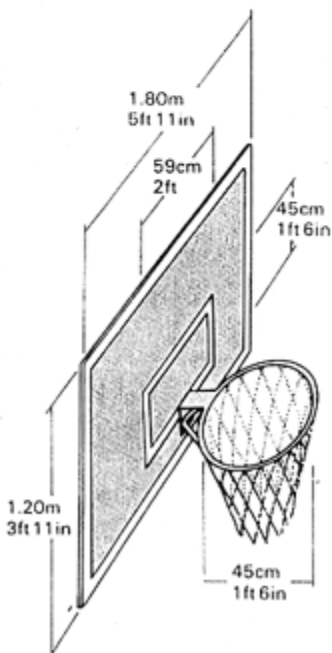
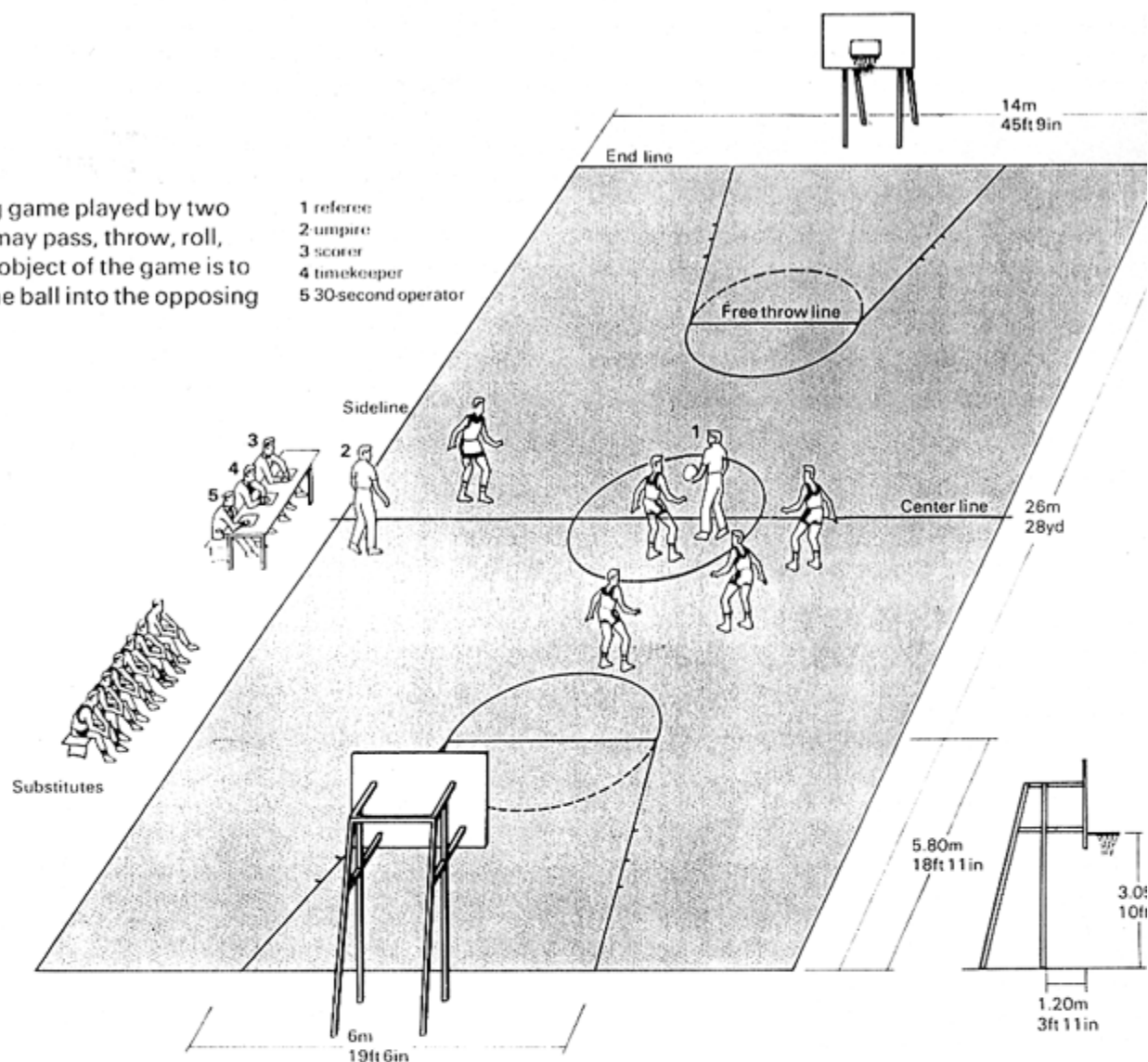
Basketball



Basketball is a fast, exciting game played by two teams of five players, who may pass, throw, roll, bat, or dribble the ball. The object of the game is to score points by throwing the ball into the opposing team's basket.

The court must have a hard surface (not grass). Its width may vary by 1 m and its length by 2 m but the proportions must be kept. The ceiling must be at least 7 m high. Lighting must be uniform and not hinder players from throwing for a goal.

Backboards are made of hardwood or a single piece of equally rigid transparent material, with lines and edges to contrast with the background – usually black on white, or white on transparent. The supports are bright in color to be easily visible, and at least 40 cm clear of the end lines.



Teams consist of five players and five (in some cases seven) substitutes. Players may leave the court only with official permission except at the end of each half.

Dress Players wear shirts and shorts with basketball boots or sneakers. Shirts carry numbers front and back in contrasting color. Only numbers from 4 to 15 are used.

Coaches inform the scorer of the names and numbers of the players and the captain, and any changes of numbers. The captain may act as coach; if disqualified or injured, he is replaced as coach by the substitute captain. There may also be an assistant coach.

Technical equipment consists of:

- stopwatches, including game watch and time-out watch;
- device for administering the 30-second rule, visible to players and spectators;
- official scoresheet;
- scoreboard;

Baskets consist of white cord nets to hold the ball briefly as it drops through. They are suspended from orange metal rings attached rigidly at right angles to the



Officials are the referee and umpire, assisted by the scorer, timekeeper, and 30-second operator. They wear grey trousers and shirts. The referee and the umpire divide the court between them, exchanging places after each foul involving a free throw penalty and after each jump ball decision. They use whistles and hand signals to make and explain decisions.

Starting Visitors choose ends; on a neutral court the teams toss up. The teams change ends at half time. Each team must begin with five players on court. The game starts with a jump ball.

Scoring A goal is scored when a live ball enters a basket from above and stays in or passes through. Goals from the field count two points, from free throws one point.

Duration A game consists of two halves of 20 minutes each with an interval of 10 or 15 minutes. If the score is tied, play continues for as many extra 5-minute periods as necessary. Teams toss for baskets for the first period, then change ends for the others.

Forfeited game A game is forfeited if a team: does not have five players ready 15 minutes after starting time; is not on court within 1 minute of the referee's signal; does not have at least two players on court. If the team to which the game is forfeited is ahead, the score stands; otherwise the score is recorded as 2-0 in its favor.





Jump ball starts each game. The referee throws the ball up in the center circle, and the opposing forwards leap up and try to tap it away. The jumpers must stand in the half of the circle nearest their own baskets, with one foot touching the center line. The ball is thrown up at right angles to the sideline so that it drops between them. Each player is allowed two taps before the ball touches the ground, a basket, a backboard, or another player. The jumpers must remain in position until the ball is tapped. Other players must be outside the circle, and must not interfere with the jumpers. Any violation of the jump ball rules is penalized if the opponents do not gain an advantage from it. The toss is repeated if it is a bad one or if both teams violate the rules. A jump ball also occurs if neither team has control when the ball becomes dead. It takes place in the nearest circle. If the ball lodges on the basket supports, the jump ball takes place from the nearest free throw line

carried or kicked deliberately. It goes into play when an official administers a jump ball or free throw, or a player is about to throw in. **Live ball** The ball becomes alive when a player taps it in a jump ball, when it is thrown in, or during a free throw. **Control** A player has control if holding or dribbling a live ball. A team is in control if one of its members has control or the ball is being passed between them. Team control ends with a goal, a dead ball, or loss of possession to the opponents. **Dead ball** occurs when: a goal is made; a violation occurs; a foul occurs; on a throw for a technical foul by the coach or his substitute; at the first of two free throws it is obvious the ball will not go into the basket; a held ball occurs; the ball lodges in the basket supports; the whistle blows or time expires, unless an attempt at a goal is being made. The ball does not become dead if a foul occurs during an

The ball for competition must have a leather, rubber, or synthetic case, with a rubber bladder. Its circumference is 75–78cm. It should weigh 600–650g. When inflated, it should bounce between 1.20m and 1.40m on a solid wooden floor if dropped from a height of about 1.80m.



Player out of bounds A player is out of bounds if he touches the floor on or beyond the boundary lines (1).

Ball out of bounds The ball is out of play when it touches any person or object on or beyond the boundary lines, including the rear of the backboard or its supports. Possession is awarded to the team that did not touch the ball last; a player forced out by slight contact may also be awarded the ball.

Return to play The player nominated to return the ball stands outside the court at the point where the ball went out. He may throw, roll, or bounce the ball into court (2). No other player may step out of bounds during the throw in. If the ball goes out across the sideline but between the center line and the end line, an official must hand the ball to the player who is to throw in.

It is forbidden to: carry the ball into court; touch the ball in court before another player has done so; take more than 5 seconds to throw in.

The officials may regard repeatedly putting any part of the body over the line before the ball, or playing an opponent's throw in, as technical fouls.

Held ball occurs when two opposing players are both firmly holding the ball (3), or when a closely guarded player takes more than 5 seconds to shoot, pass, roll, bat, or dribble. Officials should not call a held ball too hastily. A player lying on the floor in possession of

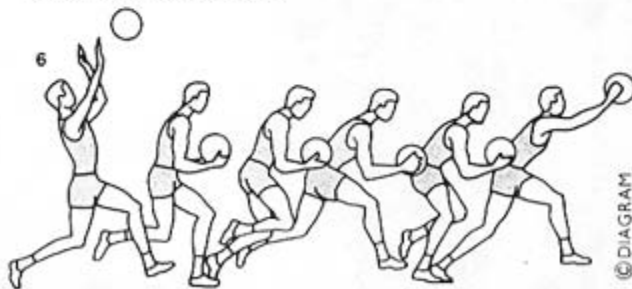
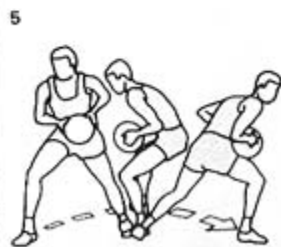
the ball must have a chance to play it, unless he is in danger of injury.

After a held ball, play resumes with a jump ball at the nearest circle.

Dribble occurs when a player throws, bats, rolls, or bounces the ball and then touches it again before another player does so (4). The ball must touch the floor, except at the start of the dribble when the player may toss the ball into the air and touch it once more before it touches the floor.

The dribble is completed when the player touches the ball with both hands at once, or lets it rest in one or both hands.

The player may take any number of steps between bounces or when the ball is not in contact with his hand. A second, consecutive dribble is forbidden unless the ball has touched the basket, the backboard, or another player, or has been batted out of his control by an opponent.



Moving with the ball A player may pivot on one foot – which he must keep stationary on the floor – while stepping once or more than once in any direction with the other foot (5). A moving player may stop or dispose of the ball using a two-count

both feet touch the ground. The count of two comes the next time one or both feet touch the ground. If a player makes a legal stop he may then use only the rear foot as pivot unless both feet are together. A player who receives the ball

to jump, but must pass or shoot before one or both feet touch the floor again. If he is going to dribble he must release the ball before lifting his pivot foot.



Interference No player is allowed to touch a basket or its backboard while the ball is in or on the basket.

In attack a player in the restricted area must not touch the ball in its downward flight above the level of the ring, whether during a try for a goal or a pass, until the ball has touched the ring (1). No point can be scored. The opponents throw in from the sideline near the place where the violation occurred.

In defense a player must not touch a falling ball above ring level during an opponent's throw for a goal until the ball touches the ring or will obviously miss (2). This applies only to a throw for a goal. If such a violation occurs the ball becomes dead. The thrower gets one point if it occurs during a free throw, two if it occurs during a try for a goal. The game is restarted as if a goal had been scored and no violation had taken place.

Throwing for a goal begins with the throwing motion and lasts until the player regains his balance after the ball leaves his hands. On a jump ball neither player has possession, so even if one taps it into the basket he is not deemed to be in the act of throwing for a goal.

Restart after goal After a field goal play restarts by a throw in from, or a pass behind, the end line. The team against whom the goal is awarded takes the throw in. Once a member of the team has the ball, play must restart within 5 seconds.

The referee or umpire handles the ball only to save time. The scoring team must not handle the ball, or a technical foul is awarded against it. Allowance is made for accidental handling.

Time-out The game watch stops when an official signals a violation, a foul, a held ball, unusual delay in getting a dead ball into play, the end of a 30-second period, suspension of play for an injury, or any other official suspension of play.

Charged time-out Each team is allowed two charged time-outs per half, each of 1 minute. They may not be saved up for a subsequent half. One charged time-out is allowed for each extra period of play. The request for a time-out is made by the coach to the scorer, who stops the game watch when the ball is dead.

Time-out for injury The officials may order a time-out for injury; it is not charged if the injured player is replaced within 1 minute, or is ready to resume in that time. The officials must wait for the team in possession to complete its play before signaling time-out unless an immediate stop is needed to protect the injured player.

Time-in is the resumption of play after a time-out. Play is resumed by a throw in by a member of the team that had control of the ball; by a jump ball if neither team had control; or by a free throw. The game watch is restarted when the ball is legally tapped in a jump ball, or when the ball

Substitutes must report to the scorer and be ready to play at once. The scorer signals the substitute's entry when the ball is dead; the substitute waits for the official's signal before entering the court. He gives the official his name or number and that of the player to be replaced (except at the beginning of the second half). A time-out is charged if more than 20 seconds is taken to replace any number of players.

After a violation the offending team may field substitutes only if their opponents do so. After a successful free throw only the thrower may be replaced, and the request

in a jump ball may not be replaced.

Three-second rule No player may remain more than 3 seconds in the restricted area between his opponents' end line and free throw line (the lines included) while his team has possession (including throw ins).

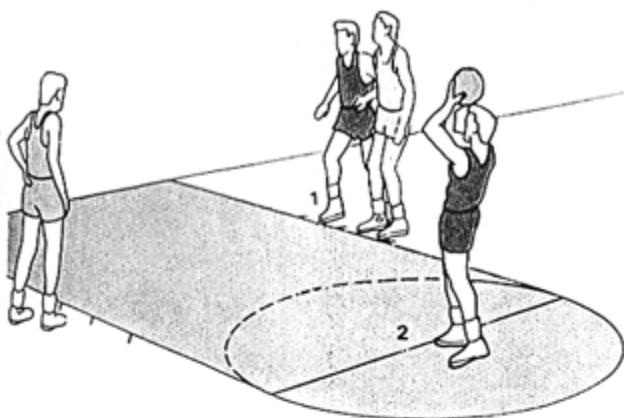
This rule does not apply when the ball is being thrown at the goal, is rebounding from the backboard, or is dead. An allowance may be made for a player who dribbles in to throw for a goal.

Thirty-second rule A team must try for a goal within 30 seconds of gaining possession. A new 30-second

continues if the ball touches an opponent but the team keeps control.

Ten-second rule A team that has possession of the ball in its back court must move it into the front court within 10 seconds. It may not return the ball to the back court. This rule applies at all times except:

at jump balls in the center; after technical fouls by the coach or a substitute; when the team chooses a throw in after a foul.



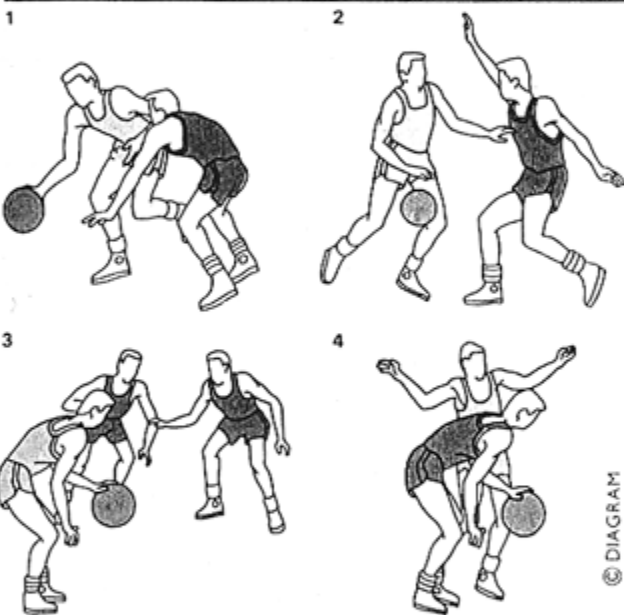
A free throw is taken after a technical foul, or a personal foul on a player in the act of shooting. After a personal foul the fouled player takes the throw. If he is about to leave the field to allow a substitute to come on, he must take the free throw first, unless he leaves because of injury. If the ball is sent into the wrong basket the throw is taken again. After a technical foul any player may attempt the free throw.

Free throw positions Two opponents must stand in the two places nearest the basket (1), with other players in alternate positions outside the free throw lane. The thrower stands immediately behind the free throw line (2). Other players can stand where they like as long as

they do not interfere with the thrower or the officials, and stay outside the free throw lane until the ball hits the basket, ring, or backboard, or will obviously miss. The ball must be thrown within 5 seconds once it is passed to the thrower.

Free throw violations Generally, after a violation by the thrower's team, or if the ball misses the ring, the opponents are awarded a throw in – unless the throw is given for a technical foul by the coach or a substitute. A violation by opponents is penalized by another free throw. If both teams interfere with the ball before it reaches the basket, a jump ball occurs on the free throw line. After a technical foul by the coach or a substitute players

do not line up. The ball remains in play if the last free throw for a personal foul is missed, unless it goes out of bounds; in that case the opposition takes a throw in from the sideline. If the ball misses the ring and falls on the court, it must be thrown in by the opposition from the sideline opposite the free throw line.



Fouls and violations A violation is an infraction of the rules, penalized by loss of the ball. A foul is an infraction involving personal contact with an opponent or unsportsmanlike conduct, which is recorded against the offender and may be penalized by a free throw at the basket. After a violation the ball becomes dead, and if a goal is scored it is not counted. After a foul the official indicates to the scorer the number of the offender, who at once faces the scorer and raises his hand (failure to do so is a technical foul). If a player not shooting is fouled, his team is awarded a throw in near the place of the foul. If a shooting player is fouled

the goal counts if scored, and an end-line throw in follows. If the goal is missed the thrower has two free throws – unless a jump ball is awarded for a double foul.

Personal fouls Blocking an opponent who is not in possession (1), holding, personal contact when guarding from the rear, pushing, charging, tripping, and otherwise impeding an opponent by personal contact are forbidden. Hand-to-hand contact is allowed if it is an attempt to play the ball, but is illegal if the opponent is shooting.

2 A player who obstructs an opponent and makes little effort to play the ball is not fouled if the opponent, moving normally, pushes or charges him.

3 A dribbler must not try to dribble between two opponents, or between an opponent and the boundary line, if personal contact is probable. But once his head and shoulders are past, subsequent contact is the opponent's responsibility.

4 A dribbler must not be crowded out from a straight path, but he must stop the dribble or change path if the opponent is in a legal defensive position in that path. There is no penalty for accidental contact.

Intentional foul is a serious deliberate personal foul. Persistent offenders are disqualified.

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Technical fouls

By a player It is a technical foul for a player to: disregard or be disrespectful to an official; use unsportsmanlike tactics, such as offensive language, baiting an opponent, or delaying the game. Unintentional technical infractions not affecting the game and administrative infractions are not technical fouls unless repeated after a warning.

Any play that continues before a foul is discovered is valid, but a penalty is given on discovery. The penalty is two free throws for the opposing team.

By a coach or substitute It is a technical foul for a coach or substitute to: enter the court to attend an

injured man without official permission; leave his place to follow the action from the boundary line without permission; disrespectfully address officials, assistants, or opponents.

The coach may address his team in a charged time-out if he does not enter the court and the players do not leave it (unless permission is granted). Substitutes may listen if outside the court. As with players, unintentional technical infractions are not fouls. The penalty for a foul by a coach is one free throw; by a substitute, two free throws.

For persistent or flagrant infractions a coach may be banished from the vicinity of the court, and replaced by the

captain or assistant coach. **In an interval** Play resumes with a jump ball after two free throws have been taken.

Double fouls When two players foul at the same time a personal foul is charged against each. Play resumes with a jump ball between them.

Multiple fouls When two or more teammates foul against the same opponent at approximately the same time, a personal foul is recorded against each player. The offended player takes two free throws.

If the offended player was shooting, a goal counts if scored, there are no free throws, the fouls are recorded, and the ball is put into play from the end line.

Double and multiple fouls

When a double foul and another foul occur at the same time, the double foul is dealt with first, and the other foul is penalized as if no double foul had occurred.

Dead ball fouls Further fouls when the ball is dead are treated as if they occurred when the initial foul caused the ball to become dead. Thus any number of fouls can be called at the same time against both teams.

If the team in possession scores a field goal all fouls are recorded, and any free throws or throw in penalties not yet taken are canceled.

Other fouls include:

a) fouls committed at approximately the same time or when the ball is dead – each offense is penalized; b) simultaneous fouls by both teams involving similar penalties result in no free throws – play is restarted with a jump ball at the nearest circle, or the center if in doubt. Penalties awarded against only one team stand, but no team may receive more than possession of the ball and two free throws.

Disqualification follows five fouls, personal or technical. The player must automatically leave the game. A player may be disqualified immediately after a flagrant breach of the rules.