

The players throw a ball in a basket horizontally positioned to score points while following a set of rules. Two teams play on a marked rectangular court with a basket at each end. The rules allow all players to move freely around the court and occupy any position on the court. All players get an equal opportunity to score basket. The way in which the game is restarted after a point is scored or a rule infringement makes it a fast game with few breaks in between regulation timing. To play this game, students should learn and practice the basic skills of ball dribbling, passing, receiving and shooting. Game of basketball involves neuromuscular coordination and often tall players are preferred. Nowadays basketball is one of the most favourite games in many schools and colleges. The game is played by both men and women of all ages and abilities. In order to promote the sport nationally and internationally and organize sports events related to basketball, Basketball Federation of India was set up in 1950. At the same time every state in India had formed a State Basketball Association. The first National Basketball event was held in Delhi in 1934, every two years till 1951 and there after it became an annual feature. Basketball is played on a rectangular court, which could be an indoor wooden court or an outdoor concrete court. Basketball court dimensions are in metres. The court is divided into two sections call half courts by the mid court line where the game starts with a jumpball. A jumpball is when a referee throws the ball up at centre circle to determine which team gest possession. Two players from opposing teams jump up to tip the ball in the hope that one of them will secure the ball. The duration of the game of each quarter is them minutes with 2 minute rest between first and second quarters and third and fourth quarters. Between second and third quarters the rest is 15 minutes. The duration of extra time is five minutes. Teams exchange courts in each quarter. The clock is stopped while the play is not active. A team may consist of not more than twelve members including a captain. But only five players from each team are on the court at one time. Substitutions are unlimited but can only be done when play is stopped. The team with the ball attempting to score is called on offense. The team defending from scoring is called on defense. The ball is moved in two ways dribbling and passing to teammates. If the ball goes out of bounds due to the offensive player team the possession is given back to the defensive team. This is a form of penalty which results in the loss of a possession of ball. Both men and women wear a standard uniform consists of a pair of shorts and a jersey vest with a clearly visible number printed on both the front and back.