

SECTION ONE: Analysis Of Performance

BASKETBALL

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Rules and Regulations.

Rules of The NBA (BritishBasketballLeague)

RULES OF THE PROFESSIONAL BASKETBALL GAME

Scoring

*A basket scored during normal play is called a **Field Goal**, and is worth 2-points. A shot executed from behind the base-line (a 6.5m arc), is rewarded with 3-points as recognition for the extra effort needed. When **fouls** are committed the referee may decide to award a free-throw to the fouled player, and for each free-throw (taken from a distance of 4.6m from the basket) actually made 1-point is awarded.*

Time

At a professional level, each match is split-up into four quarters each consisting of 10mins, with a two minute gap between the 1st and 2nd quarters followed by a fifteen minute interlude (during which a half-time show is usually performed), and finally another two minute gap between the 3rd and 4th quarters. Another time factor is the out-of-play clock that is used in this sport, which means that whenever the referee blows his whistle the clock is stopped until a player on the court touches the ball once play is re-started.

Teams

Every team is made up of ten players however only five of them can be on the field at one time. The teams coach can make substitutions at any time in the game, provided they wait for an appropriate stoppage in play.

Fouls

*Basketball is theoretically a non-contact sport, but in reality individual conflicts during play often result in "contact". But because of the theoretical balance, the referee will call a foul against a player who makes contact with their opponent (mostly through an unnecessary challenge). Deliberate contact is penalised and any unsportsman-like behaviour by coaches or players can be (and usually is) punished with a **Technical Foul**.*

Team Fouls

Each side is given the autonomy to commit four team fouls per quarter. Once a fifth foul is committed in a single quarter, the opposing side is awarded free throws (the exact number depends on the referee and the particular situation).

Free Throws

*A free throw is awarded when a player is fouled in the act of shooting, a team has committed five or more fouls in any one quarter, or a **Technical** or unsportsman-like foul is committed. A player is awarded two shots unless...*

- a) He made the shot. In which case he receives points for his and one bonus throw.*
- b) The player was shooting a three point shot before being fouled. In which case he will be awarded **Three** free throws.*
- c) A technical foul was called against a player. In which case one free throw and possession from the half way line is rewarded.*

Violations

Other rule infractions are called violations. These are punished with the possession being passed to the other team. Either at the side or end line. Violations include...

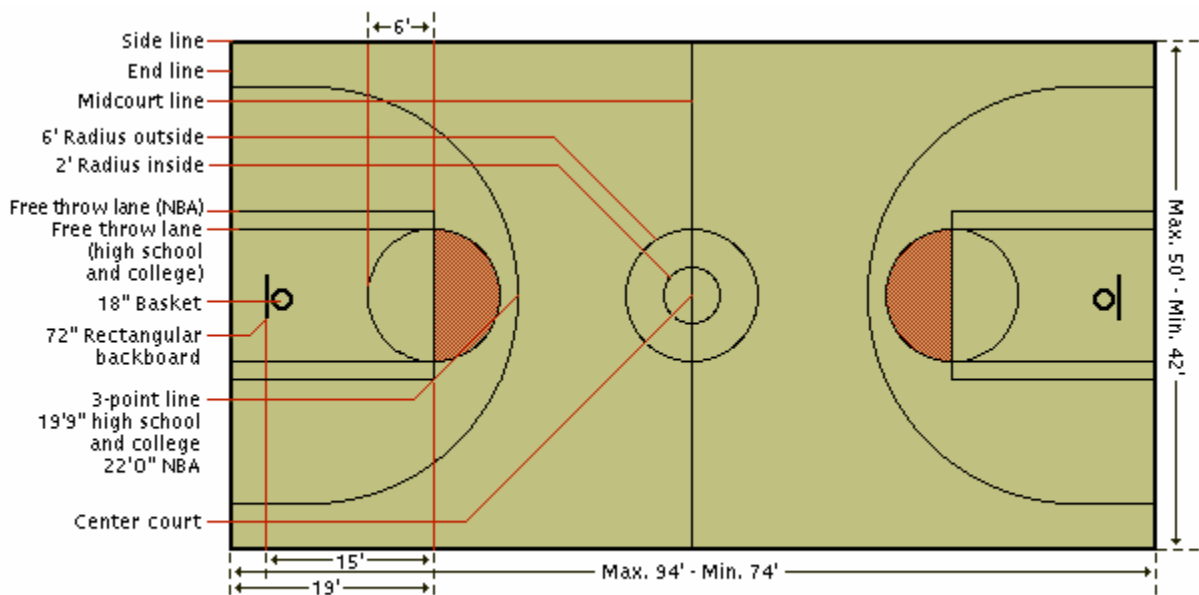
- a) Running with the ball without dribbling.*
- b) Dribbling with two hands, or interrupt dribbling (by stopping) and then recommencing .*
- c) Kicking the ball.*
- d) Punching the ball.*
- e) Taking the ball back into your defence (your team's half) after you have already taken the ball into your opponent's half.*

There are also violations which relate to time. These include...

- a) Eight second violation. (Failing to get the ball into your opponents half within eight seconds of gaining control).*
- b) Five second violation. (Failing to inbound the ball or pass after finishing a dribble within five seconds).*
- c) Three second violation. (Standing in the painted area underneath the basket you are attacking for more than three seconds).*
- d) Twenty-four second violation. (A team failing to shoot within twenty-four seconds of gaining control of the ball).*

Rules of The NBA (BritishBasketballLeague)

The standard NBA Basketball Court



Microsoft Illustration

The Perfect Model.

The PERFECT Jump Shot

The jump shot is the sports most common and trusted method of shooting whilst the ball is in play. This has mainly come about as this style of shooting (if well executed), gives the attacker a clear view of the rim as well as that vital split-second to out-play the opponent in this fast-paced game. Below are examples of the correct way to perform a jump shot...

In order to attain this faultless shot, there are a number of well-known steps that need to be followed to the letter. These steps are listed and illustrated below:

The players known to perform this shot with the highest accuracy & consistency are Shaquell O'Neill (NBA), Kobe Bryant (NBA), Tim Duncan (NBA), and all of the American NBA.

Planning and Training

Basketball is a sport which not only involves, but consists mainly of high impact actions as well as constantly being on the move (usually running the length and breadth of the court whilst criss-crossing in between). Due to the high levels of stress placed upon the entire body, the training programmes required in order to attain as high a level of performance on those important days, will need to prepare the players body sufficiently so as to prevent over-exhaustion.