

# E-LAKSHYA

## PREFACE



Lakshya is an initiative taken by the Rotaract club of Gayatri Vidya Parishad (RACGVP) in the year 2018-19. Lakshya mainly focuses on creating awareness about the importance of sports along with academia and ensuring that all students participate actively. Every year, Rotaractors conduct this event explaining the importance of physical education and the way it helps us in improving our mental health. They try to engage them in fun and exhilarating mini-sports competitions followed by prize distribution. In this way, we stimulate young minds through Lakshya.

What if the schools are closed? You still have your home, get set play! This year (2021-22), though the COVID-19 pandemic has become an obstacle for us to make them play on grounds, we did not stop as learning has no boundaries. Thereby taking forward Lakshya through online platforms as E-Lakshya, by releasing the guides of various sports. Each month a guide is released consisting of a set of rules and regulations to play. Further, the Rotaractors visit several Zilla Parishad High Schools (ZPHS) and present the game guide to the heads of the respective educational institutions. Later the guide will be passed down to students to learn and understand the rules of the game which shall be conducted after the pandemic.



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## BASKETBALL



Basketball was initiated in December 1891 by James Naismith, a Canadian American innovator and physical educator at the Young Men's Christian Association Training School (now Springfield College) in Springfield, Massachusetts to keep his students active during the winter. The game rapidly spread nationwide, played by both women and men. Naismith formulated 13 rules, most of which still apply today. He initially designed the basketball as an indoor game but it also became a popular informal outdoor game, often called street basketball which demands less necessity of rules. The game has seen many modifications down the ages. Formally it was played with a soccer ball and the court has also changed from the peach baskets that marked the beginning of basketball to today's sleek and modern-looking courts.

Basketball is an athletic, non-contact team sport generally played with five players on each side. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket. Because of its continuous action and frequent scoring, it is one of the most popular spectators as well as participant sports in the world. At the Games in 1936 held in Berlin, basketball joined the Olympic programme, where it has remained to this day. Women's basketball debuted at the 1976 Games in Montreal. Apart from burning calories (an hour of basketball can burn 630–750 calories), basketball helps in building endurance, improves coordination and develops concentration and self-discipline.



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## How to play



1. Each team can have a maximum of 5 players. There can be a total of 12 players on the team roster, but only five can play at a time.
2. The aim of the game is to shoot the ball in the hoop which is placed 10m above ground at both the ends of the court.
3. The court is a rectangular surface divided into two sections via a midcourt line.
4. A player playing on the court can be substituted from the players on the bench by the coach. A coach can make an unlimited number of substitutions.
5. The teams are assigned a side each, and their main motive is to prevent their opponents from scoring points.
6. The team having the ball is known as the offensive team while the other is the defensive team. The defensive team tries to grab the ball from the offensive team while dribbling or passing to another player.
7. Once the offensive team has the ball, they have 24 seconds to shoot it towards the basket. If it fails to do so, the team on defence is awarded the ball.
8. A match comprises four quarters, each 10 minutes long.
9. The game starts with the referee throwing the ball in the air and one player from each team trying to grab it.
10. If there's a tie at the end of the game, five-minute overtime is given for scoring points. Overtime can be played again and again until one team wins.

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## How to play



11. After each successful basket the ball is then turned over to the opposition.
12. Each basket is worth 2 points. If the player shoots from behind the large arced line, (also known as the 3-point line) the score is worth 3 points and, each free throw is worth a single point
13. Usually, the tallest of the five players take the centre. The next tallest players are considered as the forwards.
14. The two shortest and the best dribblers are placed at the end to play the coach's strategy of the game. They are known as guards.
15. Basketball players have to dribble, pass or bounce the ball while moving around the court, and they must try to score a basket.





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## Rules and Regulations

1. Basketball can be played both indoors and outdoors. An official match is played indoor and outdoor courts are preferred in street basketball.
2. The dimensions of the court can vary in size depending on the age level and league.
3. NBA and NCAA courts are 94 feet long and 50 feet wide. High school courts are 84 feet long and 50 feet wide. Middle school and junior high courts are the smallest, at only 74 feet long and 42 feet wide.
4. The player is asked to go to the bench and debarred from playing the game if he/she commits five fouls.
5. If a defensive player interferes with the ball travelling downwards towards the basket, it's goaltending and the shot counts.
6. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.
7. More than one step should not be taken without dribbling the ball.
8. Dribbling the ball with both hands on the ball at the same time or picking up the ball and then dribbling again is a double dribble and it is a violation of the rule.
9. Once the offensive player has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.
10. Shooting fouls are called on a player for fouling an offensive player while he was shooting, the player who got fouled gets a free throw from the foul line.
11. No player is allowed to block a free throw and the number of free throws a player gets depends on the type of foul committed.

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## Rules and Regulations



12. A player should not make any illegal contact with another player, if done it is considered a personal foul.
13. Violent contact with an opponent includes hitting, kicking, and punching. This type of foul results in free throws plus the offence retaining possession of the ball after the free throws.
14. When a player pushes or runs over a defensive player, it is counted as an offensive foul and the ball is given to the team that the foul was committed upon.
15. Foul language, obscenity, obscene gestures, and even arguing can be considered as technical fouls, both a player or a coach can commit this type of foul.

