



# SHREE KUTCHHI VISHA OSWAL SEVA SAMAJ,

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## “VIKAS CUP-BASKET BALL TOURNAMENT”

### BASKET BALL TOURNAMENT ENTRY FORM – 2018

VILLAGE GROUP (MALE/FEMALE)

GENERAL GROUP (MALE/FEMALE)

NAME OF THE TEAM & VILLAGE \_\_\_\_\_

NAME & ADDRESS OF THE CAPTAIN \_\_\_\_\_

TEAM MANAGER MOBILE NO \_\_\_\_\_ EMAIL ADD :- \_\_\_\_\_

NO	FULL NAME	MOBILE NO.
1		
2		
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9		

Received Date : \_\_\_\_\_ Receipt No. \_\_\_\_\_ Captain;s Name \_\_\_\_\_ & Team Manager Sign \_\_\_\_\_

(We & our team had read & confirmed & will abide the rules & regulation for the Tournament)

## BASKETBALL

### (1 Team per village in both male & female)

**Objective:** The object of the game is to outscore one's opponents by throwing the ball through the opponents' basket from above while preventing the opponents from doing so on their own. An attempt to score in this way is called a shot. A successful shot is worth two points, or three points if it is taken from beyond the three-point arc, 6.75 metres (22 ft 2 in) from the basket in international games and 23 feet 9 inches (7.24 m). A one-point shot can be earned when shooting from the foul line after a foul is made.

### Playing regulations

Two teams each have up to five players on the court at one time. Teams score by shooting the basketball through the hoop. The hoop is an 18 inch cylinder attached to the backboard and positioned 10 feet off the ground. Each team tries to prevent their opponent from scoring by either stealing the ball or blocking an attempted shot. The ball is moved down the court by either passing it to a teammate or dribbling it. Check with your league for Game Duration, Size of Basketball, Basket Height

### Violations

Play stops on all rules violations with the other team gaining possession.

### Ball Handling Violations

**Double Dribble** - When a player stops dribbling, holds the basketball, and then starts dribbling again or when a player dribbles the ball with two hands at the same time.

**Traveling** - Taking more than one and a half steps without dribbling while the player has possession of the ball or when you stop dribbling and move or change your pivot foot.

**Back Court** - When the team with possession of the ball travels over the midcourt line into the frontcourt and then crosses back into the backcourt.

### TIME VIOLATIONS

**Three-Second Rule** - No offensive player can be in the free-throw lane for longer than 3 seconds at a time.

We will only be following one time violations

### Space or Lane Violation

**Lane Violation** - During a free throw situation, if you enter the lane too soon, it's called a lane violation and results in a turnover or the other team gets another free throw attempt.

### FOULS

Play stops on all fouls.

After a foul is committed and depending on the type of foul, one of two things will happen. A. The opposing team will gain possession of the ball, or B. The fouled player shoots free throws.

## **COMMON FOULS**

**Shooting Foul** - When a defender makes contact with an offensive player who is in the act of shooting the basketball.

**Technical Foul** - Violations and misconduct that are detrimental to the game. These are penalized by free-throw opportunities.

**Reaching In** - When a defender attempts to steal the basketball and the defender extends their arm and hand and makes contact with the opposing ball handler.

**Charging** - Happens when an offensive player runs into a defender who has an established position.

**Holding** - When a player uses their hands to interfere with or limit an opponent's freedom of movement.

**Hand Check** - When a defender uses one or both hands on the opposing ball handler.

**Reaching In** - When attempting to steal the basketball, the defender extends their arm and hand and makes contact with the ball handler.

**Blocking** - When a player uses their body position to prevent their opponent from advancing down the court.

**Flagrant Foul** - A foul committed in an violent and harmful manner.

## **Positions**

There are a variety of ways players can line up on the court, but the most common basketball positions are:

- #1 or Point Guard (PG)
- #2 or Shooting Guard (SG)
- #3 or Wing or Small Forward (SF)
- #4 or Power Forward (PF)
- #5 or Center (C)

## **GAME**

We will play with a running clock of 8 minutes per quarter, A Match of 4 quarters till quarterfinals. Post quarterfinals we will be using the stop clock method in the same time