

**Course Name: Bachelor of Physical Education**

**Year: IInd (Part-3)**

**Paper Name: Skill and Prowess**

**Paper No. A**

**Topic No. Part – III (A) 1**

**Topic Name: Skill and Prowess**

**Lecture No.: 1**

### **Lecture Title**

### **Basket Ball Part – 1**

### **FAQ's**

#### **Q1-What is Foul Line?**

**Ans-** For all courts the “foul line” distance is 15 feet from the foul line to the front of the backboard. This measurement is commonly confused as from the center of the basket and front of the rim.

#### **Q2-What is Restricted Arc?**

**Ans-** The restricted area arc is a semi-circular arc drawn around the area directly underneath the basket. Defensive players whose feet are inside this arc cannot draw charging fouls.

#### **Q-3 What are personal fouls?**

**Ans-** Personal fouls include any type of illegal physical contact: Hitting, Pushing, Slapping, Holding and Illegal pick/screen

#### **Q-4 What is Time restrictions?**

**Ans-** A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

#### **Q-5 What is offence and defense in basketball?**

**Ans-** The team with the ball is called the offense. The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.