

籠球規則

東運勸業會 三〇〇〇

籠球規則

上海博物院路二十號
青年協會書局出版

Rules for Cage B Games

1929

Adopted by the
National Committee Y. M. C. A.'s of China

~~PUBLISHED BY THE~~
~~PUBLICATION DEPARTMENT~~
NATIONAL COMMITTEE Y. M. C. A.'s OF CHINA

FOR SALE

ASSOCIATION PRESS OF CHINA

20 Museum Road, Shanghai

Price: Ten cents per copy

則規式正

足球規則

每册二角半

籃球規則

每册二角

排球規則

每册二角

網球規則

每册一角半

拳擊規則

每册三角

摔跤規則

每册一角半

柔道規則

每册一角

劍道規則

每册三角

網球規則

每册三角

手球規則

每册一角

青年協會書局發行

一九一九年四月刊行

足球規則全一册

訂定者

中國基督教青年會
遠東運動會

校訂者

青年協會書報部

刊行者

青年協會書報部

發行者

青年協會書局
上海博愛路四號二十號

每册實價大洋一角

籃球規則

目次

敘言

第一條 籃球的構造

第二條 籠

第三條 籠球場

第四條 比賽大概的組織

第五條 禁例

第六條 比賽時間

第七條 職員

籃球規則

籃球規則

二

第八條 執行裁判員的責任

第九條 檢察裁判員的責任

第十條 分數

初練籠球的方法

巨人球隊

籠球遊戲

近幾十年以來，各地方的體育教員，都時常想要發明一種使多數不是專家的人也能玩的遊戲法。像那足球，籃球，棒球，棍球……等遊戲法，倘不是熟練這一類的技能，玩起來是難以發生興趣；並且他能容納的球員既少，而需用的地方却較大。雖然這些遊戲法是最需要的東西，然而大多數的人，因為沒有那專門的手段，必定都不願意去玩，這也是一樁憾事。所以發明排球理想，就略為傾向那大隊的簡單的遊戲法。但是體育教員，仍然不十分滿意，因為排球雖然很好，而球員所得的運動並不很大，並且這個遊戲法，也不能養成球員的膽量，進取精神，和奮鬥精神。還有，如果球員人數過多了，他們所得的運動就更少，所以更不能引起他們要遊戲的欲求。

約十年前，美國加入歐戰的時候，有一個體育教員，Dr. Emmett Augelli就發明了一種新的遊戲法，名叫 Cage Ball 「籠球」所用的球很大，對徑由二呎半至三呎，外皮用薄篷布，裏邊裝着橡皮氣膽，球的重量，不過五磅。遊戲的方法，有好幾樣，可以按着地方的大小，變通應用。玩的時候，人數越多，越有興趣，並且每一個球員所得的運動，非常之多。這個遊戲法，也可以栽培球員的尙武精神和進取精神。

從別一方面論，籠球遊戲的組織，是非常簡單，連合的機會，也不很多。所以用這一項遊戲法，不應當算牠是一個完全遊戲法，乃應當算牠是一種能使普通人多數有加入遊戲的欲望，並且能以激發他們嗜好遊戲的本能。此外另有一件長處，是甚麼呢？就是在時間短促，和人數過多的時候，可以使全國人利用這個短期遊戲而得到利益。在軍隊裏邊，這一連同那一

連，可以比賽；在學校裏邊，這一班同那一班也可以比賽。因為組織那麼簡單，趣味那麼大，足使從來毫不注意體育的人，也能從速發展一種需要運動的嗜好，並且無論男女老少，都可以適用的。

籃球規則 敘言

籠球規則

第一條 籠球的構造

所用的球須圓形，對徑自二呎半至三呎，外皮用薄篷布，裏邊裝橡皮氣膽。球的重量，不過五磅。

第二條 籠

第一例

所用的籠，是用繩子編成的。至短二十呎，至長四十呎，寬四呎，深一呎半。

▲注意 在軍隊或其他人數過多的機關，籠的長短差不多要四十二呎。在人數較少的機關，像學校和青年會等，籠的長短自二十呎至二十五呎，是最適宜。

第二例

在正式比賽的時候，籠的上邊，應當離地面十呎。

第三例

如在室內比賽，可以把籠兩端的繩子，用螺絲鈎掛在牆上。

第四例

如在露天的地方比賽，每一個籠的兩端，要拴在兩個架子上，這種架子，是用兩根木柱子或是鐵管子豎立起來。在離地高十呎的地方，安上一根橫樑，長六呎；在離地八呎的地方，再安一根橫樑，長也是六呎。在每一根橫樑的兩端，要各鑽一個孔。安置籠的時候，就把籠兩端角上的繩，穿過橫樑上的孔，拉緊了，拴在柱子上。這兩個架子，相離三十呎至五十呎。（距籠底兩端各五呎）（參看所附之圖）

▲注意 平常玩這種遊戲時，如果把籠的後面高起半呎，把前面低下半呎，球員就更歡迎，因為把球擲進去，覺得容易一些。在正式比賽時，籠不宜伸得太緊；因為太緊的時候，彈力就大，球落進去，反而要跳出來。

第三條 籠球場

球場係長方形，長一百四十呎，寬一百呎，應當用石灰劃清界線。籠架安在離端線十呎的地方，就是兩個籠相離一百廿呎。籠須恰當兩邊線的正中，和端線平行。在球場中心，要畫一條短線，和端線平行。圍着這個短線，畫一個四呎對徑的圓圈。在這個中心線兩邊，離十呎的地方，各畫一根橫線，和端線一樣長。

第四條 比賽大概的組織

第一例

比賽的時候，兩隊的人數沒有限制。惟兩隊的球員數目，應當差不多相等。

第二例

開始比賽時，兩隊的球員，分開排列在場中心兩條橫線の後邊。

第三例

開始遊戲的時候，兩隊的隊長，站在場中心圈子裏邊；各人面對着各隊所要防守的籠；同時兩手各舉到頭上托住球。

第四例

執行裁判員吹號笛的時候，就開始比賽，兩隊隊長可以隨便爭球，並且兩隊隊員，也可向前跑來。

第五例

比賽的目的，就是拍球，或用拳頭打球，或擲球，要把球打進各對隊所防守的籠內。

第五條 禁例

球員不許：(甲)踢球，(乙)持球行走，(丙)球落地時，往前擁擠或推人，(丁)觸籠。

第六條 比賽時間

比賽時間係三十分鐘。

▲注意 比賽的時間，兩隊長可以商定，隨意增長或縮短。但欲增長的時候，就要分為兩期，並在兩個時期中，休息五分鐘。

第七條 職員

籠球規則

禁例

比賽時間

在正式比賽時，應有一個執行裁判員，和四個檢察裁判員。

▲注意 平常練習，或比賽的時候，祇請一個執行裁判員亦可。

第八條 執行裁判員的責任

遇有犯規的事情，執行裁判員可執行處罰。

第一例

若打球到界線以外，不必停止比賽。如執行裁判員或檢察裁判員以為快要打球打進場內，可以不必停止。如果他們以為就誤時間，就可停止比賽，按第九條，第二例再行比賽。

第二例

如一隊的隊員犯了規，處罰的時候，就把球交給沒有犯規的那一隊；那一隊就站在對隊防守的籠前三十呎的地方。被罰的一隊，就在罰球隊前

面，離十呎的地方排好，執行裁判員吹號笛，就從該處開始比賽。

第三例

在正式比賽，球落地的時候，執行裁判員就拿球往上擲，使球員隨便打。但平常比賽的時候，可以使球員自己擲球，以免耽誤時間。

第九條 檢察裁判員的責任

第一例

檢察裁判員四人，應當分開站在場四面界線外邊，每人各據一方。

第二例

如斷定球出場要停止比賽的時候，（即球員在界外拍球就延時刻，而妨礙打球入籠。）就吹號笛，自己向前持球，把球拿到邊線，或端線，往上擲在空中，使球離邊線或端線裏邊二十呎的地方落下來。這樣擲球的時候，

要受執行裁判員的指導。檢察裁判員也要幫助執行裁判員，報告自己所看見的犯規舉動，好教執行裁判員執行處罰。

第十條 給分數

每逢把球打進籠內一次，就給一分。比賽時間完畢，某隊分數多，某隊就得勝。如果比賽時間完畢，而兩隊的分數仍是相等，就要往下再比賽；等兩隊中有一隊贏了一分，才能解決。

初練籠球的方法

初玩這一項遊戲的時候，如果沒有現成的籠，就可以豎立四根木桿，或竹竿；前後相離四呎，左右相離二十呎，至四十呎，高十呎。在這四根桿子一邊，用繩子繞成一個長方的框子，和籠的大小一樣。球從上邊落進去，就算贏一分。或者祇用兩根桿子，桿上邊攔一條繩子，把球擲過去，就算贏一分。

教的時候，使兩隊的球員在場中心兩邊集合，就簡單把這個遊戲的規則和目的，說給他們，使知這個遊戲的目的，就是把球打進對隊的籠內。要完成這個目的，或用手拍，或用手打，或擲，均無不可。但又當告訴他們，不可踢球，不可拿球行走，球落地上的時候，不可望前擁擠；須等圍着球的球員，把球高舉起來，才可實行比賽。

裁判員也須告訴他們，一吹號笛，就要立刻停止比賽；頭一次吹的時候，就該停止。停止以後，執行裁判員或是自己把球往上擲，或是使球員自己把球高舉起來，都可以。起初的時候，恐怕叫他們自己往上舉，是有一點困難，但過了不久的時期，可以用這個法子，省却許多工夫。再過些時，球員自己把球高舉，可以不等執行裁判員吹號笛了。

球在空中的時候，球員可以衝對隊的球員，也可以推他們，但須謹守運

動上君子的精神，不可有甚麼危險的舉動，也不該有甚麼無禮的舉動。不過合理的爭奪和抗拒的動作，可以發展尚武的精神。

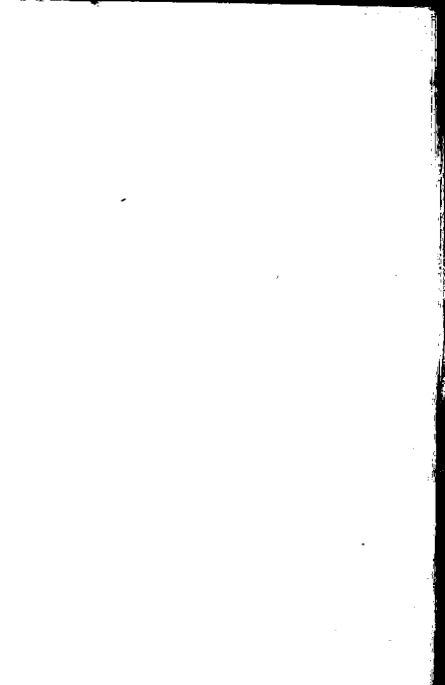
巨人球隊

用排球的網子，掛起來和玩排球的時候一樣；網的上邊離地七呎高，但是不用界線。兩隊的球員，人數相等，在網兩邊隨意排列，抽籤決定某隊先發球。發球的一隊，要選一個球員，在離網二十呎的地方，拿着籠球往上擲，球落下來的時候，把牠打過網去。兩隊把球打來打去，等球在一方面落地。如球在發球隊的這一邊落地，是不輸分數，祇把球讓給對隊去發。如果球在非發球隊的那一邊落地，發球隊就贏一分；並且還連續發球，等球在發球隊這一邊落地，再讓對隊發球。

一隊每逢失敗，就換一個發球員；並且叫一隊的球員，輪流發球。球由他

方面過來的時候，在球再過去以前，或等球被對隊球員打着的中間，本球的球員每人祇可打球一次。打球的時候，或用掌拍，或用拳打，或用頭頂，均無不可；但不可把球在停手內。等某隊贏了二十一分，就算勝了一局。

教籠球的，在教的時候，可以推行數種的遊戲法，並且可以變通應用，適合當地情形。



寬 一 百 呎

十
呎

二 十 呎



籠

兩
籠
相
距
一
百
廿
呎

球 員



二
十
呎

球 員

籠



十
呎

長 一 百 四 十 呎

籠 球 場 之 面 積

CAGE BALL

A GAME FOR LARGE CROWDS

It has long been a contention of those deeply interested in physical education for large social groups that the games affording an opportunity for play expression were limited in their scope and in their value because only a few could take part as active participants. Football is a superb game of fighting value, but can only be safely participated in by the highly trained athletes and only eleven can play at a time on a single team. Baseball is a college, school, or military sport means a highly skilled contest for eighteen men, and basketball, which has rapidly become our national indoor game, enlists but a meager ten as contestants in a single game. Soccer football, ice hockey, field hockey, and la crosse have the same limitation. The highly skilled do the playing and the balance of the social organization compulsorily secure their athletic stimuli vicariously in their more or less inactive role applauding spectators.

Cage ball is offered to solve the problem of bringing the crowd into the game. A dozen may play it or teams of a thousand on a side get the exercise and the joy of combative sport as active participants. In a game of this kind, which enlists an entire group, be it a class in a school or college, a company or regiment in a military organization, the weak and undeveloped may have the same experience, the same pleasure and profit, the same exercise value, that is given to the skilled athletes who plays on a team limited in number. One of the great values enjoyed by a football player is the inestimable privilege of

Limitations
of Number in
Other Games

Cage Ball
Gives all the
Enjoyment of
Team work

working with a group strenuously and aggressively for a single worth while object. Friendship are formed and loyalty is developed in the co-ordinated effort manifested in team playing. These privileges and profits cage ball offers to the humbler enthusiast who is denied the privilege of making a varsity team.

A Combination of Football, Basketball and the Class Rush Played by a Dozen or a Thousand Men

Cage ball combines the play values of several games. It has the rush and drive of football, the exciting and thrilling moments of basketball, with the rough hustle and tussle of the traditional class rush. It was devised especially for the recreation that it would afford to men in military encampments. It was found by experiment that the game could be successfully played with 2,000 men actively engaged on a field 120 feet long and 100 feet wide, and this is only one-third the size of a regulation football field; it had the additional value of affording strenuous vigorous health giving play to great numbers in a small space. Cage ball was tried in gymnasiums and drill halls and it was found that several hundred could play in an enclosure no larger than the average basketball court. It is a game that engages the participants up to their capacity. The most vigorous will play it harder, and those who are not so physically strong find that they are also valuable and active contestants in the game. While the game is not planned as a spectator's game, those who have had the privilege of seeing it played have been thrilled and inspired by seeing 2,000 men battling with all their power and strength to drive the ball on and over their opponents into the cage.

The rules of the game are very simple and the equipment is inexpensive and uncomplicated. The ball is from 24 to 30 inches in diameter, inflated and canvas covered, and the goals are two net cages, 20

to 40 feet in length and 4 feet in width and 18 inches deep, made of rope and stretched between cross arm uprights 30 to 50 feet apart. When the game is played outdoors the cages are 120 feet apart, the playing space extends 10 feet beyond each goal, and the width of the playing field is 100 feet. The two teams line up in military formation 20 feet apart facing each other in the center of the field. A player from each side advances to the exact center of the field and takes hold of the ball. When the referee blows his whistle the two teams charge toward the ball, and the two opponents in possession of the ball struggle to direct it into the possession of their own team. The game is on, and the two teams endeavor to get the ball into the cage of the opponent. The ball may be batted, punched or thrown. Players are not permitted to advance the ball carrying it nor are they permitted to kick it: When the ball is on the ground the referee blows his whistle and those players who happen to have possession of the ball are instructed to raise it straight into the air. The teams may push and shove and crowd while the ball is in the air, but when the ball is on ground play momentarily ceases until the ball is again in the air. When the ball goes out of bounds, either at the side lines or at the end lines, play does not stop, unless in the judgment of the official it is being carried too far into territory where no scoring is possible. The referee blows his whistle, takes the ball, and it is carried to the side line and thrown into the air 20 feet into the field of play. When the ball is caged, one point is scored for the team making the count. If a foul is committed, and there are only three possible fouls in the game; namely, kicking the ball, running with the ball, or interfering with the cage,

the offended team is given possession of the ball 30 feet from the opponents' goal and the offended must line up inside of a point 20 feet in front of their own goal. The game is played in one 30 minute period, though by agreement the played time may be lengthened and two halves played with a five-minute rest. While the game has been especially devised for military organizations, its very simplicity makes it an ideal form of athletic competition for large groups in school, college or university. Girls may play it without any previous experience or training and as a gymnasium or play-ground game it solves the problem of an invigorating, healthful, pleasurable competition from which no one is excluded.

TEACHING THE GAME

The Simplicity of the Rules

Cage ball is so free from complicated restricting rules that the task of the instructor is not as a rule a severe one. There are some points, however, that experience has shown to be worth while in a successful presentation of the game. In teaching the game, the ball is placed in the center of the field, and the two teams line up, facing each other approximately 20 feet apart. They are then called to "attention" and the purpose and regulation governing the game briefly and concisely explained to each of the teams separately. They should be told that the object of the game is to get the ball into the opponent's cage, and this object is attained by hitting, punching or throwing the ball. It should also be explained that the ball should not be kicked, nor must a player pick it up and run with it. It should additionally be emphasized that when the ball is on the ground, the players should not crowd or shove or pile up on the ball, but should wait until those players who are in contact with the ball raise the

ball over their heads. This is one of the important points regarding the playing of the game, as there is usually a tendency when the game is played for the first time for some of the players to try and hold the ball as they would in football and advance it by a concerted mass attack, shoving and forcing their way through their opponents toward the goal. This should be immediately discouraged as the beauty of the game and the interest in the play are dependant upon keeping the ball in the air. Any attempt to advance the ball in a prohibited manner, should be instantly stopped by the blowing of the referee's whistle. The players should also be instructed that the referee's whistle is a command to cease playing, and the referee must see that attention is given to his whistle the first time that it is necessary to indicate a stopping of play by this signal. When play has been stopped by the whistle, the referee has the option of taking the ball and throwing it into the air, or of ordering the players who had it in their possession to raise it directly above their heads. A little trouble will be experienced with the enforcement of this regulation, when teams of several hundred on a side are playing for the first time. However, if strict attention is given to this detail the players very soon learn to observe it of their own accord without the intervention of the referee's whistle. Players are permitted to shove and push and charge against their opponents while the ball is in the air, and there should be no restriction preventing the ordinary sportsmanlike roughness of this period of play. When the ball goes out of bounds, and is not played, the referee's whistle should be sounded, and the ball brought directly to the side line and thrown in the air so that it will fall in the field of

The Importance of Obeying the Rules

play between the two teams at least 20 feet from where the official stands. The players should also be informed that they are not to interfere with the goal in any way. While the game is of necessity, when played by men of military age, rough and vigorous, possibility of injury is minimized if careful attention is given to the indicated regulations and if the official is prompt and emphatic in his handling of the game and in rendering his decisions.

Rule I

The official ball shall be 30 inches in diameter. It shall be spherical in shape, with a rubber inflated bladder and a canvas cover.

Rule II

(a) The cages shall be made of rope and the dimensions of the open part of the cages not less than 20 nor more than 40 feet in length by 4 feet in width. The depth of the cage shall be 18 inches.

(b) The height of the cages for a matched game shall be 10 feet from the ground or floor to the upper edge.

(c) If played indoors, the goals shall be fastened by ropes to eye bolts or cleats fastened to the side walls, at each end of the playing space at the appropriate height above the floor.

(d) When played outdoors, the goals are attached to the regulation uprights.

(e) The regulation uprights for each goal are placed 30 to 50 feet apart, so that there is a space of 5 feet between each end of the goal or cage and the upright. The uprights are made of wood or pipe with two cross arms on each upright. One cross-arm is placed 10 feet above the ground and is 6 feet in length, the other cross-arm is 8 feet above the ground and 6 feet in length. Holes or eye-bolts are

placed in the ends of the cross-arms. The cage is anchored by ropes coming from each corner to the cross-arms of the uprights.

The official playing field shall be 140 feet in length by 100 feet in width, and is marked off by whitewashed lines or by four flag poles, one at each corner of the playing field. The goals are placed 120 feet apart, allowing a playing space beyond each-goal toward the end line of 10 feet. Rule III

(a) In playing the game, the number of participants is not limited. Rule IV

(b) The two teams line up facing each other 20 feet apart and 10 feet from the exact center of the field.

(c) The two captains advance to the center of the field and take hold of the ball.

(d) When the referee blows his whistle the game begins. The two captains may struggle for possession of the ball and the two teams rush toward the ball.

(e) The object of the game is to get the ball into the opponent's cage, by batting, punching or throwing the ball.

PLAYERS MUST NOT:

(a) Kick the ball.

Rule V

(b) Carry the ball.

(c) Crowd or shove when the ball is on the ground.

(d) Touch the cage.

Rule VI The playing time of the game shall be one period of thirty minutes.

(NOTE): The playing time may be lengthened or shortened by agreement, but if lengthened, it should be divided into halves with a five-minute rest between halves.

Rule VII The officials for the game shall be a referee and four umpires.

(NOTE): By agreement the game may be officiated by a referee alone.

Rule VIII Infraction of any rule is penalized by the referee.

(a) When the ball goes out of bounds, play is not discontinued unless in the judgment of the referee or umpires the ball is being carried so far out of bounds that the game is delayed.

(b) When a team is penalized, the ball is given to the offended team 20 feet from and directly in front of the opponent's cage. The penalized team may line up in any position 10 feet in front of the offended team. The referee's signal starts the game from this position.

Rule IX (a) The umpires are stationed outside the field of play, one at each end and one on each side of the playing space.

(b) They rule on out of bounds play. If in the judgment of an umpire the ball is being carried so far out of bounds that scoring is impossible, and the game is being delayed, he will blow his whistle and take possession of the ball. He will go immediately

with the ball to the side line and throw it high in the air and 20 feet into the playing field under the direction of the referee. The umpire will also assist the referee in watching for infraction of the rules. He will report such infractions to the referee who will inflict the penalty.

(a) One point is scored for each goal made. Rule X

(b) The team having the most point at the completion of the required playing time wins the game.

(c) If the game ends in a tie, play is continued until one of the teams has scored a goal.

The posts can be made of either wood or iron pipe.

Each cage consists of two posts and a net.

There are two cages used for the game, one for each side.

Each of the uprights of the cage is 30 feet apart.

The center pole or uprights AA is 10 feet long.

The first cross section BB is 6 feet in length and 10 feet from the ground.

The second cross section, CC, is also 6 feet in length, but is 8 feet from the ground.

Holes or iron eyelets are placed at the end of each arm. Through these eyelets the ropes are passed which support the cage.

The cage itself is made of extra heavy twine and rope. It is 4 x 20 feet, and the rope on each end of the basket or cage extends 10 feet from each side.

The depth of the cage is 18 inches.

The top part of the cage is 10 feet above the ground.

The cage is anchored by ropes going through each corner of the cross arms, and fastened to the uprights.

Any one handy with a hammer and chisel can construct the wooden uprights or supports of the cage.