

In a recent press report Coach Lew Andreas (1) of Syracuse University stated that the new rules of basketball make the game harmful to high school athletes. Apparently there is very little literature available relative to the amount of movement or activity made by high school basketball players. The limited number of studies reviewed dealt mostly with the possible physiological harm to players or with college and university players exclusively. Lloyd Messersmith and M.S. Corey (2) made a study of the distance a college player moves in the game of basketball, in which they recorded the distance each player traveled on defense and on offense separately by observation and by the use of reproduction of the basketball court and also an electrical recording device. This report showed that college players traveled a distance of two and one half miles per game. This study was made under the rule involving the center jump. Lloyd Messersmith worked with Paul Fay (3) in 1938 and found that college players traveled a distance of approximately four miles per game under the present rule (without the center jump). This is an increase of one and a half miles for distance traveled per game.

An article, published by Dr. James Naismith, (4) inventor of basketball, concerning high school basketball players has a definite bearing upon this subject. His study showed (a) that there were no ill effects physiologically on high school players playing in a State Basketball Tournament; (b) the time consumed to play high school basketball games observed in Kansas City, Missouri.