

# BASKETBALL

## PLAYING RULES

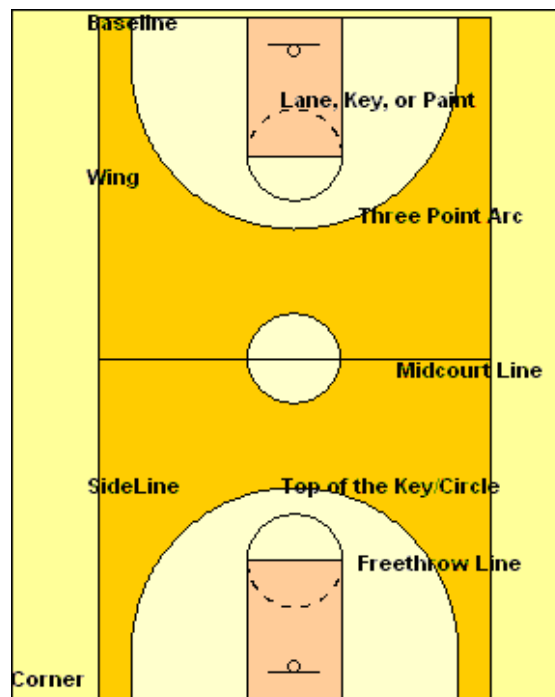
- **Number of players:** Two teams of five players each try to shooting a ball through a basket or hoop elevated 10 feet ground.
- **Duration:** A match lasts four sets or periods, each one of
- **Scoring:** Depending on the throw you can score  
There are two types of throws:



1, 2 or 3 points;

1. A free throw, when the team makes a foul the other team is awarded with a free throw. The player throws from the free throw line, the rest of the players stay out of the area. If the player makes a basket the team scores 1 point.
2. When a team makes a basket, they score two points and the ball goes to the other team. If a basket, or field goal, is made outside of the three-point arc, then that basket is worth three points.

- **Court:** The game is played on a rectangular floor called the court. The free throw line is at 5,80 m. and the three point arc is at 6,25 m.



## THE MOST IMPORTANT RULES

- ✦ **Walking/Travelling.** Taking more than two steps without dribbling the ball is travelling.
- ✦ **Double Dribble.** Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble. You must try to make a basket or throw it.
- ✦ **Feet.** You can't kick the ball with your feet.
- ✦ **Backcourt violation.** Once the offence 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.
- ✦ **Personal fouls.** Personal fouls include any type of illegal physical contact. A player can't commit more than four personal fouls. When the fifth one is committed the player is sent out.

### TIPS TO PLAY BETTER:

- **Hold the ball firmly:** If you don't hold the ball firmly it is easy to lose it.
- **Bounce the ball well.** You should bounce it with the tips of your fingers. Don't look at the ball otherwise you won't see the other players or the court. Protect it so the other players can't steal it.
- **Throws:** You have to see the basket (otherwise how do you know where to throw it?). One hand throws the ball and the other directs it.
- **Passing:** Basketball is a team game this means you have pass the ball to the other players on your team. There are many types of passes: from your chest, passing with a bounce, over your head...
- **Defending:** It is also very important to defend so be alert with the other teams players.