

BASKETBALL



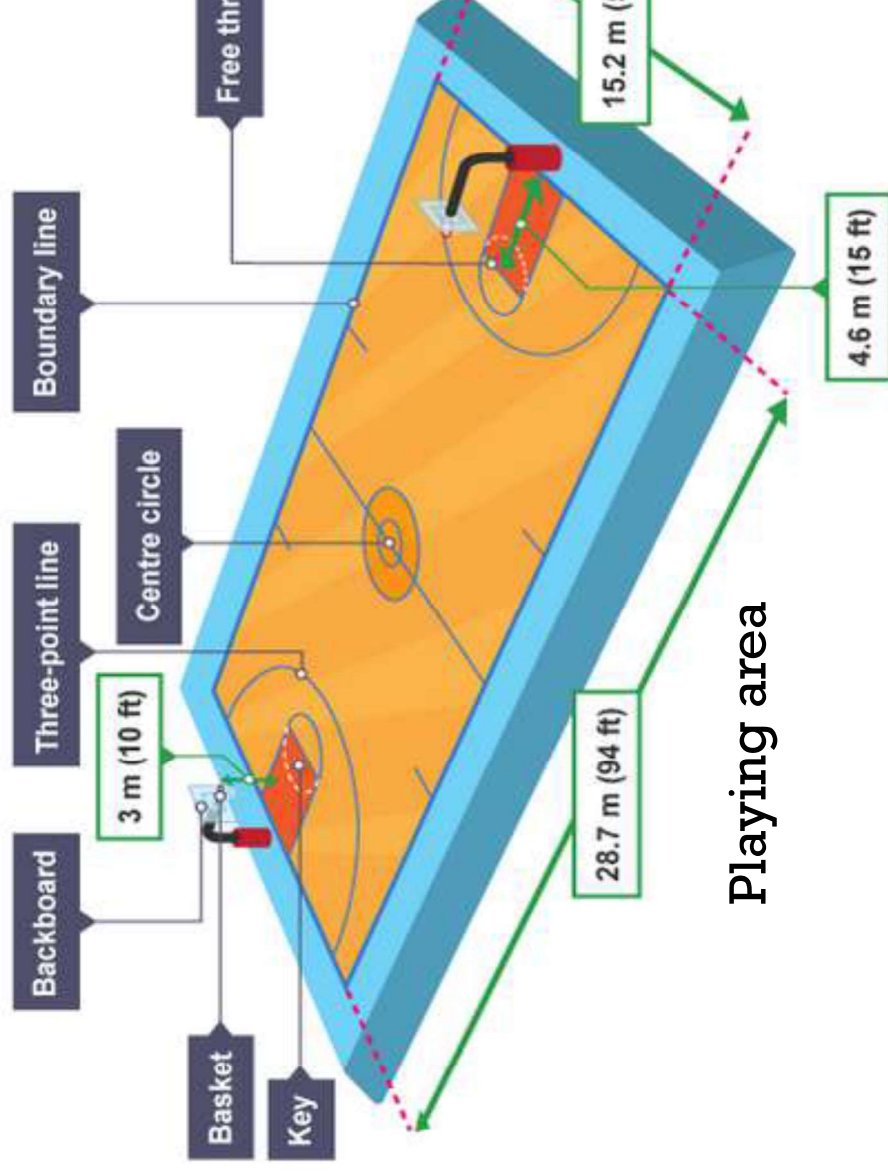
BASKETBALL

The **game** is contested by two teams of five players and involves one team invading another team's territory, with the aim of shooting a basketball successfully through their opponent's hoop.

A basketball match is 4 quarters of 10 minutes each. Every quarter begins with a jump ball in the centre circle.

scoring:

- From outside of the three-point line (6,75 m) → 3 points.
- From inside of the three-point line → 2 points.
- Free throw → 1 point.



es

A basketball team can have a maximum of five players on the court.
Player substitutions can be made at any time and there is no restriction
on the number of substitutions made.

A ball can travel through dribbling or passing.

If a team wins possession back in their own half, they have 8 seconds to
get it into their opponent's end or a foul will be called.

An attacking team has 24 seconds from gaining possession of the ball to
shoot at the basket.

lations

Traveling : when the player with the ball takes more than 2 steps
without dribbling

Double dribble : dribbling the ball with both hands on the ball at the
same time or picking up the dribble and then dribbling again.

Back court: a basketball player may not dribble the ball from the
backcourt to the frontcourt and then return to the backcourt again.

Personal foul: it involves illegal physical contact. Any time a player is
fouled while he is shooting he is awarded the same number of **free**
throws as points he would have scored if her shot had gone in.



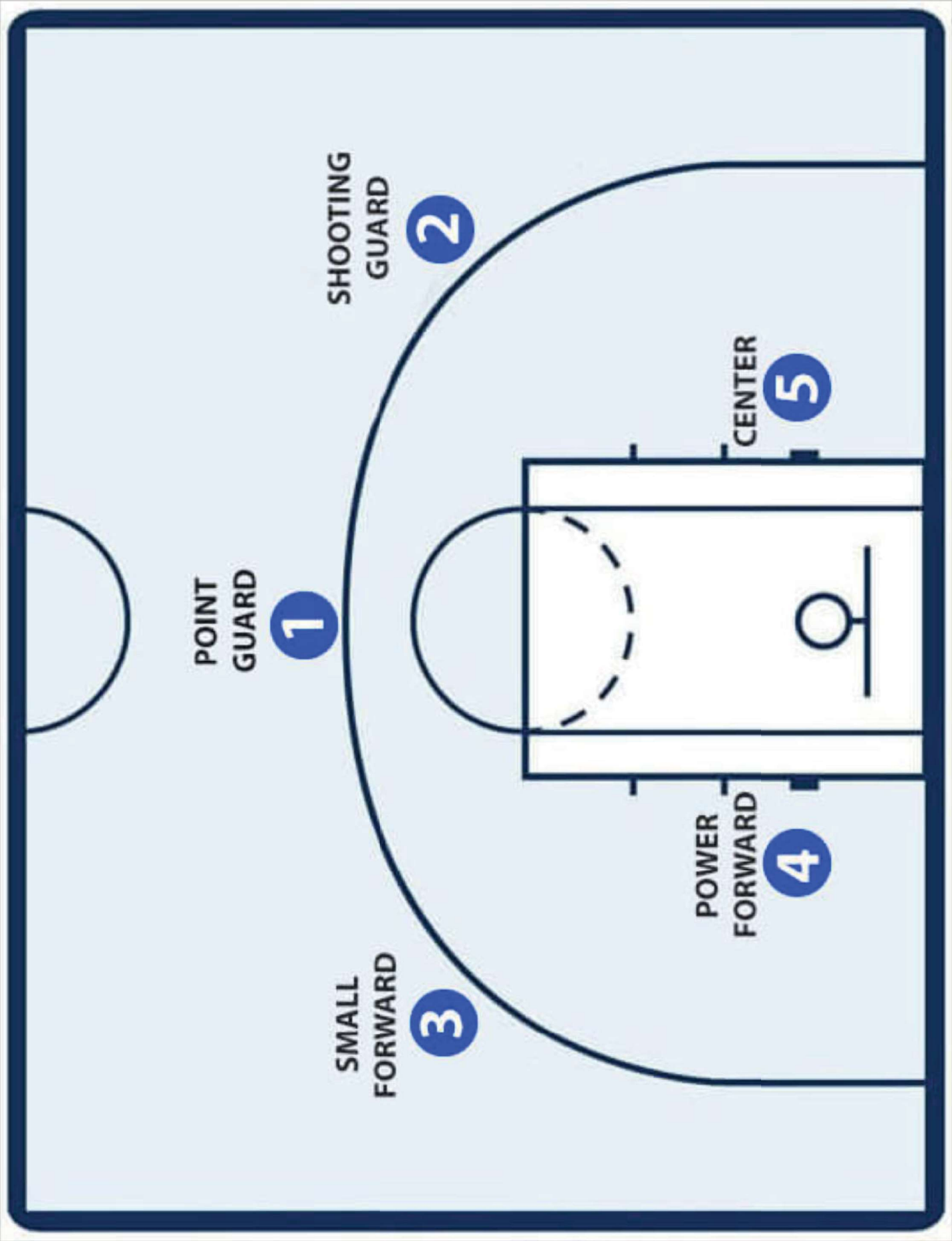
Offense is going in this direction.



Double dribbling



Traveling



POINT
GUARD

1

SHOOTING
GUARD

2

SMALL
FORWARD

3

POWER
FORWARD

4

CENTER

5