

BASKETBALL

Departamento de Educación Física
Colegio San Francisco De Asís

TODAY...

WE WILL LEARN

SOMETHING NEW

ABOUT...

BASKETBALL AND ITS RULES!

RULES

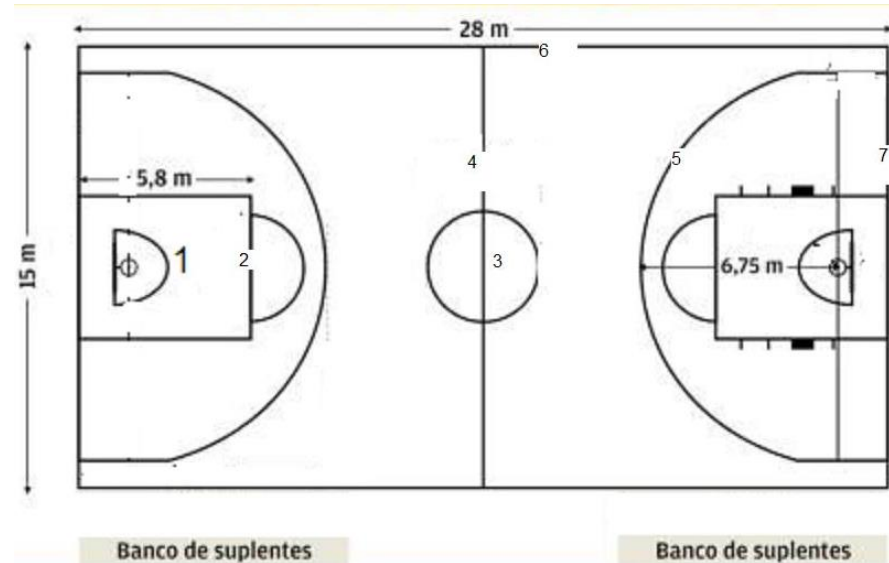
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THE COURT

Basketball is played on a 28x15 metre rectangular court, usually made of wood. The court is divided into two halves and is marked into different zones, with the following characteristics:



THE COURT

The basket is a hoop of 0,45 meters and it's 3,05 meters from the floor.



PLAYERS

- Teams are made up of a maximum of 12 players but only 5 players from each team play on the court at once.
- There is no limit to the number of substitutions.
- The ball is put into play with a jump ball to start a game. Only one player from each team jump to try to get control of the ball.



SCORING SYSTEM

It depends on where the ball was shot from. We have three values:

- 1 point: For a basket made as a free throw.
- 2 points: For a basket made inside the 6.75 metre area.
- 3 points: For a basket made from outside the 6.75 metre area.



DURATION

A game consists of four parts (or periods) of 10 minutes each. The clock stops whenever the referee blows the whistle.

A 15 half-time break is taken after the second period. After the first and the third period there is a break of two minutes.

Overtime periods last five minutes.



TIEMPO DE JUEGO

TIEMPO DE POSESIÓN

ACTIONS NOT ALLOWED

- **TRAVELLING:** A player runs without bouncing the ball.
- **DOUBLE DRIBBLE:** It is when one of the following occurs:
 - A player bounces with both hands at the same time.
 - A player bounces the ball above the waist line.
 - A player catches the ball with both hands and bounces it again.



ACTIONS NOT ALLOWED

- **BACKCOURT RULE:** This occurs when the ball returns to the attacking team's defensive area after having crossed the centre line.



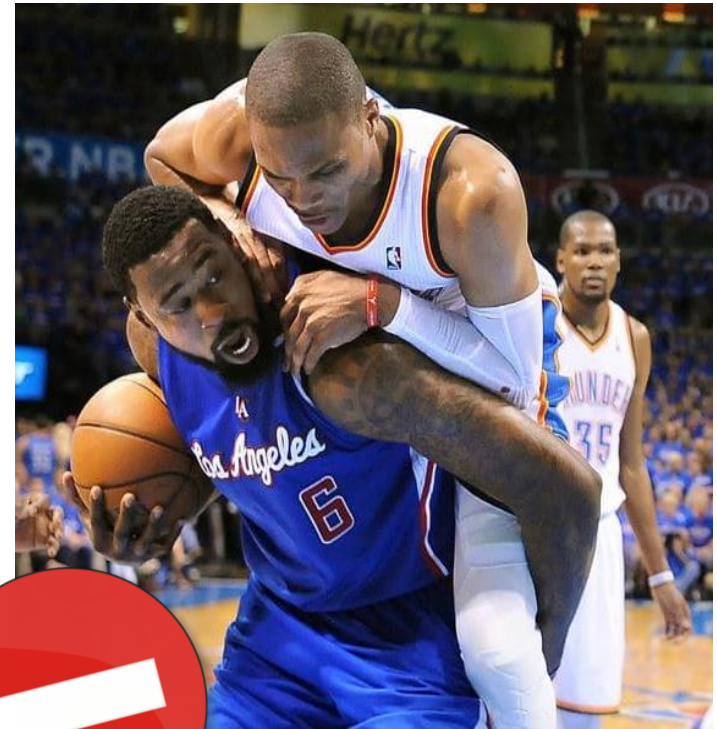
ACTIONS NOT ALLOWED

- **24 SECONDS RULE:** The attacking team must throw the ball at the hoop within this time limit
- **FOOT BALL:** Players may NOT touch the ball with their feet or legs.



ACTIONS NOT ALLOWED

- **OUT:** This happens when a player steps outside the playing area or steps on an endline or sideline.
- **PERSONAL:** It happens when there is physical contact (touch or push) with a rival player.



TECHNIQUE

BOUNCE OR DRIBBLE



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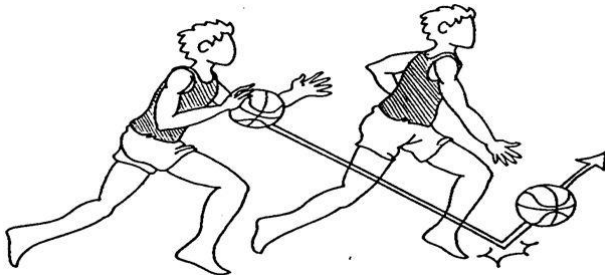
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TECHNIQUE

BOUNCE

HIGH DRIBBLE

For moving quickly down the court. It's high and in your direction of movement.



LOW DRIBBLE

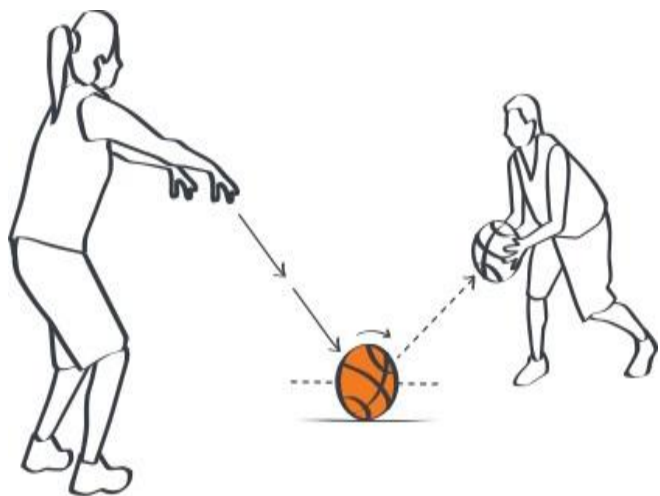
To protect the ball from defenders trying to steal it.



TECHNIQUE

PASSING

THE BOUNCE PASS



THE CHEST PASS



TECHNIQUE

PIVOTING

When a player in possession of the ball keeps one foot on the ground while turning using the free foot. This is used to get free of a defender near you when you stop bouncing.



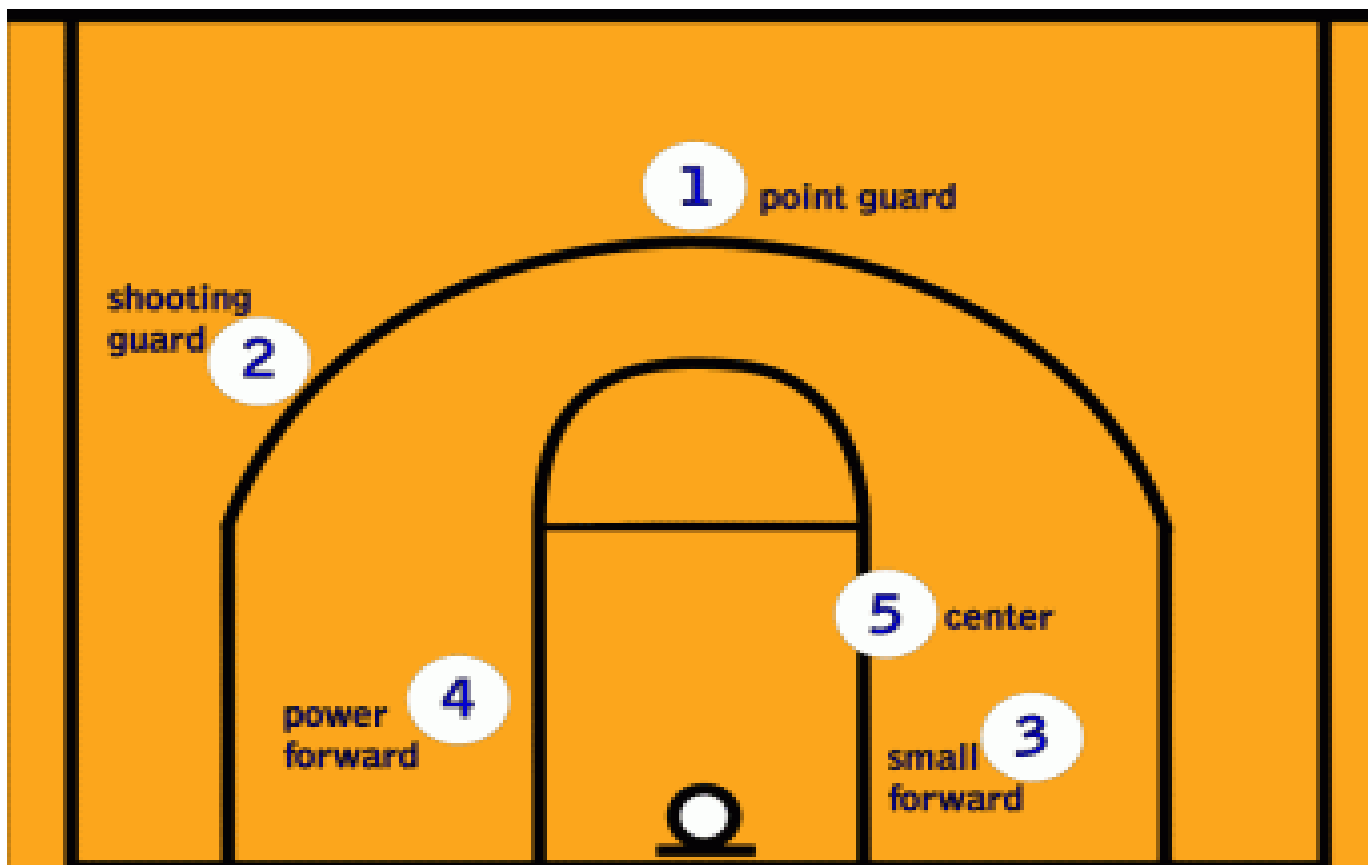
TECHNIQUE

SHOOTING WITH A DRIVE

It consists of taking TWO STEPS without bouncing the ball when you are near the basket.
The player release the ball towards the basket with one hand.

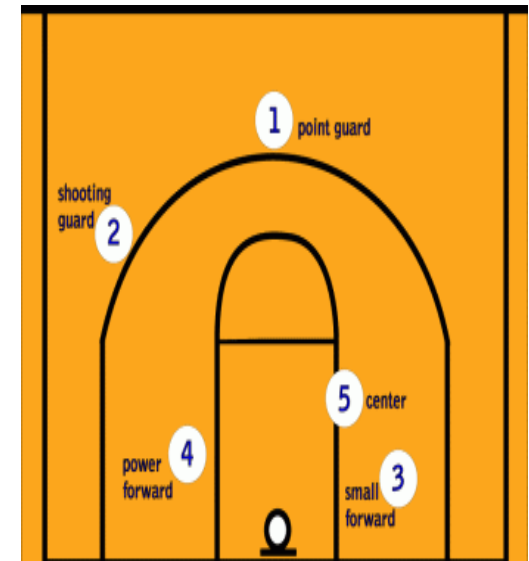


THE BASKETBALL TEAM

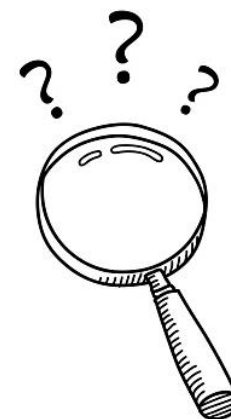


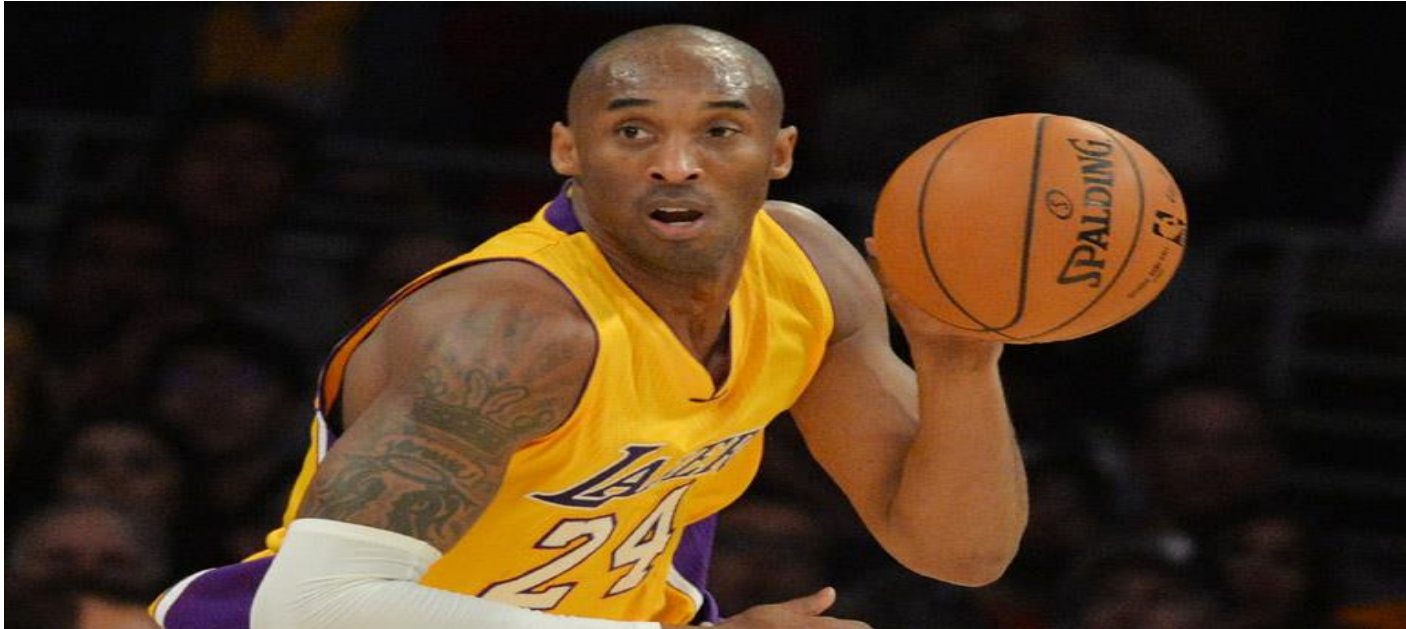
THE BASKETBALL TEAM

- **THE POINT GUARD (1):** This player leads the game and he has good ball handling skills. He organizes the attack and is usually the shortest person on the team.
- **THE SHOOTING GUARD AND SMALL FORWARD (2 AND 3):** These players have to master dribbling, passing and shooting from a distance. They move with the point guard and have to be very versatile players.
- **POWER FORWARD AND CENTRE (4 AND 5):** These players are the closest to the basket and are usually the tallest. The fight for rebounds and tend to make baskets near the hoop.



GIFT





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