

# BASKETBALL

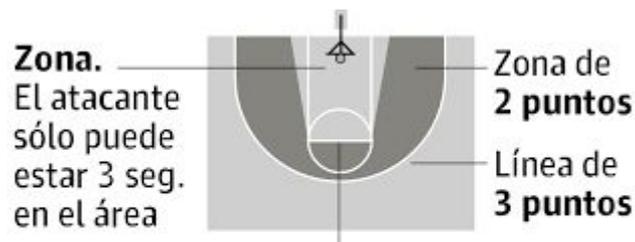
Basketball is a team sport, played on a rectangular court by two teams of FIVE players each. The OBJECTIVE is to shoot a ball through the basket, and the WINNER is the team who scores the most points during the match. The Spanish Basketball League is called: ACB.



Those are the five basketball player position in a team, which are:  
Point Guard (BASE), Shooting Guard (ESCOLTA)

Power Forward (ALA-PIVOT), Small Forward (ALERO), POST (PÍVOT O POSTE).

## 1. BASKETBALL COURT AND SCORES



**Tiro libre.** Lanza el jugador que recibe la falta. **1 punto**

The picture above is an image of a half basketball court. In it, we can see that there are different zones where you can shoot the ball through the basket and the score you make will be different:

- A field goal scores three points for the shooting team if the player shoots from behind the **three-point line**
  - two points if shot from in front of the line.
- A team can also score via **free throws**, which are worth one point, after the other team is penalized with certain fouls.

## 2. DURATION

The duration of a basketball game consists of **4 QUARTERS** of 10 minutes each. Between the second and third quarter is the **HALFTIME**. The duration of the halftime interval is 15 minutes.

The time of a basketball game begins with the **opening jump ball** when the ball is tipped by a player in the game.

If a match ends in a tie, then a **5 minute overtime** is allowed to both sides, to convert a tie into a proper result.

## 3. FOULS

- A **Foul** is an infraction of the rules more serious than a violation. Most fouls occur as a result of illegal personal contact with an opponent and/or unsportsmanlike behavior.
- Each player can commit **FIVE fouls**. When this situation happens, the player will be "**FOULED OUT**" of the game, which means that the player will not be able to play anymore in the game.
- Also, in each quarter each **team** can commit **FIVE FOULS** as well, when a team reaches this number, the next foul the team makes **will be free throws** for the rival.

RECUERDA QUE LAS TRES ACCIONES QUE PUEDEN SER FALTA DURANTE UN PARTIDO SON:

**AGARRAR EMPUJAR GOLPEAR**

## 4. HOW CAN I ADVANCE WITH THE BALL FROM ONE SIDE TO THE OTHER?

The ball can be advanced on the court by passing it to a teammate, or by bouncing it while walking or running (dribbling). As we saw during the practical lessons we have **two**

**ways to BOUNCE the ball:**

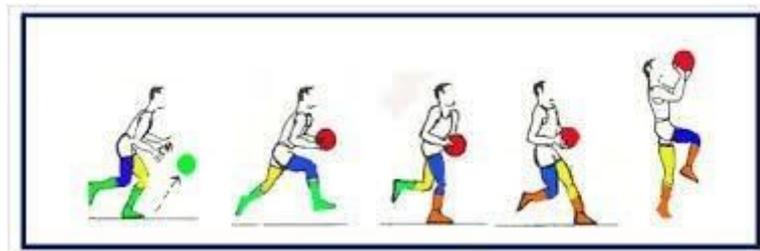
- Bote de Protección
- Bote de Velocidad

And four ways to **pass the ball** to a teammate:

- Pase clásico o de pecho
- Pase por encima de la cabeza
  - Pase picado
  - Pase de beisbol

## 5. VIOLATIONS

### A) TRAVELING / PASOS



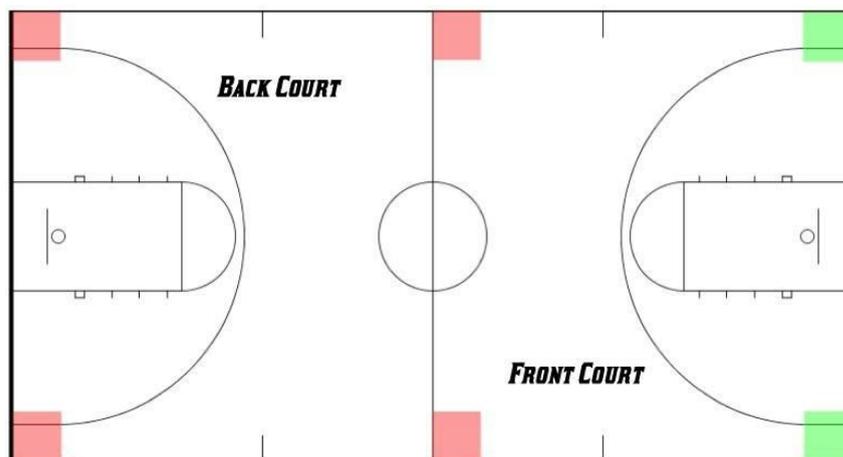
In basketball, traveling is a violation of the rules that occurs when a player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball.

Traveling is sometimes also called, predominantly in a streetball game, "walking" or "steps."

### B) CARRYING THE BALL / DOBLES

Also colloquially referred to as palming, is a violation in basketball. It occurs when the dribbling player continues to dribble after allowing the ball to come to rest in one or both hands

### C) BACKCOURT VIOLATION/ CAMPO ATRÁS



A team must advance the ball from the backcourt to the frontcourt in 8 seconds. Once the ball is in the frontcourt, it could never return to backcourt again.