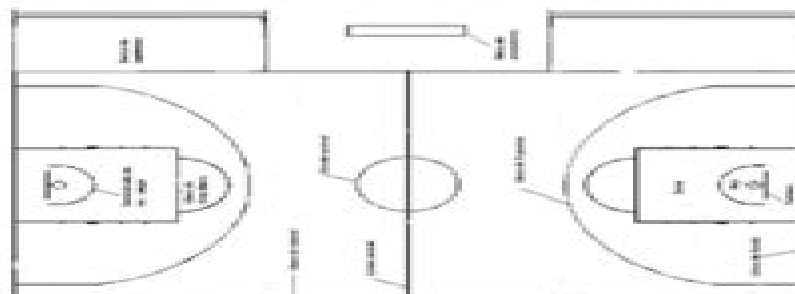


REGLAMENTO DE BALONCESTO

A) TERRENO DE JUEGO Y MATERIAL.



B) JUGADORES Y SUSTITUCIONES

El equipo está formado por 12 jugadores como máximo. 5 formarán el quinteto inicial (los que juegan) y los otros 7 serán los suplentes que podrán entrar en cualquier momento. El entrenador podrá cambiar a los jugadores tantas veces como desee aprovechando interrupciones en el juego.

C) OBJETIVO DEL JUEGO

El objetivo de cada equipo es introducir el balón dentro de la canasta del adversario para conseguir puntos y evitar que el otro equipo obtenga el balón y anote. El equipo que consiga más puntos al finalizar el tiempo del cuarto parcial, o el/los parcial extra de ser necesario, es el equipo ganador.

D) DESARROLLO DEL JUEGO

1. Campo de ataque y defensa.

Cada equipo anotará en la canasta del equipo contrario.

El cambio de cancha se realiza al finalizar el 2º cuarto.

2. Duración.

El partido constará de 4 periodos de 10 minutos cada uno.

Si al final del tiempo de juego del cuarto periodo el tanteo está empatado, el partido continuará con tantos periodos extra de 5 minutos como sean necesarios para deshacer el empate.

En los periodos extra, continuarán jugando hacia las mismas canastas que en el 4º periodo.

3. Inicio del juego.

El juego se inicia con un **salto entre dos**, donde el árbitro lanza la pelota hacia arriba desde el centro la cancha entre dos jugadores, uno de cada equipo que saltan por ella. Cada saltador tendrá un pie cerca de la línea central y estará en el lado de la canasta que defiende.

El árbitro lanzará el balón hacia arriba en vertical entre los 2 oponentes, más alto de lo que cualquiera de ellos pueda alcanzar saltando.

El balón debe ser palmado con la(s) mano(s) de al menos uno de los saltadores después de que alcance la altura máxima.

Ninguno de los saltadores puede coger el balón ni palmearlo más de dos veces hasta que haya tocado a uno de los jugadores que no ha saltado o toque el suelo.

Si el balón no es palmado por al menos uno de los saltadores, se repetirá el salto.

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Baloncesto Amateur**

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