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Find indoor basketball courts near me

Alberto Pomares/E+/Getty Images According to the National Basketball Association, basketball courts should rectangular shapes that are 94 feet long and 50 feet wide, with internal dimensions including a 23-foot, 9-inch semicircular three-point arch at either end of the court; however, dimensions for other leagues and age groups may differ. For example, middle and high school courts are usually smaller than regulation NBA size, even if the NCAA, or college league, and the WNBA, or women's pro league, use the same court dimensions as the NBA. In all of the aforementioned courts, the free throw line is located exactly 15 feet from the point on the floor that corresponds to the arch's backboard spot. Additional dimensions for regulating NBA courts include a center circle that is 12 feet in diameter, and a hoop rim that is 10 feet off the ground. The court is marked by symmetry, with a clean line dividing the court into two equal halves with identical marks, actions and features, including a basket at each end. Indoor basketball arenas usually use hard wood as their floors, and include painted lines to specify areas such as the free throw line and three-point arc. Outdoor basketball courts usually have paved floors. It may seem like there is no more to basketball than putting a ball in a basket. However, there are certain rules that teams must play by in order to create a fair game. Referee police the action of the game and blow a whistle to indicate violations. Judges also use hand signals to indicate the type of violation that has occurred. An official bet is played for a certain period of time, and the team that scores the most points at the end of that time is declared the winner. If the two teams are tied at the end of the match, the teams play overtime periods until a winner is determined. Each overtime period lasts five minutes, and when a team is ahead at the end of an overtime period, the game is over. Within the game there are certain rules that players must follow. Here are some of basketball's best-known ones: If an offensive team allows the ball to go behind the midcourt line and touches it before the opposing team touches it, it's called a backcourt violation and the opposing team is assigned the ball. A player must bounce the ball on the pitch, also called dribbling, in order to move on the pitch. A player can only move two steps after he has stopped dribble. If a player dribbles, stops and then dribbles again, the referee calls a double-dribble violation, and the opposing team gets possession of the ball. Basketball, by rule, is a non-contact sport. Of course, if you've seen a basketball game, you know that there's actually a lot of contact involved. Personal fouls are called when too much contact is made. A foul is called when a player gain an unfair advantage by contacting the opposing player. In the NBA, players are eliminated after committing six fouls. In college, fouls eliminates a player. If a player does not dribbling, that player can move one foot, as long as he holds the other foot, called his pivot foot, in contact with the floor. The pivot foot must remain constant. If a player moves both feet without dribble, the referee will call a travel (or walking) violation. If a player or coach shows bad behavior, such as with profanity, referees can call technical fouls at their discretion. In the NBA, players and coaches are thrown out after being called for two technical fouls. 24-second clock - In the NBA, teams must shoot the ball and make contact with the edge within 24 seconds of taking possession of the ball. If they don't, then the other team is assigned the ball. The 24-second clock restarts each time a shot is made or the ball hits the rim. It also starts if the opposing team kicks the ball. In college, teams are given 35 seconds.10-second violation – this refers to the rule that a team must bring the ball beyond the midcourt line within 10 seconds to take possession of the ball. If it does not, the opposing team is assigned the ball possession.5-second possession violation - If a player is guarded and does not advance the ball within five seconds, the opposing team is assigned the ball.5-second in-bound violation - If a player cannot pass the ball to an in-bounds player within 5 seconds of taking the ball out of bounds, the opposing team is assigned the ball.3-second rule - If an offensive player stays in the lane for three seconds, the opposing team is assigned to the ball. The three seconds are reset after each attempt shot. For comprehensive information on rules and violations, see official rules of the National Basketball Association, official rules of the Women's National Basketball Association and NCAA Game Rules and Officiating Books. These rules allow for a fair game and enjoyable experience for fans, so teams continue to play even when they lead by big margins. Rules also allow players to concentrate on the basics of the game: passing, dribbling and shooting. For more information on basketball and related topics, check out the links below. Related HowStuffWorks articles Few things say neglect rather like a deranged, bent-up, rusty-peely netless basketball hoop. It is a sad sight, often eliciting more than its own decay. The weathering, however, holds great documentary appeal, as Paris-based photographer Adrian Skenderovic illustrates. His Lost Hoops series catalogs ramshackle basketball courts in Southeast Asia. (He likes to keep the exact locations a secret.) The structures—some made of concrete and plexiglass, others from ruffraff—are in a sad state. They are covered in dirt, soiled by water stains, and in some cases completely lack an arc at all. Despite appearances, but these courts are still in frequent use, skenderovic co.design says. The rings look neglected, but in reality people are still playing with them, even with it Tired. They remain an important institution in the local community. The last point concerns what makes these basketball posts so poignant. In almost every part of the world, in neighborhoods of all levels of poverty to wealth, you will find some kind of a sports field. Whether it's snazzy and new or provisional, it represents a coming together of the community—a place to compete, hang out, hash out. When the community falters or fractures, it shows in the environment, including its basketball hoop. It's an explanation anyway. The photographs also appeal to the Internet's seemingly insatiable lust for ruins. Abandoned factories, gutted buildings, ghost towns, decaying hospitals, crumbling theaters, empty motel pools. In most cases, these structures are unremarkable where they are in top shape. But add a layer of patina, heavy doses of oxidation, and unruly coils of ivy, and... Let the romance begin. Of course, Skenderovic's photographs frame more than hoops. Palm and banana trees stud the backgrounds of his images, forming a lush, green mass, an untamable little nature that contrasts with hardtop courts and strong white geometry backboards. The effect is much like coming across a stop sign on a dirt road in the middle of nowhere. For Skenderovic, hoops take on near anthropomorphic character. Their homemade look caught my eye. They all have their own personality, their own history, he says. They are avatars of the isolated but bustling villages he spent weeks exploring via moped. The big takeaway? Sometimes a basketball hoop isn't just a basketball hoop. Measuring success is difficult, because it can mean something different to each individual. In a basketball sense, success can be loosely defined as the best player you can be. It could mean playing in the high school team, playing on the high school team, playing college ball, playing professionally, or just be a good player in the summer leagues. How much you want to improve is up to each individual. First, a passion for the game is necessary. Why? Because basketball is a very convoluted and involved game that takes endless hours of work to get good at. To really succeed at the game you have to do more than just shoot around. A love of the game is necessary to put in the right work. Basketball, to those who take it seriously, is a year-round sport. Play as much as you can; wherever and whenever you can. Basketball is a great game. Have fun. Learn from the players around you. Watch what they do well. What can you do to practice and be as good as your opponents? Do other players have moves that would be effective for you? All good players learn from others. Also, be aware of what you are doing well. Practice these things often. Take a strength that you have and make it even stronger. If you are a fair shooter, shoot more and become a good shooter. If you are a good shooter, shoot even more and become a great shooter. Play as much as you do and improve on the things you do best, while working on the things you might not be quite as good. Learn what you need to improve in. Practice becoming competent in skills that you have been weaker in. The work of developing a good, all-around game. There are camps, leagues, clinics, intramurals, and lots of other places you can play. These serve everyone as opportunities. Join these types of programs and have fun, and always try to learn. Listen to people who are successful and find out what made them successful. Try to model these behaviors. The more you train, the better you will play. When you practice, you practice with a purpose. Break the game down into skills you need to improve on and the skills you are good at. Like I said, work on improving your weaknesses and work on really making those skills you are good at stronger. Make a practice schedule and follow it. Time each drill and stay on schedule. Have goals for each practice session and work to achieve these goals. Train with a friend so you can help each other and reinforce each other. The habits learned in basketball can translate into all aspects of life. The work habits you develop as a better student, better worker, better teammate, and a better overall person. • Set goals• Work on strengths• Improve on weaknesses• Play often• Make use of clinics, leagues, camps and programs• Learn from others• And most importantly, love the game! Passion is what makes greatness. Work with dribbling with your head up with both handsShoot as much as you can from within the key and

perimeterWork on offensive movements outside the dribble and before dribblingWork on passing skills-practice with a friendWork on defensive techniques, posture, sliding, and footworkPractice ball fakes, jam steps, and up and under the dragAlens show a great attitude-listening, learning, and being the best teammate you can can

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