



**AFRO TECHNIC
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FIBA

We Are Basketball

**MATHURIN NGUESSAN
INJURED PLAYER,
WHAT TO DO?**

**ABBAS DIOP
1C1, 2C2, 3C3, 4C4 AND
5C5 AS BASE OF
MODERN BASKETBALL**

**MARINE ANDOH - ALLE
SPRAINS AT BASKETBALL
PLAYERS**

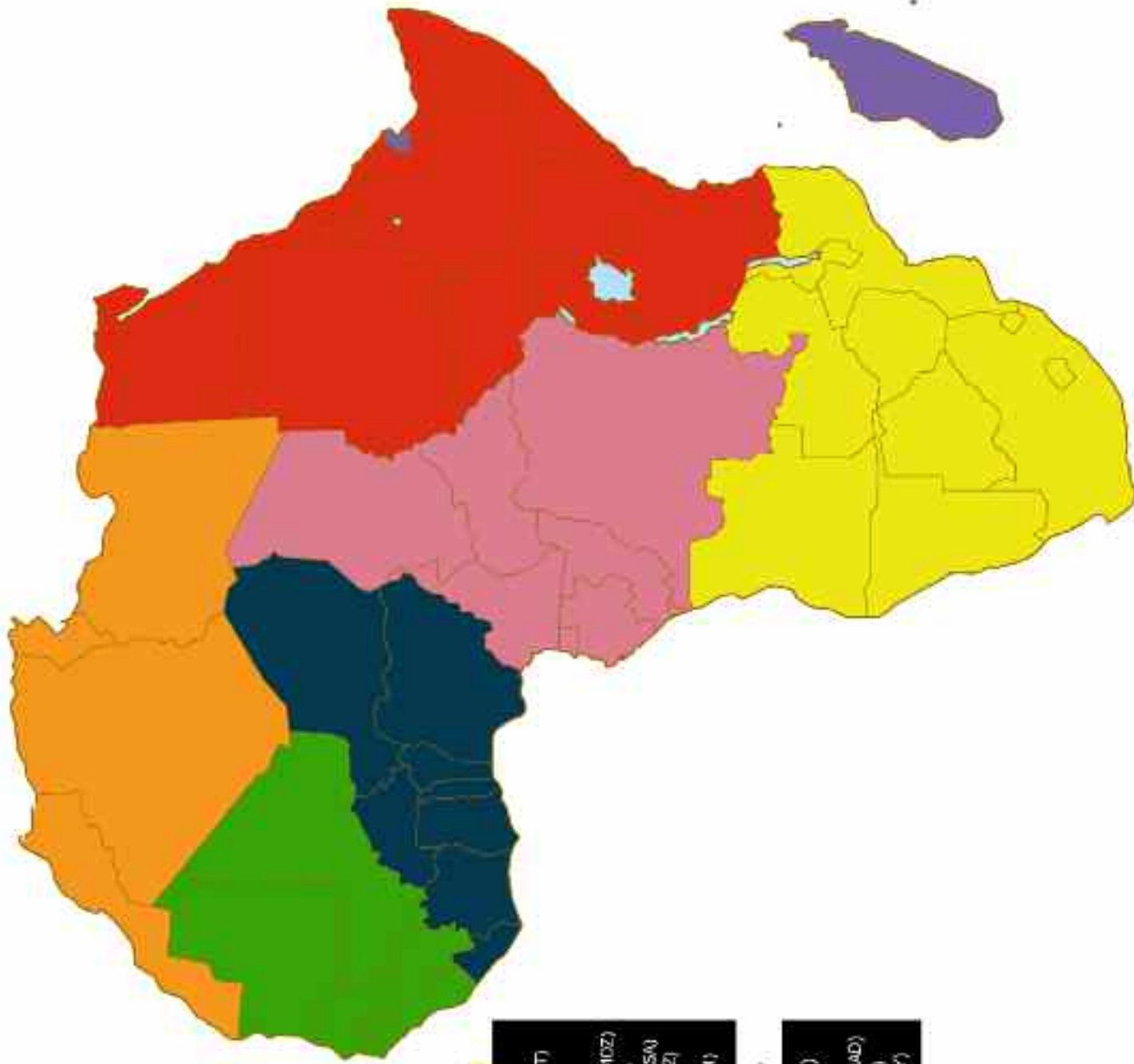
**THE TIME
MANAGEMENT**



FIBA

We Are Basketball

FIBA AFRICA : 54 National Federations



ZONE 1

- . Algeria (ALG)
- . Libya (LBA)
- . Morocco (MAR)
- . Tunisia (TUN)

ZONE 2

- . Cape Verde (CPV)
- . Gambia (GAM)
- . Guinea (GUI)
- . Guinea - Bissau (GBS)
- . Mali (MLI)
- . Mauritania (MTM)
- . Senegal (SEN)
- . Sierra Leone (SLE)

ZONE 3

- . Benin (BEN)
- . Burkina Faso (BUR)
- . Cote d'Ivoire (CIV)
- . Ghana (GHA)
- . Liberia (LBR)
- . Niger (NIG)
- . Nigeria (NGR)
- . Togo (TOG)

ZONE 4

- . Cameroon (CMR)
- . Central African Republic (CAR)
- . Chad (CHA)
- . Dem. Rep. of Congo (COD)
- . Equatorial Guinea (GEQ)
- . Gabon (GAB)
- . Republic of Congo (COG)
- . Sao Tome & Principe (STP)

ZONE 6

- . Angola (ANG)
- . Botswana (BOT)
- . Lesotho (LES)
- . Malawi (MAW)
- . Mozambique (MOZ)
- . Namibia (NAM)
- . South Africa (RSA)
- . Swaziland (SWZ)
- . Zambia (ZAM)
- . Zimbabwe (ZIM)

ZONE 7

- . Comoros (COM)
- . Djibouti (DJI)
- . Madagascar (MAD)
- . Mauritius (MUR)
- . Seychelles (SEY)

ZONE 5

- . Burund (BDI)
- . Egypt (EGY)
- . Eritrea (ERI)
- . Ethiopia (ETH)
- . Kenya (KEN)
- . Rwanda (RWA)
- . Somalia (SOM)
- . South Sudan (SSD)
- . Sudan (SUD)
- . Tanzania (TAN)
- . Uganda (UGA)

SEASON'S GREETINGS

"LET US STAY MORE FOCUSED"

Dear Members of the Central Board,
Dear Members of the Zones,
Dear Members of the National Federations,
The President and the Secretary General of FIBA Africa appreciate the activities you accomplished in this year 2015 for the Basketball outreach in Africa.

They sincerely thank you and encourage you to keep this momentum, to consolidate and sustain the achievements and progress that will bring the African Basketball to a higher level!

The year 2016 will serve for the continuous implementation of the ONE FIBA project that

will significantly contribute to the development of the Game on our Continent.

Back in March 2014 in Turkey, this project was adopted by almost all the African National Federations Member. And as we are now at its implementation stage, we should stay more focused and be fully involved in order to have successful results for all the FIBA Zones.

By the moment, we would like to renew our congratulations and acknowledges, and wish you and your families,

Happy New Year 2016.

Regards!

Hamane Niang
President of FIBA Africa

Alphonse Bile
Secretary General of FIBA Africa

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CALENDAR AND FIBA NEW COMPETITION SYSTEM

HOW DOES IT WORK?

The new FIBA Calendar and Competition System from 2017 onwards opens a new era for basketball all over the world - one which features 1,680 top players during 1,200 national teams games and millions of fans all around the globe.

KEY CHANGES

- FIBA Basketball World Cup moved to 2019, then every four years (2023, 2027, 2031, etc.), avoiding the clash with other major sporting events
 - Two-year qualification period for each FIBA Basketball World Cup: six windows per qualification period (Nov, Feb, June, Sept, Nov, Feb)
 - FIBA Basketball World Cup played with 32 teams (1 Host, 5 from Africa, 7 from Americas, 7 from Asia/Oceania, 12 from Europe)
 - Qualification for Olympic Games through FIBA Basketball World Cup and four Olympic Qualifying Tournaments
 - Asia and Oceania to play together in an Asia-Pacific region to ensure competitive games
 - All Continental Cups to follow four-year cycle (2017, 2021, and 2025 etc.):
 - Starting right after the 2019 FIBA Basketball World Cup
 - Qualification for Continental Cups in 4 Regions
 - 4 windows beginning in November 2019, then February and November 2020 and February 2021
- After the 2021 Continental Cups, the four year cycle (2021-2025) begins once again with the 2023 FIBA Basketball World Cup Qualifiers beginning in November 2021.

BENEFITS

- The growth of national team basketball in any country needs to be promoted”
- Improved basketball exposure: More than 140 countries playing – 1,250 regular and meaningful games.
- New interest for basketball: Regular official national team games in front of their home fans.
- Player-friendly system with one free summer: Maximises the chance of having international stars in the flagship FIBA tournaments.
- Opportunity for new countries and players to emerge through regular official games.
- All-year regular visibility of the national team, not only in summer time – creating synergies with club competitions.
- Improved structure of lead-up to flagship national team tournaments: Clear “Road to” the main FIBA competitions.
- Enhanced potential for commercial and media partners to be associated with the national teams and the main FIBA competitions.
- Development of National Federations, giving them own assets, new tools and more resources.
- Increased media exposure and promotion for national team basketball – generating benefits across all FIBA Zones.

WHY THE CHANGES

- No visibility of national teams in their home countries.
- National team competitions in selected host countries taking place ONLY in the summer.
- No easy-to-follow qualification system throughout the 5 continental zones.
- No lead-up (“Road to”) to the flagship national team competitions - large gaps without games.
- Unlike other team sports, currently no official regular home games for all national teams.
- Future participation of the best players to national team flagship tournaments questionable.
- No development potential for most of the National Federations - as the same countries play and win the major competitions.
- Too much “wear and tear” for the international players competing every summer at the end of the club season.
- Economic viability of the current system at risk in a changing environment as other sports are improving their position.

QUALIFIERS SYSTEMS

2017 will be the start of the new FIBA Competition System & Calendar. Over a four-year cycle (2017-2021), national teams will play regular home and away games to qualify for the 2019 FIBA Basketball World Cup and the 2021 FIBA Continental Cups.

2019 FIBA BASKETBALL WORLD CUP

An optimised system consisting of two divisions - Division A and Division B - to reflect the different quality levels and ensure competitive games will be established as of 2017. Teams will be classified into Division A and Division B to qualify for both the 2019 FIBA Basketball World Cup and the 2021 FIBA Continental Cups.

A total of 80 national teams from the four regions of Africa, Americas, Asia (which will include Oceania) and Europe will make up Division A of the 2019 FIBA Basketball World Cup Qualifiers:

- Teams will be divided in Division A and Division B based on their sport results in the previous cycle, with groups of three or four teams in an open system with promotion and relegation
- Division A teams will be required to meet appropriate quality standards in terms of facilities/infrastructure and organisation to hold international basketball games
- Division B teams will play at the same time as Division A teams to participate in the Qualifiers of the 2021 FIBA Continental Cups which will start in November 2019
- Two games per window to be played on a home and away basis will be played in six windows to qualify for the 2019 FIBA Basketball World Cup
- Each window will be 9 days long, beginning on a Monday and finishing on the following Tuesday
- Windows dates: 20-28 November 2017, 19-27 February 2018, 25 June to 3 July 2018, 10-18 September 2018, 26 November to 4 December 2018 and 18-28 February 2019

. The FIBA Basketball World Cup will qualify teams for the 2020 Tokyo Olympic Games directly or through 4 Olympic Qualifying Tournaments.

FIBA 2021 CONTINENTAL CUP QUALIFIERS

Qualifiers for the 2021 FIBA Continental Cups will begin in Africa, Americas, Asia and Europe regions immediately after the 2019 FIBA Basketball World Cup in China.

- Home and away games will be played in four windows to qualify for the 2021 FIBA Continental Cups
- Windows dates: 25 November to 3 December 2019, 17-25 February 2020, 23 November to 1 December 2020 and 15-23 February 2021
- After the 2021 FIBA Continental Cups, the four-year cycle (2021-2025) begins once again with the 2023 FIBA Basketball World Cup Qualifiers starting in November 2022.

OPINION OF A STAKEHOLDER ON THE NEW SYSTEM : AMR ABOULKHEIR

The FIBA new system of competitions is undoubtedly well appreciated by several basketball stakeholders in Africa including Amr Aboulkheir, the former head coach of the Egyptian national team. Talking to fiba.com recently, he pointed out the benefits that the new system could provide to African teams.

Amr Aboulkheir believes African basketball may never be the same again under FIBA's new competition system, which comes into effect in 2017.

The new system will allow national teams to play home and away games in order to qualify for the 2019 FIBA Basketball World Cup. At the end of that year, a 15-month qualification period consisting of four windows will begin for the 2021 FIBA Afro-Basket Cup.

Talking to FIBA.com from Cairo, Aboulkheir, the man who led Egypt to a runners-up finish at AfroBasket 2013, said: "This was the best option, and all African countries must start preparing to embrace the new system."

The best African team at FIBA's flagship event will qualify for the 2020 Tokyo Games. And, unlike the current system, which gives three African teams a second chance to qualify for the Olympics; four teams from the continent will have the opportunity of chasing their Olympic dream through four Olympic Qualifying Tournaments (OQTs).

"The current 10-day qualification system - held in one country - doesn't reflect the basketball reality of most countries," said the 1988 Olympian. "For example if a key player is injured during that period, there is not much a team can do to reverse the situation, whereas the new competition will allow teams to prepare better and select their best players, most of whom might be foreign-based."

Aboulkheir who is currently at the helm of Al Ittihad in the Egypt's SuperLeague basketball league went on saying, "the new system will bring stability to local federations, and I think the best African teams have bigger chances of representing Africa at world stage competition."

More importantly, the new system will bring more competitiveness because every team will look to select their best players during the 15-month qualifier period.

"My only concern is whether US colleges will allow our players

to come to the national team. I know colleges should release the athletes during the holiday breaks, but how about the rest of the year when we have qualifiers windows?"

In recent years a number of Egyptians have crossed the atlantic to pursue their academic and basketball aspirations stateside.

This year, Anas Mahmoud, Ehab Amin, Abdel Nader, Aly Ahmed, Omar El Manasterly, Ahmed Hamdy-Mohamed, Mohamed Bendary and Omar Abbas, are studying and playing NCAA Division 1 basketball, while dozens of Egyptians are playing high-school basketball across the US.

Aboulkheir continued: "The good thing is, by the time the new system is fully implemented - in two or three years - most of our players would have finished their college careers and would be playing professionally in Europe or elsewhere. Then, everything will be great for us."

As of 2017, the continent's flagship event will be held every four years - instead of every two years - with qualification for the competition taking place during four windows over the course of 15 months.



Coach Amr Aboulkheir

INJURED PLAYER: WHAT TO DO?



NGUSSAN MATHURIN

Basketball is played today on an area of 420 square meters with ten athletes who are getting more swift and fast. In such conditions physical contact is inevitable. These accidental or intentional contacts causing numerous injuries. So what should be the attitude of the referee and the team bench when a player is injured? At what point the injured player can remain on the court? In short we say settlement in case of player injury?



Yeon Ha Beon (Korea) helped by her medical staff

Referees may refrain from stopping the play immediately

The referees are wondering about what to do when a case of injury occurs suddenly during the game.

In the fact the referee has two possibilities:

- Refraining from whistling until the team which has the ball controls take a shoot, lost the ball, withholds to play it or the ball becomes dead.
- Stop the game if he considers it is necessary to protect the injured player or that player requires immediate medical assistance. Furthermore, the referee has about 15 seconds to look at the injury and decide if the player can continue to play or must be replaced.

Doctors may enter the court without permission of the referee

Members of the team staff may enter the court only with permission of an official to provide medical assistance to an injured player before he is replaced. However, a doctor may enter the court without the permission of an official if, he consider that the injured player requires immediate medical treatment. Also, his opinion shall determine the appropriate time for the evacuation of the injured player from the court. There is no limited time to evacuate from the playground a seriously injured player if, the doctor insists thinks; evacuation is dangerous for the player.

An injured player can continue to play

If a player is injured or seems to be injured and a member of his team staff enters the court, that player is considered having received treatment and has to be replaced, even if he didn't received the assistance. However if a player feels bad on the court, but recovered within 15 seconds without anyone from his team staff enters the court with the intention of providing care, that player can continue to play. Therefore, it is interesting that the medical staff let the referee assess the state of the player before entering the court. However, a player who is bleeding or has an open wound must be replaced immediately.

The opposing team is allowed to replace the same number of players

If the referees find out before the start of the game that a player selected by his coach on the start list is not available due to an injury, that player must be replaced. In this case the opposing team is also allowed to substitute as much player. The same principle is applied when the referee discovers during the execution of free throws that a player is bleeding or has an open wound. The player must be replaced and the opposing team can do the same.

The injured player may return to the court after the bleeding has been stopped and if the affected area or open wound has been completely and securely covered.

An injured player recovers during a time-out can continue to play

If an injured player or any player who is bleeding or has an open wound recovers during a time-out taken by either team, he can continue to play only if the scorer's signal for the request time-out sound before the referee allows a substitute to enter the court.

ERRATUM

Now, only one coach is allowed to stand during the game.

Unlike the old regulation which stipulated that "only the head coach is allowed to remain standing, the new regulation provides that:

"Only the coach or the assistant coach, but only one of them, is allowed to remain standing during the game at the same time." However, "assistant coach shall not talk to the officials." Clearly, one coach is allowed to stand for the game, not both simultaneously.

UNDERSTANDING THE RULE OF "TRAVELLING".

Inventing basketball in December 1891, James NAISMITH establishes five fundamental principles including the ban running with the ball because of the cramped gyms and self-control desired. This principle derives Article 25 of the Official Rules on the traveling violation. How to understand the rules of the walk?

DEFINITION OF CONCEPTS

We can not walk without talking about pivot. The walk is the illegal movement of pivot foot. The pivot is the legal movement of a player holding a live ball on the ground and moves the same footing once or more in any direction while the other foot, called the pivot foot, is kept at its point of contact with the ground. A player on the pitch may receive the ball in three (3) situations: stationary, moving and lying or sitting position. In these three cases, when a player may violate the rule on the walk?

HOW TO GET THE BALL NOT COMMIT A VIOLATION OF WALKING.

If a player receives a ball when it is stationary with both feet on the ground when one foot is lifted, the other foot becomes the pivot foot. So it can not move that foot as he holds the ball except when passing or shooting the basket.

If the player receives the ball when it is in motion, the foot in contact with the ground at the time of reception of the ball pivot foot. By cons, if any foot is in contact with the ground and the player touches the ground with both feet simultaneously in this case the player has the option to choose one or the other foot and as the pivot foot.

So when a foot is lifted, the other foot becomes the pivot foot. It can not be moved until the ball is in contact with the player's hand except in case of pass or shot in suspension.

A very important point of this rule on the walk, which sometimes leads to different interpretations of the situation or the player receive the ball while none of his feet are in contact with the ground. If the player goes down on one foot, that foot becomes the pivot foot.

The player can jump up and down on the ground with both feet simultaneously. From this moment neither foot can be the pivot foot. Clearly, a player gets hit in the air and down on one foot, it can jump up and down on both feet.

From there, he can make a pass or a shot in suspension and even advance the ball.

HOW TO PROGRESS WITH THE BALL NOT COMMIT THE VIOLATION OF WALKING.

A player off the ball in hand, to begin dribbling the pivot foot on the ground before the ball has left the hand. Otherwise to start a dribble, the pivot foot may not be lifted before the ball has left the hand.

By cons to pass or shoot the basket, the player may lift the pivot foot, but neither foot can return to the ground before the ball has

left the hand.

A player who receives the ball while it is in motion can to pass or shoot the basket lift the pivot foot and down on one foot or both feet simultaneously.

Thereafter, one or both feet may / may leave the ground, but none of them can return to the ground before the ball has left the hand or (s).

A player who receives the ball while it is in motion is to start his dribble, make sure that the ball has left his hand before lifting his pivot foot.

If the player receives the ball while it stops and no foot is the pivot foot to start his dribble, none of its feet can leave the ground before the ball has left the hand. However, to make a pass or shoot for a field goal, one or both feet may / can be lifted (s) but can / can not return to the floor before the ball is released.

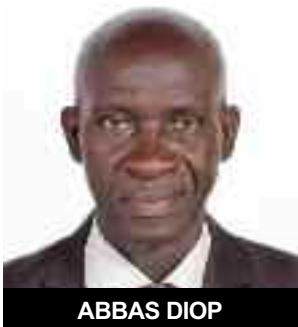
WHEN A PLAYER COMMITS A VIOLATION OF IT WHEN WALKING FLOOR FALLS, OR EXTENDED SITTING?

It is legal for a player who holds the ball fall to the ground. But mostly unintentionally fall to the ground. The player can take control of the ball while it is lying or sitting on the floor. It is also legal for a player slides briefly on the ground after a fall. However, it is forbidden to player taxiing or trying to get up while holding the ball.

A player takes control of the ball while it is lying on the ground, may start a dribble while still lying on the ground. A player holding the ball and pushed by the momentum falls to the ground and slid involuntarily does not commit a traveling violation.



The Referees of Final game Afrobasket 2015



ABBAS DIOP

1C1, 2C2, 3C3, 4C4 AND 5C5 AS BASE OF MODERN BASKETBALL

The regular evolution of Basketball regulations obliges all actors (coaches, players, referees, Doctors, leaders or managers etc...) to get ready to a constant adaptation

of the game in its technical, tactical, physical, psychological etc. aspects and to develop privileged relationship between the outside players (N°s 1, 2 and 3) and the inners (N°s 4 and 5).

The theme speaking about the 1c1, 2C2 and the 3c3, constitutes for us the essence of modern Basketball because the mastery by a team of these duel situations in the game contributes at 80% for this team to insure the win at the time of the competitions.

Indeed, a team's offensive organizing is relied on the complying with the tactical principles governing the actions by players and the relations existing between them. Among these principles, it is indispensable to reveal the one of the offensive game at the ball's opposite side on man to man defense and even on the zone. It is current to consider a power side and a weak side in the attacking. The power side is determined by the ball.

If the spectator follows priory the ball and the movements by players close to this one, the technician, as he is concerned, must be attentive to what is occurring at the opposite side of the ball. The well organized teams have the worry to create and to coordinate offensive "actions" at the opposite side of the ball. Generally 2 forwards playing without ball are interested by these actions.

Whatever are the taken forms, we can remind the reasons of their implementation:

- 1) Mobilizing the defense at the opposite side to limit defensive assistances, deleting wavering.
- 2) Entailing some moving players to provide a defensive support
- 3) Causing a space releasing and some strong options possibilities at the opposite side
- 4) Favoring the offensive rebound in case of shooting
- 5) Linking up quickly, a strong option if there is ball transfer from the power side to the weak one

DIVERSIFICATION OF THE GAME AT THE OPPOSITE

According to the features of the players (size, specific qualities), varied types of "game to the opposite" appeared. All these types of game have as common element, the game of screens, the static or movement game or the both combined. In addition to the vertical screens, we often see the use of STACKS with, frequently, a stationary inner serving to hide and favour the game by an outside player.

The proposed exercises are regarding both the forward and the guard. While varying the advance or the delay by the forward or the guard, the player will find the most suitable answers to the situations. The orders must progress according to the technical mastery of positioning, replacement and the positioning of the players. Whatever is the level of the game, it is possible to use these exercises.

Example 1 : Ball to the wing with external player n°2 A/« PLAYING BY PLAYER N° 2 OR WING IN THE DUAL 1C1 »

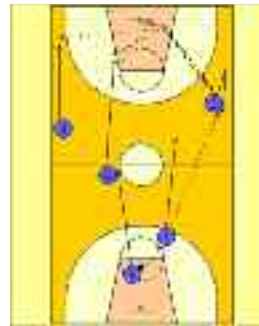


Diagram 1

- 1 passes the most quickly as possible to 2 (will to have the ball, non charge).
- 2 attacks the basket on the side to shoot or make pass to 4 arriving from the opposite side of 3.



Diagram 2

- 2 «drive» in the playing space (at 45°), then passes to 4 and releases his space while running until the opposite corner.
- When 2 has released his space, 5 dives (playing with 4), then 3 covers to 45° (window of passing)

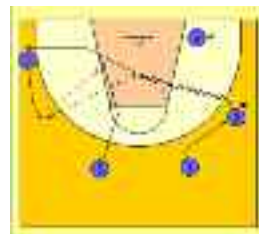


Diagram 3

- 2 « drive » in the game space (to 45°), then passes to 3 who can shoot or playing 1c1
- 2 releases his space while running until the opposite corner.
- Search of passing relation between 3 and 5

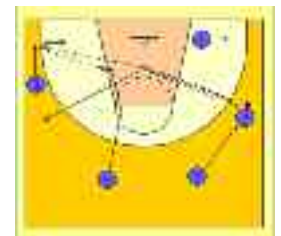


Diagram 4

- 2 « drive » in the game space (to 45°), then passes to 3 at the end line who can shoot or 1c1 game
- 2 releases his space quickly while moving up to 45°.
- Seeking of passing relation between 3 and 5

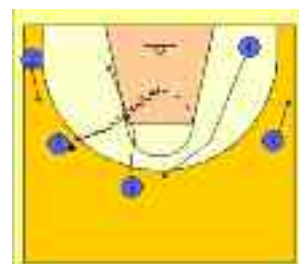


Diagram 5

- As soon 3 receives the ball, 5 cut and goes towards the ball
- Opportunity for 3 to play 1c1 in the axis after 5 cuts
- 4 comes to high position

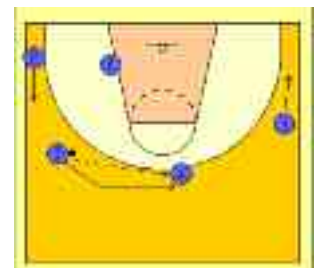


Diagram 6

- If 3 can't play 1c1, can play "hand to hand" with the player 4.

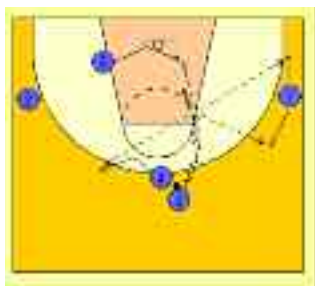


Diagram 7

- 3 tries the 1c1 game with the possibility of passing the ball in fixation game on 1 or 5 (cut behind the defensive player at the bottom line) or 3 can give back the ball to 4.

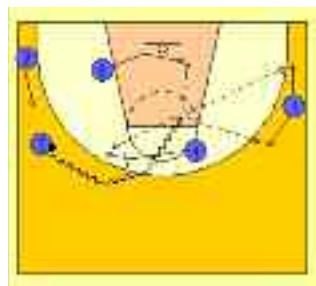


Diagram 8

- If 3 can't play his 1c1, he can play "pick and flare" with 4.

B/« PLAYING BY THE PLAYER N° 2 OR WING WITH THE PLAYER N° 4 OR POST »

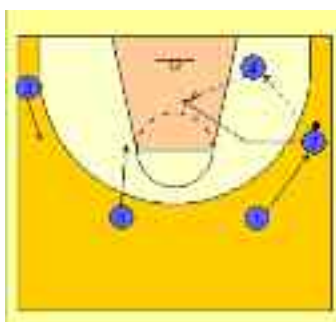


Diagram 9

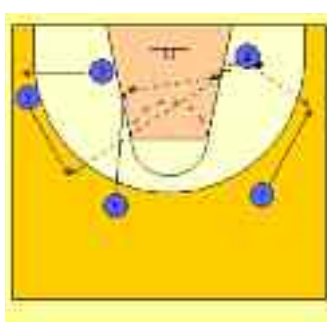


Diagram 10

Position by player 2 at level of LF or to 45°

- 2 passes to 4 who is in the short corner and cut to the basket. 1 stand in for 2 and 5 dives to the circle after that 2 having cut and 3 opens a 45° passing corner.

The playing intentions by the player 4 are:

- Being face to the basket and shoot, playing one's 1c1, passing to 2 who cuts, passing to other non charge player.
- 4 can play 1c1 and make pass according to defensive assistance to 5 diving to the circle after that 2 has cut or to 3 having opened a 45° passing corner or giving back to

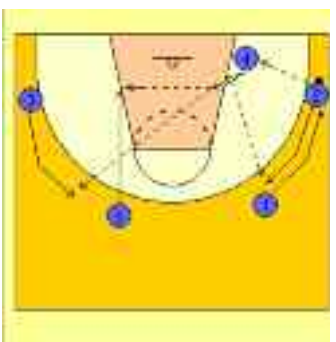


Diagram 11

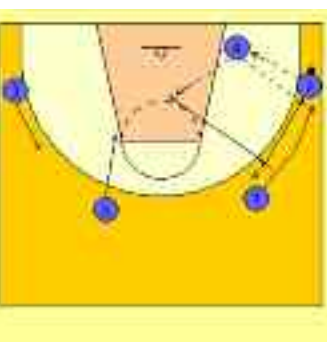


Diagram 12

Position by player 2 close to the end line (corner)

- 2 passes to 4 and exchange space with 1, 5 dives to the circle (possible relation between 4 and 5) and 3 opens a 45° passing corner.

- If 2 receives pass from 4, he plays 1c1 (fixation playing).
 - 2 has the possibility to make screen for 1 and opens inside or cut to basket (flash to circle) to receive pass from 4.
- We find back after the same linking up of actions

C/« PLAYING BY THE PLAYER N° 2 OR WING WITH THE PLAYER N° 5 OR PIVOT »

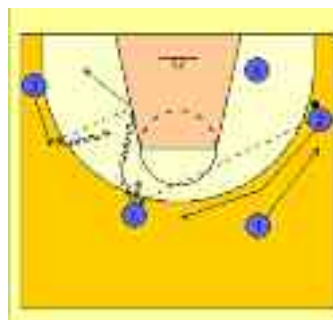


Diagram 13

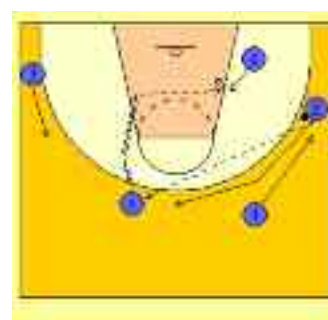


Diagram 14

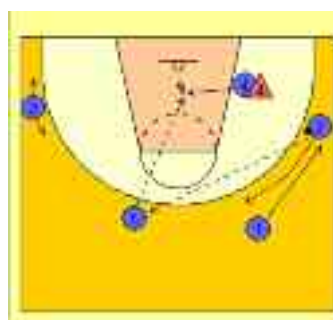


Diagram 15

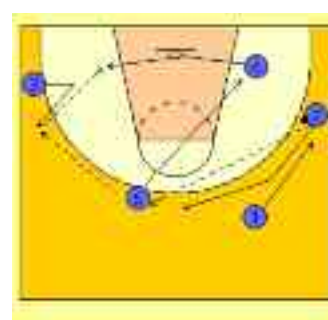


Diagram 16

The player 2 transfers to player 5 in high. The playing intentions by player 5 are:

- 5 shoots or plays the 1c1 at the opposite of 4 with possibility of passing to 3 (shoot or 1c1 in the axis) or on 4. Players 2 and 1 exchange space (toppling).
- If the guard of 4 is front of, possible relation between 5 and 4 with always 2 and 1 who exchange space.
- If 5 transfers to 3 then 5 dives at the passing opposite and 4 passes in the back of the defense (end line) with 2 and 1 who exchange the space.

D/« PASSING BACK TO PLAYER N°1 TO PLAYMAKER »

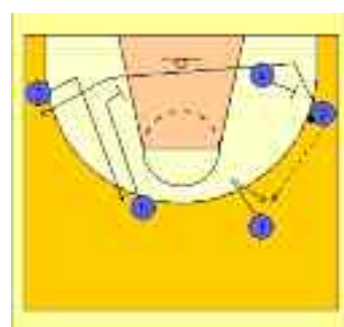


Diagram 17

Passing back to the playmaker:

- If the play 2 cannot play (shoot, 1c1 playing, relation with 4 or 5), he give back to 1 as support to (passing back) and cut on the end line while benefitting from 2 successive screens by 4 (back pick = back screen on the guard 2, moving up as soon as 2 lets the ball over 1) and by 5.
- As soon as 1 is in the possession of the ball, 5 dives to low post to make screen for 2 crossing to end line and 3 move up to high post (non charge = V Cut) to provide the offensive balance and the transfer.

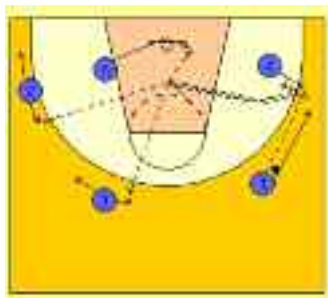


Diagram 18

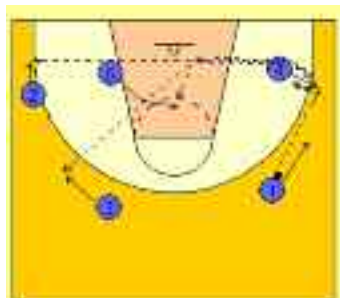


Diagram 19

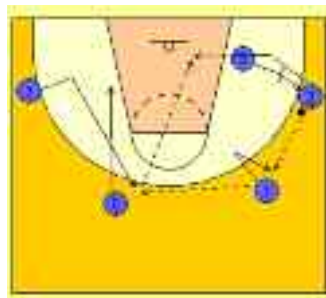


Diagram 20



Diagram 21

Option 1 :

- The playmaker 1 passes to 4 who after his screen stands out to 3pts (flare = wide playing!)
- 4 can shoot or play his 1c1
- If 4 attacks on the end line, 5 moves up to high side or post
- If 4 attacks in the central axis, 5 passes underneath the arc or circle (end line)
- In the 2 cases, the other players open some corners for passing inside.

Option 2 :

- The playmaker 1 transfers the ball to 3 moving up to high post on the diving by 5.
- 3 can shoot, passes to 2 in low post who benefits from the back pick by 4 (flex screen).
- 4 and 1 exchange space (toppling, permutation) or possibility for 4 to make screen on the guard 1.
- 3 can play the 1c1 and pass in the fixation playing to 1 or to 5 moving according to the drive by 3.
- 2 moves up to high post to provide the offensive balance.



Diagram 22

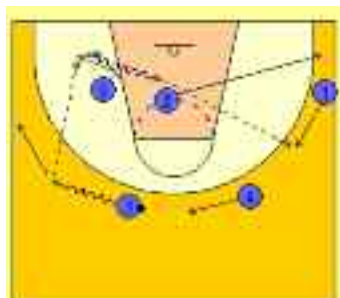


Diagram 23

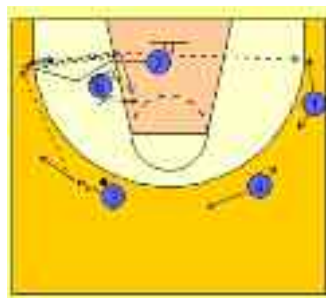


Diagram 24

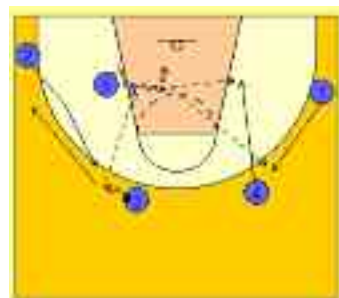


Diagram 25

Option 3 :

- 2 cuts at the end line and benefits from the screen by 5 (reading and various options according to the defense)
- 1. « CURL » if the guard follows (diagram or board 1 and 2)
- The player 3 can pass the ball to 2 who can shoot, pass to 5 having strayed or pass at the opposite to 1 or 4.
- If it is not possible to make pass to 2, 3 can pass to 5 who strays (flare) to attempt a shoot or play 1c1.
- 2. « FLARE » if the guard passes underneath the screen (diagram 3 and 4)
- 2 can shoot or attack again while dribbling on the end line and 5 strays at high post
- If passing the ball to 2 is not possible, 3 can pass to 5 flashing at the ball (playing with back to the basket). Toppling over between 2 and 3.

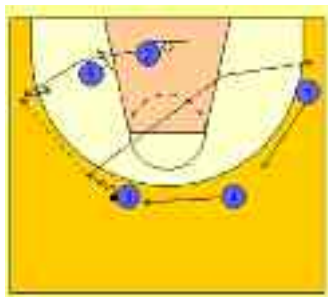


Diagram 26

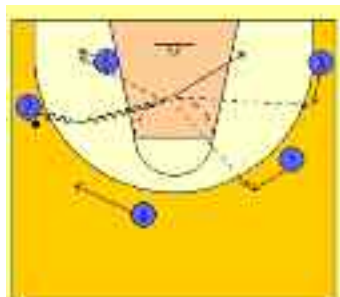


Diagram 27

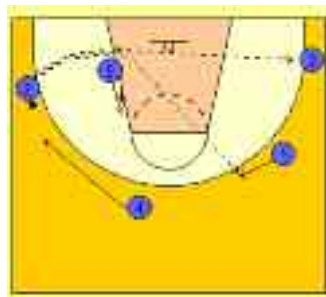


Diagram 28

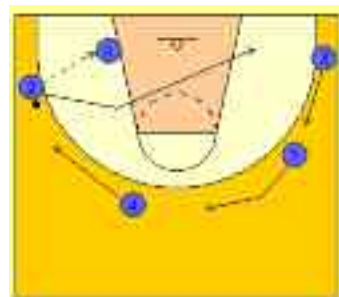


Diagram 29

Option 3 : Reading on screen

- cuts at the end line and benefits from the screen by 5 (reading and various options according to the defense)
- 3. « CLEAR » if the guard is taken in the screen or follows
- 2 can shoot or play his dual (1c1) while attacking the central axis by priority or on the end line. On the drive, 2 can enter in collaboration with the other players having opened some corners for passing.
- 2 can neither shoot his 1c1, nor search relation with 5. Possibility for 2 to cut or exchange space with 4. 5 can shoot, player his 1c1 or searching of passing to one of his teammates.

E/«CUT BY PLAYER N° 1 OR PLAYMAKER»

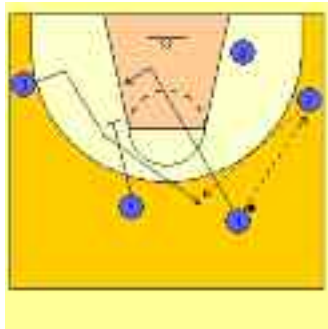


Diagram 30



Diagram 31

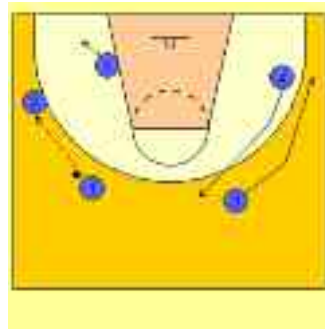


Diagram 32

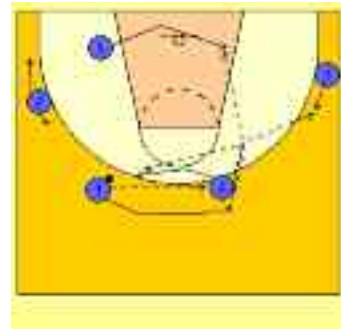


Diagram 33

The playmaker passes at the wing and cuts in sprint:

- 1 cuts to the basket and 3 moves up to play the « curl » if his guard follows. 3 can shoot on the pass by 2.
- 2 passes to 3 who takes advantage from two successive screens by 4 and 5 at the end line while 1 uses 5 (crossing) to moves up. 3 makes pass to 1 and dive in the corner and 4 moves up in the axis.
- 1 has choice to make pass to 2 or to 4 who can play at the opposite so be it his 1c1 or a two ones game with 3 (pick and flash), so be it reach 1 who comes to search the hand to hand. 1 can player in the drive or enter in relation with 3, with 5 (who cut under the circle) and with 4 having flashed.

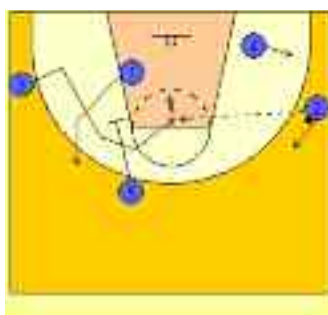


Diagram 34



Diagram 35

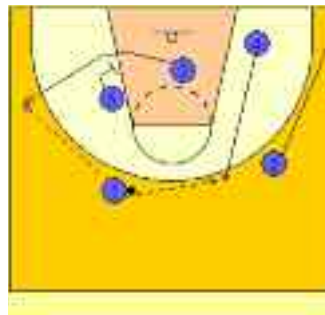


Diagram 36

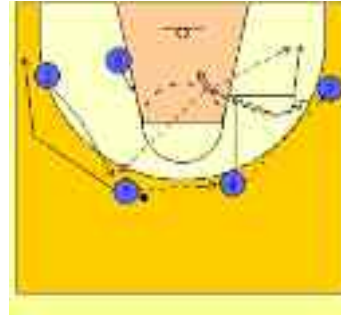


Diagram 37

The playmaker passes at the wing and cuts in sprint:

- 1 cuts to the basket and 3 moves up to play the « curl » if his guard follows. 3 can shoot on the pass by 2.
- If it is impossible to make pass, 2 moves up while dribbling to make pass to 1 and goes to the opposite corner. 3 goes on running to come out at the ball opposite side on a screen by 5 having moved lower and 4 moves up to the high post.
- 1 has choice to make pass to 3 or to 4 who can play at the opposite so be it his 1c1 or a two ones game with 2 (pick and flash), so be it reach 1 who comes to search the hand to hand. 1 can player in the drive or enter in relation with 2, with 5 (who cut under the circle) and with 4 having flashed.

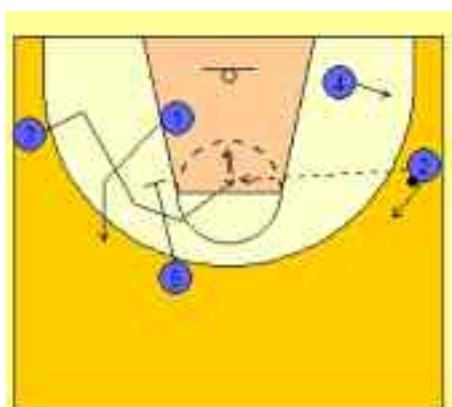


Diagram 38

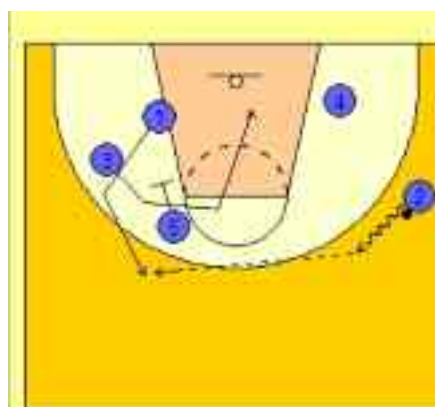


Diagram 39



Diagram 40

- If it impossible to make pass, 2 move up while dribbling to make pass to 3 who goes on with his running to come out at the ball side on a screen by 4.

NB. It is important to develop the ability to perform without ball at the ball opposite side. It supposes that it necessary to have good representation of the eventual actions, an excellent coordination between all players and a right adaptation to the defensive feedbacks. The practice session must have one part reserved to this issue.

Example 2 : Start on Pick and roll

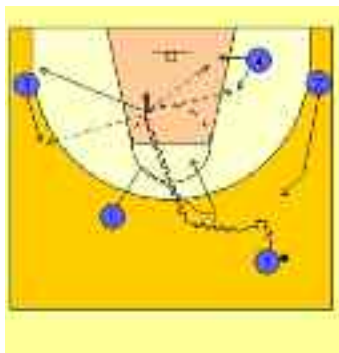


Diagram 41

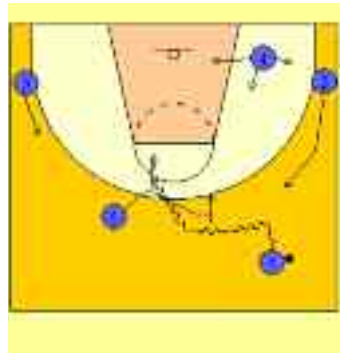


Diagram 42

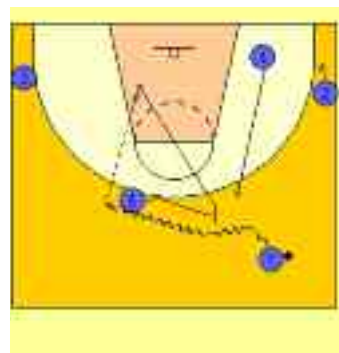


Diagram 43

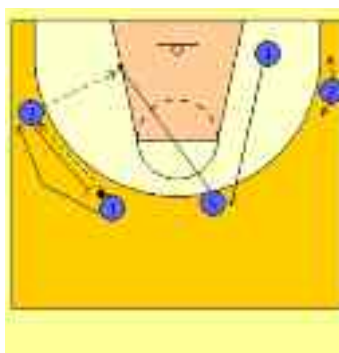


Diagram 44

Start on a "Pick and Roll" for the playmaker:

- The starting position results from the arrival by players in the fast game. The playmaker 1 takes up the ball and cannot pass the ball to 2, and then the player 5 comes to screen on the ball holding guard so to play a "pick and roll". Reading and various possible options according to the defence.
- If the guard of the ball holder is taken within the screen, the player 1 attacks the basket in the penetration game for a lay-up, power... or fixes to make pass on 3 or 4 who open passing angles. Also, 1 can stop to shoot (halt and shoot)
- The playmaker 1 can play on the opening of the screen (passing to 5 in low post). This relation can also be made through a triangle game with 3. The player 4 moves up to 3 points as soon as the 5 moves down. If 3 passes to 5, possibility of screening or exchange space between 3 and 1.

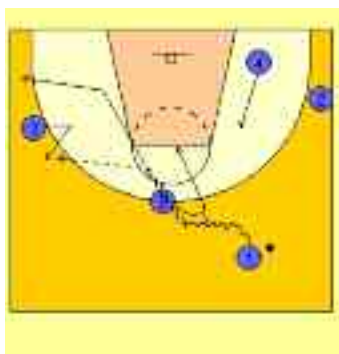


Diagram 45

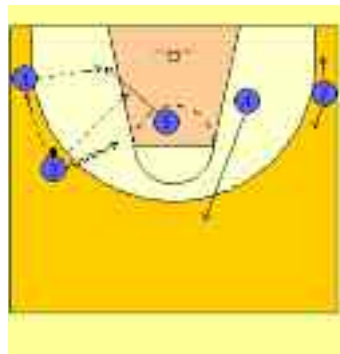


Diagram 46

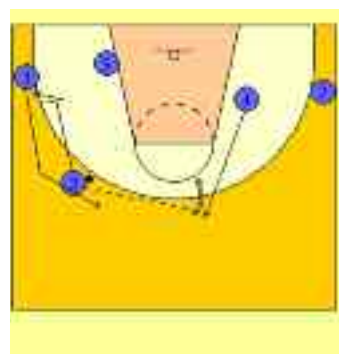


Diagram 47

- If 3 is at level of LF, 1 after his pass moves to the corner in order to free the space for 5 (possible triangle game).
- The player 3 can also attack the central axe, in drive or reverse on 4 who have moved up (screen and balance of players 3 - 1)

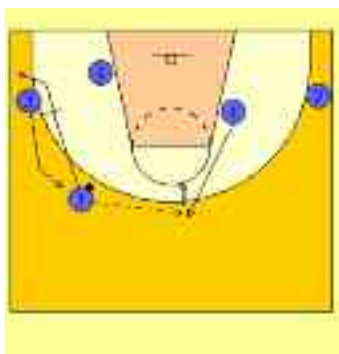


Diagram 48



Diagram 49

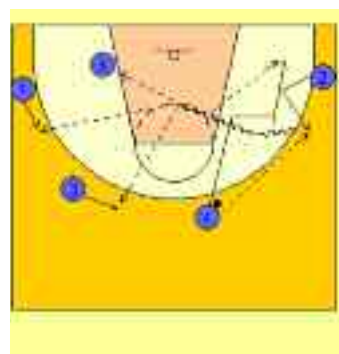


Diagram 50

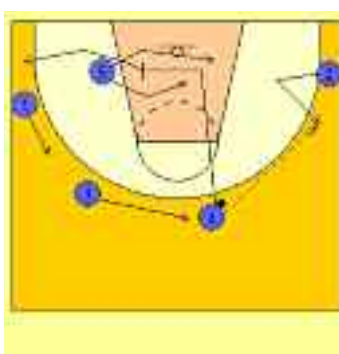


Diagram 51

Start on a "Pick and Roll" for playmaker

- If 1 transfers to 4 who have moved up to 3 pts and we are still with 4 externals and only player closed to the ring (inner). Players 1 and 3 exchange space or position (exchange or screening possibility).

Choice n°1 (diagram 49) :

- The player 4 can shoot or play the 1c1 in the opposite direction from the pass, fixation and pass on 5 or on 2 and then frees his space.

Choice n°2 (diagram 51) :

- The player 4 makes pass to 2 and picks and Flare.

Choice n°3 (diagram 51) :

- The player 4 passes the ball to 2 and plays on one pass and leaves. He go on running and make screen on the 5 guard
- Relation of passing between 2 and 5 and the other players make the balance back

Example 3“ : Start on Hand in hand

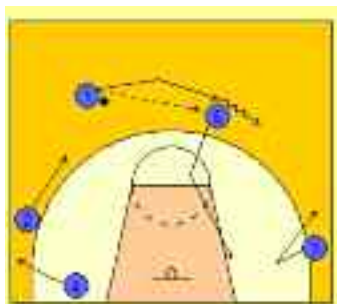


Diagram 52

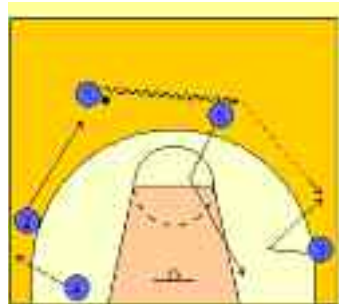


Diagram 53

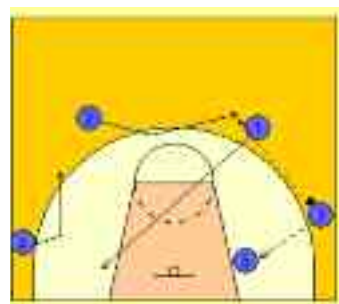


Diagram 54

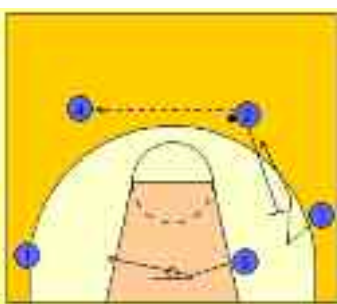


Diagram 55

Start on hand in hand:

- The starting position results from the arrival by players in the fast game. 1 makes pass to 5 and plays hand in hand with him (option 5 can pretend the hand in hand while dribbling). 4 goes out in the corner in external position and 2 makes the balance by occupying the space of 1. If making pass sees difficult between 1 and 5, the playmaker moves while dribbling to drive away 5.
- 1 makes pass to 3 and crosses in the opposite direction from his pass, 5 moves low side. We are on a game with 4 externals and 1 inner complying with the principles of passing as follows: on a depth pass = pick and flare and lateral pass = exchange of space with or wi-

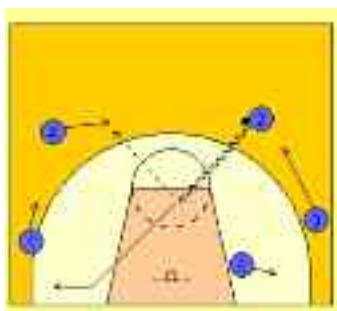


Diagram 56



Diagram 57

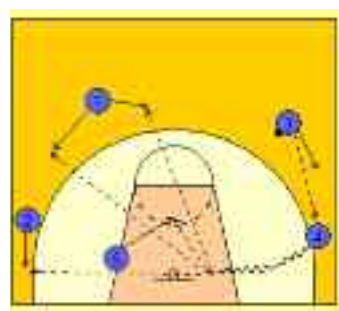


Diagram 58

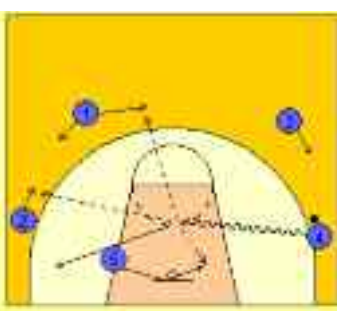


Diagram 59

Principles in the fixing:

- Offensive aggressively by the external ball holder player (relevant and proper use of dribble and moving to a free space after his pass = do not stop). The other externals search to be aggressive in the without ball game (moving and positioning back, opening an angle of passing, do not line up his guard with the pass line) so that to receive the pass and shoot or attack by dribbling.
- It necessary use the external/internal relation (without game by 5 to open an angle for passing, offer the game corridor for the external player in his 1c1, do not disturb passing on external players)

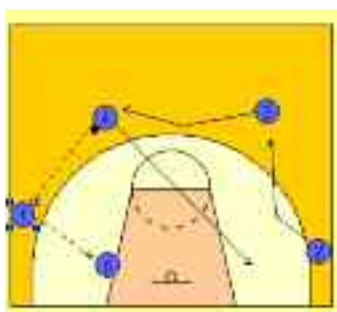


Diagram 60

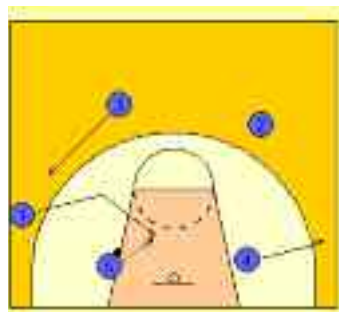


Diagram 61

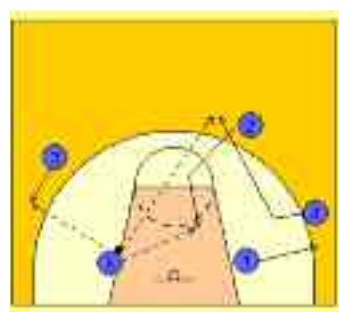


Diagram 62

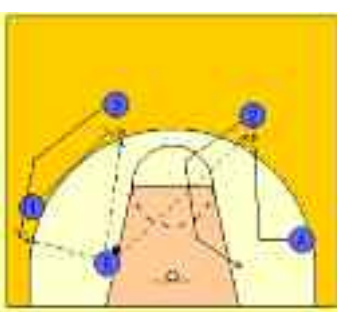


Diagram 63

Balance in the external/internal: Relations

- It is necessary see to alternate the external and internal game. It is therefore necessary working to move the ball close to the basket through the fixing game or by passing. We request the inner player to be positioned in the short corner from where he can easily see the game (put himself front to the ring at youth's).
- There are several possible exploitations if 5 receives the ball from 1. First, 1 can pick and roll by passing. Intentions by 5 shall then be either shoot or make pass on the pick and roll by 1, game 1c1, relation with 2 who moves low side or 4 who moves up side.
- If 1 is mower, exchange of space with or without screening between 1 and 3. Identical game at the opposite for 2 and 4.

Conclusion :

Our first target is starting from technique to work out a collective game based on organized principles of game. Those principles are based on fixing but also on without ball players' collaborations. Tools of these game principles are based on respect of spaces, timing, on notion of link up and on hierarchy intentions.

ROLE BY A MASSEUR PYSIOTHERAPY



MARINE ANDOH-ALLÉ

Masseur physiotherapy is the treatment by the movement of certain pathologies. We have for instance the re-education that consists in assistance to a person having suffered disabling accidents.

Fundamentally, the masseur physiotherapy is a large domain including: neurology (specialty dealing with all the pathologies relating to the nervous system such as hemiplegics, paraplegias, Parkinson diseases, scleroses in plaque...), rheumatology, la pediatries (with support to energy or cerebral handicap born children), traumatology that the treatment of all persons suffering from fractures and from any kind of muscular matters and most other specialties of which the sporty physiotherapy, breathing physiotherapy, physiotherapy relating to cardiology...

ROLE BY A MASSEUR PHYSIOTHERAPIST WITHN A SPORTY TEAM

Beyond the massage, the Masseur-Physiotherapy has a significant role in the performances by a sporty team improvement.

The Masseur Physiotherapist has three fundamental roles:

- Curative role consisting in treating the injury that may be muscular or relating the joints for instance a sprain, a fracture, wearing out or a tear;

- Preventive role: outside of his first role being care taking, the masseur-physiotherapist works for the body adaptation to the high-level sport practice. He intervenes in everything that pertaining to relaxation massages, stretching (successive or specific), setting up of strapping. For instance for a basketball player who would have a recurrent problem of sprain, the physiotherapist will be able to set up a strap on him to protect his joint and help for a better output...

- Role of adviser: to be in harmony with their bodies, athletes must have some basic notions. How to hydrate oneself? That it is necessary to eat prior and after competitions? How many hours from the game beginning is it necessary to eat? What kinds of sugars (slow or fast) is it necessary to swallow to have a better energizing contribution prior to the game or on the contrary outside of game periods? Physiotherapists come with the sportsman outside of the competitions in order to be able to take care of his body that is his work tool! From the success of their mission depend also the good results by the team.

HOW TO MANAGE TO SUCCEED IN HIS MISSION?

A masseur-physiotherapist must attend every practice session. He must arrive before the practice, attend it and leave after the practice sessions. He must accordingly have timetables traced on those of the practices by the team or the center under his guidance.

Before the practice, he receives all players who need a care before getting on the court; see if there is need of an articular strapping or a massage to prepare the muscles of a player recovering from a muscular injury for instance.

During the practice, the masseur physiotherapist is there to intervene on all injuries that can occur (sprain, bruise, wearing out...) especially for strapping setting up or compression to block the inflammatory and painful phenomenon. It is what is called the direct action on the court.

After the practice, he intervenes in everything that is relating to recovery or relaxation. He will undertake massages to rest the muscles, activate the lactic acid deposited in the muscles during a very intensive practice. To sum up, the physiotherapist must listen to all players and must treat as quickly as possible all those having some pains to avoid more serious accident.

In addition to this, the physiotherapist can have in parallel more particular sessions with the wounded players. During these sessions the physiotherapist will have to take back the sportsman gradually on the court. It is about the phase of becoming athlete back and of resumption.



An injured player- Afrobasket women 2015



Nassira Traoré (Mali) - Afrobasket women 2015

RECURRENT WOUNDS IN BASKETBALL

At the basketball players', the most frequent injuries occur at level of the ankle because of the direction changes or of the jumps. Quick starts or attempts of standing out can also cause these sprains of ankle. These injuries represent about 40% of the cases we deplores at the basketball player. There are also the sprains that can be minimal or serious, with possibility of ligaments rupture, the most often of the external lateral ligament. We also face to some injuries at level of the knee owing to the jumps and the repeated pivot movements. Exceptionally, we can also face to some attacks like the dislocations or dislocation of shoulder following falls because players can fall on their shoulders after the jumps and contacts. In the same logic there can be some matters with the wrist while falling after a rough contact and some sprains of fingers due to the bad receipt of ball. The injuries on elbow rarely occur, as well as the cases of fractures; because basketball is not soccer where we have tackles with stapled shoes. In basketball, ligaments are most used. We have also muscular injuries (elongation, straining, rip or bruise).

Basketball player also suffer from back due to the repeated jumps, to an imposing musculature and sometimes because of their overweight.

It is necessary to add to this all small injuries such as bruises at superior limbs level owing to contacts between the athletes.

Au basketball ce sont les ligaments qui sont le plus mis à rude épreuve. On retrouve également des blessures musculaires (élongation, claquage, déchirure ou contusion).

Les basketteurs ont aussi des problèmes de dos dus aux sauts répétés, à une musculature imposante et parfois en raison de leurs surpoids.

Il faut ajouter à cela toutes les petites blessures telles que les contusions au niveau des membres supérieurs à cause des contacts entre les athlètes.

WHAT ARE THE ADVICES TO AVOID SUCH INJURIES?

Unfortunately, injury at a high-level sportsman is a current fact. There are few sportsmen high-level sportsmen having never got injured. These injuries occur because of the repeated effort going back to a young age and also because of certain sport practice conditions. Being about basketball, if it is not practiced on a good playing ground or court and with good shoes, the body gets damaged progressively. What it is necessary to do upstream to avoid injuries, is having a good recovery and good hygiene of life. It is necessary to comply with every phases of a practice or training session namely: warming-up, practice and stretching. Unfortunately, we note that athletes don't like to take the time to stretch and that increases the risk for injuries. It is true that after a game, athletes are often tired but the scouring is necessary through mainly a small 20 to 25 minutes jogging session at light speed to enable the return of calmness and in order to relieve from the tiredness, the pain generated by sport. We can thus begin removing toxins produced during the effort. This moment of calmness return can be accompanied by a good 20 minutes stretching session in order to prepare the recovery and vacuum. Then, it is also necessary to hydrate oneself in abundance.

It is necessary to know that in some championships like the NBA, many precautions are taken. Players are systematically strapped at the both ankles before every match. This precaution is mandatory and if the player gets injured without having been strapped, that commits the responsibility of the medical staff. It is about measures imposed by the players' medical insurances. African athletes evolving on the continent don't have unfortunately the same chances. This is why it is necessary to comply with the fundamental precautions that are good recovery, proper warming-up, systematic and regular stretching and an appropriate re-hydrating.

SPRAINS AT BASKETBALL PLAYERS



MARINE ANDO-ALLÉ

A sprain is a traumatic lesion of a joint resulting from its brutal distortion, with ligaments stretching or ruptures.

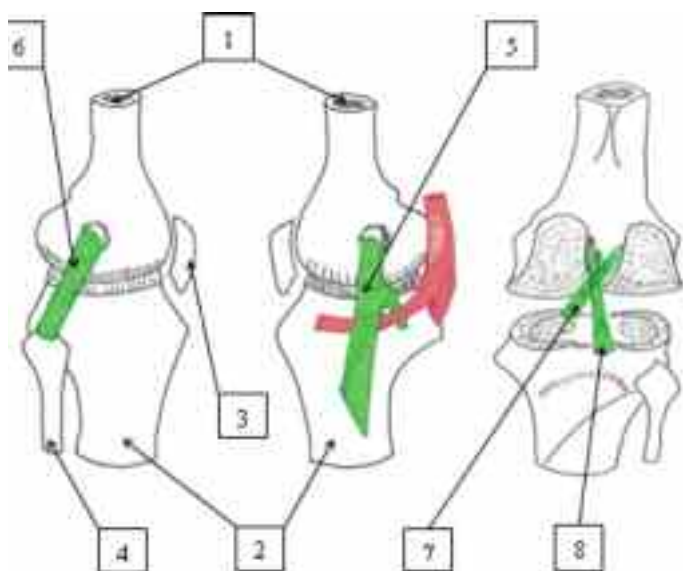
This lesion can follow a wrong receipt, support or a shock on an immobilized limb.

To understand better this question, we are going first of all to describe the anatomy of the lower limb joints and then explain the main notions of the both types of sprains (minor and serious).

Finally, we will develop the masseur physiotherapy charge taking and the rehabilitation of this pathology.

I. ANATOMY OF THE LOWER LIMB JOINTS

The joint of knee links thighbone, the tibia, the kneecap and two meniscuses. It includes several ligaments forming the passive* stabilization system of the joint.



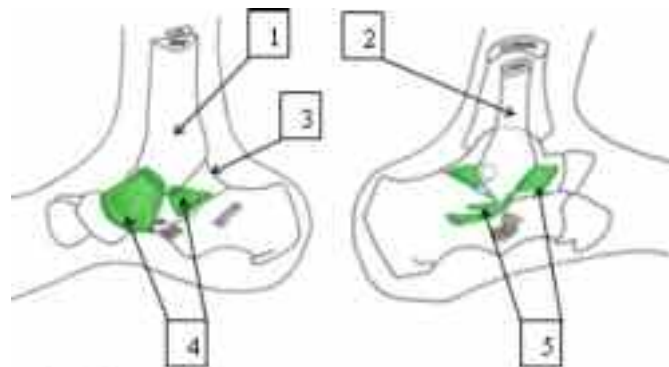
- 1. thighbone
- 2. tibia
- 3. kneecap
- 4. fibula
- 5. Tibia collateral ligament (LCT – internal)
- 6. Fibular collateral ligament (LCF - external)
- 7. Previous crossed ligament (LCA)
- 8. Front crossed ligament (LCP)

Synoptic diagram of the knee joint

The combined muscles to the knee joint form the active* stabilization system: quads, legs Ischia and the muscles of the goose paw. The joint of ankle links the tibia, the fibula and the talus. For the ankle there are two significant ligament plans.

These both ligaments are each made up of several bundles. The ankle has also a protection active system, made up of by the whole muscles passing at this level. There is phenomenon of torsion when these muscles don't react enough quickly. We speak therefore about a defect of vigilance from the perished articular

muscles.



- 1. tibia
- 2. fibula
- 3. talus
- 4. Tibia collateral ligament (LCT - internal)
- 5. Fibular collateral ligament (LCF – external).

Synoptic diagram of the ankle articulation

II. SPRAINS BY THE LOWER LIMB

Sprains by the knee:

The knee is the most used and exposed joint in sporty practice. The recent ligament lesions said "cool" or "sharp" are of 2 types: benign or minor (real lateral lesion) or serious (ligaments rip, rupture or meniscuses). For the collateral ligaments we speaks about stretching or rupture while for the crossed ligaments it is only about rupture occurring at the time of the practice of sport as pivots*.

Sprains by the ankle:

There are 2 types of sprain by the ankle:



- **The external:** it relating to the LCF lesions. There are 3 situations of seriousness: the minor sprains (pulled ligament without breaking), average seriousness sprains (complete break of the LCF back bundles), and the serious sprains (more spread break).

- **The inner or internal sprain:** it relating to the LCT lesions; it often linked to a fracture by the tibia (internal); it cannot result from a simple stumble or blinder; it rather result from a high place fall or from a sporty and violent traumatism (tackle, walk on the ball, fall from a gymnasia beam).

IN BASKETBALL

The most frequent sprains pertain to the inferior limbs (ankle and knee). They occur on the knee whatever the type. On contrary, on the ankle the most common sprain is the external one that represents 90% of the sprains.

III. THE TREATMENT OF A SPRAIN

The first cares to make on the court just after the traumatic event. The immediate behavior to have complies with the GREC protocol.

GREC: Ice Rest Elevation and Compression

The treating person on the court immediately applies Ice on the player's joint who must not go on with the sporty activity (Rest). The inferior limb is put in Elevation. The ice bag is kept on the lesion thanks to a stripe of Compression, in order to decrease the oedema appearance.

CRYOTHERAPY

Look out; ice application on the lesions must not exceed 20 minutes each time. Indeed, the vessel constriction phenomenon (constriction by blood vessels) shall be maximal after 20 minutes; if passed this deadline, vessels dilate again and the inflammation is increased. It is necessary better making 3 20 minutes each applications than 1 hour application.

Realization of the medical diagnosis

After this emergency action, the doctor gives his diagnosis as earlier as possible, for instance in the locker room; the objective being determining the sprain type, its seriousness for the best therapeutic decision. Several aspects are taken into account :

1/ Cross-examination:

It is to determine:

- The lesion mechanism;
- Similar previous episode;
- Sensation caused at the time of the incident;
- The sensation felt: rip, dislocating or hot flowing inside of the joint;
- Pain: at rest, palpating moderated plea by the joint;
- Functional infirmity: difficulty to move the joint at walking even impossibility to put foot on the ground.

2/ Inspection

The Doctor observes joint and looks for all visual signs helpful to his diagnosis:

- An oedema;
- An ecchymosed;
- A hematoma.

3/ Clinical examination:

It begins by the lesion palpating: to assess the texture of the skin and the swelling and the joint heat.

It tests various ligaments and searches for the abnormal movements at the joint level to get rid of a fracture possibility.

At the end of these 3 stages, the doctor gives his diagnosis definitively or waits for few observation days or requests for additional examinations.

4/ Additional examinations:

The doctor may be relied on:

- An conventional radiography: to reject existing of a joint or fracture move;
- An ultrasound (Scan): to view the oedema and tissue lesions;
- IRM: to confirm a ligament rupture, this examination is excellent for its reliability, but it is still expensive and therefore difficult to reach by many people.

Further to the examination and the medical diagnosis:

If there is no sign of seriousness, it shall be about a minor sprain;

the treatment «medical and physiotherapeutic ones» with closer supervision of the joint within some days.

Is there any seriousness sign, the sportsman shall earlier see the specialist surgeon who shall confirm the lesions and consider the relevant therapy (possible surgical indications). For instance: a direct suture followed by a plastered immobilization for the ankle; the DIDT ligament plaster or Kenneth Jones (in the case of the rupture by the crossed ligaments), the direct suture, partial meniscus for the knee.

Like for the minor sprains, a physiotherapy shall advised and undertaken further to the immobilization period.

The medicines:

The doctor advises the sportsman to take some analgesic and non steroid anti-inflammatory.

Attention !

Anti-inflammatory must be taken only after 72 hours after the traumatism because they have tendency to make the already existing lesion bleeding; it is necessary to wait for a slight coagulation.

The masseur physiotherapy charge taking of the sprains

Immobilization:

The first reflex shall be the joint immobilization for just the time to decrease the pain and wait for effective action by the medicines. It is made by an extension harnessing for the knee or an immobilization «elasticity plaster » or by removable prosthesis for the ankle. This aims to let access to the joint for the care by the physiotherapist.

Lasting of the putting on shall be determined with the specialist and may evolve in course of the treatment.

Assistances to walk:

Sportsman is helps himself with English canes* in order to help out the support on the affected limb, until the pain decreases and disappears.

Putting on:

The sportsman must be well shoes put on to move. It is necessary therefore give privilege to closed shoes, sporty shoes, so that the foot is well kept during walking.

Physiotherapist cares:

They are daily and parallel carried out:

– Daily cryotherapy: the sportsman applies broken ice on the joint most time as possible during the day, within the first days. Then, he can apply it 4 to 5 times per day. At the resumption of the supports and the active re-education, the sportsman uses «ice» after every session of physiotherapy. It keeps on with this treatment within the 1st week of the practice or training resumption with the group.

– Analgesic physiotherapy: it consists in making decrease the pain by various means (massage, soft mobilization of the joint, electrotherapy, cataplasms).

– Drainage of the oedema: it consists in making decrease the swelling by the joint through some techniques such as: manual drainage, drainage by electrotherapy, use of gravity (affected limb always placed higher than the resting hip, tense on a stool or a chair; putting some pillows under the mattress at level of the feet so that the limb is permanently inclined during the night.

– Massage and muscle mobilization: massage and tension removing techniques (crocheting, fascia therapy) have a quiet particular place in the joint and muscle injuries treatment. Lasting of the rest by the sportsman is determined by the doctor and the physiotherapist; it can progress according to the pain diminution or decreasing. For a medium sprain, healing by the affected ligament duration is about 3 weeks. However, it is not

5. Phase of re-adaptation: we work specifically on the movements proper to the joint and to the practiced sport. For basket, quick stop and go, defensive roll ups, sudden changes of direction, jumps and receipts, shoots in every situation.

All along the re-education, it is necessary taking into account the cardiology aspect. It is not necessary the sportsman his general shape state. It shall always be necessary find an activity to do to

keep most endurance and breathing by the player (work by the higher limbs – hand bicycle – work by lower limbs when the pain and healing enable that – rower, bicycle or stepper). We also work on higher limbs body-building as much as possible as well as on the skill with the ball (dribbles and sitting shoots).

IV. THE PROGNOSIS AFTER RE-EDUCATION

For the minor sprains, the prognosis is quiet good when the charge taking is well achieved. The resumption of high level sport shall be possible without after-effects in absence of other traumatism.

For the serious sprains, there are numerous parameters to be considered. It is necessary knowing that nowadays, ligament reparations by the modern techniques and through expert hands give excellent results



Strapping session

because it is not yet healed that it is necessary do nothing; or on contrary, that it is necessary resume with the group because the player does not feel the pain anymore.

Resumption is progressively: first in slight working, then in specific supports, then intensively and in endurance; and finally on the playing court with the group.

Working by the re-educator is specialized and progressive one. It can be divided in 5 phases:

1. Phase of passive cares: the physiotherapist treats the pain, the oedema and the amplitude diminution or decreasing.

2. Active phase without support: according to the pain, the player makes some movements and an ankle and knee active work without support.

3. Active phase with support: it begins when the pain has quietly decreased without going too far on the support and progressively by walking, running and jumping small exercises; first in rectilinear direction and then with changes of direction (work by pivots) and of rapidity. We also begin the affected limb muscles strengthening.

4. Proprioceptive re-education phase: it is most significant and diversified phase. Effectively, it is necessary to work on the reflexes and vigilance by joint muscles. We shall work above all towards the sprain. We plead from the joint so that to enable it to develop required reactions in case of relapse. Working is intensified on any kind of misbalances (stable and unstable plan, jumps and other techniques).

and good prognosis.

Mobility is not often entirely recovered. It may lack some degrees, without real consequence.

Stability is sometimes quiet good but some pains are possible and shall decrease in few days or weeks as usual.

Generally, high-level sportsmen provide themselves every means to recover their best shape or level.

GLOSSARY *

Meniscus: small cartilage in the shape of half moon intervening between the thighbone and the tibia and acting as wedge and shock absorber stabilizing this way the knee

System of passive stabilization: set of ligaments stabilizing a joint

System of active stabilization: set of muscles stabilizing a joint;

Fibula: (new nomenclature)

Talus: bone of the foot in contact with the leg's both bones
Sports as pivot: sport with repeated and sometimes brutal rotations by the knee; it is about sports such as basket, football, handball and tennis.

The GREC protocol: Rest Ice Compression and Elevation
English Canes: walking assistance tools with support at the forearm level



NOUREDDINE TABOUBI

THE TIME MANAGEMENT

Time is our more precious item of property and everybody must in some extent manage his time whatever at home or at job.

The way we one's organizes his time has enough impact on our productivity in working, on our leisure and on our

blossoming in life.

The relation with time varies according to individuals.

The perception and time use vary from one continent to other.

Differences are generally perceptible at level of the daily or weekly average of working hours, of the significance granted to punctuality or time dedicated leisure.

Our relation with time is always changing. This change is linked to technological progresses of working sectors, travelling and communication.

Time as factor in productivity

Modernization enables growing the daily working quantity but increases the pressure imposed at level of time boards or schedules.

⇒ Every day, define the priorities of your workings and review your schedule..

Many companies or enterprises are still thinking that the quantity of work is directly linked to the number of hours carried out.

In fact, after some hours, we are no longer much efficient and productive

⇒ Choose a difficult work and deal immediately with a small part of it.

⇒ On the route ahead to your job, review the coming day.

⇒ Delegate systematically works that it shall not be profitable to carry out yourselves.

• If you want improve the way you use your time, you must first update a waybill regarding every activity.

⇒ Divide your working day into parts of 30 minutes.

⇒ Analyze your waybill to assess your working efficient.

⇒ Foresee some moments of thought in your schedule.

⇒ Assess one working out carrying time, then confirm that once the work achieved

• Breakdown working: to be really efficient, the ideal sharing is as follows:

1) 60 % of working time for rewarding works for instance the preparing of small celebration (in reality, it is 15 %).

2) 25 % for optional working for instance the preparing of a meeting (in reality, it is 25 %).

3) 15 % for compulsory working for instance writing of a report (in reality, it is 60 %).

• Questions to be asked to oneself:

⇒ May working being carried out by me be delegated?

⇒ Are working of the group 1 (compulsory ones) carried out this morning?

⇒ Do I always exceed the time granted to a work?

⇒ Have I enough time to be creative and innovative or innovator?

- Fill in very steadily your waybill, memory is often lacking.

PLAN TO SUCCEED

Define one's objectives

• Write all your objectives then rank them in short and long terms, personal and professional objectives.

• Determine if they are realist and think about competences to be developed to fulfill them.

• Establish the list of all your works and rank them:

1) Type A: significant and urgent works.

2) Type B: significant or urgent works.

3) Type C: usual working neither significant nor urgent.

4) If you succeed not in determining the type of a work, rank it in the type C or delete it.

• Any working day should mixes works A, B and C.

• Alternate the three types of working.

⇒ Review your priorities according to the situations progression and received information.

• Learn about your limits and be realist in your expectation from others.

⇒ Every day, close the door of your office for a moment.

⇒ Remember that even short, a moment of quietness shall help you being more efficient.

⇒ Do not hesitate to pick up the telephone.

• You must absolutely plan the working that seem more difficult to you at the moments of your mental and physical positive.

⇒ Propose variable time tables in order to increase the productivity in the enterprise.

Use an Agenda

• The most classic is paper agenda but it exist today more and more sophisticated ones.

• Use of agenda needs certain discipline.

• If you are not directly in charge of your agenda, inform immediately the person who is in charge of it as soon as you arrange an appointment.

• See that it is updated and have look on it regularly.

⇒ Choose an agenda that seems practical and pleasant to use.

⇒ Keep a pen with your agenda, so that to avoid looking for a pen when need is.

⇒ Use different colors according to the significance of works.

• Establish a summary list where you write all of your works whatever their significance and expiration date.

• A list gives a global vision of the situation better than a daily planning.

• This list must include all of your works A, B and C.

• Make your list of works progress while crossing the working achieved and adding new ones and modifying if necessary your priorities.

• Use codes per works of same nature (Ex.: a cross for mails, underlining for meetings).

⇒ Set realist expiration date. An expiration date must help you to organized yourselves and be not source of stress.

⇒ When you cannot absolutely delegate a work that disheartens you, try to carry it out when you are in a positive state of mind.

⇒ Do not make planning over more than one year.

Be positive

- For some, times goes faster while for others it hangs around without stopping.
 - Think about the working you enjoy in your job and see to share it well in your schedule.
 - Foresee regularly some outings (cinema, concert, and stadium) at some friends
 - Try to be positive even when you carry out a work you do not like.
 - Beginning and end of every working day is a significant moment.
 - Begin your day by having a well balanced breakfast taken quietly.
 - Leave for job in due time to avoid running until your office or job.
 - Afford to relax yourselves and think not about working at least two hours before going to the bed.
- ⇒ See to carry out every day at least a work you enjoy.
⇒ Complete your day while reading some lines of your loved author.
⇒ Always try to see the positives sides of your colleagues and customers or client or patients, up to the situation.
⇒ List your weak points and fight them, ones after the others

TIDY UP ONE'S OFFICE

- An office's arrangement, colors and state express enough about its occupant.
 - Your superiors, colleagues and visitors shall judge you according to the state of your working space.
 - An untidy working space is sign of a mind also untidy.
- ⇒ Get your office rid of any document, papers which have no relation with the project in course.
⇒ Pay attention to post-it. They easily get lost
⇒ Tidy up every day. Not let your office in a mess for the following day.
- Have immediately a look at all the documents you receive: if they are urgent, deal with them immediately or entrust someone with them.
 - Put in a special rack the non urgent documents that processing requires additional elements.
- Note what you have to do
Deal with, rank or delegate
Throw away the remaining
- ⇒ Underline your documents o that to read them again more quickly.
- If you receive several, put your desk table face to your office the door so that to see people arriving or coming.
 - If you regularly organize meeting in your office, arrange it the way that visitors be settled down comfortably.
 - As ideal, your office must only take in documents regularly consulted.
- ⇒ Place a well seen clock in your office.
⇒ Review your system of ranking at least every two or three months.
⇒ Pick through regularly your binders in order to through away documents become useless.
⇒ Choose a ranking system relevant to your needs and activities
- Subdivide your files:

Often used --> Sometimes Used --> Recorded

- Foresee regularly a space for ranking (at the end of the day or of the week).
- Do not entrust someone else with this work.

PROTECT ONESELF FROM INTERRUPTIONS

- To reduce the number of useless interruptions, establish following lists:
- 1) Persons authorized to solicit you any time such your bosses or important visitors.
 - 2) Persons authorized to solicit you when you are not too much occupied such your colleagues.
 - 3) Persons never authorized to disturb you.
- Adopt a negative body attitude to make barriers to intrusions.
 - Turn head but not all the body towards the visitor or coming person.
 - Use signals such a look at your watch.
 - Keeping one's pen in hand shows the wish to be not disturbed.
 - Close your door if you do not want to be disturbed.
 - If you are less visible (seat behind computer or laptop screen for instance), collaborators and colleagues shall have less tendency to disturb you.
- ⇒ Request your secretary or a colleague to screen the calls you receive.
⇒ Take your telephone to show the end of a chat.
⇒ If one's follows you in your office, do not sit down.
⇒ Protect your chair from looks when your door is opened.
⇒ In case of chance meeting remain standing up to escape more easily.

SCREEN THE INFORMATION

- Information arrive more and more under various forms:
- 1) On paper (letters, fax, news papers, reports...).
 - 2) Through computer (mails, internal network of enterprise...).
 - 3) Orally (meetings, television, radio, telephone, answering machine...).
- Messages arriving non stopping must not hurt the continuation of your work.
 - Listen quickly or skim messages to extract from them the main thing.
 - When a message requires for an intervention, note it your summary list.
 - Foresee a period after lunch to read your mails and to read quickly the news papers
 - Repeat the processes at the end of the day so that to keep your office tidied up and be ready for the next day.
 - Rank information transmitted to your colleagues or collaborators, in three categories:
- 1) Information to be modified or completed before transmission (Ex: internal reports).
 - 2) Information to be read, recorded and then forward (Ex: news papers and magazines).
 - 3) Information to be delivered once photocopied (Ex: letter of thank-you from a satisfied customer).
- ⇒ Give copies only to concerned persons.
⇒ Throw away any document you deem needless.
⇒ Cancel any subscription to magazines you no longer read.
⇒ Keep on your desk table only essential or significant documents.
⇒ Cut out from news papers the articles to be kept and record for later reference.

WORK WITH OTHERS

• Questions to be asked:

- 1) Do I take into account the others' schedule?
- 2) Do I write too much useless notes?
- 3) Do I organize too superfluous meetings?
- 4) Do I arrive always in time at my appointment?
- 5) Do I stop often the others in their working?

• Determine if you can gain time while imitating working methods by your colleagues.

• To use better their time, try to determine if your collaborators are discouraged and what are reasons situation:

1) You did not entrust them with much working. Review then the sharing of working so that each of them to be enough occupied.

2) They are not interested in what they are doing. Enter into dialog with them to find more suitable workings.

3) They are overworked. Assist them to develop their time organizing abilities or try to reduce their working charge.
⇒ Do not judge your colleagues.

MANAGE THE MEETINGS

• Set the date of the meeting and prepare the meeting.

• Including the meeting within one's planning, without forgetting the round-trip route and provide for the report are works that require time.

• Always wonder if the meeting thought about is imperative.

⇒ Call in a meeting only as a last resort.

TO PHONE

• Foresee within the day, a special moment saved for making calls.

• Determine clearly the object of every call and make an agenda as if it was about a meeting.

• Assign priorities to your calls so that to grant more time and energy to urgent and important calls.

• Do not let telephone conversation emerge from the subject except in case of necessity.

• Take notes and tick off points of your agenda as they are tackled.

• Determine the target of your call: may you be short or should you spend more time in view to make a report.

• Take time for each one of your calls and assess, in time and money their cost.

⇒ When you make a call, foresee a work you can carry out if you may wait for.

⇒ Do not go on with a conversation if the communication is bad. Hang up and call back.

⇒ Connect up the loudspeaker and go on with working while

waiting for of an answer.

⇒ Indicate to people when they can call you back.

⇒ Transfer your calls when you do not want to be disturbed

READ AND WRITE

• Do not postpone systematically for later the writing of your texts; they should pile up.

• Underline the significant sentences of report you read.

• Read quickly the main titles of your daily news papers.



Ndidí Awele Madu (Nigeria) - Afrobasket Women 2015

• Separate important documents from the other documents and papers.

• Once per month, delete from your laptop or computer any document become useless.

• Send short messages and check carefully the address of your addressees.

HOLD MEETING

• Shorten meeting while listening instead of speaking.

• Request one colleague to stop you «in emergency» when a usual meeting is lasting for too long.

• Grant a certain duration to every item of the agenda.

• Encourage people to attend only the part of the meeting in which you are really interested.

• A meeting must start in time: do not wait for the latecomers and when they arrive, do not waste time to sum up what has been said for them.

CARRY OUT TRAVELLING FOR YOUR JOB

• Prior to carry out a moving, assess if it is necessary and profitable.

• If possible, gather all your personal effects in a single small board luggage.

• Foresee some work with you in case of expectance.

• Settle your watch on the hosting country local time.



NOURIDDINE TABOUBI

THE KEY ROLES WITHIN SPORTY ORGANISATIONS

Sporty organizations have some key roles which need to be met so that to be well run and work efficiently. These roles are often stipulated in the constitution or Statutes and cannot accordingly be changed or amended without the consent of the organization's members. Besides, some committees (or commissions) are common to sporty organizations. Generally, they concentrate the main duties of the organization, even though these duties are not all represented on the whole sporty organizations. Most of the sporty organizations have the same structure. They have an Assembly General including some elected members for the Executive Committee (CE). The Assembly General usually hold a meeting once annum, under the leadership of the Chairman or the Secretary General. The Assembly General is the supreme decisional body of most sporty organizations. It discusses on the principal decisions as proposed by the C.E and ratifies them. The C.E generally included elected representatives. It can also include some members appointed on the basis of their expertise, according to their financial contributions or legal expertise so much as it remained in accordance with the provisions by the statutes of the organization. The C.E can also include some ex-officio that means because of their standing. The C.E is responsible for the setting up and the monitoring or supervising of the strategic managing of the organization. Finally, an organization generally has managers and an administrative staff in charge of the daily working of its managements. The organizations working with gainful staff generally have a General Manager who is, in return, responsible before the Executive Committee. The administration can be also simple and controlled or led by volunteers, and include some gainful employees only. In such case, it is very likely that the administrative staff is responsible before the Secretary General (a volunteer), who will also be responsible before the Executive Committee. In the small organizations, it is possible that the Executive Committee is the only existing body, without administrative staff. In this case, it is up to the members of the Executive Committee to carry out the administrative roles.

- being sure that all participants have the possibility to express themselves;
- seeing that decisions be taken and approved;
- leading the votes running;
- commanding regulations and statutes respect.

It is necessary to note that the Chairman must remain neutral because is the meeting leader. For the well monitoring of the meetings running, the Chairman must:

- complying with meetings procedures;
- choosing lecturers with discernment;
- seeing that the debates take place with courtesy;
- encouraging lecturers to express themselves concisely and frankly;
- managing so that clear decisions are taken and are recorded.

• Role by the Secretary General

Generally, the Secretary General is head of the organization administration. He is a link between the governing body, the administration and the organization management. The duties by the Secretary General can vary appreciably depending on whether he works part-time or full-time and that he is remunerated or no.

• Role by the Treasurer:

The Treasurer manages the accounts and work out a set of procedures to be followed for the financial issues.

He must work in collaboration with: the committee of checking supervising the activities by the organization so that to see the implementing of good practices; the committee of finances for the finances checking and managing; the auditors, checking the accounts; as well as with any person in charge of the financial monitoring, the procedures or the writing of the reports. For the small size organizations, the treasurer shall perform as head of all aforementioned duties as well as the one of accountant (if his qualifications enable it).

A Treasurer must:

- be honest;
 - keep the accounts files cleared and tidy;
 - be able to deal with less and more significant amounts according to activity by organization;
 - have expertise in financial managing;
 - comply with the commitments and objectives by the organization.
- During the meetings, the treasurer must:
- introduce accounts and financial reports;
 - submit for approval the estimations of the expenses;
 - give his opinion on the financial viability of the projects.

Every year, he must:

- introduce a preliminary version of the yearly accounts to the Executive Committee;
- pass on the accounts by the Executive Committee to the auditors;
- submit the checked accounts to the yearly General Assembly for approval.

QUESTIONS:

1. Is the structure of Commissions of your organization adapted to its activities?
2. How can your structure be more efficient?
3. To which frequency should you review the structure and working by your commissions within your organization?

KEY ROLES

• Role by the President:

The main duties by the Chairman are:

- acting on behalf of the organization and chair meetings;
- Making be implemented the decisions taken during the meetings;
- Making be known the opinions of the organization to groups, organisms and people abroad;
- Resolving conflicts or clarify matters between members;
- Providing leadership, managing, strategy of planning and favor thought within the organization.

In most organizations, the Chairman is head of the meeting running and must therefore:

- proceeding to the opening of the meeting;
- seeing that every item in the Agenda are examined;

BASKETBALL PLAYERS POSITION



BLAISE LOUAMBA

THE POINT GUARD OR PLAY-MAKER (1)

DEFINITION

He is the player who serves as a link between the four partners involved. He is the one who gives coherence to the collective game. He is also called BASIC

ROLE

The role of the playmaker is the general organization. He is responsible of the observance of the coach as it must have an adaptive power and decision.

Tactician, he is the one who sets the pace of the team game. He must also keep the ball and performs the quick attacks.

PROFILE

Physique:

As requested more than others he must demonstrate a physical and mental.

Technique:

The playmaker should have good speed and be a good finisher in the cons-attacks, thanks to his dribbling, his changes of pace and his shot at much worn. Motoring:

The address and good vision are important for players at this position. The successful candidate must have a sense of anticipation.

Mental:

He must be winner, creative, not emotional, and has a good analysis and good reading of the game.

N.B. Morphology type does not untap (but it influences the style). Given the qualities below the highest size is desirable.

SPECIFIC Workout

A/ On the occasion of a working per post; duration: 30 minutes about per week for 3 hours weekly.

B / During the inter-season: bottom working and quality; new automatic devices.

C / Progression: it is up to the Coach's philosophy.

EXERCISES

For this position the following exercises are essential

1 - Dexterity, 2 - Field of vision, 3-Dribble, 4 – passes

5 - Shooting.

We let the coaches choose the specific form of exercises depending on the quality of players.

We let's Coaches the choice of the exercises specificity according to the quality of players to be trained.

THE PLAYER OF FIELD DEFINITION

Athletic and skillful player whose mobility provides a link between the outskirts and the reserved zone, he is also called

EXTREME (2 & 3) ROLE

He the one who enforces the fundamental group (games 2 and 3 players) and individual. He moves a lot and ensures shoots. He offers good passes.

He is also a player who must be present on the re- bounds.

- At the young: the shooter goes to rebound

- The senior level, the shooter can ensure the defensive balance, finish and snap against the attack.

PROFILE Physique:

He must be the most mobile of large and have a good reaction rate. He is also a great player and must have a good relaxing time of suspension.



Souleyman Diabaté - Point Guard of National Team of Cote d'Ivoire (Afrobasket 2015)

Psychomotor: Psychomotor:

At this side, he needs to be available for prompt execution of technical

Technique:

The qualifications for this position are: a good game without the ball, the markdown, success in one on one, good movement within and outside of the defense, good on all shots (indoor and outdoor) and a presence on the rebounds.

Psychology:

Confidence and determination are key elements for taking this position. He must be the one who has a good relationship with other players and take decisions quickly to seize the opportunity that presents itself.

IMPROVEMENT OF SPECIFIC QUALITIES

Playing without ball:

For this player the following qualifications are to improve:

Game without ball: the offensive footwork (rhythm, direction) and the mobilization of the opponent.

Outstanding:

-Side, where deep ball and call reception. Winding

EXERCISES:

1 x 1 with fixe passes

1 x 1 with mobile passer

(Positions compared with playing or game situations determined by the type of defense)

1 to 1:

-Choice according to the defender's position:

-Shoot

-Moving

-Passing

THE INSIDE PLAYERS (4 & 5)

DEFINITION

He is usually a tall player, who has powerful moves in the reserved area and its periphery. It is also called Post.

ROLES

He acts as a shooter (director). He must be present on all the rebounds:

- On his own shot
- On the shoots of a partner (domestic investment)
- On the opposing shooting

Assistance to outside players (set out in defense or support) is essential. He is the one who defends the player inside the blocker, he is the ultimate protector and ensures first pass of the counter-attack. In the position of a Pivot or low, he is rather a director. In this Position he is rather the highest rebounder.

PROFILE Morphology:

It is a large player and very athletic.

Physique:

He must have a great power and good relaxation. He must not be very sensible to the knocks, and he must resist to the multi hop.

Technique:

His movements provide accurate and solid support to his teammates. He must stand out in confined spaces. Technical level: different shots, one ambidextrous. He must be accurate on free throws, rebounds on reactive (speed) without dribbling.

Psychology:

He is a player who must be brave.

SPECIFIC TRAINING

The specific training for this type of players are: flexibility (especially of the shoulder girdle), Strength training (particularly lower gear), investment and travel (in a small space), Bounce (ie assessing the trajectories), and Shots combativeness.



Vitalis Chikoko - Center of National team of Zimbabwe (Afrobasket 2015)

TRUE OR FALSE

The following questions are based on the document, “ The FIBA official Rules of Basket-ball : Official Interpretations“ . A free downloading is available on fiba official website (www.fiba.com).

QUESTIONS

Question 1

During the throw in, A1, passes the ball to A2 but the ball touches out of bounds without being touched by any player on the field. Does A1 committed a violation?

Question 2

At the beginning of a period, Team A defending its own basket when B1 dribble by mistake to his own basket and scores a field goal. And the 2 points are awarded to Team A’s captain.

Question 3

The referee throws the ball at the initial jump ball. Immediately after the ball is touched by the A1 jumper then the ball is caught by A1 before it touches a not jumping player or the ground. The referee calls a violation.

Question 4

B1 fouls while A1 is about to attempt a shoot, simultaneously with the end of playing time, and two free throws are granted. The interval of play begins before the execution of the free throws.

Question 5

A1 is injured and the game is stopped. Given that A1 is unable to continue to play immediately, the referee blows making the conventional sign for substitution. Coach A (or Coach B) asks for a time-out. (B) after the player replacing A1 came in at the end of time-out. Can A1 continue the game?

Question 6

At the beginning of the second half, Team A cannot present 5 players on the court due to injury, disqualification, etc ... shall Team A withdraw?

Question 7

A1 seems to suffer an ankle injury and the game is stopped. A staff member of team A enters the court but does not provide any care to A1. Can the player A1 continue playing?

Question 8

A1 and B1 jumped and both hands are firmly sticked on the ball while falling on the ground. A1 landed with one foot on the sideline. Should the referee blow a jump ball?

Question 9

During an alternating possession A1 took more than 5 seconds to release the ball. A1 commits a violation and the ball is awarded to the opponent for a throw-in, instead of the initial throw in and the direction of the alternating possession arrow should be immediately reversed.

Question 10

Team A has the team list in due course. The numbers of 2 players are not the same as those on their shirts or the name of a player didn’t appear on the score sheet. This is discovered after the beginning of the game. The referee immediately stopped the game and calls a technical foul against the coach of team A.



Samuel Kalwani - Uganda (Afrobasket 2015)

ANSWERS

Answer 1: True

Article 17- 2.3 of the official rule

The ball must not touch out of bounds after it was dropped by the player taking the throw-in.

Answer 2: True

Article 9-5 of the official rule

If by confusion a period begins and both teams are attacking / defending the wrong basket, the situation must be corrected upon discovery without placing either team at a disadvantage. Any scored, elapsed time, inflicted fault, etc. before stopping the game remain valid.

Answer 3: True

Article 12.2.6 of the Official Rules

Neither jumper may catch or hit the ball over twice before it is touched one of the non-jumpers or the floor.

Answer 4: False

Article 8.2 of the official interpretation

The interval of play begins after the free throws are completed.

Answer 5: False

Article 5.6 of the official rule

If a player is injured, and he bleeds or has an open wound, and cannot continue playing immediately (approximately 15 seconds), he must be replaced. If a time-out is granted to either team in the same stopped-clock period and the player recovers during that time-out, he may continue to play only if the scorer's signal asking for the time-out is heard before the referee makes a sign to allow a substitution. So a time-out is granted but the substitute of A1 is already in. Therefore, A1 cannot return to play only after a running phase of the game clock.

Answer 6: False

Article 9.3 of the official rule

The obligation of having 5 players is valid only for the beginning of the game. Team A can continue to play with less than 5 players.

Answer 7: False

Article 5.1 of the official rule

If a player is injured or seems to be injured and, consequently, the coach, assistant coach, substitute or any person of the team's staff enters the court, that player is considered to have received care, even if that care is not provided.

Answer 8: True

Article 12-7 of the official rule

A held ball shall be called.

Answer 9: True

Article 12-15 of the official rule related to the principle of violation during an alternating possession.

When a team commits a violation during its alternating possession, that team loses the throw in related to that alternating possession.

Answer 10: False

Article 7.2 of the official rule

The referee stops the game at the right time so as not to disadvantage any team. The wrong numbers are corrected without any sanction. However, the player's name cannot be added to the scoresheet.



Geraldine Yema Robert (Gabon) - Afrobasket Women 2015)

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