

PRESENTATION

Sand Basket, recognised by the AICS in 2018 as a sport and by both Tarmak/Decathlon as an official technical partner, has quickly become a reference point for the national territory and the brand has been exported to Denmark and has been requested by other countries. Basketball on sand, created in Caserta by Dr. Gianpaolo Porfidia, was the great novelty of the Italian summer in 2019, in fact from June to August the qualification stages were organized in some regions of Italy and in September the National Final was held in Gallipoli. It was an intense and compelling path that allowed us to finally get rid of the basketball taboo on the beach. On the occasion of the final event, also followed by Sportitalia's cameras, the first Senior and Under badges were offered. About 1,000, among professional athletes and simple ball players, participated in the 1st Sand Basket championship which is ready to increase for the 2020 season

The Sand Basket staff has left nothing to chance, they have worked for a long time and with maximum attention to every detail and since 2013 numerous tests have been carried out to make perfect what has officially become a new national sport. Prof. Valerio Verdicchio worked on the physical aspect and the responses from the tests were exciting. Sand Basket does not only mean fun and competition, but also benefits for the body, in fact playing on the beach helps improve physical fitness, after about an hour of playing you consume almost 1200 calories. It favors the development of the body by going to work on the muscles of the legs, buttocks and arms, it develops the ability to balance and also that of reactivity, being both an aerobic and dynamic sport. Structural and technical aspects were handled by the national coach and Minibasket Instructor Raffaele Porfidia.

REGULATIONS

Anyone, from professional athletes and simple ball lovers, can participate in the national "Sand Basketball" championship; there are three categories: mini (from 8 to 11 years), under (from 12 to 16) and senior (from 17 years onwards). The teams are made up of 7 players (4 on the pitch and 3 on the bench), substitutions can be made at any time during the match (4 games of 6 minutes each for the Under/ Senior categories and 4 games of 4 minutes each for the category Mini); the stopwatch stops only on the occasion of a foul, a free throw and a time-out.

Main rules

STARTING THE GAME

For the first possession of the ball, a draw will be made.

THE FIELD

The playing field is a 20m rectangle. long 12m wide. Inside there are no lines, the free throw line is marked on the side line of the field at a distance of 3.50 meters. from the baseline. The height of the baskets is 2.95 meters for the Under / Senior categories and 2.50 meters. for the Mini category.

THE POINTS

The final count is made by assigning a score to each basket: 1 point for the baskets made on free throw, 2 points for all the other baskets, 3 points for the baskets made from a distance greater than 9.70 meters.

THE FREE SHOOT

The free throw is performed from a distance of 3.50 m. from the baseline; after the free throw there is no rebound and the throw-in is for the defensive team.

DRIVE

Dragging allows the player to advance with the ball by rolling it on the sand with one hand at a time. The ball cannot be blocked on the sand, but only dragged. If the ball is touched with both hands, this gesture is considered as a closing of the drag and the player can either take the three steps, or throw or pass the ball.

THREE STEPS

The player in possession of the ball, not in the dragging action, is allowed to take a maximum of 3 steps consecutively.

BAT RIP

A tear of the ball occurs when two players have one or both hands firmly on the ball, so that no player can gain control of it. In this case these two players, taking care not to commit a foul, will continue to tear the ball to gain possession of it. When ripping, no other player can interfere. The ball cannot be covered in any way by the body of the two players. The tear-off phase can last up to 5 “ then there will be the referee's whistle and the next two-man ball will be played in the basket closest to where the action took place.

CONTESTED BALL

A contested ball situation occurs when the referee decides the following reasons: - the ball leaves the playing court and the referees are in doubt as to who touched it last; - a live ball is blocked between the ring and the backboard except after a free throw. In the event of a contested ball, to assign possession, the draw will proceed like the start of the game.

VIOLATIONS

The violations of the rules cause a sanction; the conclusion of the action in progress and the assignment of a throw-in from the point at the edge of the field closest to the point of the infringement, in favour of the opposing team.

For more information you can consult:

Website: sandbasket.com

Facebook: Sand Basket

Instagram: @sand_basket_

Youtube: Sand Basket