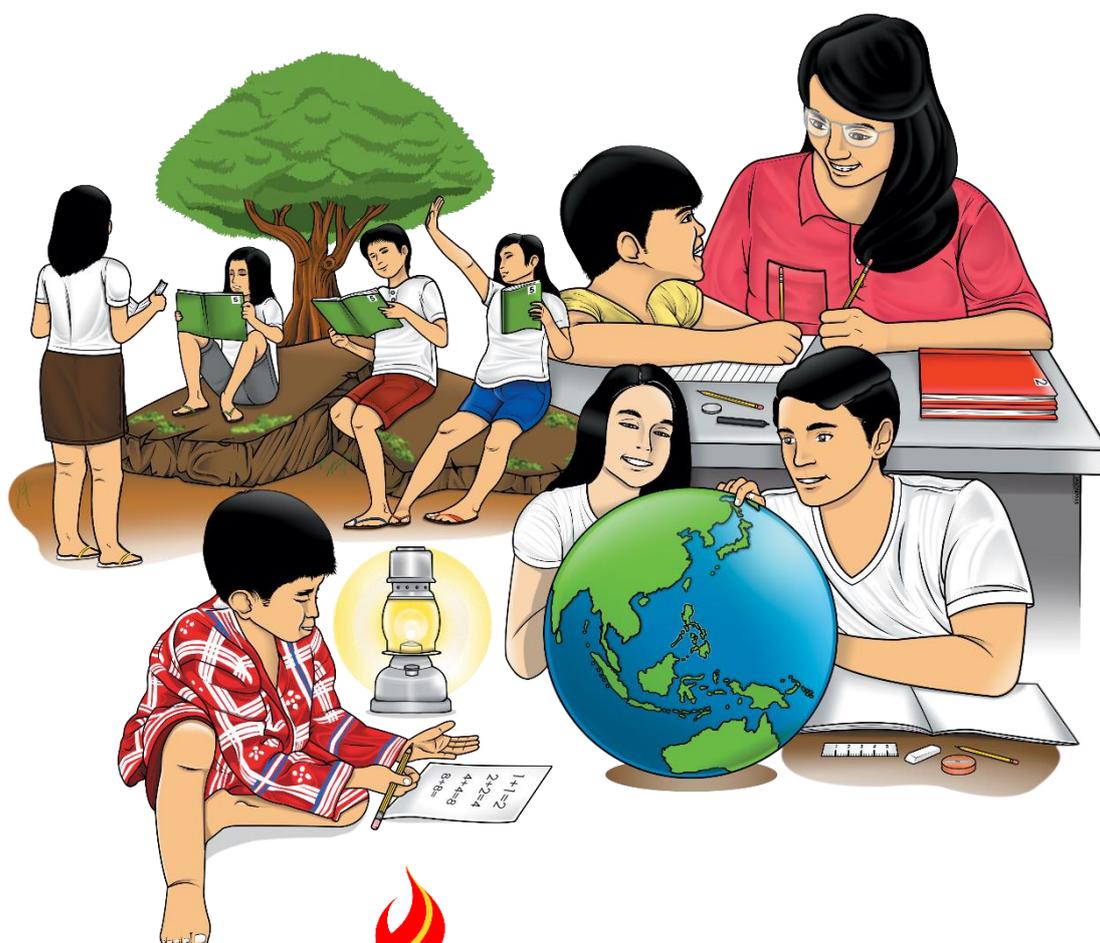


Senior High School

# Health Optimizing Physical Education 2

## Quarters 3 and 4 – Module 5: Personal Safety Protocols in Playing Basketball



**Health Optimizing Physical Education 2 (H.O.P.E. 2)**  
**Alternative Delivery Mode**  
**Quarters 3 and 4 – Module 5: Personal Safety Protocols in Playing Basketball**  
**First Edition, 2021**

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Senior High School

**Health Optimizing  
Physical Education 2  
Quarters 3 and 4 – Module 5:  
Personal Safety Protocols in  
Playing Basketball**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check you're learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you master the nature, background, basic skills, facilities, equipment, and rules of basketball. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

1. Observe personal safety protocol to avoid dehydration, overexertion, hypothermia, and hyperthermia during moderate to vigorous physical activity (MVPA) participation.
2. Discuss the nature and background of basketball.
3. Execute basic skills and tactics in basketball.
4. Familiarize with the different facilities and equipment used in basketball.
5. Exhibit enjoyment in playing basketball.



## ***What I Know***

Read each statement carefully and choose the letter of the correct answer. Write your answer on your answer sheet.

1. It is a team sport that is composed of 10-12 players per team where 5 players play each quarter.  
A. Basketball  
B. Futsal  
C. Soccer  
D. Volleyball
2. It is the basic skill that a player should possess in basketball wherein speed defines the best.  
A. Dribbling  
B. Passing  
C. Running  
D. Shooting
3. The game basketball was invented in the year \_\_\_\_\_.  
A. 1691  
B. 1891  
C. 1961  
D. 1981
4. In basketball, it is the skill that allows you to move around the playing area while you're in possession of the ball.  
A. Dribbling  
B. Passing  
C. Running  
D. Shooting
5. He is a Canadian educator who invented the game basketball.  
A. Dr. James Naismith  
B. Dr. James Smith  
C. Dr. John Naismith  
D. Dr. John Smith
6. The place where basketball is invented.  
A. New York City  
B. Springfield, Massachusetts  
C. United States of America  
D. Vancouver, Canada
7. The offense is allowed a maximum of 24 seconds to have a ball in hand before shooting. These 24 seconds are counted on the \_\_\_\_\_. If the offense fails to shoot a ball that hits the rim, they will lose the possession of the ball to the other team.  
A. Ring  
B. Shot Clock  
C. Timer  
D. Whistle
8. This is a type of cushioning that basketball players use to cut and slide their foot into, providing extra padding around the ankle.  
A. Knee Pads  
B. Shoe Lace  
C. Sneaker  
D. Lace Guards

9. It is a container that is used to hold water, liquids, or other beverages for consumption.
- A. Can
  - B. Ice
  - C. Water Bottle
  - D. Water Container
10. It is the maximum number of players per team in a basketball game.
- A. 10
  - B. 11
  - C. 12
  - D. 15
11. A condition wherein people push themselves too hard during physical activity.
- A. Dehydration
  - B. Hyperthermia
  - C. Hypothermia
  - D. Overexertion
12. It is a condition that occurs when the body's core temperature begins to rise.
- A. Dehydration
  - B. Hyperthermia
  - C. Hypothermia
  - D. Overexertion
13. The condition of having an abnormally low body temperature that caused by prolonged exposure to cold temperature.
- A. Dehydration
  - B. Hyperthermia
  - C. Hypothermia
  - D. Overexertion
14. This condition happens when your body loses a greater amount of water than the amount being taken in.
- A. Dehydration
  - B. Hyperthermia
  - C. Hypothermia
  - D. Overexertion
15. The following statements are for the prevention of overexertion except one.
- A. Drink plenty of water
  - B. Know your body's limit
  - C. Exercise proper posture
  - D. Use safe and efficient workspace

# Lesson

# 1

# Basketball

This module will lead you to the domain of team sports. The activities you will encounter will allow you to understand the benefits of engaging and participating in team sports.



## *What's In*

### **Activity 1.1: Identify Me**

Directions: Assess your prior knowledge of different kinds of sports. Write Baseball, Basketball, or Volleyball as the corresponding team sport on the space provided.

	<b>Basic Skills</b>	<b>Team Sport</b>
1	Chest pass	
2	Overhand serve	
3	Pitching	
4	Throwing	
5	Shooting	
6	Spiking	
7	Catching	
8	Digging	
9	Rebounding	
10	Blocking	
11	Batting	
12	Bounce pass	
13	Strike	
14	Volleying	
15	Dribbling	

Complete the statement. Based on what you already know about the different kind of sports, how will you define it in your own words?

Team sport is a \_\_\_\_\_  
\_\_\_\_\_ that \_\_\_\_\_ and My Favorite team  
sport \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## ***What's New***

**Activity 1.2: My Favorite Team Directions: Answer the following questions. Write your answer in your activity notebook.**

1. What is your favorite basketball team in PBA/NBA? Why?

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2. Who motivated or influenced you in your team of interest? How?

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## ***What is It***

### **Nature, Background and History of Basketball**

Basketball is a game played between two teams of five players on a rectangular court, usually indoors. The objective of the game is to shoot a ball through a basket. It is one of the most popular and widely viewed team sport in the world.

Shooting, passing, dribbling, rebounding, and running are the commonly used skills used in the game, as well as different positions (player positioning) defensive and offensive structure and techniques; the “center,” “power forward” or “small forward are the tallest players of the team, while “point guard” or “shooting guard” are the shorter players of the team that possess the best ball handling skills and speed play.

It was invented by the Canadian clergyman, educator, and physician James Naismith on or about December 1891, at the International Young Men’s Christian Association (YMCA) Training School (now Springfield College) in Springfield Massachusetts. It was Luther Halsey Gulick, Naismith’s supervisor and the College’s first physical education director, who challenged Naismith to invent a new indoor game for the school’s students to play during the long New England winter. The first basket used for the first game was a *peach basket* and a *soccer ball* was used for the first two years of playing basketball.

## **Basic Skills in Basketball**

### **Dribbling**

It is an important skill for all basketball players. This skill will allow you to move around the court, maneuver past defenders and execute plays. This involves bouncing the ball off the floor with your hands. Proper dribbling requires ball-handling skills and knowledge of how to spread your fingers for ball control. It is also best if you know how to dribble equally well with both hands.



Here are the tips on basic basketball dribbling:

- Use your fingertips to dribble, never the palm.
- Dribble on the side of your body, never bounce the ball in front repeatedly.
- Get used to bouncing the ball off the ground.
- Lower your body slightly so that the ball is bouncing rapidly at waist level.
- Look up when you are dribbling, not on the ground or on the floor.
- When switching the ball from one hand to another, bounce the ball across hard and quick.
- When changing direction, shift the momentum of your body towards that direction.

## Shooting

The act of attempting to score points by throwing the ball through the basket. It requires the ability to properly hold and throw the ball into the air toward the basket while avoiding defenders.

Here is a general procedure that all good basketball shooters more or less follow:

- half-bent your knees before shooting a basketball for more potential power.
- Your dominant hand should have its fingers spread out.
- Only the fingertips should be gripping onto the ball.
- Your other hand supports the ball on the side.
- The ball should be brought above the head in one motion.
- At this point, the angles of your armpit, elbow, and wrist is at 90 degrees.
- While extending your knees, extend your forearm and your wrist.
- Make sure you follow through with your wrist movement. It feels natural to jump upon release.



Tips on shooting a basketball:

- Always keep track of the distance between you and the hoop.
- Tuck your elbows inward towards each other when shooting.
- Shoot the basketball at an arc. It increases accuracy.
- Aim at the part inside the rim farthest from your standpoint.
- Use screens and offensive plays to get open.
- Square up your shooting hand with the basketball hoop.
- Grip the basketball tightly with only your thumb and little finger.
- Aim with your index finger or middle finger only.
- Never hesitate due to the fear of a block shot.

## Passing

Another skill that when mastered can help you become a complete basketball player. A pass happens when one player throws the ball to another player with a purpose of setting up a play or taking a shot.

Points of emphasis in teaching passing:

- A good pass is a pass a teammate can catch.
- When passing, step toward your receiver.

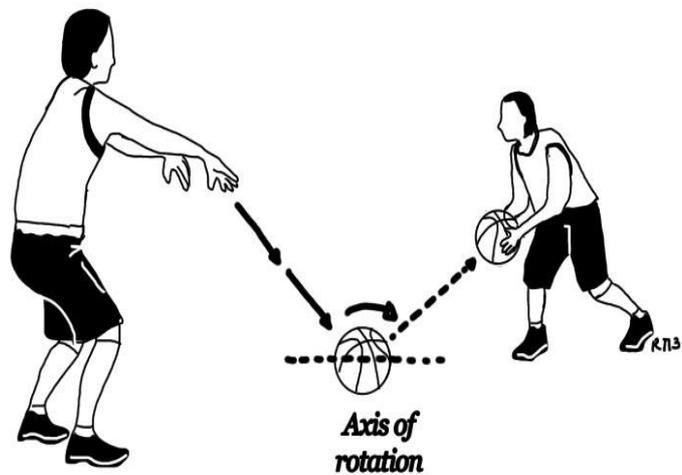
- When catching, step toward the pass.
- Like shooting, the ball should have a backspin to it. This is accomplished by following through on every pass.

## Basic Passes

**Chest Pass.** The pass originates from the chest. It is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When the pass is thrown, the fingers are rotated behind the ball and the thumbs are turned down.

**Bounce Pass.** Is thrown with the same motion however it is aimed at the floor. It should be thrown far enough out that the ball bounces waist high to the receiver.

**Overhead Pass.** Is often used as an outlet pass. Bring the ball directly above your forehead with both hands on the side of the ball and follow through. Do not bring the ball behind your head, because it can get stolen, and it takes a split-second longer to throw the pass.



## Rebounding

The objective of this is to successfully gain possession of the basketball after a missed field goal or free throw, as it rebounds from the hoop or backboard. This plays a major role in the game, as most possessions end when a team misses a shot. The team with the most possessions has a better chance of winning.

How to rebound:

- Find a good position on the court.
- Get low to the ground.
- Spread your arms.
- Box out your opponent, if necessary.
- Jump towards the ball.
- Grasp the ball with both hands, if possible.
- Have a plan to pass the ball.
- Learn to anticipate missed shots.

## Running

This is an important skill in basketball. You will find yourself running back and forth as the game quickly transitions between offense and defense. When you have the ball, running will help you to avoid defenders and get to the basket quicker. On defense, you often will find yourself needing to run after the opponent, especially during fast breaks.

Tips to improve running:

1. Lean forward.
2. Run on the balls of your feet.
3. Swing your arms and hands from cheek to cheek (that is butt cheek to face cheek) alongside your body – don't allow your arms to cross-over in front of your body.
4. Always do a combination of dynamic stretching and warm-up activities.

## Equipment and Facilities in Basketball

Every Filipino love basketball. When you go around the Philippines, you can see basketball courts even in the small villages or provinces. Thus, we should be familiarized with the different equipment and facilities used in Basketball.

### Equipment in Basketball

1. Ball – a ball of basketball is most of the time made of leather with the official size of 29.5 to 30 inches in circumference for men's game and 28.5 inches in circumference for women's game. It should weigh 18 to 22 ounces. When bounced off 6 feet from the floor, a well inflated ball should bounce 49 to 54 inches in height.



2. Uniform - When one starts coaching a basketball team, the most important requirement for a team is to have a uniform. This helps one in differentiating a team from another. A uniform consists of a jersey (shirt), shorts, numbers on the front and back of the shirts for identification.

3. Basketball sneakers - Basketball shoes help prevent injuries, in part, by providing adequate ankle support. High-top sneakers offer the best ankle support; these shoes should also lace up to the top to help provide a snug fit.

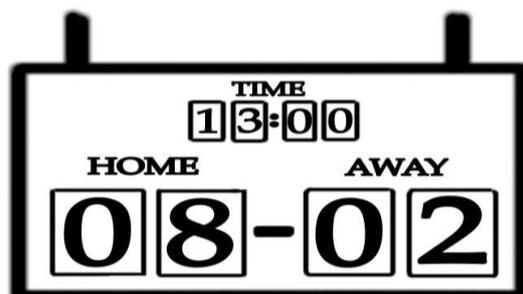


4. Water Bottle - is a container that is used to hold water, liquids or other beverages for consumption. The use of a water bottle allows an individual to drink and transport a beverage from one place to another. A water bottle is usually made of plastic, glass, or metal.

**To avoid/prevent dehydration:**

- ✓ Drink a cup of water 4 hours before the game and another half-cup of water for every 10 to 15 minutes while playing basketball.
- ✓ Replenish electrolytes like sodium and potassium which are lost through perspiration with sports drinks or enhanced water.
- ✓ To lower your body temperature and reduce sweating use wet towels or a water mist on the skin.
- ✓ When you're working out or exerting yourself, alcoholic and caffeinated beverages, such as coffee, tea and soda, are not recommended for optimal hydration.

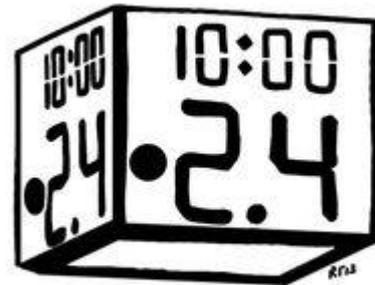
5. Scoreboard - is a large board that displays the score in a game.



6. Whistles - are used by the referees to give signals on the game.



7. Timer – used to regulate the playing time and track the duration of the game.

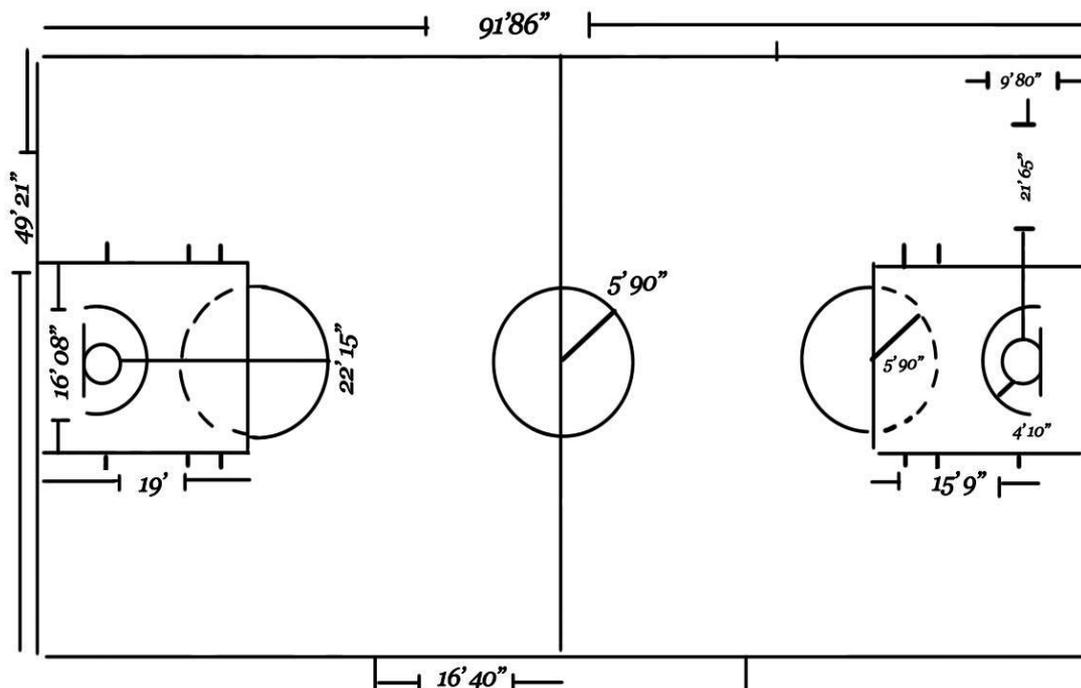


### Facilities in Basketball

Court dimensions. The court is a flat, hard surface free from obstructions, 28m long and 15m wide, measured from the inner edge of the boundary line.

Backboard and Rim. The height above the ground for the rim is 10 feet, and the rim is 18 inches in diameter. 72 inches wide by 42 inches tall is the size of the backboard, with the inner square of 24 inches wide by 18 inches tall.

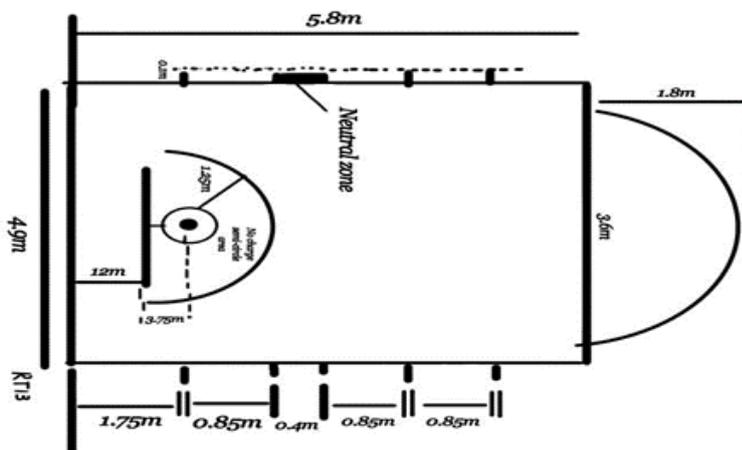
At the backcourt is the team's own basket, inbounds part of the backboard and the part of the playing court limited by their own end line, side lines and center line.



The front court consists of the opponents' basket, inbounds part of the backboard and the part of the playing court limited by the end lines behind the opponents' basket, side lines and inner edge of the center line nearest to the opponents' basket.

### **Lines**

All lines are white, 5cm wide and clearly visible.



**Dimension of a Half Court in Basketball**

### **Basic Rules and Regulations of Basketball**

Basketball regulations might fluctuate slightly based on the level of competition (for example, professional rules differ from collegiate rules) or the location of the game (international rules are different from USA professional rules and the Philippines as well. These rule modifications, on the other hand, are typically variants on the core game of basketball, and the bulk of the rules discussed here can be applied to almost any game of basketball.

#### **RULES FOR THE OFFENSE:**

The offensive basketball team is the one that has the ball. When a player has the basketball, he or she must observe the following rules:

1. The ball must be bounced, or dribbled, with one hand while both feet are moving. If both hands touch the ball at the same moment or the player stops dribbling, the player can only move one foot. The motionless foot is referred to as the pivot foot.
2. The basketball player is only allowed to dribble once. In other words, once a player has stopped dribbling, he or she cannot begin dribbling again. A player who resumes dribbling is charged with a double-dribbling infraction and loses possession of the ball to the other side. After another player from either team touches or obtains control of the basketball, a player can begin another dribble. This usually occurs following a shot or a pass.

3. The ball must remain within the boundaries of the field. If the offensive team loses the ball out of bounds, the ball is turned over to the opposing team.
4. While dribbling, the player's hand must be on top of the ball. Carrying the ball occurs when a player touches the bottom of the basketball while dribbling and continues to dribble, and the player loses the ball to the opposing team.
5. The offensive team is not allowed to return to the backcourt once they have crossed half court. A backcourt violation is what this is known as. The offensive team can lawfully reclaim the ball if the defensive team knocks it into the backcourt.

### **DEFENSIVE RULES (The team without the basketball)**

Do not foul. Gaining an unfair advantage through physical contact is defined as a foul. The referee must make some decisions, but in general, the defensive player may not contact the attacking player in such a way that the offensive player loses the ball or misses a shot.

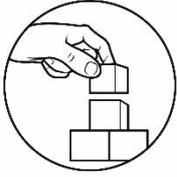
1. Despite the fact that the foul rule is referred to as a defensive rule, it applies to all players on the floor, including attacking ones.
2. Basketball players are unable to kick or hit the ball with their fist.
3. No player is allowed to touch the basketball when it is falling towards the hoop or on the rim. This is referred to as goaltending. (In some games, touching the ball on the rim is permitted.)

### **POINTING SYSTEM**

Free Throw – 1 point

Goal Shot within the perimeter – 2 points

Beyond the 3-point line – 3 points



## ***What's More***

Engaging in moderate to vigorous physical activities may require one to exert much effort. These physical activities require players to use their strength and muscle power in order to perform. In that case, players may experience different temporary health conditions that may hinder them to perform these physical activities at their best. These temporary health conditions may be the following

**Dehydration** - it is an abnormal depletion of body fluids. It happens when the body loses greater amount of water than the amount being taken in. To avoid dehydration drink water before and after an exercise, replenish the electrolytes, have regular breaks, and avoid alcoholic and caffeinated beverages.



**Overexertion** - it occurs when people push themselves too hard during a physical activity: sports and exercises; motion control video games such as Nintendo Wii and PlayStation Move; and hobbies like woodworking, building and remodeling. To avoid injuries because of overexertion, maintain proper posture, use safe and efficient workspaces, use proper lifting techniques, carry lighter loads, and know your body limitations.

**Hypothermia** - is a condition of having an abnormally low body temperature, usually caused by prolonged exposure to cold temperature. To avoid hypothermia, wear warm but breathable layers of clothing, pay attention to shivering (if severe, stop exercising and go indoors), take several breaks in an exercise to maintain core body temperature, and bring extra clothes.

**Hyperthermia** - it occurs when the body's core temperature begins to rise. Heat stress, heat fatigue, and heat exhaustion are the stages of hyperthermia. To avoid hyperthermia, take a regular break, drink adequate water, wear comfortable clothing and find a shady place to rest.

**Activity 1.3:**

Directions: Conduct a survey to your classmates who play basketball. Complete the needed information using the template below:

SURVEY FORM	
Name:	
Age	
Violations usually encountered during the games	
List down equipment used in playing basketball	
Basic skills in basketball	
Position in basketball	
Favorite PBA / NBA basketball player	
Tips to people who wants to play basketball	
Why do you play basketball?	
Did you experience dehydration? If yes, cite your precautions to avoid dehydration	



***What I Have Learned***

Direction: Complete the statement to summarize all your learnings.

In this lesson, I learned about \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Assessment

Direction. Choose the letter of the correct answer. Write the chosen letter on a separate sheet of paper.

- Who invented the game basketball?
  - Dr. James Naismith
  - Dr. John Naismith
  - Dr. James Smith
  - Dr. John Smith
- When was the game invented?
  - December 1691
  - December 1891
  - December 1961
  - December 1981
- Which of the following skills is **NOT** included in the 13 rules of the game?
  - Dribbling
  - Passing
  - Rebounding
  - Shooting
- What is the first ball used in basketball?
  - Basketball
  - Futsal ball
  - Rugby ball
  - Soccer ball
- Where was the game basketball invented?
  - New York City
  - Springfield, Massachusetts
  - United States of America
  - Vancouver, Canada
- Protective gear worn on knees to protect them against impact injury from falling to the ground or hitting an obstacle, or to provide padding for extended kneeling.
  - Knee Pads
  - Shoes
  - Socks
  - Head Band
- How many hours before the basketball game should you drink a cup of water?
  - 4
  - 5
  - 6
  - 7
- When one starts coaching a basketball team, the most important requirement for a team is to have a \_\_\_\_\_.
  - Ball
  - Knee Pad
  - Uniform
  - Whistle

9. It limits the part of the playing court behind the opponents' basket, side lines and inner edge of the center line nearest to the opponents' basket.
- |              |               |
|--------------|---------------|
| A. Baselines | C. Frontlines |
| B. End lines | D. Sidelines  |
10. To defend better, you need to \_\_\_\_\_ your opponent, if necessary.
- |            |          |
|------------|----------|
| A. Box out | C. Foul  |
| B. Defense | D. Shoot |
11. This is a kind of pass where you bring the ball directly above your forehead with both hands on the side of the ball and follow through.
- |                |                  |
|----------------|------------------|
| A. Basic Pass  | C. Chest Pass    |
| B. Bounce Pass | D. Overhead Pass |
12. This plays a major role in the game, as most possessions end when a team misses a shot.
- |             |               |
|-------------|---------------|
| A. Blocking | C. Rebounding |
| B. Jumping  | D. Stealing   |
13. This condition happens when your body loses a greater amount of water than the amount being taken in.
- |                 |                 |
|-----------------|-----------------|
| A. Dehydration  | C. Hypothermia  |
| B. Hyperthermia | D. Overexertion |
14. A good pass is a pass a \_\_\_\_\_ can catch
- |          |             |
|----------|-------------|
| A. Coach | C. Opponent |
| B. Fans  | D. Teammate |
15. To lower your body temperature and reduce \_\_\_\_\_ use wet towels or a water mist on the skin.
- |            |              |
|------------|--------------|
| A. Cold    | C. Sweating  |
| B. Fatigue | D. Tiredness |



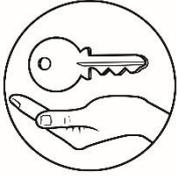
## ***Additional Activities***

Directions: Watch a basketball game in YouTube. Cite the title and its URL then narrate what you observed during the game, the players' skills, common problems encountered by the players like **dehydration, overexertion, hypothermia, and hyperthermia**. Copy the table below and fill out with the information in your notebook.

GAME TITLE: _____	
URL: _____	
Name of Players	
Skills Showed by the Player	
Common Problems Encountered by the Players	

Give 5 Safety protocol during Basketball game.

1.
2.
3.
4.
5.



## Answer Key

<p style="text-align: center;"><b>Assessment (Post – Assessment)</b></p> <p>1. A 2. A 3. A 4. B 5. B 6. A 7. A 8. C 9. B 10. A 11. D 12. C 13. A 14. D 15. C</p>	<p style="text-align: center;"><b>What's In</b></p> <p>1. Basketball 2. Volleyball 3. Baseball 4. Baseball 5. Basketball 6. Volleyball 7. Baseball 8. Volleyball 9. Basketball 10. Volleyball 11. Baseball 12. Basketball 13. Baseball 14. Volleyball 15. Basketball</p>	<p style="text-align: center;"><b>What I know (Pre-Assessment)</b></p> <p>1. A 2. C 3. B 4. A 5. C 6. B 7. B 8. A 9. A 10. C 11. D 12. B 13. C 14. A 15. D</p>
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