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## 3X3 唔使急 最緊要快 Fast & Furious Game of 3X3



(Photo: FIBA)

打波最重要是什麼？當然就是比賽用球！

不說不知，原來三人籃球「3x3」的比賽用球有別於傳統五人籃球。三人籃球的用球是混合了傳統五人籃球中女子賽事所用的「6 號球」的大小（圓周 72.39 厘米），以及男子賽事所用「7 號球」的重量（重 620 克）。

在三人籃球賽事中，較細小的「6 號球」可以有助球員控制運球及加快比賽節奏；而維持「7 號球」的重量則可以讓球員在投籃時維持所需力度，不會太易受風阻等因素影響其準繩度。

What is the most important item in playing ball games? Of course the ball itself.

The ball used in a FIBA-sanctioned 3x3 basketball game is different from a regular one used in 5x5 basketball. The official 3x3 Game Ball is a remix of the size of a regular Women's basketball (size 6 with 72.39cm in circumference) and the weight of a regular Men's basketball (size 7 with 620g).

In a much faster-paced 3x3 basketball game, players could control better with a smaller size ball. The heavier game ball does not get affected by the wind easily which aids shooting accuracy.



(Photo: FIBA)