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The NBA is the only sport over the last five years to have more overs than unders. But what about historically? Sports change, and totals change along with them. The average NBA total was 220.4 in 2024.

Do Games Go Over or Under More Often in Sports Betting?

Whatever the total they post is, for example, 233. If you bet the under, you win, if the total for both teams is less than 233. Obviously, if you bet the over, you win if the total is over 233. If the total for both teams is exactly 233, usually it's a push.

Can you explain how the 'over/under' betting style works in basketball?

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