

YOUTH PLAYING GUIDELINES

Equipment & Court



These playing guidelines and rules serve as recommendations for those administering basketball programs. We understand organizations and facilities may not always be able to accommodate all guidelines. In that case, we suggest modifications where limitations exist (i.e. inability to raise or lower the height of a basket, re-drawing court lines, or not having a shot clock). These guidelines help align [Canada Basketball's Long Term Development Model](#).

Canada Basketball also recommends all ages play small-sided games of 3on3 and 4on4. Especially for players aged 11 and younger, these games help with higher repetitions and touches to focus on skill development.

EQUIPMENT & COURT

Age	Size of Ball	Height of Net	Size of Court	3 Point Line Distance	Free Throw Line Distance
7-8	Girls and Boys size 5 (27.5")	8' (2.4m)	50'x42' (15.2m x 12.8m)	N/A	14' (4.3m)
9-11	Girls and Boys size 6 (28.5")	9' (2.7m)	74'x50' (22.5m x 15.2m)	N/A	14' (4.3m)
12-14	Girls size 6 (28.5") Boys size 7 (29.5")	10' (3m)	84'x50' (25.6m x 15.2m)	19'9" (6m)	15' (4.6m)
15-18	Girls size 6 (28.5") Boys size 7 (29.5")	10' (3m)	94'x50' (28.6m x 15.2m)	22'2" (6.8m)	15' (4.6m)

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Definitions & Rationale

Distance of 3 Point Arc: For 7-8 and 9-11 year-olds, although the 3 point arc may exist on the floor, all baskets made beyond this arc only count as 2 points. Therefore, the distance of the line is not applicable for these ages. Eliminating the 3 point basket at these ages will encourage players to shoot from within a developmentally appropriate range. For older players, a 22'2" (6.8m) arc is preferred, but if this line is not on a court the next available line under 22'2" (6.8m) is recommended.

Distance of Free Throw Line: 7-8 and 9-11 year-olds should take free throws 14' (4.3m) from the basket to develop proper form and increase success.

Height of Basket: Utilizing a lower basket height for 7-8 and 9-11 year-olds allows children to develop proper shooting form and increases the opportunity for shooting success.

Scoring: All field goals for 7-8 and 9-11 year-olds are worth 2 points to encourage children to shoot within a developmentally appropriate range. This allows for proper mechanics and form. While these ages may attempt a shot behind the 3 point arc, any field goal made behind the arc will only count as 2 points.

Size of Ball: A smaller basketball for the younger ages is advised due to the size of a child's hand as well as their developing skill level. A smaller ball allows for better control and success.

Size of Court: For 7-8 year-olds, a 50'x 42' (15.2m x 12.8m) court is designed to be a cross-court game on a full-sized basketball court. This dimension is more appropriate for younger children based on their relative size in space.