

Children-rules basketball Denmark, 2024-25

The rules below are a shortened version and is only meant as an overview of the most important rules for children



	U9 GP	U11GP	U13 GP	U13M	U15 GP	U15 M/NC	Notes
Tournament-format	Grand Prix	Grand Prix	Grand Prix	Regular	Grand Prix	Regular	GP: Grand Prix (regional) M: Regional Championship (east-west) NC: National Championship (final8)
Cuptournament	No	No	No	Yes	Yes	Yes	
Court	Small	Small	Small	FIBA	FIBA	FIBA	Applies to all groups: 20 point rule: if team is ahead with 20 pts or more (running score), only halfcourt-defense is allowed
Players on court	4-4	4-4	4-4	FIBA	FIBA	FIBA	
Playing time	5x5 running	5x5 running	5x5 running	4x10 efficient	5x6 running	4x10 efficient	
Score	Score reset after each quarter ⁴⁾			Running score			Substitution: in GP all players must divide playing time equally ¹⁾ . In U13M & U15M all must start same amount of quarters. Subs allowed after 5 min of play ²⁾
Substitutions ¹⁾	No	No	No	Yes ²⁾	Yes ⁵⁾	Yes ²⁾	
Rimheight	2,60	2,60	3,05	3,05	3,05	3,05	U15GP all players plays first 4 periods evenly. Free subs in the fifth period ⁵⁾
Ball-sizes girls/boys	5/5	5/5	6/6	6/6	6/7	6/7	
3 point	Yes, outside 3-sec area (paint)				FIBA	FIBA	In U13 and up trapping is allowed ³⁾
3+5+8+24 second	No	Estimate by ref	Estimate by ref	FIBA	FIBA	FIBA	
Freethrow-distance	3 m	4 m	FIBA	FIBA	FIBA	FIBA	Mixed teams allowed in all groups (plays in the boys-tournament)
Teamfouls	FIBA	FIBA	FIBA	FIBA	FIBA	FIBA	
Defense (no zone allowed) ³⁾	Man to Man						In U9-11 GP the teams play to win the periods. A win is 3 points, a loss is 1 point and a draw is 1 point. The team with most points when game ends, is the winner. If it still is a draw, the team who has scored most points wins ⁴⁾
Traps/dobbelteam allowed	No	No	Yes	Yes	Yes	Yes	
20 points rule	Yes (up by 20 pts or more running score, mandatory halfcourtdefense)						FIBA=international rules
Screens allowed	No	No	No	No	Yes	Yes	
Steal ball when in two hands	No	Yes	Yes	Yes	Yes	Yes	U7 plays following special EASY-basket-rules and is therefore not listed in this document
Blocking shots	No	Yes	Yes	Yes	Yes	Yes	
Throw-in from opponents' baseline	No	No	No	FIBA	FIBA	FIBA	
Timeout	No	No	No	1 pr. period		FIBA	
Referee touch the ball	Not on teams own homecourt unless it is fouls, 3-5-8 or 24 sec						
Tied game	Yes			2 min overtime		FIBA	
NB	Commenting on opponent-team-players is considered as unsportsmanlike conduct						