

# Children-rules basketball Denmark, 2025-26

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
<b>Tournament-format</b>	Grand Prix	Grand Prix	Grand Prix	Regular	Grand Prix	Regular	GP: Grand Prix (regional) M: Regional Championship (east-west) NC: National Championship (final8)
<b>Cuptournament</b>	No	No	No	Yes	Yes	Yes	
<b>Court</b>	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
<b>Players on court</b>	4-4	4-4	4-4	FIBA	FIBA	FIBA	
<b>Playing time</b>	5x5 running	5x5 running	5x5 running	4x10 efficient	5x6 running	4x10 efficient	
<b>Score</b>	Score reset after each quarter <sup>4)</sup>			Running score			Substitution: in GP all players must divide playing time equally <sup>1)</sup> . In U13M & U15M all must start same amount of quarters. Subs allowed after 5 min of play <sup>2)</sup>
<b>Substitutions <sup>1)</sup></b>	No	No	No	Yes <sup>2)</sup>	Yes <sup>5)</sup>	Yes <sup>2)</sup>	
<b>Rimheight</b>	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 <sup>5)</sup>
<b>Ball-sizes girls/boys</b>	5/5	5/5	6/6	6/6	6/7	6/7	
<b>3 point</b>	Yes, outside 3-sec area (paint)				FIBA	FIBA	In U13 and up trapping is allowed <sup>3)</sup>
<b>3+5+8+24 second</b>	No	Estimate by ref	Estimate by ref	FIBA	FIBA	FIBA	
<b>Freethrow-distance</b>	3 m	4 m	FIBA	FIBA	FIBA	FIBA	Mixed teams allowed in all groups (plays in the boys-tournament)
<b>Teamfouls</b>	FIBA	FIBA	FIBA	FIBA	FIBA	FIBA	
<b>Defense (no zone allowed) <sup>3)</sup></b>	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 <sup>4)</sup>
<b>Traps/dobbelteam allowed</b>	No	No	Yes	Yes	Yes	Yes	
<b>20 points rule</b>	Yes (up by 20 pts or more running score, mandatory halfcourtdefense)						FIBA=international rules
<b>Screens allowed</b>	No	No	No	No	Yes	Yes	
<b>Steal ball when in two hands</b>	No	Yes	Yes	Yes	Yes	Yes	U7 plays following special EASY-basket-rules and is therefore not listed in this document
<b>Blocking shots</b>	No	Yes	Yes	Yes	Yes	Yes	
<b>Throw-in from opponents' baseline</b>	No	No	No	FIBA	FIBA	FIBA	
<b>Timeout</b>	No	No	No	1 pr. period		FIBA	
<b>Referee touch the ball</b>	Not on teams own homecourt unless it is fouls, 3-5-8 or 24 sec						
<b>Tied game</b>	Yes			2 min overtime		FIBA	
<b>NB</b>	Commenting on opponent-team-players is considered as unsportsmanlike conduct						