Children-rules basketball Denmark, 2026-27

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
Tournament-format	Grand Prix	Grand Prix	Grand Prix	Regular	Grand Prix	Regular
Cuptournament	No	No	No	Yes	Yes	Yes
Court	Small	Small	Small	FIBA	FIBA	FIBA
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			
Substitutions [1]	No	No	No	Yes [2]	Yes [5]	Yes [2]
Rimheight	2,60	2,60	3,05	3,05	3,05	3,05
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
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
Teamfouls	FIBA	FIBA	FIBA	FIBA	FIBA	FIBA
Defense (no zone allowed) [3]	Man to Man					
Traps/dobbeltteam allowed	No	No	Yes	Yes	Yes	Yes
20 points rule	Yes (up by 20 pts or more running score, mandatory halfcourtdefense)					
Screens allowed	No	No	No	No	Yes	Yes
Steal ball when in two hands	No	Yes	Yes	Yes	Yes	Yes
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					

DBBF Player & clubdevelopement committee august 2026

Notes

GP: Grand Prix (regional)
M: Regional Championship (east-west)
NC: National Championship (final8)

Applies to all groups: 20 point rule: if team is ahead with 20 pts or more (running score), only halfcourt-defense is allowed

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]
U15GP all players plays first 4 periods evenly. Free subs in the fifth period [5]

In U13 and up trapping is allowed [3]

Mixed teams allowed in all groups (plays in the boys-tournament)

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]

FIBA=international rules

U7 plays following special EASY-basket-rules and is therefore not listed in this document