

YOUTH PLAYING GUIDELINES

Game Format



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 at [younger ages](#), these games help with higher repetitions and touches to focus on skill development.

GAME FORMAT

Age	Game Length	Time Between Quarters	Extra Time	Scoring
5-6	4x8 minute quarters	1 minute	N/A	<ul style="list-style-type: none">• Free throw = 1 point• All field goals = 2 points• No 3 point field goals
7-8	4x8 minute quarters	1 minute	2 minutes	<ul style="list-style-type: none">• Free throw = 1 point• All field goals = 2 points• No 3 point field goals
9-11	4x8 minute quarters	1 minute	2 minutes	<ul style="list-style-type: none">• Free throw = 1 point• All field goals = 2 points• No 3 point field goals
12-14	4x8 minute quarters	1 minute	4 minutes	<ul style="list-style-type: none">• Free throw = 1 point• All field goals = 2 points• Field goal outside 3 point line = 3 points
15-18	4x10 minute quarters	2 minutes	5 minutes	<ul style="list-style-type: none">• Free throw = 1 point• Field goals = 2 points• Field goal outside 3 point line = 3 points

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Age	Timeouts	Start of Game Possession
5-6	<ul style="list-style-type: none">• Two 60 second timeouts permitted in the first half. Two 60 second timeouts permitted in the second half.• One 60 second timeout granted for each extra period.• Unused timeouts will not carry over to the next period.	Coin flip. Team awarded possession starts with throw-in at half court.
7-8	<ul style="list-style-type: none">• Two 60 second timeouts permitted in the first half. Two 60 second timeouts permitted in the second half.• One 60 second timeout granted for each extra period.• Unused timeouts will not carry over to the next period.	Coin flip. Team awarded possession starts with throw-in at half court.
9-11	<ul style="list-style-type: none">• Two 60 second timeouts permitted in the first half. Two 60 second timeouts permitted in the second half.• One 60 second timeout granted for each extra period.• Unused timeouts will not carry over to the next period.	Coin flip. Team awarded possession starts with throw-in at half court.
12-14	<ul style="list-style-type: none">• Two 60 second timeouts permitted in the first half. Two 60 second timeouts permitted in the second half.• One 60 second timeout granted for each extra period.• Unused timeouts will not carry over to the next period.	Jump ball
15-18	<ul style="list-style-type: none">• Two 60 second timeouts permitted in the first half. Three 60 second timeouts permitted in the second half.• Maximum of 2 timeouts permitted in the final 2 minutes of the 4th quarter.• One 60-second timeout granted for each extra period.• Unused timeouts will not carry over to the next period.	Jump ball

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Definitions & Rationale

Start of Game Possession: For 5-6, 7-8, and 9-11 year-olds, a coin flip will determine the team that will start with the ball to mitigate significant differences in height and coordination among children. Alternating possession rules will then ensue throughout the game.

Timeouts: Managing the way timeouts are called allows for better game flow and decision-making by the player(s).