

LTAD Stage	Learn to Train			Train to Train	Train to Compete
Age Category	U10	U11–U12		U13–U14	U15–U19
Ball Size	Boys and Girls 5 (27.5")	Boys and Girls 5 (27.5")		Boys and Girls 6 (28.5")	Girls 6 (28.5") Boys 7 (29.5")
Free Throw Line	13'	15'		15'	15'
3-Point Line (If multiple lines exist, use as per indicated order)	Not in use	NFHS 19.75' FIBA old 6.25m FIBA New 6.75m		FIBA old 6.25m NFHS 19.75' FIBA new 6.75m	FIBA new 6.75m FIBA old 6.25m NFHS 19.75'
No Charge Semi-Circle	Not in use			Not in use	In-use
Restricted Area (Key)	Old FIBA rectangle NFHS (one spot up on free throws)			New FIBA rectangle NFHS (one spot up on free throws)	New FIBA rectangle NFHS (one spot up on free throws)
Shot Clock	Not in use			Not in use	24 seconds. (14 second reset)
Base Rule Set	FIBA Rules			FIBA Rules	FIBA Rules
Duration	8 - 4-minute shifts and 4- minute extra shift(s) as necessary			4 - 8-minute periods and 4-minute extra periods as necessary	4 - 8-minute periods and 4-minute extra periods as necessary
Team Fouls Penalty (Bonus)	<p>Bonus is applied per each two shifts which equals a full FIBA period.</p> <p>e.g., team fouls occurring in the first and second shift count toward Period 1 and determine penalty situations.</p> <p>For the purpose of penalty situations (bonus), team fouls are reset at the end of each "period", which is the end of shifts 2, 4, and 6.</p>			Penalty applied per period and extra period(s) as per FIBA rules	Penalty applied per period and extra period(s) as per FIBA rules
Substitution	Only between shifts unless an injury or disqualification occurs			Substitution as per FIBA rules	Substitution as per FIBA rules
Participation Rule	In use			Not in use	Not in use
Drop Back Rule	U10 No pressing*	U11 and U12 15 points or more*		20 points or more*	Not in use
Full Court Press	U10 No pressing*	U11 Press allowed only in last 2 shifts	U12 Press allowed only in last 4 shifts	No Restrictions	No Restrictions
Closely Guarded	See below			See below	See below

Closely Guarded Rule

If there is no shot clock (U10 to U14), a modification of the FIBA closely guarded rule will be applied.

A five-second closely guarded count will be applied when a player is holding the ball while an opponent is actively defending within one metre anywhere on the court, with the following exception:

If, in the judgement of the officials, a team is withholding the ball from play and/or delaying, a closely guard count will be applied when a player is holding OR dribbling the ball while an opponent is actively defending within one metre in the front court.

Drop Back Rule

For U10 teams, pressing is not permitted.

For U11 and U12 teams, when a team leads by 15 points or more, its players must immediately 'drop back' into their backcourt behind the eight-second line once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt. The losing team shall be allowed to dribble the ball unimpeded across the eight-second line and establish frontcourt status.

For U13 and U14 teams, when a team leads by 20 points or more, its players must immediately 'drop back' into their backcourt behind the eight-second line once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt. The losing team shall be allowed to dribble the ball unimpeded across the eight-second line and establish frontcourt status.

Violation of the rule stated above will result in the ball being awarded out-of-bounds to the losing team, at the frontcourt sideline, at the extended free throw line. Repeated violations of this rule may result in a delay of game penalty.