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**Physical growth and the height rule for youth and adult basketball categories.**

*Physical growth and the basketball hoop height rule for youth and adults*

**Itamar Adriano Tagliari** – State University of Ponta Grossa, [itagliari@ig.com.br](mailto:itagliari@ig.com.br)

### **Summary**

The objective was to verify the physical growth and the basket height rule for youth and adult basketball categories. The study was characterized as descriptive and documentary. The following documents were analyzed: 1) International Basketball Federation (FIBA) adult "standard" category and minibasketball categories under 6 years of age and under 10 years of age. 2) Lisbon City Council - Sports rules - Portuguese Basketball Federation, youth category under 12 years of age.

The category of analysis was the height of the basket. The category was analyzed based on the individual's characteristic: physical growth. Final considerations: the height of the basket differs between the youth categories, and these differ from the rules of the adult category. The adaptation for the different youth categories addresses the growth changes that humans undergo throughout their lives. It is observed that the height of the basketball basket is adapted to meet the needs of the subjects in the youth categories, and not for them to have to adapt to the characteristics of the adult basketball category.

**Keywords:** Physical growth. Basketball. Rule.

### **Abstract**

The objective was to verify Physical growth and the height rule basketball hoop for youth and adult basketball categories. The study was characterized as descriptive and documentary. The following documents were analyzed: 1) International Basketball Federation (FIBA) adult "standard" category and minibasketball categories under 6 and under 10 years of age. 2) Lisbon City Council - Sports rules - Portuguese Basketball Federation, youth category under 12 years of age. The category of analysis was basket height. The category was analyzed based on the individual's characteristic: physical growth. Conclusions: basket height differs between youth categories and these differ from the rules of the adult category. The adaptation for the different youth categories meets the growth changes that humans undergo throughout their lives. It is observed that the height of the basketball hoop is adapted to meet the needs of the subjects in the youth categories, rather than them having to adapt to the characteristics of the adult basketball category.

**Keywords:** Physical growth. Basketball. Rule.

### **1. Introduction**

Physical growth is considered an increase in the size of the body as a whole or its parts. It is the biological activity of the first two decades of human life, including... nine months of prenatal life (Malina, Bouchard, Bar-or, 2009). The assessment of physical growth is carried out using physical growth curves, among the curves are those of the Control Center and Disease Prevention (CDC) (KUCZMARSKI et al, 2002).

Studies involving growth curves in the sports field have been developed. Tagliari and Araujo (2020) discussed the Futsal modality in the youth and adult categories. adult. The category of analysis was the size of the beam, analyzed from different characteristics, among them physical growth. It was found that the Confederation's Book of Rules Brazilian Futsal Association determines the goal size for the Under-7 and Under-9 age categories. The rules should be the same as those used by the adult category. However, the state futsal federations have...

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The Paulista Federation has the autonomy to change the rules for youth categories, with the Paulista Federation determining the rules.

The reduction in the height of the beam. The smaller size is in line with the changes that...

A child goes through this during their growth.

Araujo and Tagliari (2020) studied physical growth in the sport of handball. The study analyzed the mini-handball rules of the Municipal Student Games (JEM) of Ponta Grossa/PR, Brazil, and the Carambeí Student Games (JECAR), PR, Brazil, for children aged 8 to 10. age. There were different categories of analysis, including the size of the beam. The category was analyzed based on different characteristics, including physical growth.

"(...) In the rules of the JEM and JECAR, the goalpost is 2.40 m wide and 1.60 m high. This is the same goalpost size proposed in the document containing the rules for the mini-handball modality (CALVO; LÓPEZ, 2005), made available by the Brazilian Handball Confederation (CBHb). However, it is different from the goalpost used by the adult category in handball, which measures 3 m wide by 2 m high, according to the CBHb rules (BRAZILIAN HANDBALL CONFEDERATION, 2016). It is observed that the entities promoting the Student Games, JEM and JECAR, showed a concern in adapting the rules of the handball modality, in relation to the size of the goalpost, "transforming" it into mini-handball."

This adaptation corresponds to the growth changes that humans go through during their lives (...) (ARAUJO AND TAGLIARI, 2020, p. 39).

Considering the importance of studying physical growth in sports, the present study its objective is to verify physical growth and the height rule for youth categories and adult basketball.

## **2. Material and Method**

The study is characterized as descriptive and documentary. It has a descriptive nature because it sought to... to discover, analyze, and compare associations between variables, and also by making use of techniques standardized procedures for data collection. Based on the technical procedures used, this study It has a documentary character, since it sought its data in documents that had not been processed. analytical, referred to as "first-hand or second-hand" documents (Gil, 2002).

The following documents were analyzed in this study: 1) International Federation Basketball (FIBA, 2016) adult "standard" category and minibasketball categories under 6 years of age. and under 10 years of age. 2) Lisbon City Council - Sports rules - Portuguese Federation Basketball (n.d.), youth category under 12 years old.

The category of analysis was basket height. The category was analyzed based on growth. physical.

## **3. Results**

The height rule for the basket in youth categories, designated as minibasketball, according to the The International Basketball Federation (FIBA, 2016) rules are as follows: for children under 10 years of age...

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The height is 2.43 m and for children under 6 years old the height is 1.83 m. The document emphasizes that if the height of the basket cannot be modified, another possibility is to award points for shots that touch the rim. the table or the network

Among other sports entities that deal with basketball in youth categories, we have the Lisbon City Council - Sports rules - Portuguese Basketball Federation (n.d.). For this In Brazil, minibasketball is a game based on basketball, for boys or girls who have... Under twelve years old in the year the sports season begins (Under-12). For this category, the basket is located at a height of 2.60 m from the ground.

For the adult category, the standard height of the basketball hoop is 3.05 m, according to the Federation. International Basketball Championship (FIBA, 2016)

#### **4. Discussion of Results**

The Rule Book of the International Basketball Federation (FIBA, 2016) instructs the national competitions for the adult category and for the youth categories. In addition, for the In the youth categories, there are rules from the Lisbon City Council - Sports rules - Federation. Portuguese Basketball (n.d.).

It is known that there are several rules governing the sport of basketball, however, in This article discusses the basket height rule.

It can be seen that the height of the basket differs between the youth categories, and these categories are different. from the adult category. Note that there is no distinction in the basket height rule between the sexes. male and female in the different categories.

Adapting to the youth category addresses the changes in physical growth. which are the changes a human being goes through during their life. In other words, height increases with age. from the basket.

It is known that basketball players are in the highest percentile of the growth curve. growth, however for this study we will use the 50th percentile, which is equivalent to the median.

The height requirement for the basket in the youth category, for children under 6 years old, is 1.83 m, both for The same applies to males as to females, according to FIBA rules (2016). According to Kuczmarski and colleagues (2002) the height of a 6-year-old male subject in the percentile For men, the average height is 1.1564 m, while for women it is 1.15 m.

The height of the basket for the youth category, under 10 years old, is 2.43 m, for both sexes. For both men and women, according to FIBA rules (2016). According to Kuczmarski and Collaborators (2002) found that a 10-year-old subject's height at the 50th percentile is 1.388 meters. for males, and 1.382 meters for females.

The height of the basket for the youth category, under 12 years old, is 2.60 m, for both sexes.

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For both male and female categories, according to the rules of the Lisbon City Council - Sports rules -

Portuguese Basketball Federation (n.d.). According to Kuczmarski and colleagues (2002) the height of A 12-year-old boy in the 50th percentile has a height of 1.493 meters for males, and 1.515 meters for females. meters for the women's category.

For the adult category, the height of the basket is 3.05 meters for males and for females. female, according to FIBA rules (2016). According to Kuczmarski and colleagues (2002) height The average height of an adult male in the 50th percentile is 1.7681 meters, while for females... It is 1.6331 meters.

The results found for the youth basketball category indicate that the height of The basket size decreases as the age of the players decreases. Results found in Araujo's studies. and Tagliari (2020) in mini-handball and futsal at the Paulista Futsal Federation (Tagliari and Araujo, Studies from 2020 indicate that the height of the beam also decreases as the age of the participants decreases.

## **Final Considerations**

The height of the basket differs between youth categories, and these categories also differ in their rules. adult.

Adapting the basket height rule for youth categories aligns with the changes. growth phases that a human being goes through during their life.

It is observed that the height of the basketball hoop is adapted to meet the needs of The subjects are from the youth categories, and they don't have to adapt to the characteristics of the adult category. of basketball.

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