Basketball is a team sport with two hoops on either end.

Depending on your kid’s age and your particular league, the heights of the baskets can change. My third grader is playing on a 10-foot rim. That being said, many will follow this gradual scale.

10 players are on the court at all times, five from each team.

All players will play both offense and defense throughout the game, depending on which side of the court the ball is on.
## Size Chart

### Recommended Sizes for Kids & Adults

<table>
<thead>
<tr>
<th>Size</th>
<th>Circumference</th>
<th>Weight</th>
<th>Recommended For</th>
</tr>
</thead>
<tbody>
<tr>
<td>Size 7</td>
<td>29.5”</td>
<td>22 oz</td>
<td>Men and boys ages 15 and up. This is official size for high school, college, and the pros.</td>
</tr>
<tr>
<td>Size 6</td>
<td>28.5”</td>
<td>20 oz</td>
<td>Boys ages 12-14. Girls and women ages 12 and up. This is the official size for women’s high school, college, and pro basketball.</td>
</tr>
<tr>
<td>Size 5</td>
<td>27.5”</td>
<td>17 oz</td>
<td>Boys and girls ages 9-11. This is the standard youth basketball you find in most stores.</td>
</tr>
<tr>
<td>Size 4</td>
<td>25.5”</td>
<td>14 oz</td>
<td>Boys and girls ages 5-8 years old.</td>
</tr>
</tbody>
</table>
Basketball doesn’t go on forever. Unlike baseball and softball, there is always a clock. So don’t worry, it won’t screw up your dinner plans. Youth leagues typically play two halves – twenty minutes long with a running clock. High school and above typically play four 8-minute quarters and the clock is stopped whenever the whistle blows. In youth recreational leagues, every player must play a minimum amount of time, so nobody is left on the bench the entire game.
Basketball is complementary to many sports. There’s a lot of jumping like in volleyball, but court vision and the passing and team game is most similar to soccer.
Traits That Make A Good Basketball Player?

**Being tall**
It's not a deal breaker, but being closer to the basket definitely helps.

**Jumping ability**
If you're not tall, but you can jump out of the gym, then this is a great sport for you.

**Quick**
Different from being fast. It's all about short bursts, not long sprints.

**Anticipation and court vision**
If your kid is smart and focused, they will hopefully be able to see the court well and anticipate where the ball will be going next. This will help them make great passes and get a lot of steals.
What You Will Love About Basketball

- **It’s INDOORS!** You never have to check the weather, bring sunscreen or bundle up. Yes, having an indoor venue makes a world of difference when you’re a parent.

- **Easy to practice on their own.** Even if you don’t have your own court, there are a TON of basketball drills for dribbling, agility, jumping, and even ways to practice your shot. Have your child google “basketball drills.”

- **There’s a lot of action.** There is a lot more scoring involved than in soccer or baseball. And if your kid plays other sports where they are stuck on defense or not good enough to see a lot of action, EVERYONE on a basketball court will be involved. Even if nobody wants to pass to your kid, he’s sure to end up with an errant rebound or loose ball at some point!
What You Will Hate About Basketball

- **It’s super competitive.** Since it’s a playground sport and most kids play it, it can often be difficult to make club teams and high school teams. In America, more people play basketball than any other team sport.

- **The Non Stop Dribbling.** If your child ends up loving this sport, they will practice all around the house all day long.

- **Can be expensive.** If your child ends up playing travel/club, there can be a lot of out of town tournaments and sometimes out of state. Plus the gear can get expensive. Keeping up with the latest shoes, socks, and gear is not cheap.

- **Injuries** are typically minor but they do happen. Strains and sprains to the ankle and knee, and eye injuries are the most common.
The Court, Explained

The court is divided into two halves by the half court or midcourt line.

The center circle is used to start the game and is used during other jump ball situations. On jump balls, non-jumpers must remain outside the circle until the ball is tapped by one of the jumpers.

Shots made from outside the three-point line are worth three points; shots made inside the three-point line are worth two points.

The sidelines and baselines are the boundaries of the court.

The free throw line is where a player stands to take a foul shot, which is worth one point.
Positions, Explained

There are five basic positions in basketball. Each player plays in a specific section of the court.

- **SMALL FORWARD**: Small forwards are typically versatile players who are able to both shoot outside and drive to the basket to score.
- **CENTER**: The center is typically the tallest player on the team and is positioned near the basket.
- **POINT GUARD**: The point guard is typically the team’s best ball handler. They are sometimes considered ‘the coach on the floor’ and direct plays for their team.
- **POWER FORWARD**: Often they are larger, stronger players with good post moves close to the basket. A good power forward will also have a decent outside shot.
- **SHOOTING GUARD**: Most shooting guards are good shooters from the three-point range. They also have good ball-handling skills and can move the ball quickly towards the basket.
## Scholarship Potential

*(IF YOU ARE REAL SERIOUS)*

### College Basketball & Scholarship Opportunities

2,029 schools sponsored varsity level basketball teams during 2015

<table>
<thead>
<tr>
<th>DIVISION</th>
<th># OF SCHOOLS</th>
<th># OF TEAMS</th>
<th>TOTAL PLAYERS</th>
<th>Scholarships Limit Per Team</th>
<th>Average Athletic Scholarship</th>
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<td>1,983</td>
<td>1,948</td>
<td>32,735</td>
<td>27,951</td>
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From ScholarshipStats.com