

# Youth Basketball Rules - U14 Fillettes/Filettes & U16 (Filles-) Scolaires



		U14 - Minis/Filettes	U16 - (Filles-) Scolaires
1	Game length	4 x 10 minutes	
2	Half-time break	Maximum 5 minutes!	Maximum 10 minutes
3	Overtime	5 minutes	
4	Ball size	Size 6 for everyone	Girls: Size 6 / Boys: Size 7
5	Free throw line	Normal Free Throw line Closer (4 meters) if marked	Normal free throw line
6	Defense type	ONLY man-to-man double teaming & helpside are allowed	
7	Zone defense or mixed defenses (e.g., Box-and-One)	✗ NOT allowed	
8	+30 points rule ONLY (Div. 3 & below)	Harcourt Defense If not respected repeatedly → Warning → Technical Foul (C1) MAY be called	
9	Quick inbound allowed?	✓ Yes, after violations ⚥ (also in the last 2min)	
10	Quick inbound NOT allowed	✗ Exceptions: After free throws violations or jump balls	
11	Substitutions & Timeouts	Sub. only if no quick inbound (after foul ⚥, timeout, long stop) Timeout is ALWAYS possible if the clock is stopped	
12	Girls playing with boys	✓ Allowed	✗ Not allowed
13	Minimum players (Div. 1-2)	minimum 8 players	5 players
14	Minimum players (Div. 3 & below)	5 players	5 players
15	Every player must play	✓ Pl. must play in Q1 or Q2 or has to play <u>whole</u> Q3	✗ No obligations

Note for Rules 12-15 → ONLY the coach is responsible