



# Basketball

*Equipment Fitting Guide - Fit to Play the Right Way*

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## BASKETBALL

### RECOMMENDED BALL

From NBA USA Youth Basketball Guidelines:

<https://youthguidelines.nba.com/>

**Ages 7-8:** Size of Ball for Boys and Girls = size 5 (27.5")

**Ages 9-11:** Size of Ball for Boys and Girls = size 6 (28.5")

**Ages 12-14:** Girls size 6 (28.5") Boys 7 (29.5")

The Spalding Franchise Basketball 28.5" circumference composite basketball shall be the official basketball for all AAU National Championship Tournaments.

(From Amateur Athletic Union: [http://image.aausports.org/handbooks/girls\\_basketball/girlsbasketball-Handbook.pdf](http://image.aausports.org/handbooks/girls_basketball/girlsbasketball-Handbook.pdf))



### UNIFORMS

From Amateur Athletic Union:

[http://image.aausports.org/handbooks/girls\\_basketball/girlsbasketball-Handbook.pdf](http://image.aausports.org/handbooks/girls_basketball/girlsbasketball-Handbook.pdf)

- a. Each team participating in any AAU National Tournament must have two (2) different color team jerseys (shirts). One of the jerseys must be light.
  - i. Violation of this rule shall be penalized by a two (2) shot technical foul for each illegal jersey, to be assessed at the time the player with the illegal jersey enters the game.
- b. Team shirts shall be of the same color front and back. Referees discretion on what constitutes as a dark uniform color. Uniform bottoms do not have to be of the same color or style as the uniform top.
- c. A player's shirt designed to be worn inside the game pants shall be tucked inside the game pants throughout the game. An undershirt is considered to be part of the shirt and must be a color similar to the shirt. Logos, decorations,



trim, commemorative patches, lettering and numbering are not allowed on an undershirt.

- d. No more than two identifying names or abbreviations of the names may be placed on either, or on both, the front and back of the shirt. The name(s) must be placed so that the following can take place.
  - i. Players' jerseys must have numbers on both the front and back. (Numbers can be from 0, 00 to 99.) Minimum size of numbers shall be 2" on the front and 4" on the back.
  - ii. Placement must be such that the number(s) is clearly visible.
- e. The HOME team shall sit to the official scorer's right when sitting at the table. A team may have on its bench only eligible players in uniform and four non-players. At least one person, age 18 or older, must be on the bench at all times.
  - i. Violation of this rule shall result in a two shot technical foul. The violator will be removed from the bench.

## FOOT WEAR

Shoes are designed to flex at the ball of the foot. Correct fitting properly positions the ball joint in the shoe and provides room for the toes so that they are not confined. Improperly fit shoes can cause a variety of foot problems.

Always use a Brannock Device to measure feet. A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball).

For more information on using a Brannock Device visit:  
<https://brannock.com/pages/instructions-fitting-tips>

Basketball shoes are bulkier than running shoes and designed to act as shock absorbers and provide ankle stability with the flexibility to allow players to move laterally.



## TYPES OF BASKETBALL SHOES

**High-tops:** Secure ankle support and stability protects against rolled or twisted ankles, while slightly restricting movement and speed. Players in positions that require a high frequency of jumping usually wear high-tops.

**Mid-tops:** Moderate ankle stability without seriously restricting movement or speed. Players in positions that make fast breaks and have a high frequency of jumping usually wear mid-tops.

**Low-tops:** Frees the ankle from restrictions, providing maximum mobility to make aggressive cuts and reach high speeds, with low to no ankle support. Players in positions that require frequent fast breaks and push the basketball up the floor usually wear low-tops.



**HIGH TOP**



**MID TOP**



**LOW TOP**

For more information please visit:



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