# Basketball Hoop Height by Age

**Last checked: November 3, 2026**

Chart page (the live, interactive version):
https://findsportsusa.com/guides/choosing-a-rim-height-for-youth-practice/

**A starting point, check fit and your league rules. These are makers' and leagues' published guidance, not measurements of your child.**

## Basketball hoop height by age

### USA Basketball and NBA guidelines

| Size | Range | Details |
|---|---|---|
| **8 ft** | Ages 7 to 8 | Free-throw line 14 ft. |
| **9 ft** | Ages 9 to 11 | Free-throw line 14 ft. |
| **10 ft** | Ages 12 to 14 | Free-throw line 15 ft. |
| **10 ft** | Grades 9 to 12 | Free-throw line 15 ft. |

Source: USA Basketball and NBA: Youth Basketball Guidelines (equipment and court specifications). Checked November 3, 2026.

## Sources

**USA Basketball and NBA: Youth Basketball Guidelines (equipment and court specifications)**
https://www.usab.com/play/youth-basketball-guidelines
Used for: Ball size and basket height by age group. Checked November 3, 2026.

**Rules and charts change, so check the source pages and your league before you buy.**