Basketball Size by Age

Last checked: November 3, 2026

Chart page (the live, interactive version):
https://findsportsusa.com/guides/youth-basketball-sizing-by-age-and-height/

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

Basketball size by age

Spalding

Size	Range	Details
Youth (size 5)	Ages 9 and below	27.5 in., 16 to 18 oz.
Mid (size 6)	Ages 9 to 12	28.5 in., 18 to 20 oz. Spalding: the official size for women's leagues.
Full (size 7)	Ages 13 and above	29.5 in., 20 to 22 oz. Spalding: the official size for men's leagues.

Source: Spalding: Basketball size guide. Checked November 3, 2026.

Nike

Size	Range	Details
Size 5	Age 9 and under	27 to 28 in., 16 to 18 oz.
Size 6 (girls)	Girls and women, age 9 and up	28.5 to 29 in., 18 to 20 oz.
Size 6 (boys)	Boys ages 9 to 12	28.5 to 29 in., 18 to 20 oz.
Size 7 (boys)	Boys and men, age 12 and up	29.5 to 30 in., 20 to 22 oz.

Source: Nike: Basketball size chart. Checked November 3, 2026.

USA Basketball and NBA guidelines

Size	Range	Details
Size 5 (27.5 in.)	Ages 7 to 8	Boys and girls.
Size 6 (28.5 in.)	Ages 9 to 11	Boys and girls.
Size 6 (girls)	Ages 12 to 14, girls	28.5 in.
Size 7 (boys)	Ages 12 to 14, boys	29.5 in.
Size 6 (girls)	Grades 9 to 12, girls	28.5 in.
Size 7 (boys)	Grades 9 to 12, boys	29.5 in.

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

Sources

Spalding: Basketball size guide
https://www.spalding.com/size-guide/basketball
Used for: Basketball size by age, circumference and weight. Checked November 3, 2026.

Nike: Basketball size chart
https://www.nike.com/size-fit/basketballs
Used for: Basketball size 3 to 7 with circumference and age guidance. Checked November 3, 2026.

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.