

# Relative basket height, ball size and ball weight under current rules of Finnish Basketball Association

## Relative basket height

Age	Age Group	Height	Basket height	Speculative basket height	Discrepancy	Discrepancy %
6	U8	122	260	206	+54	+26%
7	U8	128	260	216	+44	+20%
8	U10	134	260	226	+34	+15%
9	U10	139	260	234	+26	+11%
10	U12	144	260	243	+17	+7%
11	U12	149	260	251	+9	+4%
12	U14	156	305	263	+44	+17%
13	U14	162	305	273	+32	+12%
14	U16	169	305	285	+20	+7%
15	U16	175	305	295	+10	+3%
16	U19	177	305	298	+7	+2%
17	U19	179	305	302	+3	+1%
18	U19	180	305	303	+2	+1%
19	Adults	181	305	305	0	0%

*Age group=player's age group in competitions, Height=mean height of Finnish males at that age (cm), Basket height=basket height at player's age group (cm), Speculative basket height=How high the basket should be set for the ratio between basket height and average male height to be the same as the ratio between basket height 305cm and average male height at the age of 20, Discrepancy=Difference between actual and speculative basket height (cm), Discrepancy %=How many per cent the aforementioned difference is in relation to speculative height.*

## The Finnish junior age groups

Age groups as classified by Finnish Basketball Association and their international equivalents:

- 1) A-juniorit (A Juniors) = U19
- 2) B-juniorit (B Juniors) = U16
- 3) C-juniorit (C Juniors) = U14
- 4) Minit (Minis) = U12
- 5) Mikrot (Micros) = U10
- 6) Supermikrot (Super-micros) = U8

## Relative ball size

Age	Age Group	Height	Ball circumference	Speculative circumference	Discrepancy	Discrepancy %
6	U8	122	70	51	+19	+37%
7	U8	128	70	54	+16	+30%
8	U10	134	70	56	+14	+25%
9	U10	139	70	58	+12	+21%
10	U12	144	70	60	+10	+17%
11	U12	149	70	63	+7	+11%
12	U14	156	73	66	+7	+11%
13	U14	162	73	68	+5	+7%
14	U16	169	76	71	+5	+7%
15	U16	175	76	73	+3	+5%
16	U19	177	76	74	+2	+3%
17	U19	179	76	75	+1	+1%
18	U19	180	76	76	0	0%
19	Adults	181	76	76	0	0%

*Speculative ball circumference (cm)=How large the ball should be for the ratio between ball circumference and average male height to be the same as the ratio between ball circumference and average male height at the age of 20, Discrepancy=Difference between actual and speculative ball circumference (cm), Discrepancy %=How many per cent the aforementioned difference is in relation to speculative circumference.*

## Ball sizes as determined by rules

The ball measurements used in calculations are means of minimum and maximum ball weight as well as minimum and maximum ball circumference.

These are the measurements:

- 1) Ball size 3: weight 310–330g / circumference 55–58cm → 320g/57cm.
- 2) Ball size 5 (Miniball): 450–500g / 66.0–73.0cm → 475g/70cm
- 3) Ball size 6 (Women's ball): 510–567g/72.4–73.7cm → 539g/73cm
- 4) Ball size 7 (Regular men's ball): 567–650g/74.9–78cm → 609g/76cm.

## Relative ball weight

Age	Age Group	Weight	Ball weight	Speculative ball weight	Discrepancy	Discrepancy %
6	U8	23	475	197	+278	+141%
7	U8	26	475	223	+252	+113%
8	U10	29	475	249	+226	+91%
9	U10	33	475	283	+192	+68%
10	U12	37	475	317	+158	+50%
11	U12	40	475	343	+132	+38%
12	U14	45	539	386	+153	+40%
13	U14	52	539	446	+93	+21%
14	U16	58	609	497	+112	+23%
15	U16	63	609	540	+69	+13%
16	U19	66	609	566	+43	+8%
17	U19	69	609	592	+17	+3%
18	U19	70	609	600	+9	+2%
19	Adults	71	609	609	+0	+0%

*Speculative ball weight=How heavy the ball should be for the ratio between ball weight and average male weight to be the same as the ratio between ball weight and average male weight at the age of 20,*

*Discrepancy=Difference between actual and speculative ball weight (g), Discrepancy percentage=How many per cent the aforementioned difference is in relation to speculative weight.*