

Bulldogs Sports Complex

Bulldogs Youth League Guidelines

Grades 3-4 (Boys & Girls)

Equipment & Court Specs

Size of Ball	Height of Basket	Size of Court	3PT Line	Distance of Free-Throw Line	
Boys and Girls size 6 (28.5")	10'	84'x50'	High School	15'	

Timing

Game Length	Clock Stoppage	Time Between Halves	Extra Periods	Backcourt Timeline	Shot Clock
Two 16-minute halves	Last minute of each half & all Free Throws	2 minutes	1st OT: 2 minutes 2nd OT: Sudden Death (first point)	10 seconds	Not applicable

Structure

Scoring	Timeouts	5 Seconds Closely Guarded	Team Foul Bonus	Individual Foul Limit	Shooting Fouls
Free Throw: 1 point	Three 45-second timeouts are permitted for the whole game.	Only when the offensive player is holding the basketball	10 team fouls in each half results in a free throw penalty (2 shots)	Players are disqualified after 5 personal fouls	All 2 pt field goal shooting fouls will result in 2 free throw attempts
All Field Goals: 2 points	One 60-second timeout is given for any extra period.				All 3 pt field goal shooting fouls will result in 3 free throw attempts
Field goal outside of 3-point arc: 3 points					All "And 1" shooting fouls will result in the appropriate points and 1 free throw attempt

Game Tactics/Roster

Set Defense	Pressing Defense	Double-Team	
Only player-to-player defense throughout the competition (no zone)	Player-to-player defense may be extended full court in the final 4 minutes of 2nd half and all of extra period	No Double-Team is allowed throughout the competition	
	Leading team may not extend the defense over half court when leading by 15 points or more	Helpside defensive rotation is allowed on dribble drives into the paint. Once the ball is picked up, all players must return to player-to-player defense.	