

# Bulldogs Sports Complex

## Youth League Guidelines

### Grades 5-6 (Boys & Girls)

#### Equipment & Court Specs

Size of Ball	Height of Basket	Size of Court	3PT Line	Distance of Free-Throw Line	
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 per game.	Only when the offensive player is holding the basketball (not dribbling)	10 team fouls in each half results in a free throw penalty	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 45-second timeout granted for each 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

Set Defense	Pressing Defense	Double-Team	
Player-to-player defense and zone defense allowed after January 1	Player-to-player defense may be extended full court in the final 4 minutes of 2nd half and each extra period	Allowed throughout the competition	
	Leading team may not extend the defense over half court when leading by 15 points or more		