

UPWARD BASKETBALL GENERAL RULES

1. Games consist of six quarters with each quarter having a running 6 minute clock. Time may be stopped by officials if they deem necessary.
2. Coaches may not call timeouts.
3. Offenses may not stall – warning the first time and turnover each time thereafter.
4. No score will be given for a score in the wrong basket.
5. Three seconds in the key area will be called only in the fourth grade and older divisions.
6. Man to Man defense will be played at all times. Double teaming the ball is not allowed.
7. Defenses may not guard their opponents in the backcourt. Guarding starts at half court.
8. Defensive players must remain within an arms reach of the player they are guarding.
9. Defensive players not allowed to hand check their opponent – a non-shooting foul will be called.
10. Help defense is allowed in the following situations:
 - On fast breaks until the defensive player can recover.
 - On a pick and screen until the defensive player can recover.
 - In the lane area when the defensive player is within arms reach of the player he/she is assigned to guard.
11. Action is stopped if two or more players are on the floor in the vicinity of the ball.
12. There is no shooting of foul shots.
13. Non-shooting fouls result in the ball going to the team that was fouled.
14. Shooting fouls result in one point for the fouled team and they retain possession of the ball. If the basket is made, the fouled team is awarded two points for the basket and one point for the foul for a total of three points. The other team then gets the ball.
15. A player committing two fouls in one six minute period must sit out the remaining time in that period. The next player in the rotation will come into the game. If the team only has five players and two fouls are committed by the same player in one period, if it is a non-shooting foul, the fouled team is awarded one point and the fouled team keeps possession of the ball. If it is a shooting foul, the fouled team gets two points and retains possession of the ball. If the shot goes in, the team would receive two points for the basket and two additional points for the foul. The team that committed the foul would then get the ball.

Kindergarten and 1st Grade Specific Rules:

Kindergarten and 1st grade will follow all the rules above, unless specifically listed below.

1. Double dribbling and travelling during the game will be corrected verbally at first. If it continues, a loss of possession will be enforced.
2. Offense may progress the ball 2/3 of the court before defense may guard their opponent.
3. No fast breaks. After a possession change, the ball should be held long enough to allow defense to retreat past half court.
4. After a rebound or a made basket, the ball should be held long enough to allow defense to retreat past half court.
5. All defenders will stay at least one arm's length away from the offensive player they are defending.