

Upward Basketball Rule Differences

Mountainside Church and the MAC

Note: Other than the rules stated herein, Upward Basketball subscribes to the National Federation of State High School Association Basketball Rules.

1. Referees lead both teams in prayer prior to the game at Center Court
2. A coin flip determines the first possession and the alternating possession rule determines possession from that point forward. The Possession Arrow automatically changes at the start of the 2nd half however.
3. Games consist of 18-minute halves and an 8minute halftime (give or take a few seconds).
4. The clock stops every 6 minutes for predetermined substitutions.
5. There will be no timeouts. The clock runs continuously
6. Because the end of a six-minute segment does not signal a change in possession, the team with possession at the end of the six-minute segment will retain possession. As such, there is not a need for an “end of period shot”. This does not apply to halftime, however, as the arrow determines the 2nd half possession to start the game.
7. Teams will switch goals at halftime.
8. Scores are not kept in the K-1 Division.
9. No league standings are maintained in any league. Such standings add unnecessary pressure and intensity.
10. Coaches are allowed to walk the sidelines and encourage their players without stepping into the playing area.
11. All coaches will adhere to the substitution rules as detailed in the clinic.
12. Coaches/Parents/Players are not permitted to question or be negative toward other players, officials, or coaches, or other personnel associated with the program at any time.
13. Substitutions - Every child plays at least half of each game, and all players will play equally. No child is to sit out more than one 6-minute period. Every child will have an opportunity to be in the starting lineup. Coaches are to rotate starters and players according to the rules stated during the Training Session. Each child is to be matched up according to the rankings done by the Coach of relatively equal playing ability. Coaches cannot make random substitutions or anything that may be determined as unfair. Playing time throughout the season is virtually even.
14. Rules for Game Play – Man to man defense will be played at all times. Defensive players must stay within arms reach of the player they are guarding. Double teaming is not allowed. However, help defense is encouraged in the following instances; If a defender is in the Lane, and the player guarding him is within arms reach, the other defender (in the Lane only) is allowed to provide help by double teaming to stop the progress of the ball, then release. Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned player. When an offensive player has beaten their defender, another defensive player may help. Upon stopping the break, defenders should return to guarding their assigned player.
15. At the beginning of each 6-minute segment, both coaches are to line up players with equal skills across from each other without giving verbal cues.
16. Full court presses are not allowed. Defensive players cannot guard their opponents in the backcourt.
17. No backcourt violations are to be called at the K-1 or 2-3 division levels.

18. Offense is to purposefully attack the defense. If not, the official gives a warning and a violation occurs which in turn gives the ball to the opponent (5 seconds similar to bringing the ball into play). If a player on offense fails to advance the ball beyond the timeline or holds the ball in the backcourt – the 5 second rule applies even though the defender is not within the appropriate guarding distance (arms length).
19. Referees are expected to briefly explain violations and the penalty – will be a turnover or change of possession or foul however in its consequences. Explanations vary with the age group, but officials are also expected to keep the game moving. Preventative comments to avoid violations are also permitted.
20. There will be no technical fouls or protests of games. No jump balls at any level.
21. No score will be given for a score in the wrong goal. It is treated as a turnover – change of possession.
22. A player committing 2 fouls during a 6-minute segment must sit out the remainder of that period. The next player in the rotation comes in as the substitute. This does not change the normal rotation because the fouled-out player does not come back into the game until scheduled to do so. The player coming in gets extra playing time. If there are no more substitutes – the team that fouls loses possession and the other team is awarded one point.
23. Non-shooting fouls result in the ball being taken out on the side by the offended team. All shooting fouls result in free throws. A three-point shot beyond the arc is permitted if properly signaled by the official and the attempt was successful.
24. The game clock runs continuously with the following rules going into effect with less than two minutes remaining in the game – Non – shooting fouls result in the offensive team getting one point and the ball. If the offending team is on offense, possession is changed as a matter of procedure. Players fouled in the act of shooting and making the basket, are credited with the basket plus one point. The opposing team then takes possession. A foul off the ball or non-shooting, results in the award of a single point, plus possession of the ball. If the foul is committed by the offense and is a non-shooting or off the ball foul – they lose the possession.

Note: Coaches are expected to train the players in the rules as well as the parents and always support the officials on and off the court - a very important point is taught here. Officials are expected to help train the players on the court concerning rules, violations, etc. Remember, you must be what you want others to see at all times. Chipping or inappropriate comments directed toward coaches, officials, or players at any time is not permitted. Conflict is not permitted and only leads to perspective issues. Our first and most important responsibility is role modeling. The mercy rule applies to all levels where scoring is kept (all except K-1) and is set at 15 points.

Officials Mechanics – Double dribble, travelling, three seconds, five seconds held ball, closely guarded, tie-ups, etc, ten second timeline violations, carrying the ball/palming, lane violation, line violation, designated throw-in spot, Direction of the ball after violation is signaled, stop play. They are essentially the calls that will be made during the course of the game as well.