

<b>RULE</b>	<b>DIVISION 1 (Kindg - 1st)</b>	<b>DIVISION 2 (2nd - 3rd Grades)</b>	<b>DIVISION 3 (4th-5th Grades)</b>	<b>DIVISION 4 (6th-8th Grades)</b>
<b>Goal Height</b>	8 feet	9 feet	10 feet	10 feet
<b>Ball Size</b>	25.5"	28.5"	28.5"	28.5" girls; 29.5" boys
<b>Playing court</b>	Half	Half	Full	Full
<b>Clock</b>	Runs continuously for six 5 minute segments and a halftime. Participants play several shorter segments while keeping the game time to approx. 45 minutes -- an appropriate time frame for this age group.	Runs continuously for six 5 minute segments and a halftime. Participants play several shorter segments while keeping the game time to approx. 45 minutes -- an appropriate time frame for this age group.	Four 8-minute quarters. One 2-minute overtime. Clock runs continuously except for whistles in the final two minutes of the game. If point differential is greater than 14, clock does not stop in final two minutes.	Four 8-minute quarters. One 2-minute overtime. Clock runs continuously except for whistles in the final two minutes each half. If point differential is greater than 18, clock does not stop in final two minutes.
<b>Scoring</b>	No score is kept, as the focus of this age is learning fundamentals, not winning or losing.	No score is kept, as the focus of this age is learning fundamentals, not winning or losing.	Score is kept. If point differential is greater than 14, no additional points will be awarded to the leading team.	Score is kept. If point differential is greater than 18, no additional points will be awarded to the leading team.
<b>Timeouts</b>	None	None	One 30-second timeout per half, per team	One 30-second timeout per half, per team
<b>Coaches</b>	Allowed on the court and walking the sidelines while coaching and encouraging players.	Walk the sidelines while coaching and encouraging players.	One coach may stand/walk the sideline near the seating area of his/her players. All other coaches will remain seated.	One coach may stand/walk the sideline near the seating area of his/her players. All other coaches will remain seated.
<b>Substitutions</b>	Coaches will adhere to the Upward substitution rules. Substitutions are made between each segment at mid-court, as coaches match players up of equal ability. Players will wear colored bands on their jerseys to identify who they should be defending. 1 minute is allotted for substitution time.	Coaches will adhere to the Upward substitution rules. Substitutions are made between each segment at mid-court, as coaches match players up of equal ability. Players will wear colored bands on their jerseys to identify who they should be defending. 1 minute is allotted for substitution time.	Coaches will adhere to the Upward substitution rules. Substitutions are made at half court between quarters, at timeouts, or in event of injury. Players wear colored bands on their jerseys to identify who they are defending. Each athlete must play in both halves of a game. In the event a player has fouled out of a game and the team has only five players and cannot substitute, the player will remain in the game, but subsequent fouls by that player will result in a two shot technical foul and additional team foul.	Coaches will adhere to the Upward substitution rules. Substitutions are made at half court between quarters, at timeouts, or in event of injury. Each athlete must play in both halves of a game. In the event a player has fouled out of a game and the team has only five players and cannot substitute, the player will remain in the game, but subsequent fouls by that player will result in a two shot technical foul and additional team foul.

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<b>Possession</b>	Visiting team has first possession and inbounds ball from sideline. Possession alternates for all subsequent segments.	Visiting team has first possession and inbounds ball from sideline. Possession alternates for all subsequent segments.	Jump ball to start game and overtime. Alternate possession all other times.	Jump ball to start game and overtime. Alternate possession all other times.
<b>General Offense</b>	Teams switch goals at halftime.	Teams switch goals at halftime.	Teams switch goals at halftime. The offense must purposefully attack the defense in every situation – no stalling. After a stall warning from the referee, a violation will be called resulting in a turnover.	Teams switch goals at halftime. The offense must purposefully attack the defense in every situation – no stalling. After a stall warning from the referee, a violation will be called resulting in a turnover.
<b>General Defense</b>	Man-to-man defense only; no zone defense. Defensive players must stay within arm's reach of player they are guarding. Players may raise arms straight up to defend. No jumping and no wrapping (hugging) of the offensive player.	Man-to-man defense only; no zone defense. Defensive players must stay within arm's reach of player they are guarding. Players may raise arms straight up to defend. No jumping and no wrapping (hugging) of the offensive player.	Man-to-man defense only; no zone defense. Defensive players must stay within arm's reach of player they are guarding (see exceptions). Players may raise arms straight up to defend. No wrapping (hugging) of the offensive player.	Man-to-man defense only; no zone defense. Defensive players must stay within arm's reach of player they are guarding (see exceptions). Players may raise arms straight up to defend. No wrapping (hugging) of the offensive player.
<b>Full court press</b>	Not allowed	Not allowed	Not allowed	Allowed in last two minutes of the game if point differential is less than 18 points.
<b>Picks and screens</b>	Not allowed	Legal screens are allowed. Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover." This prevents the offense from continually setting screens to gain an advantage.	Legal screens are allowed. Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover." This prevents the offense from continually setting screens to gain an advantage.	Legal screens are allowed. Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover." This prevents the offense from continually setting screens to gain an advantage.

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<b>Double teaming</b>	Not allowed	Not allowed	Not allowed, with the following exception: "Help & Recover" in <b>Lane Area</b> : If a defender is in the lane and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, it provides the defense more opportunity to properly defend this area.	Not allowed, with the following exception: "Help & Recover" in <b>Lane Area</b> : If a defender is in the lane and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense. Since many goals are scored in the lane, it provides the defense more opportunity to properly defend this area.
<b>Defensive jumping</b>	Not allowed	Not allowed	May jump to block shot with arms straight up; no swatting	May jump to block shot with arms straight up. Unclean blocks will result in a violation.
<b>Stealing the ball from the dribbler</b>	Stealing is not allowed, as this encourages the offensive player to dribble with correct form without the pressure of having the ball stolen.	Stealing is not allowed, as this encourages the offensive player to dribble with correct form without the pressure of having the ball stolen.	Allowed	Allowed
<b>Stealing the ball off a pass</b>	Stealing is not allowed, as this encourages the offensive player to dribble with correct form without the pressure of having the ball stolen.	Allowed	Allowed	Allowed
<b>3 second violation</b>	Athletes at this age are focusing on offensive basics and 3 seconds will not be called.	Athletes at this age are focusing on offensive basics and 3 seconds will not be called.	Violation will be called	Violation will be called
<b>Back court violations</b>	Not called	Not called	Violation will be called	Violation will be called

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<b>Fast breaks</b>	Not allowed	Not allowed. Will be called with explanation and no violation. Ball stays with offender and inbounded at half court.	Allowed. When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.	Allowed. When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned players. This rule is meant to prevent the defenders from helplessly watching the offensive player score without being able to help.
<b>Double dribble</b>	Softly called. Players will learn the concept of double dribble, and will be allowed the opportunity to correct it without penalty.	Will be called with explanation and no violation for the first three games of the season. Will result in a violation for the final five games of the season.	Violation will be called	Violation will be called
<b>Travel</b>	Softly called. Players will learn the concept of travel, and will be allowed the opportunity to correct it without penalty. Feet shuffling when shot setting will not be called, as players at the age are single-skill focused.	Will be called with explanation and no violation for the first three games of the season. Will result in a violation for the final five games of the season.	Violation will be called	Violation will be called
<b>Carry</b>	Softly called. Players will learn the concept of carry, and will be allowed the opportunity to correct it without penalty.	Will be called with explanation and no violation for the first three games of the season. Will result in a violation for the final five games of the season.	Violation will be called	Violation will be called

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<b>Fouls</b>	If a player gets 2 fouls in any segment, they must sit out the remainder of the segment and may not re-enter the game until their next designated playing segment.	If a player gets 2 fouls in any segment, they must sit out the remainder of the segment and may not re-enter the game until their next designated playing segment.	Each player is allowed 5 fouls per game. In the event a player has fouled out of a game and the team has only five players and cannot substitute, the player will remain in the game, but subsequent fouls by that player will result in a two points to the other team and possession.	Each player is allowed 5 fouls per game. In the event a player has fouled out of a game and the team has only five players and cannot substitute, the player will remain in the game, but subsequent fouls by that player will result in a two shot technical foul.
<b>Non-shooting fouls</b>	Softly called. Players will learn the concept of fouling, and will be allowed the opportunity to correct it without penalty.	Softly called. Players will learn the concept of fouling, and will be allowed the opportunity to correct it without penalty.	Violation will be called and offending team will turnover possession to other team. After seven team fouls per half, bonus will be in effect resulting in one point awarded and possession. After ten team fouls per half, double bonus will be effect resulting in two points awarded and change of possession.	Violation will be called. After seven team fouls per half, standard bonus shooting rules apply (1 and 1). After ten team fouls per half, standard double bonus rules apply (2 shots).
<b>Fouls in the act of shooting</b>	A player who is fouled while shooting gets to retry his/her shot from the spot of the foul without being defended. Ball is live after shot is attempted. This allows a player to attempt a shot that he /she was trying to take prior to the foul.	Will be called with explanation and no penalty. Shooting team retains possession.	Two (or three) points are awarded and possession changes.	Two (or three) shots are awarded. Ball is live after final shot. If basket counts, only one free throw is awarded.
<b>Flagrant Foul</b>	Flagrant fouls will result in immediate removal of the player for the remainder of the game. Repeated flagrant fouls throughout the season will result in player suspension or removal from Upward Basketball. A flagrant foul is intentional excessive or violent contact that could or did injure another player.	Flagrant fouls will result in immediate removal of the player for the remainder of the game. Repeated flagrant fouls throughout the season will result in player suspension or removal from Upward Basketball. A flagrant foul is intentional excessive or violent contact that could or did injure another player.	Flagrant fouls will result in immediate removal of the player for the remainder of the game. Repeated flagrant fouls throughout the season will result in player suspension or removal from Upward Basketball. A flagrant foul is intentional excessive or violent contact that could or did injure another player.	Flagrant fouls will result in immediate removal of the player for the remainder of the game. Repeated flagrant fouls throughout the season will result in player suspension or removal from Upward Basketball. A flagrant foul is intentional excessive or violent contact that could or did injure another player.

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<b>Sportsmanship</b>	Displays of disrespect (including challenging calls/actions of referees and coaches) are not permitted. This includes all players, coaches, spectators, volunteers, and staff. The teachings of Matthew 18:15 will be exercised immediately in the event of disrespectful behavior.	Displays of disrespect (including challenging calls/actions of referees and coaches) are not permitted. This includes all players, coaches, spectators, volunteers, and staff. The teachings of Matthew 18:15 will be exercised immediately in the event of disrespectful behavior.	Displays of disrespect (including challenging calls/actions of referees and coaches) are not permitted. This includes all players, coaches, spectators, volunteers, and staff. The teachings of Matthew 18:15 will be exercised immediately in the event of disrespectful behavior.	Displays of disrespect (including challenging calls/actions of referees and coaches) are not permitted. This includes all players, coaches, spectators, volunteers, and staff. The teachings of Matthew 18:15 will be exercised immediately in the event of disrespectful behavior.
<b>Uniforms</b>	Players are required to wear the Upward issued jersey and shorts. The Upward t-shirt, or one similar in nature, may be worn under the jersey. The t-shirt will have no foul, derogatory, or polarizing text or graphics. No jewelry, hats, or watches permitted. Medical alert jewelry must be a sports band that fits closely to the wrist.	Players are required to wear the Upward issued jersey and shorts. The Upward t-shirt, or one similar in nature, may be worn under the jersey. The t-shirt will have no foul, derogatory, or polarizing text or graphics. No jewelry, hats, or watches permitted. Medical alert jewelry must be a sports band that fits closely to the wrist.	Players are required to wear the Upward issued jersey and shorts. The Upward t-shirt, or one similar in nature, may be worn under the jersey. The t-shirt will have no foul, derogatory, or polarizing text or graphics. No jewelry, hats, or watches permitted. Medical alert jewelry must be a sports band that fits closely to the wrist.	Players are required to wear the Upward issued jersey and shorts. The Upward t-shirt, or one similar in nature, may be worn under the jersey. The t-shirt will have no foul, derogatory, or polarizing text or graphics. No jewelry, hats, or watches permitted. Medical alert jewelry must be a sports band that fits closely to the wrist.
<b>Shoes</b>	Athletic shoes are required. Players are asked to carry their game shoes into the building to avoid bringing dirt, snow, rocks, and debris to the playing court.	Athletic shoes are required. Players are asked to carry their game shoes into the building to avoid bringing dirt, snow, rocks, and debris to the playing court.	Athletic shoes are required. Players are asked to carry their game shoes into the building to avoid bringing dirt, snow, rocks, and debris to the playing court.	Athletic shoes are required. Players are asked to carry their game shoes into the building to avoid bringing dirt, snow, rocks, and debris to the playing court.
<b>Hydration</b>	Players are advised to bring a closed and secure container filled with water or sports drink to each game and practice. "Bottle flipping" is NOT permitted anywhere on the Immanuel campus.	Players are advised to bring a closed and secure container filled with water or sports drink to each game and practice. "Bottle flipping" is NOT permitted anywhere on the Immanuel campus.	Players are advised to bring a closed and secure container filled with water or sports drink to each game and practice. "Bottle flipping" is NOT permitted anywhere on the Immanuel campus.	Players are advised to bring a closed and secure container filled with water or sports drink to each game and practice. "Bottle flipping" is NOT permitted anywhere on the Immanuel campus.