

2019 HCC Upward Basketball Rules

Overall - General

- > Except where rules unique to Upward Levels 2 & 3 apply, play is governed by the National Federation of State School Associations Rule Book.
- > Three 6-minute periods per half; running clock (exception is 3-4 and 5-6th grade last 2 minute rule)
- > Score kept at all grade levels. Scoreboard never zeroed despite point differential; coaches manage scores with reminder from score table when point differential reaches 14.
- > Five seconds possession will be enforced once dribble picked up.
- > Five seconds close coverage called on inbounds (warning at 5 sec and turnover at 10 secs)
- > Teams must attack the defense in all situations - one warning given -- then a turnover will be called.
- > Referees reinforce proper defense - arms up, move feet, no reaching/hugging/grabbing
- > Team Gold Star rule - to intentionally involve teammates in play, except during a fast-break, *teams must make one pass in the front court before taking a shot*, otherwise a violation is called and turnover results. Violation is called regardless if the offending shot does or does not go in.
- > Screens must be from the side - not behind. Screener must be upright and stationary, hands in front of body and in down position; legs no more than shoulder width. If screen is attempted from behind or not perpendicular to screened player's body, then must leave arm's length "gap" for screened player to get through.
- > Upward final two minute scoring rule (3-4th and 5-6th games only): Two points are awarded for a shooting foul or three points if outside 3 point line; one point awarded and offense keeps ball for all other defensive fouls; offensive fouls result in turnovers. The clock stops on defensive fouls to allow referee to properly announce fouls and reset play.
- > Standings will be kept for 3-4th and 5-6th grade divisions. Final game schedules will be altered to match up teams 1 and 2, 3 and 4, etc, in each division based on division standings.
- > Standings will not be kept for 1-2nd grade divisions however, we will alter final game schedules, if appropriate, to provide the most competitive matchups in the final games.

1-2nd grade unique rules

- > 8 foot hoops
 - > 25.5" basketball
 - > Play on width-wise court
 - > Both courts share one running clock; separate scoreboards for each game
 - > Home team starts game with ball; possession arrow controls all subsequent period starts
 - > One coach from each team allowed for instruction on the court for Games 1 & 2
 - > Arms-length man-to-man defense begins at half court line
 - > No stealing ball from opponent while dribbling or pivoting; can steal passes.
- Referees will encourage dribbling players to advance the ball as needed to keep play moving.
- > No over and back; referees stop and instruct if appears a player is attempting to intentionally escape defense by going over and back
 - > No intentional screens allowed

- > All defensive fouls result in restart from out of bounds; no fouls shots
- > Upward rules for final two minutes do not apply
- > A player who committs 2 fouls in a period must be substituted out. Individual's fouls are not cumulative - new start each period.

3-4th grade unique rules

- > 9 foot hoops
- > 28.5" basketball
- > Play full-court
- > Jump ball starts game; possession arrow controls all subsequent period starts
- > No coaches allowed on court.
- > Arm's length defense coverage begins at the 3 point line
- > All over and back violations called
- > Defensive shooting fouls result in the offense being awarded two or three points depending on where the shot was taken. No free thorws will be taken.
- Non-shooting defensive fouls result in ball out on side; offensive foul results in turnover.
- > Three seconds in key enforced; violation is turnover; referee warning to players in games 1 & 2.
- > Intentional screens allowed starting with Game 5.
- > Upward rules for final two minutes enforced.
- > Each team allowed one 30 second timeout per half.
- > A player who committs 2 fouls in a period must be substituted out. Individual's fouls are not cumulative - new start each period.

5-6th grade unique rules

- > 10 foot hoops
 - > 28.5" basketball
 - > Play full-court
 - > Jump ball starts game; possession arrow controls all subsequent period starts
 - > No coaches allowed on court
 - > Arm's length defense coverage begins at the 3 point line
 - > All over and back violations called
 - > Defensive shooting fouls result in foul shots; non-shooting defensive fouls result in ball out on side; offensive foul results in turnover.
 - > Three seconds in key enforced; violation is turnover; referee warning to players first two games.
 - > Intentional screens allowed.
 - > Upward rules for final two minutes enforced.
 - > Each team allowed one 30 second timeout per half.
 - > Each player allowed 5 fouls per game; players don't foul out after two or more fouls in a period.
- Coach will have the option of substituting a player after the player's second or more foul in a period, however the substitiion must be made at time of the foul.