



A unique element of Upward Basketball is the game format:

1. A referee leads both teams in prayer at center court before every game. This sets the tone and focus for the game.
2. Games consist of two 18-minute halves and an eight-minute halftime. This keeps games to approximately a 45-minute time frame. It also allows games that are scheduled on the hour to begin and end on time.
3. A coin toss or other impartial method determines which team receives possession first. In jump-ball situations, possessions will alternate. This promotes fairness for both teams while adhering to the National Federation of High School rule for jump ball situations.
4. During each six-minute segment the clock runs continuously. The clock will stop at the end of each segment for predetermined substitutions.
5. No timeouts are used in Upward Basketball. This allows more playing time and keeps the games on time.
6. At the end of each six-minute segment, the team that receives the ball next is determined by the direction of the possession arrow. Therefore, an end-of-the-period shot is encouraged. Players and spectators enjoy seeing a last second shot attempt. It also avoids the offensive team from stalling at the end of a period.
7. Teams switch goals at halftime. This is in compliance with NFHS Rules. Also, it evens any advantage that may occur because of the court.
8. No scores are kept in the K5 thru 3rd grade divisions. The focus for this age is to learn fundamentals.
9. Any games ending in a tie should remain a tie. This will help keep games on schedule.
10. No division standings are maintained in any division. Such standings add unnecessary pressure and intensity. In Upward Basketball, there will not be a playoff system, championship tournament, or a division champion thus eliminating the need for standings.
11. Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area. K5 coaches, however, are allowed on the court with the players. The focus is to instruct and encourage players at all times.

All coaches will adhere to the Upward substitution system. The substitution system allows for equal playing time for all players