



Unique Rules for Play

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. In most cases, while playing a man-to-man defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.
2. Defensive players must stay within arm's reach of the player they're guarding. ***Isolation plays are not part of Upward Basketball because they take away the opportunity for improvement for all players and contradict the spirit of the rules.***
3. Double-teaming is not allowed. Help defense is strongly encouraged in the following instances:
 - A. ***Picks and Screens:*** *Defensive switching is allowed on offensive picks or screens.*
 - B. ***Fast Breaks:*** *During any fast break*
 - C. ***Lane Area:*** *If a defender is in the lane, and the player he or she is guarding is within arm's length.*
4. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt.
5. Due to the shortness of the court in cross-court play, backcourt violations will not be called
6. The offense must purposefully attack the defense in every situation – no stalling.
7. Referees will call and explain all violations. This is done because referees also serve as “on the floor coaches” teaching players what is and is not acceptable on the court.
8. When possible, referees will advise players of potential violations before the violation occurs.
9. The three second restriction should not be called in the kindergarten or first- and second-grade divisions.
10. No technical fouls or protest of games.
11. No score will be given for a basket in the wrong goal. It will be treated as a turnover.
12. A player committing two fouls in one six-minute segment must sit out the remainder of that segment.
13. The game clock runs continuously.
14. Fouls:
 - *Non-shooting fouls result in the offensive team getting one point and the ball.*
 - *Shooting fouls result in the offensive team scoring two points and the opposing team gaining possession.*
 - *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.*