

Upward Basketball League

5th – 7th Grade League Rules



Rules for Governing Play

- Defense = Zone and Man (Both should be played throughout the season.)
- Press Defense anytime – Except when defensive team is up by 10 points
 - 2 warnings per half will be given for illegal press defense -a technical foul will be applied thereafter for each offense
- 4 Quarters/7 minutes each. Jump Ball to start game.
- Full court with 3 point line. Ball size is 28.5
- Clock will stop for:
 - All fouls, substitutions & injuries
 - All violations with <1 minute in 4th quarter
 - Time outs – two 30 second timeouts per team per game
- Overtime:
 - 2 minutes - Jump Ball to start
 - No extra time outs awarded. Team may carry over unused timeouts.
 - If score is tied at end of overtime, game will be declared a tie.
- 5 Fouls per player per game. On 8th team foul in half (1 & 1 free throws). On 12th (2 shots)
- 3 minute warm up on court prior to game (if schedule allows).
- Line ups must be turned in 10 minutes prior to game time with starters indicated.

Practice

- Maximum of 150 minutes per week
- Extra practice option (at coach's discretion) for a total of 3 extra weeknights per season.

Playing Time

- ½ game minimum per player & player must play in both halves.
- Free substitution. **Coaches are responsible for monitoring playing time.**
- Player must start at least 3 games during the regular season.

League Standings and Tournaments

- League standings will be kept for tournament seeding purposes.
- Minimum of 2 games per team in tournament play.
- Each player should start at least one game in tournament play.
- Tournament date & time TBD