



Upward Plus Division Game Format and Game Rules 2013-2014

Format:

- Games will be played on a full court with 10 ft. goals.
- Games will begin with a jump ball in center court
- Free throw line is the regular line painted on the court.
- If at least four players are not present **at game time**, it results in a forfeit.
- If players show-up after start time, game will be played for fun.
- Regulation size ball will be used (28.5")

Time & Clock (Boys & Girls)

- Two, Eighteen minute halves per game
 - Two 30 sec timeouts per half
- Clock runs continuously, except for the last 2 minutes of the game. During the last 2 minutes:
 - The clock will stop when the whistle is blown and the ball is out of bounds
 - The clock will stop during free throws

Substitutions & Starting positions

- Teams may make substitutions during dead ball situations or in between free throws.
- **MANDATORY:** Every player will start at least 4 games
- **MANDATORY:** Each player will play 1/2 of every game (18 minutes) and each player **MUST** appear in both halves

Out of bounds and Possession

- When the ball goes out of bounds on the base-line under the basket the ball will be returned to play under the basket on the base-line.
- Jump Balls will be alternated between teams and should be kept track via scoreboard. Official possession will be kept by referees.

Over-Time

- Games that result in a tie at the end of regulation will play a 2 minute overtime.
- If game is still tied after overtime, the game will be decided by a shoot-out. Five players per team shoot five free throws (guest team shoots first). Most free throws made by a team wins the game. If the game is still tied after the shoot-out, the same five shoot free throws, alternating one team to the other and one at a time, until one team's player makes an attempt and the other team's player misses an attempt after an equal number of shots have been attempted by both teams.

Defensive Strategies

- **Zone or Man to Man: Man to Man defense or a half court zone defense can be played (no trapping).** If a defensive player provides help defense, that player or the recovering player must back away from the offensive player and cover another player or spot on the court.
- **Double-teaming:** Two defensive players may not double team an opponent. Help defense or switching is strongly encouraged in the following instances:
 - A. Picks and Screens:** Help defense or switching is allowed on offensive picks or screens.
 - B. Fast Breaks:** During any fast break a defensive player may leave their opponent or zone area in order to slow or stop the fast break. Upon stopping the fast break, defenders should return to guarding their assigned players or zones.
 - C. Lane Area:** 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 but must return to the player or zone they were guarding after an attempt or pass has been made.
- **Full Court Press:** A press can be implemented only during the last two minutes of the game. If a team is winning by more than 16 points, that team cannot apply full court pressure and must back up inside their defensive three point line to play defense.
- **Point Spread:** If a team is ahead by 16 points during any part of the game, their defense has to be played inside of their defensive three point line.



Rules:

Fouls & Turnovers

- **Illegal steal:** A defensive player may not make contact with opponents body (pushing, hitting, holding ect). Steals need to be clean in which defense player only makes contact with the ball.
- **Over and back:** Once an offensive player advances the ball and both feet beyond the half court line, he or she may not retreat behind the half court line. If the ball or player dribbling the ball retreats behind the half court line after initially advancing all three points beyond half court, an over and back violation will be called.
- **Moving Screens:** Offensive players must have both feet stationary and be standing straight up when setting a screen. If a player is moving or leaning while trying to set a screen, the official may stop play and explain the rule to the player. After an explanation has been given, a warning will be given upon the next moving screen. After the warning has been given, another moving screen will result in an infraction and a loss of possession. It will not result in any form of free throws.
- **Charging (Illegal Offense):** An offensive player may not use his or her shoulder, hand, or body to move a defensive player that is standing still and straight up in good defensive position to gain an advantage in attempting to score.
- **Double dribble (Illegal Dribble):** An offensive player that has dribbled the ball and then placed both hands on the ball may not dribble the ball again.
- **Traveling:** An offensive player may not take more than two steps after gaining possession of the ball. If player is on the ground and gets up with the ball a traveling violation will be called. If a player possesses the ball on the ground and rolls over or moves from his or her original position on the ground, a traveling violation will be called.
- **Shooting Fouls:** When a defense player makes direct contact with the offensive player's body that is in the process of attempting a shot, a foul will be called and the offensive player will attempt two or three free throws. Blocks need to be both hands straight up only making contact with the ball.
- **3 seconds in lane:** Offensive players cannot remain in the lane for more than 3 seconds. If a player remains in the lane for more than 3 seconds without clearing both feet from the lane, a 3 second violation will be called.

Personal and Team Fouls

- Each player is allowed 5 personal fouls per game. When a player receives their 5th foul they will have to sit out for the rest of the game.
- One-in-one will be implemented when a team reaches **7** personal fouls (Bonus).
- Two free throw shots will be given after a team reaches **10** fouls (Double Bonus).

All other game violations, fouls, and rules will be called according to OSSAA regulations.