

## EAST ALABAMA UPWARD LEAGUE RULES

Playing rules not specifically covered herein, shall be governed FIRST by the Upward Coaches Handbook and AHSAA.

### GENERAL OVERVIEW

Division	Grades	Ball	Goal	Court	Score	Standings	Playoffs	Sub-System	Defense
Div 1	K-1	27.5	7.5ft	Cross	N	N	N	UPWARD	MAN
Div 2	2-3	28.5	8.5ft	Cross	Y	Y	Y	UPWARD	MAN
Div 3	4-6	28.5	10ft	Full	Y	Y	Y	UPWARD	MAN/ZONE
Div 3G	4-8	28.5	10ft	Full	Y	Y	Y	UPWARD	MAN/ZONE
Div 4	6-8	28.5	10ft	Full	Y	Y	Y	FREE*	MAN/ZONE

### GENERAL RULES

1. Practices will be one day a week for one hour. It will consist of a 50-minute court time with a 10–15-minute devotion time. Players that habitually miss their devotion time could face reduced playing time.
2. Games can begin and end with 4 players. Anything less will result in a forfeit.
3. The Home team will enter the score in the app for standings. The app will send an email to enter the score after the game concludes. Division 2 – Home team will secure a volunteer to keep score.
4. Any player, coach, or spectator ejected from a game will be ineligible to attend the next regularly scheduled game. Any violation of this rule will result in a team forfeit.
5. For Division 3 and higher, Tie games will continue for 3 minutes. If score is tied after first OT, then sudden death free-throw contest will commence.
6. **UPWARD SUBSTITUTION SYSTEM** - A chart is provided in the Coaches Handbook to schedule playing time per game. The clock will stop at the end of each period for one minute for the predetermined substitutions using the Upward Substitution system. This is not a time for coaching. The next period may start if you take too long to get back onto the court.
7. **HALF-TIME** – Coaches are to use this time for in-game adjustments. Goals will switch at Halftime.
8. **POST-GAME** - Each participant will be awarded a star for their performance during the game. Parents are encouraged to participate in this time and cheer for each participant as these are given out by the coach. Game day stars are multi-colored iron on stars that are to be applied to the uniform undershirt.
  - BLUE** – EFFORT > **GREY** – OFFENSE > **RED** – DEFENSE > **GOLD** – SPORTSMANSHIP > **WHITE** – CHRISTLIKENESS.
  - Teams can coordinate snacks, but please clean-up as you exit the room.
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### DIVISION RULES OF PLAY

#### DIVISION 1

1. Teams will meet at half-court and match up arm bands. The period will begin when both coaches agree on matchups. GGOBR
  - a. GREY > GREEN > ORANGE > BLUE > RED
2. Home team receives possession even periods, away team odd periods.

3. No Stealing off dribble is allowed. Loss of control or passes can be intercepted
4. Defense is hands up and staying with their matchup color. Halfcourt defense only.
5. Traveling & Double Dribble violations – First time warning then turn-over
6. Game day will consist of three periods, halftime, then three periods for a total of six periods.

## **DIVISION 2**

1. Teams will meet at half-court and match up arm bands. The period will begin when both coaches agree on matchups. GGOBR
  - a. GREY > GREEN > ORANGE > BLUE > RED
2. The home team receives possession to start the game, and Referees will maintain possession arrow.
3. No Stealing off dribble is allowed. Loss of control or passes can be intercepted
4. Defense is hands up and staying with their matchup color. Halfcourt defense only.
5. Offensive & Defensive fouls will be called. If a Referee determines that excessive fouls they can determine to sit a player. Next available sub will enter the game.
6. Offensive Teams must purposefully attack the basket, no stalling. After a warning from the referee, a violation may be called resulting in a turnover.

## **DIVISION 3**

1. Possession will be determined by Jump Ball at the beginning of the game.
2. Coaches will decide at the beginning of each period if they would like to play Zone or Man Defense. Either team can choose which defense they want to run. Zone is encouraged.
  - a. If playing a Zone defense players must maintain their zone area and cannot overload a portion of the court
3. For man defense the book will assist coaches and match up arm bands. The period will begin after the book confirms the matchups. GGOBR
  - a. GREY > GREEN > ORANGE > BLUE > RED
4. Half-Court Defense only unless a team is fast breaking.
5. Players are allowed 5 personal fouls; team fouls are maintained.
6. Offensive Teams must purposefully attack the basket, no stalling. After a warning from the referee, a violation may be called resulting in a turnover.

## **DIVISION 4**

1. Possession will be determined by Jump Ball at the beginning of the game.
2. Any defense, full or half court can be executed.
3. The game will consist of two 18-minute halves divided into four 9-minute periods.
4. Coaches can freely substitute for players at any dead ball and are encouraged to have players play at least half the game entering both before and after halftime.

## **ADDRESSING REFEREE, LEAGUE, OR GAME OFFICIALS**