**3rd & 4th Grade Rules**

Written by Administrator

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**Upward Rules - 3rd & 4th Grade League**

1. Man-to-man defense will be played at all times.
2. Defensive players must stay within arm’s reach of the player they are guarding. Isolation plays are not part of Upward Basketball because they take away the opportunity for improvement of all players and contradict the spirit of the rules.
3. Double-teaming is not allowed in conjunction with man-to-man defense. However, help defense is encouraged in the following instances:
   * In The Lane Area – If a defender is in the lane, and the player being guarded is within arm’s reach, the defender is allowed to provide help by double-teaming. The intent of this exception is not to encourage a defender to remain near the lane at all times (“soft zone”) and double-team the ball each time it enters the lane. The intent is to teach a player “already in the lane” to play help defense.
   * Off Picks and Screens – Defensive switching is allowed on offensive picks and screens. At the appropriate time, players should return to guarding their assigned player.
   * During Fast Breaks – When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned player.
4. Ball possession at the beginning of the game is determined by a coin flip or other impartial method. **Ball possession at the beginning of the second half is determined by the possession arrow. Ball possession at the beginning of the 2nd, 3rd, 5th and 6th periods is retained by the team that had possession of the ball to end the 1st, 2nd, 4th, and 5th periods, respectively. If neither team had possession of the ball at the end of the 1st, 2nd, 4th, or 5th periods, possession will be determined by the possession arrow.**
5. **At the beginning of each 6-minute period, coaches should line up players by letter assignment (higher rated players should be closer to the scorer’s table; lower rated players should be closer to half court). This will ensure that players of roughly equal ability will guard each other. Once players are lined up, if mismatches are created due to size, switches will be allowed with the approval of both coaches. Matching colored arm bands will be used to assist players in knowing who to guard.**
6. **Fast breaks will not be allowed on missed shots. Fast breaks will be allowed on steals and intercepted passes.**
7. Pressing in the backcourt will not be allowed at any time. **Defense in the backcourt is allowed if the offensive team chooses to fast break under the conditions of rule (6). However, if the player stealing the ball chooses not to fast break, defenders must move across the half-court line and set up their defense.**
8. **Due to the shortness of “cross court” games, backcourt violations will not be called.** However, The offense must purposefully attack the defense in every situation. Teams should not use the half-court line as a means of avoiding defensive pressure. After a warning from the referee, if the offense does not cross half court, a violation will be called, and the ball will be awarded to the opposing team.
9. Referees will call and explain all violations. These explanations will vary according to the age group and understanding of the players and should decrease as the season progresses. When possible, referees will verbally advise players of potential violations before the violation occurs.
10. There will be no technical fouls or protest of games. **Referees will have the authority to remove players from games, at their discretion, if a situation warrants this action.**
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 6-minute period must sit out the remainder of that period. Players do not foul out of games. The next player in the rotation comes in as the substitute. This does not change the normal rotation because the fouled out player does not come back in the game until scheduled to do so. The player who comes in as a substitute gains extra playing time. This extra time does not affect the predetermined substitution. **When a team has only five players and a player commits their third and subsequent fouls in a period, a single point will be awarded to the fouled team. The player will remain in the game in order avoid playing with uneven teams. As a deterrent for continued fouling, referees may want to warn the fouling player that they would normally have to come out of the game in this situation. The point will be in addition to points scored from foul shots (or made basket) when a player is fouled in the act of shooting or points awarded as the result of the two-minute rule (see rule 15).**
13. Non-shooting fouls result in the ball being taken out on the side by the offended team. All shooting fouls result in free throws, except in the final two minutes of games as explained in rule (15).
14. **In gameday locations where “cross-court” games are played, blue painters tape may be used to mark the inside sidelines and endlines. Presence of blue painters tape takes precedence over other lines on the court for the purpose of defining out-of-bounds.**
15. The game clock runs continuously with the following rules going into effect with less than two minutes remaining in the game:
    * Non-shooting fouls result in the offensive team getting one point and the ball.
    * Shooting fouls result in the offensive team scoring two points. The opposing team then takes 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.
    * Offensive fouls result in one point for the defensive team and a change in ball possession

Outside of these special rules, the National Federation of High School Associations Rule Book governs play.  
  
**Rules appearing in bold are additions, changes, or clarifications to the rules appearing in the Upward coach manual and the referee handbook.**