**UPWARD 5th & 6th Grade Rules**

The following game format & rules will be in effect for the 2018 season, we are moving towards following a more traditional middle school format & game play. Except where these rules apply, play is governed by the National Federation of State High School Associations (NFHS) Rules Book [www.nfhs.org](http://www.nfhs.org).

**Game Format**

* Referees lead both teams in prayer at center court prior to every game. This sets the tone & focus for the game.
* Games are (6) segments, each of which are six (6) minutes in length. (18) minute halves.
* The clock stops at each whistle during the last 2 minutes of the game.
* Teams are allowed one (1) 30 second timeout per half (one per team per half).
* All games are played on full-sized regulation courts (no cross court play).
* Goal Height: 10 feet
* Ball size: Girls = 28.5” & Boys = 29.5”

**Rules for Play**

* A jump ball is used to start the game.
* Zone & man defenses are allowed (both should be utilized throughout the season).
* Press defense, man to man, is allowed at all times except when a team has a 15 point advantage. Press defense will not be allowed on the inbound if a team has a 15 point advantage.
* All players are allowed five (5) fouls each game. Players do not foul out in a segment (with 2 fouls) but can foul out of the game with five (5). After the 7th team foul in a half, bonus free-throws are awarded (1 & 1). Teams can play with fewer than 5 players.
* If your full court has a three point shot line, three point shots should be allowed & encouraged.
* We will use the standard substitution system so all players will have equal playing time through the season. If a player fouls out then the next player in the rotation can substitute. That player continues in their normal spot in the rotation but also gains additional playing time.
* Score & standings of wins and losses will be recorded for all teams to prepare for an end of the season tournament.
* An end of season tournament will be planned for the final week of games. Tournament play adds excitement to our league.

**Overtime**

* There will be a maximum of two (2) overtime periods.
* Overtime periods are two (2) minutes in length (regulation clock).
* A jump ball is used to start an overtime period.
* The 1st overtime period uses the same player lineup as at the start of that game. The 2nd overtime period uses 2nd lineup of that game.
* Team fouls are carried over into overtime. Individual player fouls are also continue into overtime.
* The clock stops at each whistle during overtime periods.
* Teams are allowed one (1) 30 second timeout per overtime period.