

MISSION STATEMENT

Upward is committed to doing whatever it takes to recognize that
“Every Child Is A Winner.”

GUIDING PRINCIPLES

To achieve our mission with a Christlike attitude, we are committed to:

Using ever-changing ways to share a never changing message

Promoting and protecting the mission of Upward Unlimited

Working together as a unified team to be a first-class, organized, and detailed evangelistic ministry

Always viewing conflicts as ministry opportunities

Reaching beyond denominational and cultural boundaries to encourage Kingdom Growth

Developing participants to share the love of Christ in and beyond Upward

PURPOSE STATEMENTS

The purpose of Upward Unlimited is to recognize that “Every Child Is A Winner” by promoting:

SALVATION

To share the love of Jesus Christ with everyone involved in an Upward Ministry.

CHARACTER

To help every child grow as Jesus did- spiritually, physically, mentally, and socially.

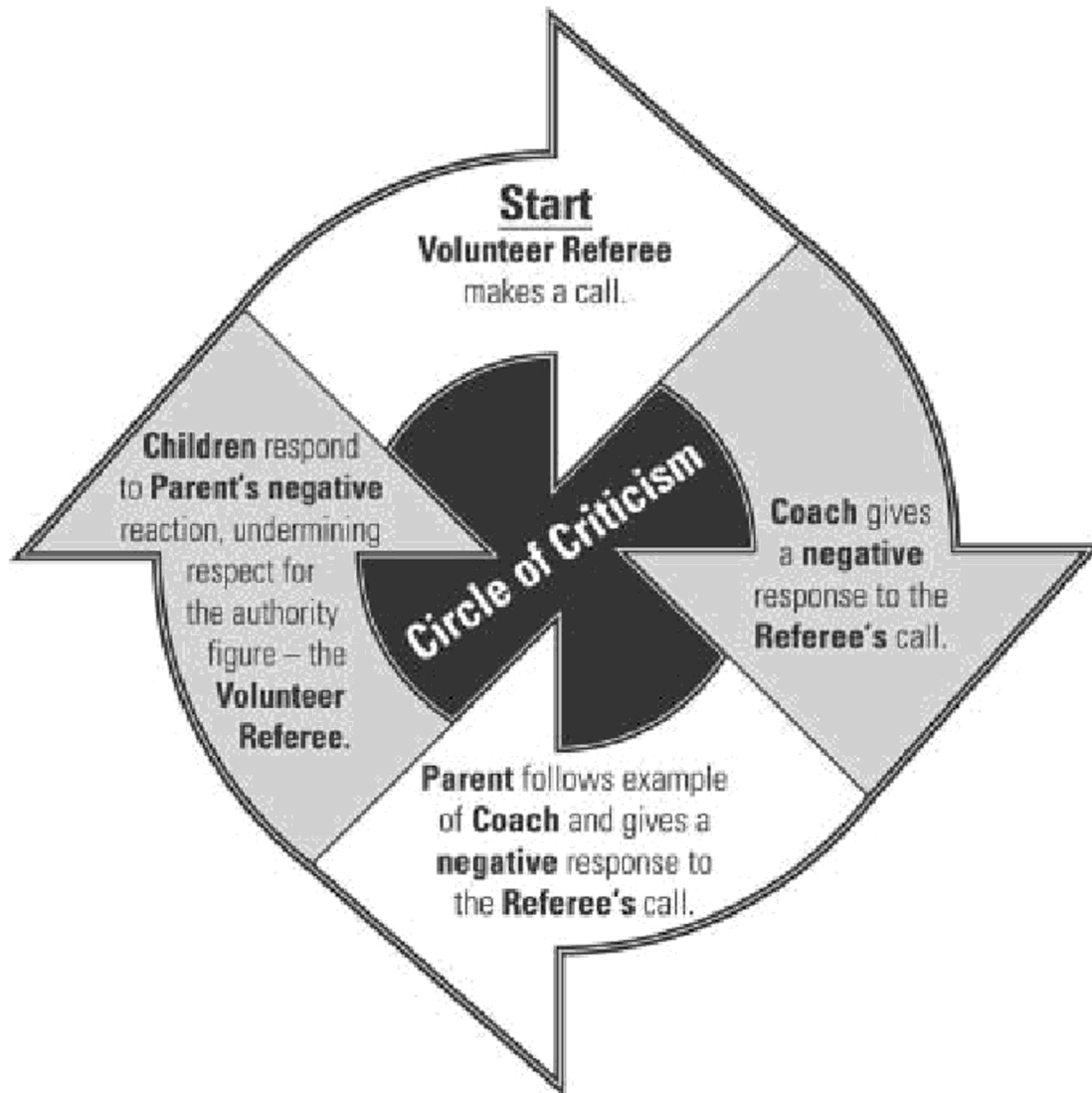
SELF-ESTEEM

To help every child grow in their understanding and enjoyment of sports.

CIRCLES OF CRITICISM AND AFFIRMATION

Actions and reactions on the court will have a lasting effect that either opens or closes the door to ministry. The circle of criticism and the circle of affirmation are simple concepts created to illustrate the results associated with negative and positive feedback given to the referee.

- The circle of criticism begins when the coach gives a negative response to a right or wrong call made by the referee.
- The coach’s example gives the parent the implied permission to react negatively towards the referee.
- The parent’s example causes the child to assume that it is acceptable to react in the same way. The result can be a negative attitude towards authority.



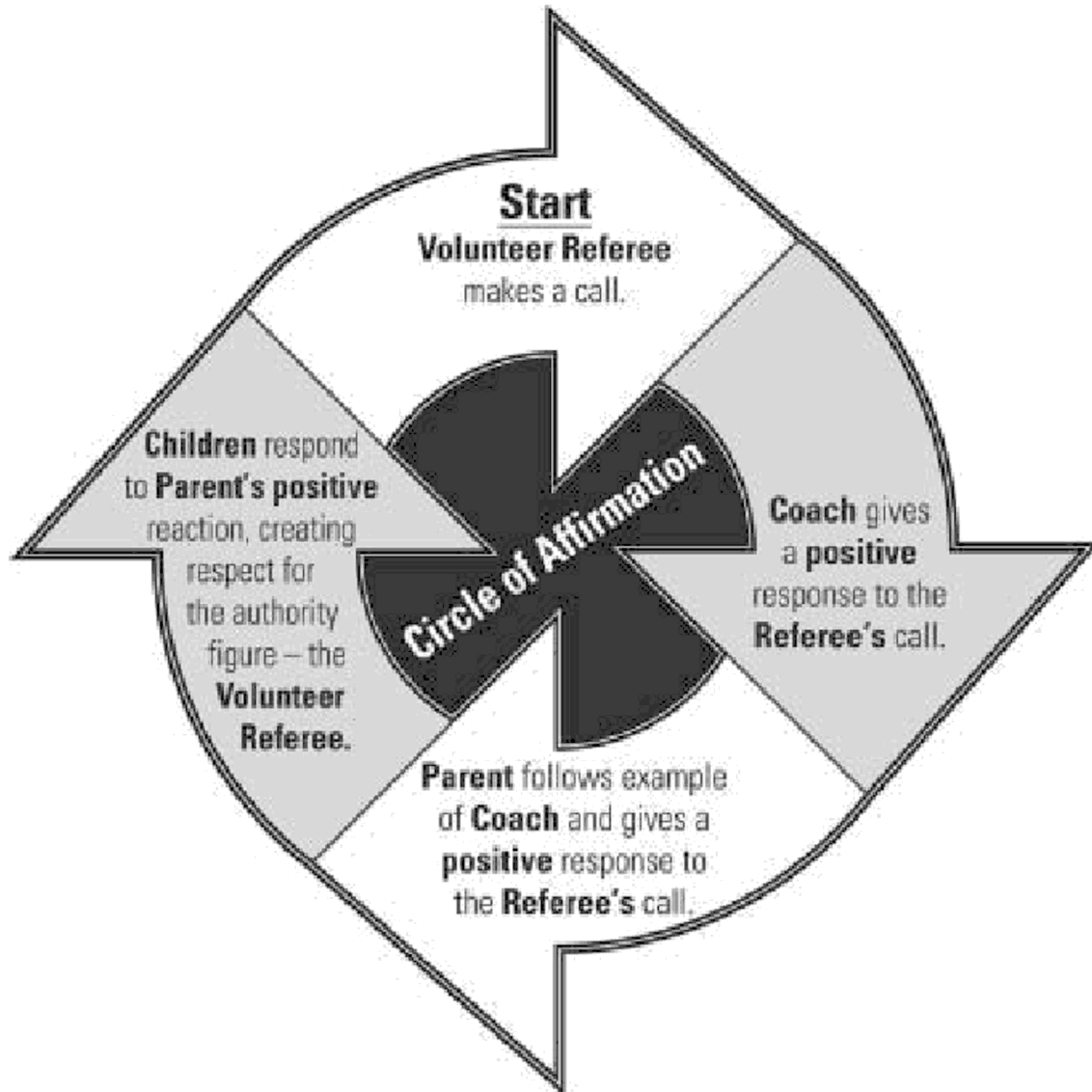
Actions and reactions on the court will have a lasting effect that either opens or closes the door to ministry.

In Upward Basketball, coaches and referees work together as a unified team.

Coaches have the opportunity to stop the circle of criticism by implementing the circle of affirmation instead.

- The circle of affirmation begins when the coach gives a positive response to a right or wrong call made by the referee.
- The coach's example influences the parent to react positively towards the referee.
- The parent's example encourages the child to give a positive response. The result is a positive attitude towards authority.

Practicing the circle of affirmation makes the game a better experience for everyone involved. A referee who is encouraged through the circle of affirmation will be more confident in making the call. In order for coaches to experience this concept, league commissioners and directors may want to consider requiring coaches to also serve as referees.



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GAME FORMAT

A unique element of this league is the game format:

1. Referees lead both teams in prayer at center court before every game.
2. A coin flip or other impartial method determines which team receives possession first. In jump ball situations, possessions will alternate.
3. Games consist of two 18-minute halves and an 8-minute halftime.
4. The clock stops every 6 minutes for predetermined substitutions.
5. There will be no time-outs.
6. Because the end of a six-minute segment does not signal a change of possession, the team with possession at the end of the six-minute segment will retain possession. As such, there is no need for an "end-of-the-period" shot.
7. Teams will switch goals at halftime.

8. Scores are not kept in 1st and 2nd grade leagues.
9. No league standings are maintained in any league. Such standings add unnecessary pressure and intensity.
10. Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area.
11. All coaches will adhere to the substitution rules as detailed below.

League standings add unnecessary pressure and intensity.

SUBSTITUTIONS

This substitution system is designed to provide every player equal opportunity for improvement. The substitution system ensures that:

- Every child will play at least half of the game.
- No child will sit out more than six minutes at a time.
- Every child will have an opportunity to be in the starting lineup.
- In most cases, each child will play against someone of equal ability.
- Coaches are not open to making unfair substitutions or being accused of such.
- Coaches are free from monitoring playing time for each player.
- Playing time for all players is virtually even over the course of the season.

RULES UNIQUE TO UPWARD BASKETBALL

The rules unique to Upward Basketball are designed to recognize that Every Child Is A Winner by promoting:

- Character
- Self-Esteem
- Safety for the players

Rules for Game Play

Outside of these special rules, the *National Federation of High School Associations Rule Book* governs play.

1. Man to man defense will be played at all times. Zone defenses are not allowed.
2. Defensive players must stay within arm's reach of the player that they are guarding.
(Isolation plays will not be a part of Upward Basketball because they take away the opportunity for improvement for all players and contradict the spirit of the rules.)
3. Double-teaming is not allowed. 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 an 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. At the beginning of each 6-minute segment, both coaches are to line up highest rank players across from each other without giving verbal cues.
 5. Full court presses are not allowed. Defensive players cannot guard their opponents in the backcourt.
 6. Due to the shortness of the court, backcourt violations will not be called.
 7. The offense must purposefully attack the defense in every situation. 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.
 8. Referees will call and explain all violations and the penalty will be a turnover. These explanations will vary according to the age group and understanding of the players. The level of explanation should decrease as the season progresses.
 9. 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.
 11. No score will be given for a basket in the wrong goal. It will be treated as a turnover.
- The rules unique to Upward Basketball are designed to recognize that Every Child Is A Winner***
12. A player committing two fouls in one 6-minute segment must sit out the remainder of that segment. 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. **Note:** In a second foul situation where a team only has five players at a game, replace the substitution rule with a two-point penalty by awarding the fouled team two additional points.
 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.
 14. 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.

Referees will call and explain all violations.