



Lodi Upward Sports Rules Modifications 2022-23

Steals: No stealing from grades 2nd and down.

Free Throws: No Free throws for k - 4th grade

K-4th Mercy Guidelines: It is mandatory that k-4th grade coaches stick to the Upward rotations in the coaches book, giving each player equal playing time and equal bench time no matter how talented they are. While we can't legislate tactics, our hope is that coaches would also use discretion when there is a severe and obvious mismatch between teams. For example: if the score is 20 points different, begin encouraging star players to become "assist masters" instead of allowing them to dribble for a layup on every possession.

K-4th "New Game" Rule: 4th grade and under: If the point spread is 20 or more at half time the score is cleared for the second half of the game. If both teams win everybody gets Popcorn.

K-4th Overtime: Overtime is 2 minutes for 1st - 4th grade only one overtime allowed. If the 2 minutes end at a tie then it's a tie game. No players change and you run your current line up for these two minutes.

5th - 8th grade playing time: Upward generally follows high school rules starting at 5th grade. No wristbands are used. Upward playing time for 5th-8th grade is each player shall play at least one quarter of the game(8mins), with appearances in each half of the game.

5th - 8th grade Clocks: We play with a running clock for the First three of our 8 minute quarters followed by a stop clock in the *last two minutes* of fourth. The exception: the clock stops for all shooting fouls as instructed by the Referee through clear verbal and hand signaling to the coaches and clock operators.

5th-8th Quarters: We run 8 minute quarters not seven as noted in the book as it allows for more game time that may be lost by running the clock.

5-8th Press Mercy: No Backcourt Defense (press) if up by 20.

5-8th Mercy Rule: 4th quarter running clock at 20 points.

5th - 8th Overtime: Overtime is two minutes with two over time periods max (includes stop clock, and one timeout). Overtime MUST begin 60seconds after the end of the quarter

Ball sizes:

Kinder (27.5)

1st - 8th girls and 1st - 4th boys (28.5)

5th - 8th boys full size (29.5)

Hoops:

Kinder- 7' hoop

1/2nd- 8' hoop

3/4and above 10 foot hoop