

WHAT WE WILL TEACH YOUR CHILD

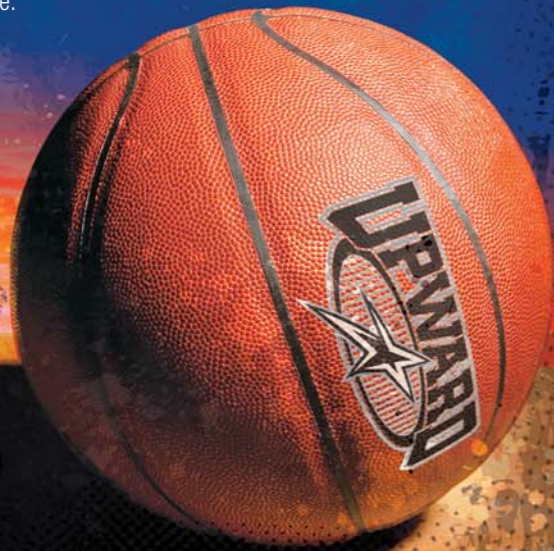
We want your child to have a wonderful sports experience, so we will be focusing on age appropriate skills and drills, as well as game play to promote their growth in the sport. Additionally, we want to deliver life lessons on and off the court. Therefore at each practice, we will have a half time break, where the coach will share life lessons and biblical principles – information that will be valuable to the players beyond the sport.

BE A WINNING PARENT!

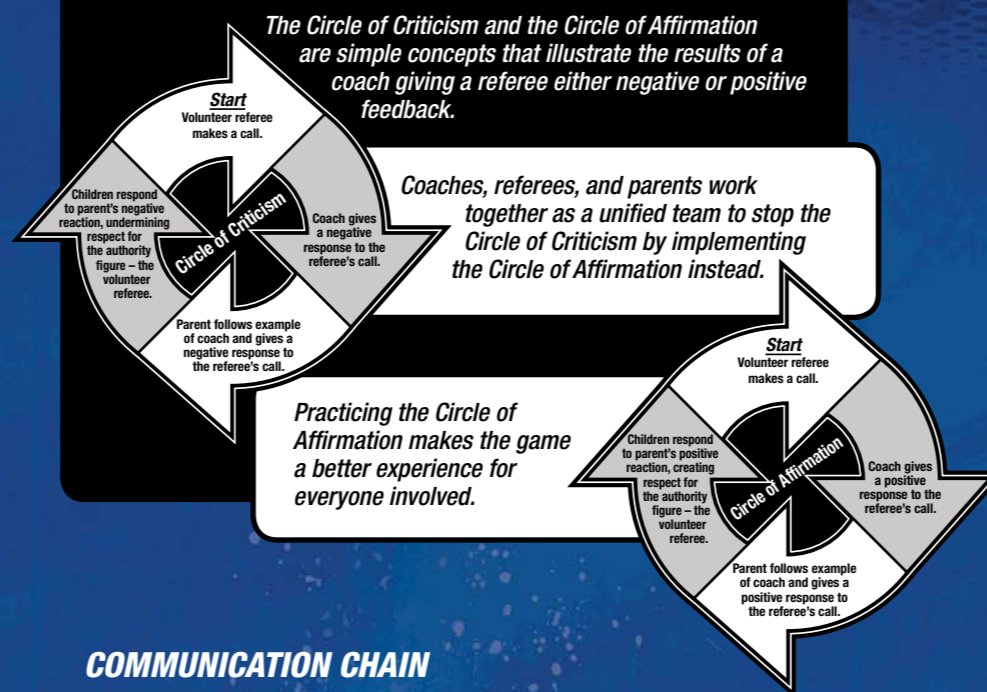
As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Players look to their parents, coaches, and referees as models for sportsmanship, respect for authority, and positive attitudes. By being a positive participant in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

YOUR ROLE AS A WINNING PARENT

- Make sure your child arrives on time to practices and games.
- Ask your child about the practice devotion each week.
- Spend time with your child reviewing each week's Scripture learning verse.
- Look for positive actions during practices and games that you can praise your child for.
- Support the coach by allowing him or her to give any instruction or feedback to the team. Directions from multiple sources may cause confusion for the players.
- Cheer for both teams. By doing this, you help to create an environment in which every child is supported.
- Support the volunteer referee with positive comments only. They are giving their time to your child.
- Join your child's team and cheer for each player as stars are distributed after each game.



CIRCLE OF CRITICISM AND CIRCLE OF AFFIRMATION



COMMUNICATION CHAIN

During the course of the season, questions and/or concerns may arise that need to be addressed. Whom do I seek out for answers? The coach of your child's squad should address these questions and/or concerns and will be the spokesperson to the league for the parents of children on her team. The coach will direct any unresolved questions or problems to his or her commissioner and then on to the league director as needed.

KID'S WEBSITE

The Upward kid's website is designed for every Upward player and cheerleader. This website will entertain your child(ren), teach biblical truths and give sport related skills and drills clinics. Your child will be able to:

- Create their own account
- Play games
- Watch videos
- Learn Scripture
- Much, much more

To learn more, please see the information card that is included in your child's player kit.



PARENT'S GUIDE TO UPWARD BASKETBALL

WHAT UPWARD IS ALL ABOUT

Upward is all about your child. Our desire is to provide a program that builds the self-esteem and character of your child and every child in this league. Every coach and referee has been trained to deliver the Upward Experience to your child, so that they have fun learning and playing the game of Basketball. The purpose of this PARENT GUIDE is to review with you the Upward Experience, so that you can come alongside the referees and coaches to support your child and every other child in the program.

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WHAT THE LEAGUE INCLUDES

This player kit includes items designed to provide your child with a great sports experience.

- The *reversible jersey* is designed to allow teams to have home and away colors – you never will forget the appropriate jersey, and the two teams playing will look distinctive and different. The *T-shirt* coordinates with the uniform to give that complete player look!
- The *Scriptures CD* will help your child stay up on the verses they are learning, in a fun, cool way. Each song is written to sing along as well, while enjoying in the car or in the home.
- The *T-shirt* gives the player the perfect place for you to iron on the *stars* they receive each week, to remember the praise received from the coach as well as lessons learned. You will be able to reinforce their accomplishments with the stars as a guide.
- The *Car Magnet* gives you the ability to show your neighbors and friends that your child is participating in Upward, and perhaps motivate them to join their children to play with your child.
- The *Scripture card holder* is designed to look cool on your refrigerator. It will hold the *scripture/ skill learning cards* distributed by the coaches throughout the season, then afterward can act as a picture frame for your child's basketball photo.
- The coach will also distribute different items during the season, such as *cards, magnets and silicon bracelets*. At the Upward Award Celebration, your child will receive a distinctive *end of season award*.



TEAM HUDDLE & SCRIPTURE LEARNING

During practice, coaches will spend 5-8 minutes sharing a devotion with his/her players. These devotions will focus on verses from the bible. The verses for this season are:

- **1 John 1:5(b)** *God is light, and in him there is no darkness at all.*
- **John 1:5** *The Light shines in the darkness. And the darkness has not overpowered the Light.*
- **John 1:9** *The true Light was coming into the world. The true Light gives light to all.*
- **John 8:12(b)** *(Jesus said), "The person who follows me will never live in darkness. He will have the light that gives life."*
- **John 3:19** *(Jesus said,) "But men did not want light. They wanted darkness because they were doing evil things."*
- **John 3:21** *(Jesus said,) "But he who follows the true way comes to the light."*
- **1 John 1:7(a)** *God is in the light. We should live in the light, too.*
- **1 John 2:3** *If we obey what God has told us to do, then we are sure that we truly know God.*
- **1 John 1:7(b)** *If we live in the light, we share fellowship with each other.*
- **Matthew 5:16(a)** *"In the same way, you should be a light for other people."*

Along with the devotion, your child's team will take part in Scripture learning with the verses listed above. The weekly Scripture learning verses are found on the Scripture Learning Cards that the coach will hand out to the players each week. Take time to familiarize yourself with the Scripture verses so you and your child can talk about them together.

UPWARD STARS

Your child will receive a green star after each practice and a multi-colored star after each game. Below is a list of the stars and what they represent:

- *The green star represents **Scripture Learning***
- *The blue star represents **Effort***
- *The gold star represents **Sportsmanship***
- *The gray star represents **Offense***
- *The red star represents **Defense***
- *The white star represents **Christlikeness***



To apply the stars to the Upward Basketball T-shirt, use the following instructions to help avoid damaging the garment and to ensure laundering durability:

- Use an iron set at medium high temperature.
- Set the iron to no steam.
- Press using both hands for 15-20 seconds.
- Do not move the iron back and forth as in ironing, just press down firmly.

RULES FOR UPWARD BASKETBALL

The game format, rules for game play, and substitution system which are unique to Upward Basketball are designed to recognize that Every Child Is A Winner by promoting character and self-esteem.

Game Format

- Referees lead both teams in prayer at center court before every game.
- Games consist of two 18-minute halves and an eight-minute halftime.
- The clock stops every six minutes for predetermined substitutions.
- There will be no timeouts.
- No scores are kept in the kindergarten or first- and second-grade divisions. **The focus for this age is to learn fundamentals, not winning and losing.**
- Any games ending in a tie should remain a tie. This will help keep games on schedule.
- No division standings are maintained in any division. Such standings add unnecessary pressure and intensity.

Rules for Game Play

Except where the rules unique to Upward apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book (*website: www.nfhs.org*).

1. Man-to-man defense will be played at all times. Zone defenses are not allowed. **In most cases, while playing a man-to-man defense, players are only guarding the opponent that closely matches their ability and height. This allows for a more competitive system for every player on the court while creating an equal opportunity for each player.**
2. Defensive players must stay within arm's reach of the player they're guarding. (Isolation plays are not part of Upward Basketball because they take away the opportunity for all players to improve. This would contradict the spirit of the Upward rules.)
3. Double-teaming is not allowed. However, help defense is strongly encouraged in the following instances:
 - › **Picks and Screens:** Defensive switching is allowed on offensive picks or screens. The non-screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is commonly referred to as "help and recover."
 - › **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 players.
 - › **Lane Area:** If a defender is in the lane, and the player he or she is guarding is within arm's reach, the defender is allowed to provide help defense
4. Full-court presses are not allowed. Defensive players may not guard their opponents in the backcourt. **This will allow for more play to occur in the front court and creates an equal opportunity for each child to participate both on offense and defense.**

5. Due to the shortness of the court, backcourt violations will not be called.
6. The offense must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.
7. Referees will call and explain all violations. The detail of explanations will vary according to the age group and understanding of the players and should decrease as the season progresses.
8. When possible, referees will advise players of potential violations before the violation occurs.
9. No technical fouls or protest of games.
10. No score will be given for a basket in the wrong goal. It will be treated as a turnover.
11. A player committing two fouls in one six-minute segment must sit out the remainder of that segment.
12. Non-shooting fouls result in the ball being taken out on the side by the offended team (no bonus rule). All shooting fouls result in free throws.
13. The game clock runs continuously with special rules going into effect when less than two minutes remain in the game.
 - › **Non-shooting fouls** – offensive team gets one point and the ball.
 - › **Shooting fouls** – offensive team receives 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.

Substitutions

Upward's substitution system is designed to provide each player equal opportunity for improvement. The system ensures that:

- Every child will play at least half of the game.
- No child will sit out back-to-back six minute segments.
- Every child will have the opportunity to be in the starting lineup.
- Playing time for all players is virtually even over the course of the season.

UPWARD AWARDS CELEBRATION

The Upward Awards Celebration is designed to celebrate your season. As mentioned before, this is when your child will receive their end of season award. This award will serve as a reminder of the basketball experience as well as the life lessons that were taught. Your child's coach will give you more information about this special event during the season.