

CMYBL: 2011 – 2012 Man-to-man versus Zone Defense Rules Sheet

1. Defense guidelines for each division:

DIVISION	ZONE ALLOWED?	FULL COURT PRESS	PRESS POINT SPREAD LIMIT
4 th and 5 th grade	No Zones or trapping allowed. Man-to-man defense only for the duration of the season.	Man-to-man full court press permitted for the last 3 minutes of each half only as well as the duration of OT.	6 points. If your team is up by 6 points or more, you must pull your press back to mid-court.
6 th grade	Yes, zones are allowed. No defensive restrictions for the entire season.	No restrictions.	10 points. If your team is up by 10 points or more, you must pull your press back to mid-court.
7 th and 8 th grade	Yes, zones are allowed. No defensive restrictions for the entire season.	No restrictions.	12 points. If your team is up by 12 points or more, you must pull your press back to mid-court.

The subsequent rules and guidelines (numbered 2-10) apply only to 4th and 5th grade teams (for the duration of the season) and 6th grade teams (for games played before January 2, 2011):

2. Coaches are 100% responsible for managing M2M (man-to-man) versus Zone defensive play. Communication between coaches must be cordial and polite.

3. When teams are required to play M2M defense, double, triple, quadruple teaming, or proactive “planned” zone like trapping is not allowed in any way, shape, or form.

4. The only time two or more defensive players are allowed to defend the ball carrier is whenever the ball carrier has eluded their original M2M defender or has established a clear free lane to the basket. At that point, any player on the defending team has the right to leave the person they are guarding to defend the ball carrier from scoring (pure help “reactionary” defense). Once the original defender has re-established a M2M guarding position, the help defender must either switch back to the person they were originally guarding (if both are now covering the ball carrier), or may continue to guard the ball carrier if the original defender has switched off to defend an unguarded player.

5. Double or triple teaming a player without the ball is never allowed.

6. Switching/leaving the person you are guarding is allowed to teach players how to work around screens and to “help” stop drive, penetration.

7. Sagging defensive play (away from the ball side) is allowed as long as the defensive player has at least 1 foot out of the paint/key and he/she is positioned in a straight line between the player he/she is defending and the basket.

8. The “primary” goal is not to prevent/discourage “help defense,” it is for players to learn solid fundamental M2M “help” defense.

9. The “secondary” goal is to open up the game a bit at the 4th/5th grade levels. Allowing zones at those levels makes it extremely difficult for players to get close enough to the basket to score. Many players are not quite strong enough to shoot the ball beyond 12 ft or more. Playing M2M will enable more penetration to the basket and allow a “game flow” to take place. Also, players will learn better defensive fundamentals at an early age, and those skills will benefit them when they progress to playing zone defenses.

10. When required to play M2M, during inbound plays under the opponent’s basket, teams are still obligated to play M2M defense ONLY. No zoning up under the opponent’s basket. If an offensive player is positioned on the perimeter away from the basket, the defensive player is allowed to take a position in a line between the player they are defending and the basket and can only have one foot in the key. In this situation, the other foot must be outside the key. This is the same as item 6 above.