



DYTBL – Man to Man Defense Rules

Man-to-Man defense prohibits:

- 1) Zones Defense of any kind – 1-3-1, 2-3, 3-2, etc
- 2) NO Trapping (only when ball is in the lane)
- 3) NO Double teaming of the ball (only when ball is in the lane)
- 4) NO sagging into the LANE. Must be on a man unless you are in help

Man-to-Man defense does allow:

- 1) Help-side Defense. Helping off the ball to contain dribble penetration, cutters or screening but the help defender must make an attempt to return to guarding his offensive opponent once help is no longer needed). Cannot stay and TRAP or DOUBLE TEAM.
- 2) Weak Side Help Defense. If ball is on one side of court, defensive players (who are two passes away) MAY be in the paint offering help. When ball is rotated to middle (one pass away), player should be back on their original man. CANNOT STAY IN LANE.
- 3) Switching is allowed on SCREENS only. Once switch happens, the defensive player must stay on the man they switched or switch back to the original player. NO DOUBLE TEAMING or TRAPPING.
- 4) Once ball is in the lane, any player may help.

Man-to-Man Press:

- 1) Only MAN to MAN to press
- 2) NO ZONE press is allowed

Man-to-Man Out of Bounds:

- 1) Every defender needs to be on a man including the offensive player inbounding the ball

WARNING - VIOLATIONS:

- 1) First Warning – Refs will stop play and instruct coaches to tell their players to get on a man
- 2) Second Warning – Refs will stop play and issue technical fouls – two shots and the ball

Our goal is the development of our players. The DYTBL supports man to man defense as an important aspect in the development of players. Please consult with referees before games about the Man to Man rules.