

# 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) Trapping
- 3) Double teaming of the ball

## ***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).
- 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.
- 3) Defenders, off the ball, cannot roam from their man to steal the ball. This is violation because the player is not guarding his man primarily.
- 4) Switching is allowed on SCREENS only. Once switch happens, the defensive player must stay on the man they switched until no he no longer has possession of the ball. No double teaming the ball.
- 5) Once ball is in the lane, any player may help.

**VIOLATION: If violation has occurred, referees will allow players to go back to their man during continuation of play. If violations continue, referees can stop play and instruct players to go back to their man. Offensive team will retain possession. If violations continue, under judgement of referee, will any team fouls will be assessed.**

## ***Man-to-Man Press:***

- 1) During press, only man to man defense is allowed. NO ZONE press is allowed.

**VIOLATION: If violation has occurred, referees will STOP play. Explain to players and coaches reason for stoppage. Will allow team who possessed the ball PRIOR to violation to take out ball. If violations continue, under judgement of referee, will any team fouls will be assessed.**

If at any time during the game, either coach has questions or need interpretation of the Man to Man Defense or Man to Man Press, he may ask for a TIME OUT (which shall not be charged) to go over the rules with referees and opposing coach.

***Our goal this is year 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.***