

DYTBL – 5th Grade Half Court Defensive Rules

Teams can only apply man-to-man principles while defending in a half court set.

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) Switching is allowed on SCREENS only. Once switch happens, the defensive player must stay on the man they switched until he no longer has possession of the ball. No double teaming the ball.
- 4) Once ball is in the lane, any player may help.

VIOLATION: If a violation has occurred, referees will allow players to go back to their man during continuation of play. If violations continue a second time, referees can stop play and instruct players to go back to their man. Offensive team will retain possession. **If violations continue past two warnings, a referee will begin assessing team fouls to be counted towards the opposing team shooting in the bonus.**

DYTBL – 5th Grade Full Court Defensive Pressing Rules

Teams can apply both man-to-man and zone principles while full-court pressing before the ball passes half court. Once it passes half court, the defensive team must recover/ drop back into man-to-man.

- 1) Until January 1st, teams can full court press only the last 2 minutes of each half. After January 1st, teams can full court press the entire game. This is for all divisions.

VIOLATION: If a violation has occurred, referees will STOP play and explain to players and coaches the reason for stoppage. The team who possessed the ball PRIOR to the violation will take it out. **If violations continue past two warnings, a referee will begin assessing team fouls to be counted towards the opposing team shooting in the bonus.**

If at any time during the game, either coach has questions or needs interpretation of these rules, 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 year is the development of our players. The DYTBL supports man to man defense in the half court set as an important aspect in the development of players. In addition, we want to continue to

introducer players to a full court press. Please consult with referees before games about the Man to Man and Pressing rules laid out above.