

PERSON TO PERSON DEFENSE RULES

diagrams of examples of illegal & legal defences and presses will be posted to Coaches Corner

1. Players must always be reacting to the movements of the person they are guarding (same side of the court)
2. Cutters through the key must be closely guarded by their check at all times (must stay close to check at all times when in key area)
3. One pass away should be guarded within six feet. Two passes away should be in help position. You do not need to always be within six feet if your check is two passes away.
4. Defenders should be on the same side of the court as the person they are guarding and outside of the key. Just outside of the key is a good help position in the right scenario.
5. At no time should 1 player (or more) be just pivoting in the middle of the key unless they are within 6 feet of their check.
6. Switching is allowed but only when a screen is set on the defender in question. Switching is not to be used as a way of enabling a person to maintain a location on the floor (that would be considered a zone)
7. Double teaming the person with the ball is allowed, but not if the person is inbounding the ball.
8. At no time, can a player be double teamed if they don't have the ball.
9. When pressing, defenders in the front court must match or be fewer than the amount of offensive players in the front court. No floaters are allowed and someone must always be guarding the person inbounding the ball within 6 feet.
10. The person guarding the inbounder must be facing the inbounder until the ball is thrown in.
11. Players must pick up their check when that player crosses the centre line. It is not acceptable to wait near the key for that player to arrive.

Note

If a team is leading by 15 points or more, **they may not press in the opponents' backcourt.** This will allow weaker teams an opportunity to advance the ball.

This guideline has been shared with the officials.