

SUNBURY BASKETBALL ASSOCIATION



M2M POLICY





SBA BASKETBALL COMPETITION

Man 2 Man Only

"NO ZONES": Under 12 & Under 14 Age Divisions

There is general acceptance that the constant use of zone defences in the younger age groups adversely affects the development of both defensive and offensive skills in younger athletes.

Basketball Australia has introduced a rule banning the use of Zone defenses at National level and has called upon all State bodies to assist with the implementation of this policy right throughout Australia.

A Zone defense, for the purpose of this ban is defined as;

Any defense played in the half court, which does not incorporate normal man-to-man defensive principles shall be considered to be a Zone. For this purpose trapping principles, which rotate back to man defensive principles shall be acceptable.

A point of contact for all questions and related matters will be provided at each regional event, please see the administrator in charge

[Policing & Penalty](#)

An Alleged Zone Being Played During Domestic Basketball Games

- 1. A team official (Head Coach / Asst. Coach / Manager) may approach the senior referee on a dead ball in a suitable manner. The coach will be required to send a weak side cutter through to allow the referee to assess whether a zone is being played.*
- 2. The scorer is to note down on the scoresheet that X team is playing a zone – this must be signed off by the referee either at half time or at the conclusion of the game.*
- 3. This will be tracked by the Domestic Competitions Officer in the office and an email will be sent out to the club warning them of the team playing a zone.*
- 4. If the team gets reported for the second time, a referee supervisor/coach or an anonymous SBA official will be sent to watch the team play at a completely random time in the coming weeks. If the referee supervisor/coach or SBA official decide the team is guilty of playing a zone, they will lose the championship points for that game.*
- 5. If the team gets reported for the third time the coach will have to have a meeting with the General Manager, Domestic Competitions Officer and a club delegate before they are allowed to coach again.*



Man 2 Man Only

(NO ZONES)

IMPLEMENTATION OF BASKETBALL AUSTRALIA "NO ZONES" DEFENCE RULE

UNDER 12 & UNDER 14 AGE GROUP – JUNIOR CHAMPIONSHIPS

The following points are relevant to the implementation of this rule;

- A major principle of involvement in any Junior Competition is to develop sound man-to-man defensive principles in all athletes.
- Basketball Australia is of the view that this principle must be adopted.

Definition- Zone Defence

Any defence in the half court which does not incorporate normal man-to-man defensive principles shall be considered to be a zone. For this purpose trapping defences which rotate back to man-to-man defensive principles shall be acceptable.

Violations of Man-to-man defence

Specifically, violations fall into one of the four categories listed below;

- 1- One or more player(s) was/were not in an acceptable man-to-man defensive position in relation to their man and the ball.
- 2- A cutter moved all the way through the key and was not defended using acceptable man-to-man defensive techniques - for example, bumped, switched or followed.
- 3- Following a trapping or help and recover situation the team made no attempt to re-establish man-to-man defensive positioning.
- 4- The team zone pressed and did not assume man-to-man defensive positioning once the ball had been advanced into the quarter court.



General guidelines (Basketball Australia Coaches Commission)

- No stand around zones.
- Only concerned about quarter court (you can trap, or whatever until the quarter court).
- No match up zones.
- Help side defence must clearly be defending a designated player not just „parked“ on the split line.
- **No zoning inbound plays.**
- Where a stand around zone alignment matches the offensive alignment the onus is on the offence to send a cutter through to expose the zone. No cutter, no zone ruling.
- On cuts and screens, the defence may follow, bump, hedge or switch but there must be some defensive action which takes account of the action of the offence.
- Teams may trap in the quarter court and may stay in a zone alignment only for one ball reversal, after which all players must re-assume man-to-man principles. (i.e. on the trap 2 players may be on the ball and 3 players assume zone positions protecting the basket or attacking the next pass, etc. As the ball is reversed players may rotate and go to the ball or shoot gaps or protect the basket. If another reversal is attempted man-to-man principles must immediately be resumed).
- Any player who has such poor defensive principles that they lose their man must not be penalized

SBA M2M SUPERVISION

UNDER 12 & UNDER 14

FREQUENTLY ASKED QUESTIONS.....

Q. *Why is this rule in place?*

A. **It is commonly regarded by coaches worldwide that Zone Defensive is detrimental to a young player's fundamental development. Basketball Australia adopts this rule for any event in this age group.**

Q. *What's the difference between a Zone Defence and Man-to-Man defence?*

A. **The basic difference is a Zone Defence is where a player is primarily responsible for an "AREA" on the court.....Man-to-Man defence is where each player is primarily responsible for an "OFFENSIVE PLAYER".**

Q. *Does that mean I have to play full court defence?*

A. **No! - Man-to-Man may be played in the "Full court", in the "Half court" or in the "1/4 court"**

Q. *But we play a full court press (zone press)!*

A. **Any full court defence is allowed, whether it is full court man or full court zone/trap (i.e. 1-2-1-1 or 2-2-1). However you MUST be back into man-to-man defence once the ball has been reversed back to the point position in the half court.**

Q. *What about transition defence?*

A. **Any organised defensive transition is allowed, but the team must be in man-to man once the ball is reversed back to the point position in the half court.**

Q. *We have two players chase the ball full court and the other go back to guard the basket!*

A. **Again- you may play what you like in the full court; however in this instance your team must be in man-to-man defence once the ball is in the half court and the play is 5 v 5.**

Q. *What happens if a zone is detected?*

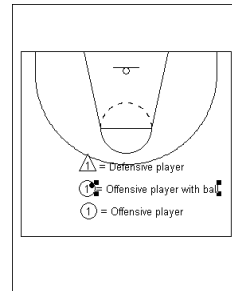
A. **A supervisor will speak to you about the infringement. Depending on the game situation, the severity of the infringement or if previous infringements have been detected you may a) be asked to adjust
b) be given an official warning (only one will be given before a Tech foul is called)
c) be given a technical foul (coach Tech) (any second tech foul on a coach is disqualification from the game)**

Q. *Can I ask for someone to come and look at our game if I think the opposition is playing a Zone?*

A. **A team official (Head Coach / Asst Coach / Manager) may approach a Referees supervisor in a suitable manner for assistance. This request MUST not come from a parent/spectator.**

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The below diagrams and information are to assist coaches in teaching and understanding the correct defensive positioning of players

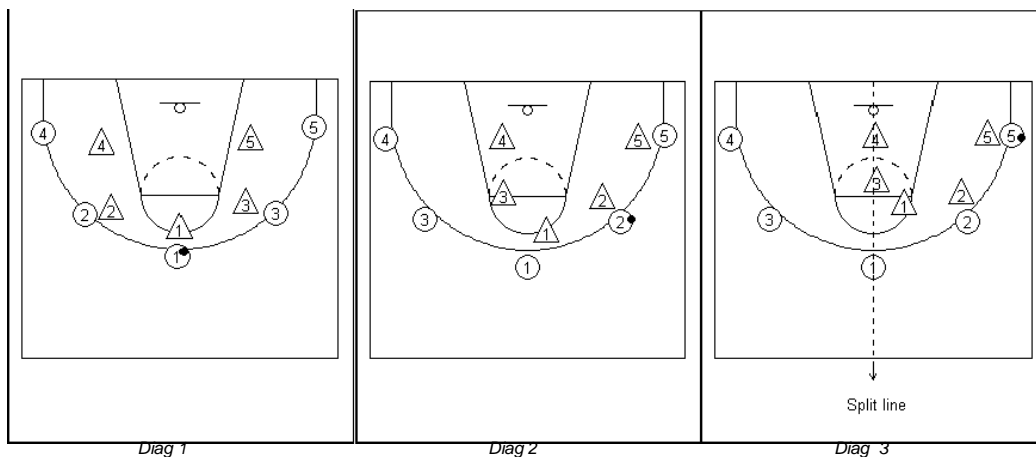


In the below diagrams acceptable defensive player positioning is shown in a 5 out setting.

Diag 1 - Please note when the ball is at point position NO split line is maintained

Diag 2 - Defensive players 2 or more passes away from the ball may step off

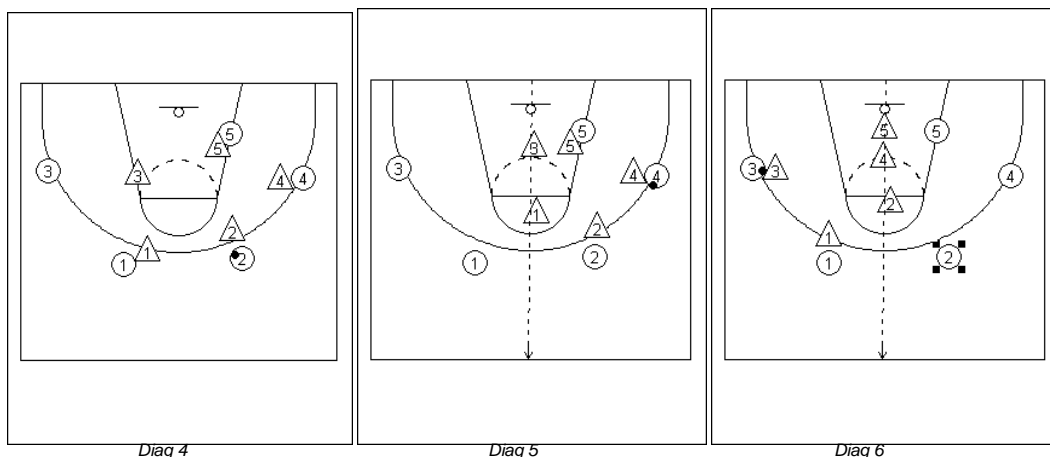
Diag 3 - **Split line is only acceptable when the ball is lower than the free throw line extended** and player are positioned 2 or more passes away from the ball



In the below diagrams acceptable defensive player positioning is shown in a 4 out & 1 post player setting.

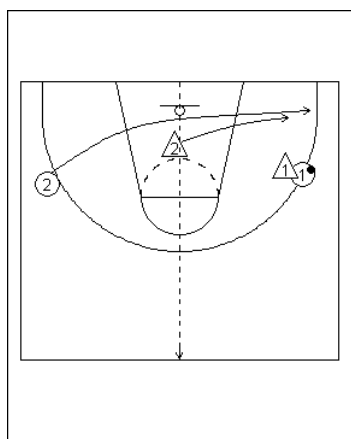
Diag 4 - **Please note when the ball is high NO split line is maintained.** Defensive players 2 or more passes away from the ball may step off

Diag 5 & 6 - **Split line is only acceptable when the ball is lower than the free throw line extended** and players are positioned 2 or more passes away from the ball

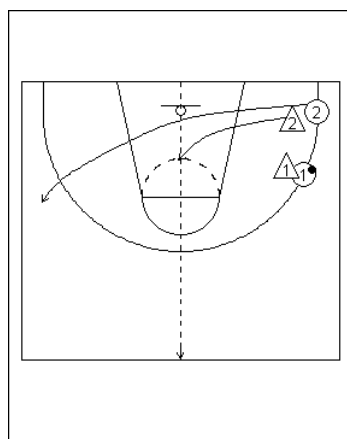


ADJUSTING TO PLAYER MOVEMENT

In the below diagrams acceptable defensive player positioning is shown when defending a cutter.

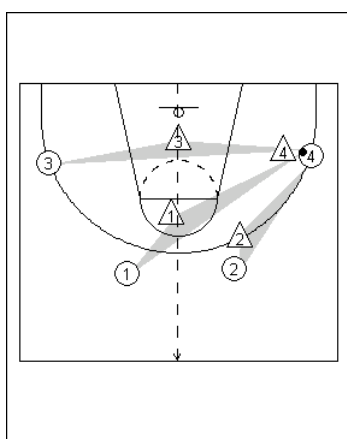
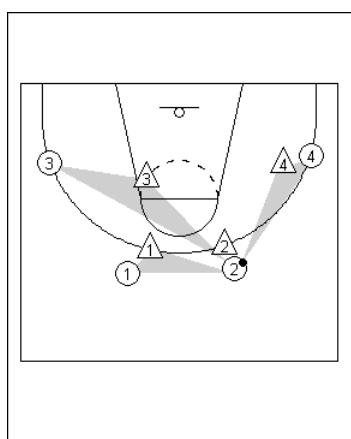


Movement to defend a cutter toward ball side by a defensive player on the split line



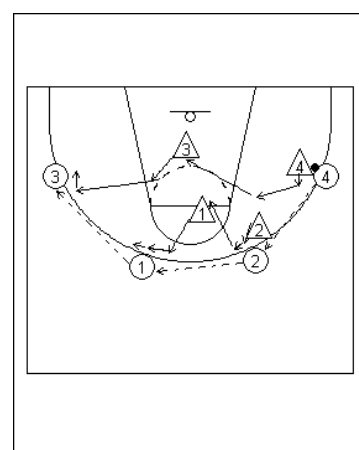
Movement to defend a cutter from ball side to weak side. Defender places himself on the splitline.

At all times the principles of “flat triangles” should be applied...



Points to remember...

1. Split line is a principle used to deny your man the ball when the ball is low and your man is two or more passes away, IT IS NOT an area for a defensive player to stand to “guard the basket”
2. Defensive players must adjust (move) to a new position in relation to their man when the ball is moved (by pass or dribble)
3. Defensive players must adjust (move) when the player they are defending moves and/or cuts
4. Defensive players must be responsible for a man at all times
5. Defensive players must adjust on all ball reversal



DEFENSIVE ADJUSTMENTS IN THE FULL COURT

On any form of full court defensive pressure (either zone press or full court man to man), the defence must be back into man to man defence after one ball reversal. (Ball passed to opposite side of floor)

GENERAL:

- If there is no ball reversal or movement a “Zone” cannot be called by the supervisor
- It is up to the offence to provide ball reversal and/or sufficient cutting action to expose the zone before it can be called.
- Stand around offence = stand around defence!
- Man to man defence does not necessarily mean “full court”. Man to man may be played in the full court, half court or quarter court (3 point line).
- SUPERVISORS WILL NOT REACT TO A CALL FROM COACHES, PARENTS or SPECTATORS - Let them do their job!
- You may not see them but supervisors **will** be watching games!

Violations of Man-to-man defence

Specifically, violations fall into one of the four categories listed below;

- 5- One or more player(s) was/were not in an acceptable man-to-man defensive position in relation to their man and the ball.
- 6- A cutter moved all the way through the key and was not defended using acceptable man-to-man defensive techniques - for example, bumped, switched or followed.
- 7- Following a trapping or help and recover situation the team made no attempt to re-establish man-to-man defensive positioning.
- 8- The team zone pressed and did not assume man-to-man defensive positioning once the ball had been advanced into the quarter court.

Notes which are to be used by observers – in any judgment

- Take into account the intention of the defensive team.
- Take into account the time and state of the game.
- Deliberate and pre-meditate use of the zone defence at a critical time in a game should be acted upon immediately.
- Where there is any doubt, the benefit of the doubt must be given to the defence.
- Under no circumstances will any ‘Observer’ re-act to a call from any player, Coach or other official to declare a zone.

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- Any player who has such poor defensive principles that they lose their man must not be penalized.