



DEFENSIVE RULES SUMMARY

The purpose of this document is to help coaches, officials and administrators understand the LTAD modifications that will be in effect for the Basketball BC U13 Metro League. The following LTAD modifications will be in effect.

- 30 second shot clock & a 10 second back court count – rationale: It reduces the pressure of decisions made due to the clock; able to involve more players per possession in movement, spacing and handling the ball.
- No back court zones & full court zone presses or presses that double team a ball handler – rationale: Encourages movement; allows for creativity with the ball, passing, cutting and penetration; more time can be spent in practice on the mastery of basic fundamental principles of play in both offence and defence.

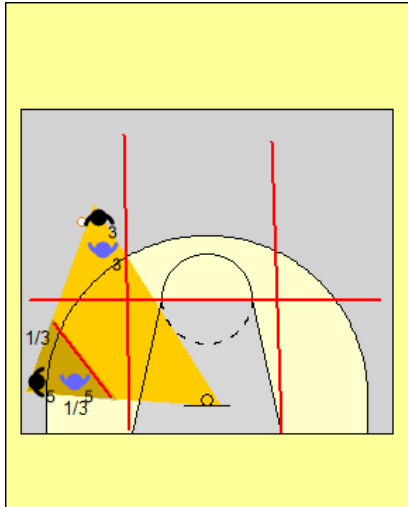
Spirit of the rule

It is expected that everyone involved understands the reasoning behind the rules. Players at this stage are still at the Learn to Train Stage and moving into the Train to Train stage within our LTAD model. The focus is still on training to become a multi-skilled, multi-positional player. Using concepts such as zone defences limits the training time that coaches can put into individual player development, since so much time must be spent in team practices developing the team strategies and tactics involving back court zones and full court presses.

The purpose of this document is not to provide coaches with a means to find loopholes in the rules and thereby develop elaborate strategies that play on the edges of the rules. Coaches are to use the document to clear up any misunderstanding of what will or will not be called.

Illegal / Zone defence

We do not want a rule that limits the teaching of sound player to player defensive principles. We also do not want a rule that allows for the offensive coach to create exotic formations that hinder sound defence, and give an unfair advantage to the offence. Zone defensive rules that stress no defensive player in the key encourage these situations. With this in mind we will use the 1/3, 2/3 rule to determine if a team is playing zone.

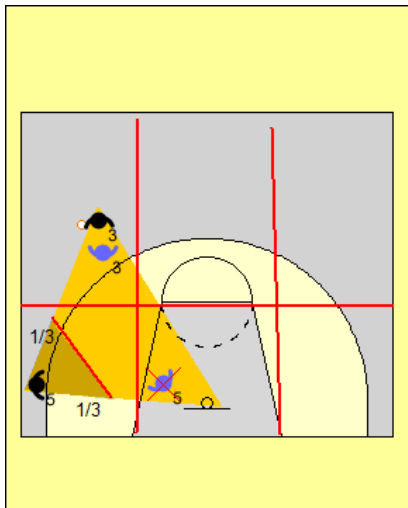


The front court is divided into six grids by a line extending across the foul line and two lines running up from the baseline where the FIBA key meets the baseline.

A triangle is formed by the defensive player with the three points of the triangle being the ball, his/her check and the basket. When a defensive player is in the same grid, a grid above, below or beside the offensive player with the ball, this defender can be:

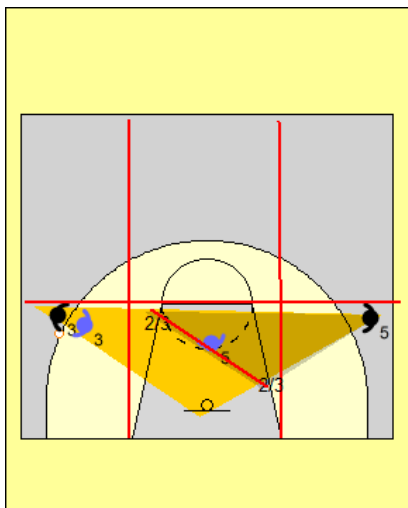
- No further than $\frac{1}{3}$ the distance on the line between his/her check and the ball
- No further than $\frac{1}{3}$ the distance on the line between his check and the basket.

The defender can be in an open or closed stance. A player may go to double team or stunt, but if he/she remains stationary in the restricted area it will be deemed a zone.



In this example the defender is stationary. Although he/she is still only $\frac{1}{3}$ of the distance off the line between the ball and his/her check, he/she is clearly more than $\frac{1}{3}$ of the distance to the basket. This would be called a zone.

If the player was stunting in and out in constant motion (helping on a post) this is not considered a zone. As one can see this is what is taught in sound player to player defence. It is obvious when a player is out of position.

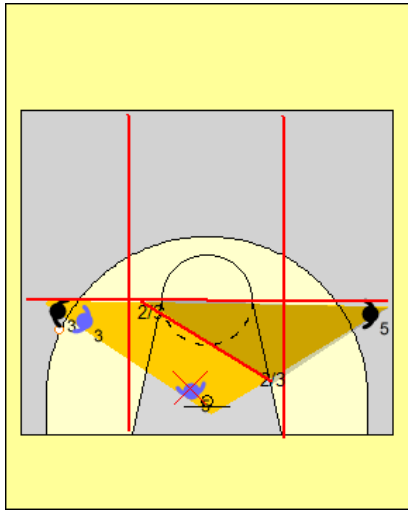


When a defender is in a grid diagonally to or not touching the grid with the ball in it, the defender can be:

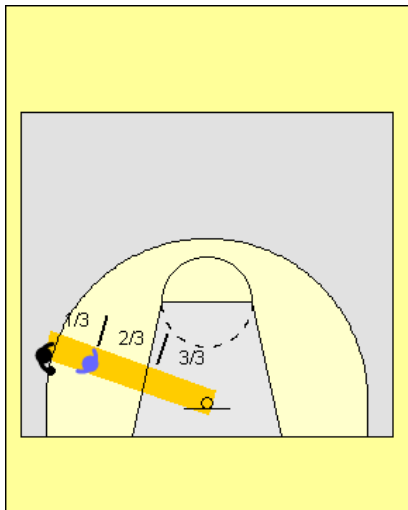
- No further than $\frac{2}{3}$ the distance on the line between his/her check and the ball
- No further than $\frac{2}{3}$ the distance on the line between his check and the basket.

This means a player can assume good help position in the key.

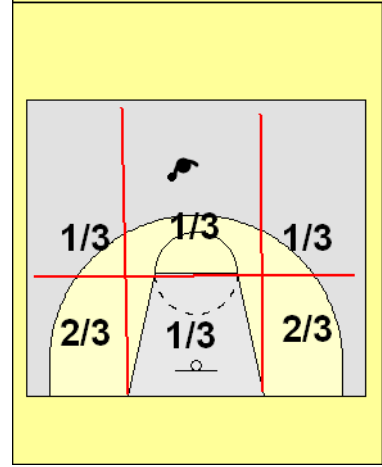
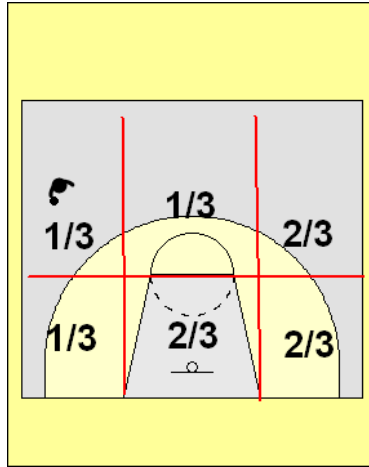
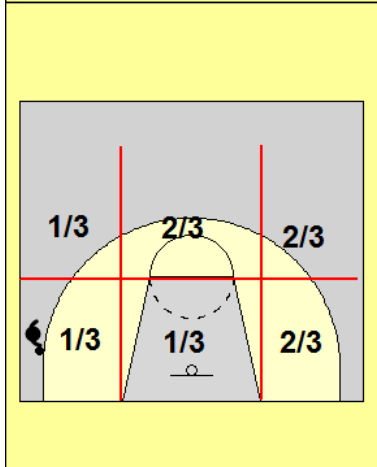
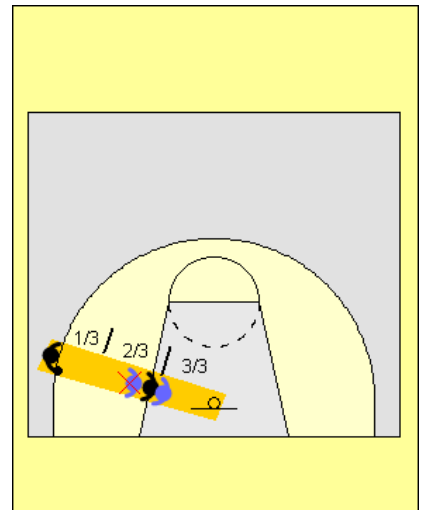
If the player with the ball drives to the basket, a helpside defender may rotate to them should they beat their check but if the ball handler's initial check also recovers to the player with the ball, one of the two defensive players must rotate off of the player that drove to the basket negating any potential illegal double team.

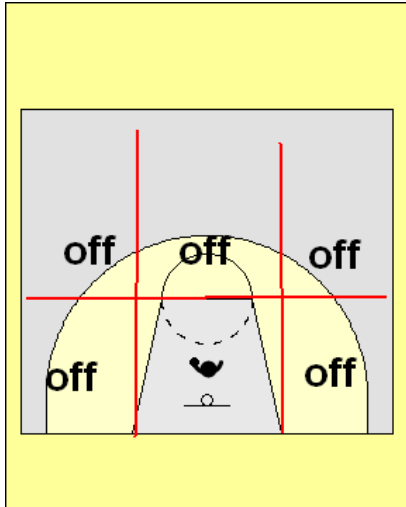


In this example the defender is guarding the basket which means he/she is more than $2/3$ of the distance between his/her check and the basket. As before, the defender is allowed to be stunting in and out of the restricted area. He/she cannot remain stationary.



The player defending the ball, since he/she is in the same grid as the ball, must be no further than $1/3$ of the distance from his/her check and the basket. Again, this player can be stunting in and out of the restricted area.





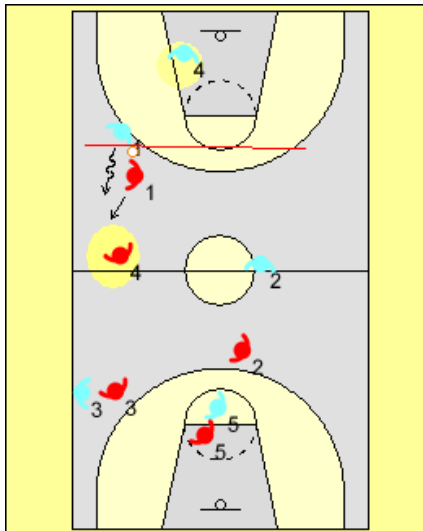
The restrictions on zone defence will be considered **off** when:

- The ball is passed into the key
- Penetration towards the basket occurs by the dribble
- A shot is taken
- An offensive rebound is gained. Once the offence re-establishes their formation the zone rule is back on.
- Teams use extreme offensive formations to play on the edges of the rules. It is not the offensive coach's role to expose zone defences.

If an offensive player is in the grey area between two grid lines, the leeway will go to the defender, as if he/she should be in the 1/3 or 2/3 position.

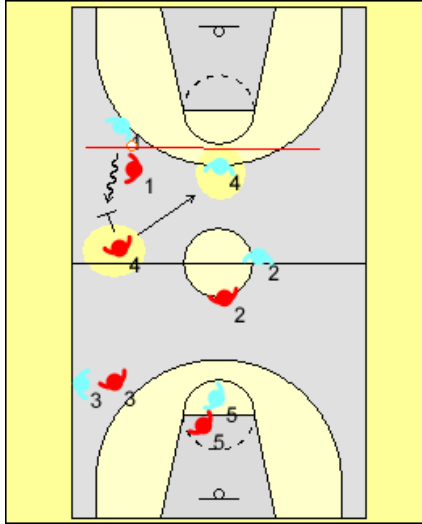
Defensive Transition

Players may fall back to a designated pick up point. Players may defend the basket until defensive help arrives. Defenders whose offensive check trails behind the ball may defend in front of the ball. Once their check passes the ball handler the 1/3, 2/3 rule comes into effect.



Defender #4 is able to shadow ball handler #1 since his/her check #4 is trailing behind the ball in transition but may not double team the ball handler.

The players in front of the ball are observing the 1/3, 2/3 rule.

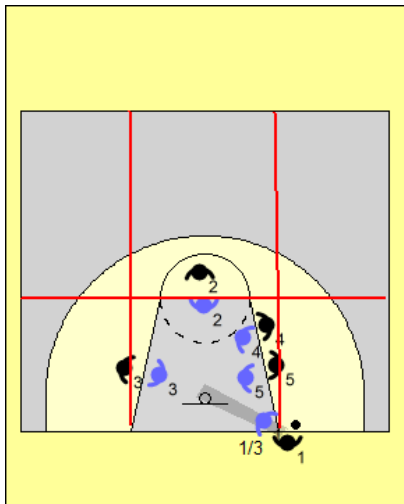


Once #4 moves in front of the ball, defender #4 must observe the 1/3, 2/3 rule. If the players continue to play in space, he/she will be considered to be playing a zone.

Double teaming and rotations as highlighted in yellow on the diagram are not allowed. The player must rotate toward their check as indicated by the arrow in the same diagram.

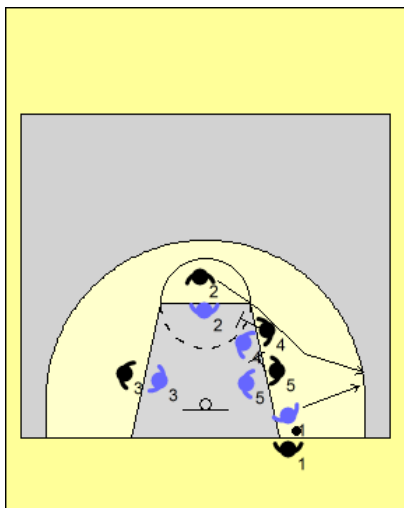
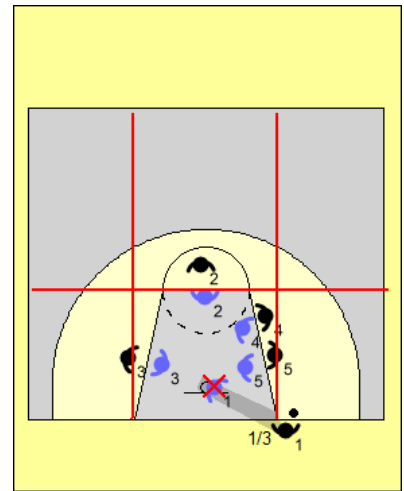
Baseline inbounds front court

The same concept applies. The players not guarding the ball must apply the 1/3, 2/3 rule depending on where their checks are in relation to the ball.



The player guarding the ball must start at least 1/3 the distance between the player inbounding the ball and the basket. He/she cannot be guarding the basket or start in a doubling teaming position.

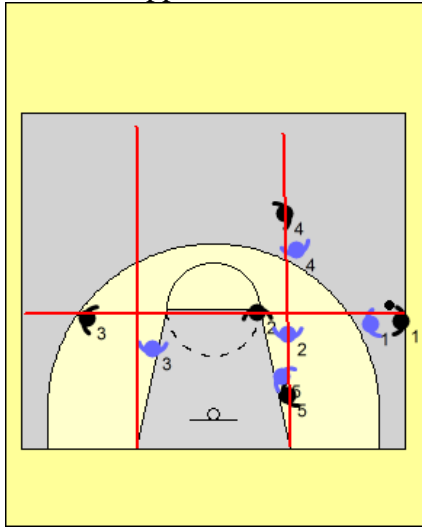
There is no restriction on the angle or direction that the defensive players face. He/she can be stunting.



The defender guarding the inbounder can go to deny a potential receiver on the pass. They cannot start in this position. Once the pass comes in there must either be a double team or the 1/3, 2/3 rule applied.

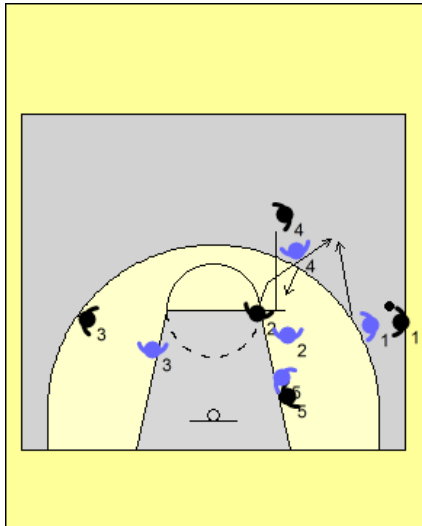
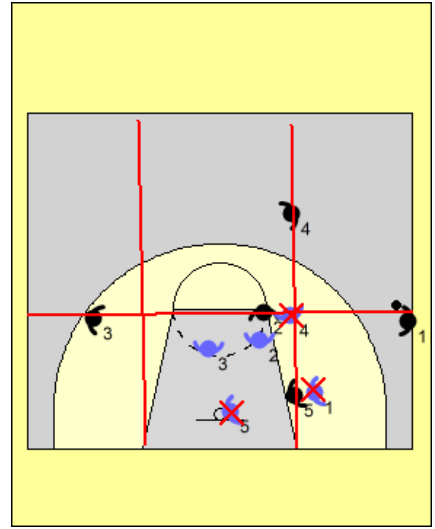
Sideline Inbounds in the Front Court

The same applies for sideline inbounds in the front court. The 1/3, 2/3 rule is in effect.

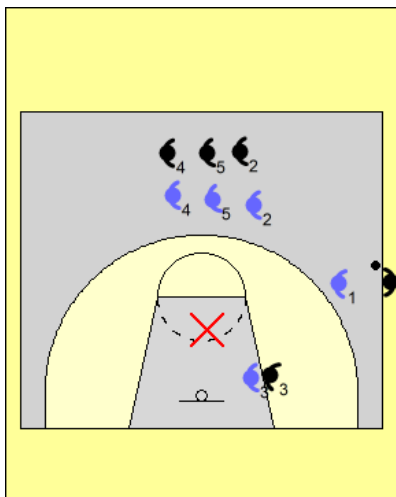


The player on the ball must be within 1/3 the distance of the inbounder. Again, he/she can assume any angle or face any direction.

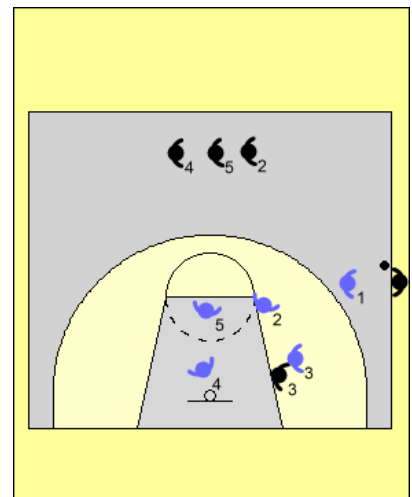
Players cannot start in a double team position, unless the offensive player falls with the 1/3, 2/3 rule.



The player guarding the ball can go and deny a potential receiver. Once the pass is in, a double team must occur and the 1/3, 2/3 rule must be applied.

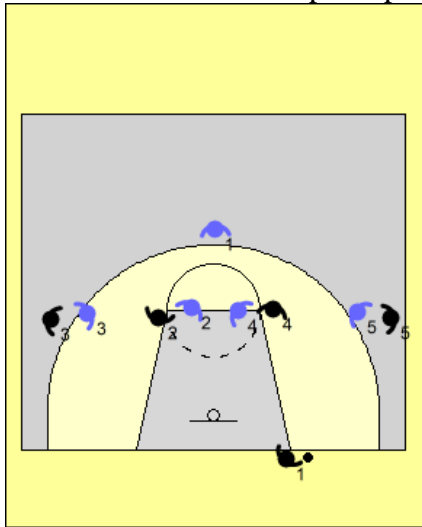


NOTE: If the offence uses a formation that is clearly designed to draw **all** potential help defenders from the basket area, the no zone rule **DOES NOT** apply. The defenders may drop back inside the three point line. Once the ball is inbounded and the offensive players enter the 1/4 court, the 1/3, 2/3 rule will be in effect.



Baseline Inbounds Full Court

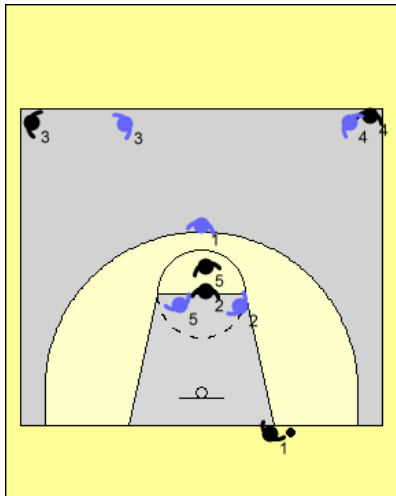
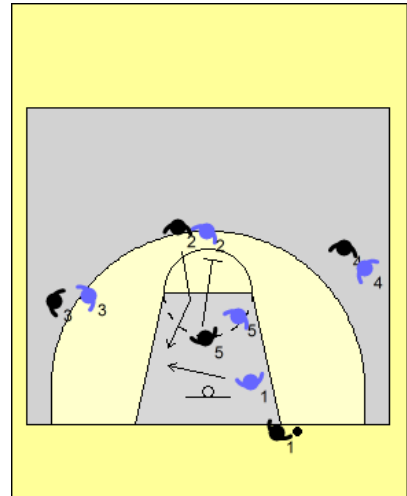
There is no rule that says you must match up full court. For defensive players guarding the players on the court they must still apply the 1/3, 2/3 rule **or** they can fall back and pick up once the offensive team enters into the **1/4 court**. If their check trails the ball, he/she can shadow the ball in space or be in the 1/4 court. Once their check is in front of the ball, the 1/3, 2/3 rule is in place if he/she wants to match up outside the 1/4 court. Once the offence reaches the 1/4 court, all players apply the 1/3, 2/3 rule. Simply put, it is not a zone if all five players run back inside the three point line to wait for the offence. When they do match up outside the three point line they must do so with sound man to man principles.



The player guarding the inbounder will be given some flexibility in full court defence.

He/she can start in a centre field position (behind all offensive players)

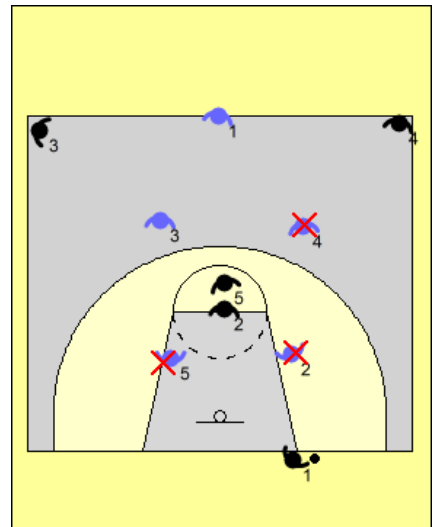
He /she can go and deny the potential reception of long pass over the top (safety).



He/she can play behind a stack.

What is not allowed is the defenders off the ball guarding air.

Once the ball is in play the 1/3, 2/3 rules apply.



The coach, players and team followers are not responsible for judging if the opponent is playing zone. Game directors are responsible when they are available however if they are not present we hope coaches abide by the rules so issues do not occur.

It is expected that all teams will abide by the rule. If the intent to play a zone defence or double teaming is detected the procedure that should be followed by a game director is:

- **First offence** – the play will be stopped and a warning will be given. If a loss of possession has occurred, the ball will be awarded to the team that lost the ball through the use of the illegal defence.
- **Second offence** – the play will be stopped, two foul shots and possession of the ball will be awarded to the non offending team.
- **Third offence** – the play will be stopped, two foul shots and possession of the ball will be awarded to the non offending team.
- a technical foul will be assessed on the coach
- **Fourth Offence** – the play will be stopped, two foul shots and possession of the ball will be awarded to the non offending team.
- a second technical will be assessed to the coach (Coach removed from the game as per FIBA rules).
- **Fifth Offence** – the play will be stopped, two foul shots and possession of the ball will be awarded to the non offending team.
- the game will continue, but will be a forfeit. The team will receive no points for the classification of this game.