



DEFENSIVE RULES (from "VABA League Rules")

1. JBL & VDBL: Only man-to-man defense permitted; no half-court zone defenses of any kind
 - a. JBL: No double-teaming
 - i. A player may "help"/"help-out" on drives to the basket or passes into the lane area but must immediately return to their assigned person if the ball is passed or dribble outside the lane area
 - b. VDBL: Man defense and Double-teaming/Trapping rules. Players must either:
 - i. Be playing a man (i.e. "man principles")
 - ii. Be in the process of running to trap or out of a trap
 - iii. Be in the trap
 - iv. A player can never be assigned to or in the position of guarding an area
 - v. Player can never be assigned to an area to pick a man who comes in that area (zone or match-up zone is illegal)
 - vi. "Zoning" a big-man (or anyone):
 1. Zoning a man in the middle of the paint after repeated passes have been made is a violation of the "man defense" rules. *Defensive players need to move in a manner consistent with man "help" defense principles.* GS/LO League Officials will be present to interpret all defense rules.
2. PRESS (REFER TO DEFENSIVE RULES DIAGRAMS)
 - a. JBL 1-2: No press of any kind at any time
 - b. JBL 3-4: Full-court man press is permitted in the final two minutes of the fourth period
 - i. No zone press of any kind is allowed
 - c. VDBL 5-6: Full-court man press is permitted at any time. Players must either
 - i. Be playing a man (i.e. "man principles")
 - ii. Be in the process of running to trap or out of a trap
 - iii. Be in the trap or running to rotate to take the next pass
 - iv. A player can never be assigned to or in the position of guarding an area
 - v. A Player can never be assigned to an area to pick a man who comes in that area (zone or match-up zone is illegal)
 - d. VDBL 7-8: Full-court man or zone press is permitted until the ball crosses half-court
 - e. VIOLATION PROTOCOL: If a team is deemed to be playing an illegal defense, the GS/LO will inform/warn the coach who must "legalize" his/her defense immediately
 1. First Violation: Warning to the Head Coach (by GS/LO)
 2. Second Violation: Warning or Technical foul (GS/LO will stop game)
 3. Third Violation: Technical foul or grounds for game forfeiture (GS/LO will stop game)
3. ILLEGAL DEFENSE OR PRESS RULES/RULINGS:
 - i. Illegal defenses can only be ruled by Game Supervisor/League Official and his decision is final.
 - ii. Coaches should never "accuse" the opposing coach (to their players, parents, or to the opposing coach himself) of an illegal defense. Rather, the head coach should subtly ask the assistant coach or team manager to discretely find the GS/LO and have him make this determination.
 - iii. If there is a specific objection or complaint, it should be directed to the League Official who will then interpret the execution of the defense. His ruling will be accepted as final, and the League Official will contact the League Director to report the complaint/incident.
 - iv. VIOLATION PROTOCOL: If a team is deemed to be playing an illegal defense, the GS/LO will inform/warn the coach who must "legalize" his/her defense immediately
 1. First Violation: Warning to the Head Coach
 2. Second Violation: Technical foul
 3. Third Violation: Technical foul or grounds for game forfeiture

MISSION:

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VDBL – DEFENSIVE RULES (5th & 6th grade)



Full-Court Zone Press: Any zone press of any kind is illegal for the 5th and 6th grade boys/girls divisions. Pressing full-court is legal if it is a "man-to-man" press. Here are the criteria determining whether a press is considered a "zone" or a "man."

- (1) Defenders cannot stand or be told to stand in a designated, predetermined spot and "match-up" with whoever enters that "area" (i.e. "zone," "match-up zone") nor trap the ball when it comes into that area.



Defenders can NOT stand in predetermined spots...

ILLEGAL



Defenders can NOT stand in predetermined spots...

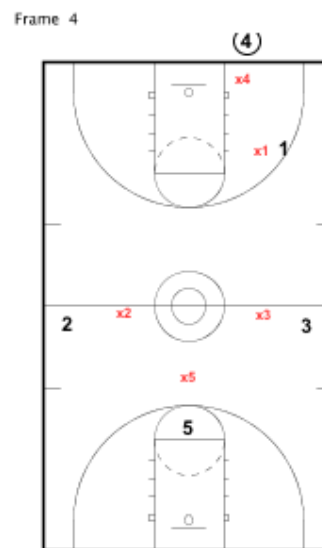
LEGAL

- (2) Defense cannot outnumber the offense in the backcourt.



Defenders can NOT outnumber offense in the backcourt...

ILLEGAL



Defenders can NOT outnumber offense in the backcourt...

LEGAL

(3) If a team is trapping in a "man press" individual players must meet the following criteria:

(a) be matched up with their man



IF team is trapping in a "man press" individual players must:
BE MATCHED UP WITH THEIR MAN
ILLEGAL

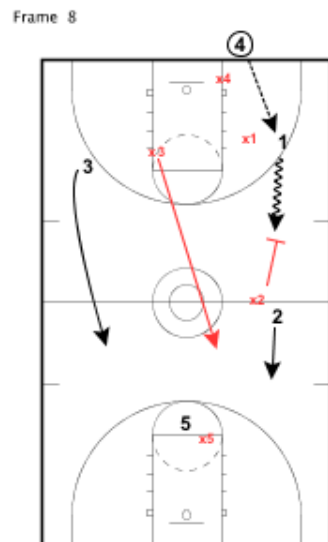


IF team is trapping in a "man press" individual players must:
BE MATCHED UP WITH THEIR MAN
LEGAL

(b) in the process of going to trap



IF team is trapping in a "man press" individual players must:
BE IN THE PROCESS OF GOING TO TRAP
ILLEGAL



IF team is trapping in a "man press" individual players must:
BE IN THE PROCESS OF GOING TO TRAP
LEGAL

(c) in the act of trapping (X2) or in a "trap rotation" (X3)

Frame 9

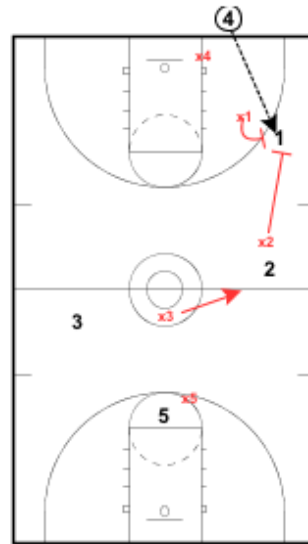


IF team is trapping in a "man press" individual players must:

IN THE ACT OF TRAPPING

ILLEGAL

Frame 10



IF team is trapping in a "man press" individual players must:

IN THE ACT OF TRAPPING

LEGAL

Individual players cannot be standing in a predetermined spot waiting for the ball to come to them or standing in an area, totally disregarding their man and trapping the ball.

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- (4) In the backcourt, if a player is "pressing" he must **match up with his** man and stay within a *reasonable distance* of his man in the backcourt (i.e. there is no "help-side" defensive principles in the backcourt). If it is determined the player is too far away from his man, he will be considered in a "zone" and the defense will be deemed illegal.

Frame 11



ILLEGAL

Frame 12



LEGAL

Frame 13



ILLEGAL

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- (5) When the ball is in the backcourt and a defender's man is in the front-court, the defender must be in a position **consistent with ball-you-man principles**. If the player moves and/or the ball moves, the defender must move accordingly. Standing over half-court waiting to trap the ball is considered standing in a "zone."
- (6) If the defender is in the frontcourt (i.e. over the mid-line/half-court line) and the man he is guarding (the offensive player) is in the backcourt, the defender is allowed to transition back to the basket, but he must then match up with his man when normal half-court offense ensues (no longer in "transition/conversion").

Frame 14a



LEGAL

Frame 14b



LEGAL

Frame 14c



LEGAL

Frame 14d



LEGAL

Frame 14e



ILLEGAL

- (6) There is no "designated trapper" allowed - in other words, no defensive player can be allowed to play "chasing" or "trapping" the ball with no regard for his man - assigned solely to trapping or following the ball.

Nor may a trap occur on someone without the basketball (see diagrams below).



ILLEGAL



LEGAL

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VDBL – DEFENSIVE RULES (cont.)



Half-court Zone: As per the VDBL Coaches Handbook, for the 7th & 8th grade boys divisions "ANY ZONE PRESS IS PERMITTED until the ball crosses half-court; when the ball crosses half-court the defense must be in 'MAN.' Man traps are allowed." For the 5th & 6th grade divisions, half-court zone is also considered illegal. Below are the criteria used to consider legal/illegal defense in the half-court.

- (1) Defenders must move in accordance with the movement of the ball and their man
- (2) If the defense is trying to execute "man traps," defenders must meet the following criteria:
 - (a) be matched up with their man
 - (b) in the process of going to trap
 - (c) in the act of trapping or rotating.

Individual players cannot be standing in a predetermined spot waiting for the ball to come to them or standing in an area, totally disregarding their man and trapping the ball.

- (3) Defenders cannot stand or be told to stand in a designated, predetermined spot and "match-up" with whoever enters that "area" (i.e. zone) nor trap the ball when it comes into that area.
- (4) There is no "designated trapper" allowed - in other words, no defensive player can be allowed to play with no regard for his man, assigned solely to trapping or following the ball at all times

FINALLY, AS A PART OF THE "VABA/VDBL" TEACHING GOALS, IT IS VITALLY IMPORTANT THAT WE UNDERSTAND IMPORTANCE OF TEACHING PROPER MAN-TO-MAN PRINCIPLES. WE BELIEVE MAN-TO-MAN DEFENSE IS THE BEST DEFENSE TO TEACH WITH REGARD TO CONCENTRATION, WORK ETHIC, TEAMWORK, COMMUNICATION, TOUGHNESS, SELFLESSNESS. WHILE TRAPPING AND BEING CREATIVE WITH YOUR PRESSURE DEFENSES IS LEGAL, IT IS QUITE COMMON FOR THESE TACTICS TO COMPROMISE YOUR ABILITY TO EXECUTE PROPER MAN-TO-MAN DEFENSIVE PRINCIPLES CONSISTENTLY. FOCUS YOUR TIME ON TEACHING MAN PRINCIPLES, NOT TRAPPING DEFENSES.

As coaches within the VDBL, we pride ourselves on teaching man-to-man and executing it as a team to continue our mission to instill proper fundamentals and values.

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