

2017-2018 AMSAC Basketball Man/Zone Rules (Examples)

At the 5th and 6th Grade levels, the defense run in the half court will be Man to Man defense only. No zones or disguised zones will be allowed. The following examples will help to clarify.

- A team will be allowed to send help (double team) to a low post player or a player driving the lane provided the ball is below the free throw line extended. It is not allowed before a low post player below the free throw line receives the ball.
- A team will not be allowed to run a trap at the ball handler immediately upon crossing half court (exception – during the last two minutes of each half and overtime when pressing is allowed).
- On picks/screens, a team is allowed to “switch.”
- Out-of-bounds under your own basket – your defender should rightfully establish inside position but should not guard an “area.” See both player and ball. Switching is still allowed.
- Full Court Zone presses are allowed during the last two minutes of each half and overtime, provided teams are allowed to press based on game score.

Penalty for breaking the half court Man to Man defense rule is as follows:

- Referee will give one warning to players/coaches before a Team Technical Foul is issued.
- Team Technical Fouls will result in awarding 2 points plus possession of the ball to the opposing team. Team Technical Fouls for improper defense cannot lead to an ejection.

At the 7th and 8th Grade levels, there is no rule about zone defense. However, half court Man to Man defense is encouraged and recommended.