

SCMYBL RULES & REGULATIONS 2024-25 SEASON

GENERAL RULES/GUIDELINES

4TH & 5TH GRADE DIVISIONS MODIFIED RULES

DOUBLE TEAMING

- Organized/designed double teaming is NOT allowed
 - There should be no double teaming outside the 3-point Arc
 - There should be no double teaming on player holding the ball and not attempting to penetrate or score (see exceptions below).
- Exceptions where double teaming IS allowed include the following:
 - Rebound that results in Double team inside the 3-point Arc
 - Must return to your own man if outside 3-point Arc
 - Loose ball that results double team inside 3-point Arc
 - Must return to your own man if outside 3-point Arc
 - Help defense on ballhandler who is penetrating to the basket and inside the 3-point Arc
 - Double down on Post player (when receiving pass, Not before)
- Examples of when Double teaming is **ALLOWED**
 - Team has control & the ball is inside 3-point Arc, and the double team occurs because of the help defender whose teammate had been beaten by the dribble penetration or pass.
 - Loss of player control by the offensive player and two (2) defensive players are around the ball as the offensive player regains team control.
- Example of **ILLEGAL** Double Teaming
 - Two (2) defenders mirror the player in control of the ball the same time
 - Offensive player had the control of the ball and covered by his/her defender BUT closely shadowed by another defender as if ready to trap
 - Two (2) defenders reach for/grab ball when no loss of control or interrupted dribble has occurred
 - Offensive player enters the 3-point Arc, and another defender runs up to steal the ball by design.

NOTE:

Officials' interpretation on whether a defender is intentionally trying to create by design a double team or trap situation

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PRESS RULE

- Final three (3) minutes of the second (2nd) & Fourth (4th) Quarter and all of Overtime
- Press is strictly Man-to-Man. NO Zone press is Allowed
- Pressing Team is NOT allowed to Double team the ball

MAN To MAN (M2M)

1. Coaches are 100% responsible for managing M2M versus Zone defensive play. Communication between coaches should be & must be cordial/polite.
2. When teams are required to play M2M defense, double, triple, quadruple teaming, or proactive "planned" zone like trapping is NOT allowed in a way, shape or form.
3. The only time two (2) or More defensive players are allowed to defend the ball carrier is whenever the ball carrier has eluded their original M2M defender or has established a clear free lane to the basket. At that point, any player on the defending team has the right to leave the person they are guarding to defend the ball carrier from scoring (Pure help "reactionary" Defense) Once the original defender has re-established a M2M guarding position, the help defender must either switch back to the person they were originally guarding (if both are now covering the ball carrier) or may continue to guard the ball carrier if the original defender has switched off to defend an unguarded player
4. Switching/leaving the person you are guarding is allowed to teach players how to work around screens and to "help" stop drive/penetration to the hoop
5. Sagging defensive play (away from the ball side) is ALLOWED if the defensive player has at least one (1) foot out of the paint/key, and he/she is positioned in a straight line between the player he/she is defending and/or the basket
6. The "primary" Goal is not to prevent/discourage "Help Defense", it is for players to learn solid fundamental M2M "help" defense
7. During inbound plays under opponents' basket, teams are still obligated to play M2M defense ONLY. No Zoning up under the opponent's basket, If an offensive player is positioned on the perimeter away from the basket, the defensive player is ALLOWED to take a position in a line between the player they are defending and the basket and Can only have one (1) foot in the paint/key. In this situation, the other foot must be outside the paint/key. This is the same as stated above.

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