



Junior Basketball – No Zone Defense Policy

What does this mean for our Coaches and Officials?

- Upcourt pressure is still permitted.
- “Sagging” defense is considered fundamental MTM defense.
- “Help and Recover” defense is considered fundamental MTM defense.

What are we looking to see? Or not see?

- If a player crosses the floor from wing to wing, a defender should follow that player (at minimum from one side of the court midline to the other – pending ball location).
- If an offensive “big” player leaves the post or rim area, a defensive player must follow to at least a “sagging position” on the court.
- Excessive or unnecessary switching in order to leave a “big” player under the rim is not in the spirit of this rule.
- Our “big” need to be able to defend on the perimeter as well as under the rim. Assuming we match-up defensively based on size - when one big leaves the rim area – so should the other.

Upcourt Pressure

- The number of players in the defensive front court should equal the number of players in the offensive back court.
- A player defending the inbounds passer should be in a cover position of the inbounds passer. They should NOT be in a “double team” position of any other offensive player positioned in their back court.
- Player may leave their man to “trap” BUT there should not be a rotation of players behind them (the player who’s defender left to `trap should now be unguarded).

The Bottom Line

The creation of this policy is to promote proper defense and to grow the game of basketball. This is a very common policy across areas of developmental basketball. DO NOT play the game of “how can I hide my zone defense”. Respect each other as coaches and look after our officials who are being asked to try to interpret a somewhat vague policy.