

These are the rules that the MYAS will use for our events.
 We encourage the association-run tournaments to adopt these rules.

Grades	Half-Court Defense	Full-Court Defense
3-4	Person-to-Person Only No Double Teaming/Trapping	Not Allowed Must Drop Back to Half Court
5	Person-to-Person Only No Double Teaming/Trapping	Person-to-Person Only No Double Teaming/Trapping
6	No Restrictions	No Restrictions
7-12	No Restrictions	No Restrictions

In an attempt to clarify some established rules, it has been determined that we add language consistent with the guidelines set forth by USA Basketball. The following are USA Basketball’s definitions for Player-to-Player Defense, Pressing Defense, and Double-Team.

USA Basketball Youth Development Guidelines

Definitions:

1. Player-to-Player Defense:
 - Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player’s movements with or without the ball.
 - The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
 - If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.
2. Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt
3. Double-Team: Two or more defensive players guarding a single offensive player

The “spirit of the rule” is to allow players to develop and learn the game of basketball.

Changes and highlights to the playing rules were determined by the MYAS Basketball Board of Advisors.