

# RESTRICTIONS ON DEFENCE

## Frankston Saturday Junior Competition

The following playing restrictions apply to this competition.

- Yr 1 & 2 teams must play man-to-man defence for the entire match with defence being restricted to the area inside the 3pt line at their defensive end.  
"Double teaming" the ball is not allowed.
- Yr 3, 4, 5 & 6 teams must play man-to-man defence during the 1<sup>st</sup> half of each match. Teams may play either man-to-man or zone defences during the 2<sup>nd</sup> half of each match. If a team fields less than 5 players the requirement to play man-to-man in the 1<sup>st</sup> half is waived.
- Teams may not exert any defensive pressure on opposition players, with or without the ball, in the 'back' court, ie: before the ball has crossed the half court line.

These playing restrictions are designed to encourage coaches to teach correct individual defensive fundamentals and have their players use them during matches.

Many benefits accrue from these playing restrictions, for example:

- All 5 players must participate in both offence and defence for the team to be effective.
- Enables less skilled and/or less athletic players to participate more fully and develop competence and confidence.
- Less likely that 1 or 2 players will dominate.
- Match outcomes will be based on basketball skills rather than athleticism
- Fewer fast break opportunities (2 on 1, 3 on 2 etc) given up when 'press' fails.
- Focuses the teams' effort on protecting their basket.
- Less one-sided matches.