

## PERSON TO PERSON DEFENSIVE RULES

### Basic Person to Person Half Court Principles:

Each player visibly and orally calls out a check. Any player sitting back without a check is in violation of person to person rules.

#### *On ball carrier*

a) above 3 pt line - Player may sag back to the 3 pt line to guard his/her check. No person to person set of rules suggests that any player must be within 6 feet of their check at center court.

b) 3 point line or closer to the basket - Player checking the ball must be within 6 feet of their check. A player who consistently sags back on his check to cover a pass into the post or key area is in violation of this rule. *One pass away* - All players checking a person one pass way from the ball should be playing some form of deny defense. The method or style of this deny defense is up to the coach but the player must be close enough to his check (within 8 feet) to closely guard the check if the ball is passed to him/her. A player who is one pass away who consistently sags back on his check to cover a pass into the post or key area is in violation of this rule. Anyone in the key area is always considered one pass away.

*Weakside (or help side)* - Good help side person to person defense allows the defensive player on the help side to have both feet in the key if the ball is two passes away. These players are allowed to help out on teammates beat on drives or to rotate on players who are receiving passes in the key area. However, players away from the ball must follow the offensive patterns of their players. They cannot sit in a spot and ignore the cuts or moves of their checks away from the ball, or they are in violation of person to person rules.

*Post Defense* - Players can front or play behind the player who posts up on the lane or who plays in the key. Players checking a post player who is away from the ball have the same rules as Side Opposite the Ball

*Help and Recover* - As mentioned above, having players help individuals beaten on the drive or rotation on players is a hallmark of good person to person play. The same thing applies to lobs or passes to the post. However, if no shot or drive occurs on the play and the ball is passed back out, the defensive player **must** recover to his/her check.

*Switching* - To have one rule as to whether the player can or cannot switch in a given situation is ludicrous and does not take into account what the player may be facing on the floor. Therefore, we will allow the defensive player to play over picks, call switch, or slide behind the defensive player and through on all screens. The key, though, is whether both players make an honest attempt after the screen to get back to playing person to person rules as stated above.

*Out of Bounds* - The rules of person to person apply.

**ZONE:** By definition, a zone is the purposeful placing of players on the court to cover an area or to double team a player. This is usually a strategy prepared by coaches and not by players. Zones are easy to identify because the players make no attempt to follow or disrupt the offensive pattern of each player on the opposing team.

To help with this we will have asked that within the imaginary three point line you must be within 6 ft. of your check.

If the offensive player moves out of the three point area you do not need to follow; however, you still need to be checking the player.

Man-to-man full court press only - if offensive team has only in boulder and receiver back then defensive team may have only two people as well.

You may double team but you must make an effort to get to your check when your check gets into the imaginary three point area.