



# COMPETITION RULES

THE PLAYBALL COORDINATOR HAS FINAL ADUDICATION ON THE INTERPRETATION OF THE RULES

## **NO-ZONE DEFENCE**

*Applies to all Playball competitions from Term 2 2017.*

**For definition:** Zone Defence is played within the three point arc and within & close to the Key area where defensive players guard against players coming into their assigned area of the court rather than guarding a player(s).

**Penalty for Playing Zone:** Referee will call a Violation and the team in possession will be awarded the ball at half court.

**Where score differs by 15 points.** Teams ahead by 10 points for Years 1-4 (*15 points years 5-6*) or more, must still fall back to within the 3 point arc on defence. Once the ball passes half court, defensive players are free to leave the 3 point arc and must not play a zone defence.

### **Times when Rule does not apply**

- If a team has 4 players on the court, they may play a zone
- If a team has only 5 players, they can play a zone in the first half and must play man-to-man in the second half

### **Reason for No Zone**

- Follows the VJBL 'No Zone' Policy for all Under 12 VJBL competitions introduced in August 2013.
- By banning Zone defence it is expected coaches will teach their players better Man to Man principles at both the Defensive and Offensive ends, which will create a higher standard of competition.

### **What is bad about a Zone Defence**

- Limits players development of lateral movement from standing in one spot for so long and it promotes lazy defence
- Stops players developing spacial awareness and learning how to track players and create space and read the defence
- Forces young players to shoot outside shots which are not yet in their shooting range thus developing poor shooting form and lack of confidence
- Skillful players who play zone may advance to rep basketball to find that zone is banned by the VJBL until U16 level. Now they have to learn to play man-to-man defence right from the beginning and are at a disadvantage.
- An explanation why the Zone is bad for youth basketball is [HERE](#) by Basketball for Coaches and [HERE](#) by Ian Stacker

### **Ian Stacker - Basketball Australia Master Coach**

*"Over the past three years I have been coaching at the high school level and I can certainly support the view that zone defence's, while being beneficial for short term wins, certainly turn junior games into a very boring spectacle and do more to hide the inadequacies of a team than give the team with the more skilled players the best chance to win. Players are forced into taking shots that are outside their effective shooting range while the zoning team basically learn how to stand in the key and take up space. Not the best for the development of both teams."*

### **Person to Person (man-to-man) Recommended**

#### **You Tube Videos**

- [Help side defence](#) by Upward Sports
- [Defence Shell Drill](#) by Jim Huber
- [Shell Drill](#) by Jerry Petitgoue

#### **Description & Video**

- [Basic Man to Man Defence](#) by Coaches Clipboard
- [VJBL No Zone Clinic](#) by Ian Stacker 1 hour