

Kilsyth Basketball – Man to Man Defence Rule

- Man to Man defence must be played in the first half of all junior domestic competitions up to and including under 14's.
- Under the principles of correct Man to Man Defence, players may sag off their players into a "HELP" position and be in a position to guard their player should they receive the ball.
- Each defensive player must guard a player of the offensive team – they must know who they are guarding and be accountable for them e.g. know your opponent's number.
- Teams may match up full court but no later than half court is stipulated.
- Failure to comply with this rule, after one warning by the Referee will result in a technical foul being called on the offending team's bench.
- This rule does not apply when a team has less than five (5) players.

As approved at the Junior Domestic Club Forum on 9 October 2012.

