

Rookie Defense Rules to Start the Season Up to the Rookie Tournament

RULES OF PLAY

- **ROOKIE DIVISION CLOCK AND DEFENSE: Man-to-man defense the entire game**
 - Each quarter being ten (10) minutes running time. At approximately the 5- minute mid-quarter mark, a referee timeout will be called for substitutions only.
 - The clock will be stopped for a team timeout, player injury, technical foul or a referee time out. Within the last two minutes of the 4th quarter, the clock will also be stopped for any fouls and restarted only when the ball is in play.
 - Players will line up at the center court line prior to the start of each 5-minute mark to pair up with opposing.
- **Rookie Division - Man-to-Man Defense (the entire game):**
 - To cover an offensive player bringing the ball up from the back court or for any other offensive player that has not crossed the center court line, the player(s) on defense may be positioned up to 10 feet off the center court line. Once the offensive player with the ball or other offensive player leaves the distance of no more than 4 feet of the center court line, the defensive player must maintain a man-to-man distance of 4 feet.
 - The referee will use the 4-foot rule to gauge the appropriate proximity of the defensive player to their opposing player.
 - A player may step in to help out if the player with the ball beats his man and drives to the basket. Man-on-man help defense is allowed; however, double teaming is not.
 - No player on defense can hang in the key.
 - All players must stay with their player. If the defensive player is not in proximity to the opposing player or a 'switch' is not properly executed, an illegal defense will be called. The first instance in a game of any illegal defense will be a warning with the opponent getting the ball for a throw-in. The second and subsequent instances will be a team technical foul - 2 shots plus the ball at mid-court. The coach of the shooting team will choose a player to shoot from the five players already on the court.
 - Switching on a pick is permitted and will not be called a double team by the referee unless it is a true double team. This is a help defense. The referee will call a double team if the switch takes too long to happen.
 - Help defense is always allowed in the key and on a fast break. There will be no double-teaming called by the referee in these instances.
 - If a defensive player is covering an offensive player without the ball and is within the proper 4 feet of their player, that defensive player is allowed to play for the ball when an offensive player with the ball closely passes them. That defensive player can only do so if they are playing proper man-to-man and remain within 4 feet of their covering player. Any moves beyond that 4 foot covering distance will be called a double team.
 - Isolation and excessive delay of game plays of any kind are not allowed. The purpose of enforcing man to man defense is to teach our youth players how to become better defenders and not to allow teams to run trick or isolation plays that remove defensive players from the area surrounding the key. As guidance, the team with the ball may not have any of their players stand in a corner, along the out of bounds line, or above the key for the sole purpose of pulling a defensive player away from the key. Players standing away from the key should become an integral part of the play (ie, setting a pick, receiving a pass, or cutting back towards the key). Further, the offensive team may not have the four non-ball handlers all move to the same side of the key for the sole purpose of opening a layup lane for the player with the ball. This defeats the man-on-man coverage beneficial aspects to the league and provides the stronger players with an unfair advantage. The referee will make the determination if such play is illegal. The first illegal offense (isolation play) in a game (instead of half) will be a warning with a loss of possession, with the second and subsequent offenses being a non-shooting technical foul on the head coach with a loss of possession.