**CLBB MAN DEFENSE**

For a clear understanding of the type of man defense utilized in CLBB, it would be useful to review the fundamental difference between zone and man defense. Stated simply, a zone defense is employed when a defender guards a specific area of the court; a man defense is employed when a defender guards a specific offensive player.

Further, it would be useful to discuss the primary reason CLBB does not employ zone defenses in the Junior/Major 11 Divisions. Realistically, boys in these age groups do not normally have the outside shooting skills from ranges at 15 feet and beyond that would allow a typical offense with shorter, quicker players to defeat a larger, slower defense employing a 4-1 or 3-2 zone. For the sake of parity, CLBB requires Junior/Major 11 competitors to utilize the man defense. The following guidelines should help coaches and referees clarify their understanding.

 (1) Each defensive player must guard a specific player. However, at the coach's discretion, players may be instructed to switch offensive players with another defensive player, such as in the case where a "pick" has occurred and the coach feels that another defensive player may better guard his teammate's offensive player.

 (2) Guarding a specific offensive player with more than one defender is allowable, under the following conditions:

 a. Multiple defenders may be used only against the offensive player in control of the basketball.

 b. If the offensive player attacked by multiple defenders passes the ball to another offensive player, the defenders must locate and return to defense of the specific player they were guarding at the start of that term of play. In other words, no defender is allowed to chase a passed ball unless the pass is to the specific offensive player he had switched from at the start of the play.

(3) There is no specific limitation on the allowable distance between a defensive player and the offensive player he is specifically assigned to guard while outside of the three-point line. **Inside of the three-point line, the defender must maintain no more than a six-foot distance between himself and the offensive player he is guarding, unless he is involved in a double team on the offensive player with the ball.** If an offensive player on one side of the offensive half-court crosses to the other side, his defender must at least follow across the lane and be totally aware of his location at all times unless assisting in multiple defense on the offensive player with the ball. This would also apply to an offensive player who cuts from the end line to the division line, in which case his defender must follow to at least to the top of the "key" on the same side of the offensive half-court as the defender.

The intent of this type of defense is to enable coaches to teach team defensive skills by utilizing a "sagging man defense", while allowing a team offensive approach distinctly different than that employed against a zone defense. One example of how this might be accomplished would be to use constant cuts by offensive players across the lane and from the baseline to near the midcourt line to break down and create gaps in a sagging defense. That would allow an entry pass into the lane area or allow a drive into the lane behind a defender chasing his man, who would be cutting to an opposite area of the court. The other primary advantage of this defense is that it allows a coach to teach his players court awareness beyond the specific opposing players that they are defending or who are defending them. A violation will be whistled and a **zone defense** warning given with loss of possession. Each subsequent violation will be penalized with a technical foul charged to the coach.

**ISOLATION OFFENSE**

To prevent the offense from taking advantage of the no-zone rule, in the Junior and Major 11 Divisions, it is illegal to run a one man/isolation offense. This is normally done by having a **predetermined play** where all offensive players are on one side of the floor with one offensive player with the ball on the other side. This creates an unfair advantage for the offense. Any offense that intentionally creates these situations is illegal and is not allowed. There are times when the ebb and flow of a game will create a lone offensive player on one side with the ball. This is **not** an illegal one man offense. The official must determine if the isolation is done **intentionally and in a pre-determined** manner in order to call it illegal. A violation will be whistled and an **isolation offense** warning given with loss of possession. Each subsequent violation will be penalized with a technical foul charged to the coach.