

# SPRING-FORD



## YOUTH BASKETBALL

### 5TH AND 6TH GRADE GIRLS' DIVISION RULES SUPPLEMENT

UPDATED 2024-11-08

#### ZONE DEFENSE

- No zone defense allowed in the first half of the season.
  - G56 Coaches will revisit / reassess this after the Christmas / New Year's break.
  - G56 Coaches will agree upon the introduction and implementation of zone defense into game play
- No defensive player allowed to simply guard the basket
- Help defense is allowed and encouraged

#### DOUBLE-TEAMS

- Double-teams **allowed** inside the 3-point line.
- If double teams outside the 3-pt line occur organically, coaches should instruct one player to drop off
- A double team is **allowed** on a driving guard or a girl in the post
- Trapping and double-teaming are **allowed** anywhere on the court when a full-court press is allowed