



UPDATED 11-1-23

The Merrimack Valley Basketball Rules for 4th Grade Defense/Press Rules

The 4th Grade division will be required to play man to man defense for the entire season. The intent of this rule is to allow teams to maximize their time spent on teaching good fundamental defensive concepts as well as fundamental offensive concepts such as pick and roll.

Man to Man defense MUST be maintained at ALL times and means to keep within 3 to 4 feet of your man. There is NO double teaming allowed. Isolation plays and spread offense are NOT allowed at any time.

Double teaming is a violation which results in a warning the first time and subsequent violations can result in two shots with the lane cleared and the ball at half court for a throw in. The game officials have discretion.

Man to man defense does allow for "help-side" defensive concepts to be employed. Help defense allows for a weak side defender to help when a teammate has been beat on defense. Once the original defender recovers back to his man then the help defender should recover back to his player, unless a switch has taken place. The intention is to discourage teams on the offensive side from isolating one strong player on one side of the court and going "one on one" for the entire game or at least for an extended number of times. It must be realized that when multiple defenders and offensive players are in the lane that enforcing this rule is unmanageable and that is understood by all, including the game Officials.

The officials at the game site have the final responsibility for interpreting the violation. If there is no advantage being gained, then the official, in all likelihood, may not call a violation.

The **4th** Grade will allow full court pressing only in the last 2 minutes of the game. The ten (10) point press rule must be adhered to throughout the contest. The press must be **man to man**. Pressing in overtime is allowed. **Foul shots:** The shooter must start behind the line, but may jump over without penalty; if the shooter jumps over the line, he cannot touch the ball first. If the shooter does not jump over the line, he can touch the ball first.

Post and perimeter players cannot enter the lane until the ball contacts the rim. Each team will be allowed four (4) time outs per game; no carry over.