



MONTREAL BASKETBALL LEAGUE

There have been numerous complaints from coaches and the league concerning zone defense in the MBL at the novice, mini and bantam level. This is a reminder that there is **NO ZONE DEFENSE** allowed at the lower levels in the MBL (Novice, Mini & Bantam).

The procedure for a coach who does not comply with the **NO ZONE DEFENSE** rule is as follows:

-1st offense is a verbal warning made clear to both coaches.

-2nd offense is a Technical Foul to the Head Coach

-3rd offense is a second Technical Foul to the Head Coach

* (**These will be indirect Technical fouls and the coach shall not be ejected**)*

-4th offense is forfeiture of the game

Situations that are allowed:

- Double Teaming
- Full Court press(Zone)
- Help side defense

Situations that are **NOT** allowed (to look for):

- Players stagnant in the restricted area
- Players guarding an area on the floor (and not a man)
- Teams set in a 1-3-1, 2-3, 3-2 HALF COURT ZONE
- Players set up in a Zone during a throw-in

Please keep in mind although it is the coach's responsibility to know/teach man to man defense