



NJBL - No Zone Policy

What is Zone Defence

Zone defence is a type of defence where each defensive player is given an area (a zone) to defend.

A zone defence is the alternative to man-to-man defence where each defensive player is given a corresponding player on the other team to defend.

Why have a No Zone Policy

Most players are learning and perfecting their fundamental skills up to and including 14-15 years of age. Beyond this it becomes about refinement. The defensive principles of man-to-man defence are critical fundamental skills that underpin most, if not all, defensive principles. These include individual containment, vision, help & recover, closeout and communication.

In younger age groups players often do not have the muscular strength or skill to shoot reliably from long distances or great vision, ball handling or decision-making skills. For these reasons, in a Zone defence at these age groups, offensive teams are generally forced to shoot from long distances or make poor passes. There is no longer a need to closeout as the player cannot make the shot from that distance. Players only learn to defend small areas of the court, often pigeonholed into a specific spot, eg only the centre of the key or the bottom corners or only the top. They don't learn how to communicate and rotate.

Globally, it has been shown that players who play learn to play man-to-man defence well before paying zone defence become better defensive players (man-to-man and zone) as well as better offensive players.

Purpose

The main purpose of the No Zone Policy is to encourage domestic clubs & coaches to teach their players correct man to man principles and help develop their players at a young age.

A secondary purpose is to bring our competition rules into line with the VJBL run by Basketball Victoria, where they don't allow Zones to be played in Under 12s and Under 14s.

Policy

1. A zone defence will only be assessed inside a team's 3-point line.
2. Zone defence is not allowed during any U8s, U10s, U12s or U14s Northern Junior Basketball League Games.
3. The exception to this is if:
 - a. a team has 4 players on the court, they may play a zone OR
 - b. a team has only 5 players suited up; in which case they may play a zone defence in the first half but must play man-to-man in the second half
4. It is the responsibility of the 'Coach' to inform the 'Referee Supervisor' at the venue to discuss how they believe the opposition team played a zone.
5. If the Referee Supervisor believes the Coach is correct and the team played a zone, the Referee Supervisor will be responsible for lodging the complaint with the NJBL Competitions Manager.
6. At no stage is anyone to approach an opposition team to discuss an alleged incident. This will avoid any unnecessary conflict between the two teams. Offenders may be put on report.
7. The Competitions Manager will review the evidence provided and if necessary, the DVBA Junior Domestic Committee will be consulted before a decision is reached.
8. Once the review is completed the Competitions Manager will discuss its findings with the Club Delegate of the club that made the original complaint and if necessary, the Club Delegate from the club alleged to have played a zone.
9. The Club Delegate will then have 24 hours to appeal any decision in writing to the DVBA Competitions Manager.
10. If required, the DVBA Competitions Manager will then review the appeal and make their final ruling.