

Man to Man Defensive Rules for Rink Boys and Girls

- A. While on defense the defensive player must guard a man NOT an area.
- B. The defensive player must be within 6 to 12 feet of the player they are guarding.
- C. The defensive player may leave their man to provide help side defense on the ball but must return to a man when the offensive player gets rid of the ball.
- D. The defensive team **may double team the man with the ball ONLY if the offensive player is within the three point line.** The defensive players not in the double team must guard a man NOT an area.
- E. The defensive team DOES NOT have to guard a man that is positioned outside the three point line.