DIOCESE OF CLEVELAND CYO
GRADE SCHOOL COACHES MEETING

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CYO inspires young people to know God, to love God, and to serve God through athletics.
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<td>Coaches Meeting at Mayfield High School, 6:00pm 6116 Wilson Mills Rd., Mayfield Heights, 44143</td>
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<td>October 29</td>
<td>Coaches Meeting at Our Lady of the Elms High School, 6:00pm 1375 W Exchange St. Akron, 44313</td>
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<td>October 30</td>
<td>Coaches Meeting at Magnificat High School, 6:00pm 20770 Hilliard Blvd., Rocky River, 44116 Grade school winter sports early registration ends</td>
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<td>Basketball Coaches Clinic at Villa Angela-St. Joseph, 9:00am 18491 Lakeshore Blvd, Cleveland, 44119</td>
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<td>November 4</td>
<td>Grade school team fees and Fee Summary Forms due Last day to enter grade school teams’ blackouts</td>
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<td>Coaches Development Program at St. Basil the Great, 9:00am 8700 Brecksville Rd. Brecksville, 44141</td>
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<td>November 10</td>
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<td>November 27</td>
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<td>December 3</td>
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<td>December 6</td>
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<td>February 8-March 1</td>
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**CYO inspires young people to know God, to love God, and to serve God through athletics.**
MULTIPLE ROSTERS

- A player in grades 3-8 may participate in other non-CYO leagues like recreation and community leagues.
- A player in grades 7-8 may NOT participate on other rosters governed by the OHSAA. For example, they may not play on their public school team as well as on a CYO team. This if for purposes of eligibility.

BLACKOUTS/RESCHEDULES

Blackouts for grade school teams are due on November 4th and for high school teams on November 11th. Remind your Member Athletic Director to input all blackouts before this deadline. Blackouts will not be accepted after the deadline. Submitted requests must identify the date, time, and reason a team cannot compete. Submitted requests must reflect the minimum and maximum amount of “blackened out” time needed, and a detailed reason for the request. Team conflict dates with a description submitted at the time of entry will be considered in the following rank order priority:

A. Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
B. School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
C. School other events for athletes – Plays, Socials, Field Trips
D. Coach related conflicts – Specific family events, etc.

Blackout dates without a description will not be honored.

Once schedules are published, reschedules will be very limited. Make sure to remind your Member Athletic Director to look at the parish/school calendar before the blackout deadline.

GUEST PLAYER

If a team has fewer than 7 athletes at a game, a guest player may be moved from the member’s other CYO basketball teams to fill the positions at the start of a game under the following restrictions:

1. The athlete meets the age/grade restrictions of the team he/she will assist.
2. The guest player is reported by means of the button on the Coaches Information page of https://ccdolce.org/cyo before the game in which he/she will be used. It is recommended that this by done by the Member Athletic Director and according to Bylaw 5-3-2-C-6 are reported on or before the day of the game.
3. The same individual may be invited as a guest player for no more than two (2) games during the season with any team. Once an individual is a guest player twice, they may not be invited by any other team for the remainder of the season by any other team for the remainder of the season.
4. The athlete complies with Game and Time limits as outlined in Section 1-H.
5. The guest player(s) must meet the minimum participation requirements outlined in the division specific sections.
6. Guest player movements are to be reported on the basketball scoresheet before the competition begins. The guest player’s name should be listed after all of the regular team athletes and put “GP” next to their name.
7. Guest player playing restrictions - If the guest player is the sixth and/or seventh player on the roster, they cannot start the first segment of the first quarter of the game. Coaches are encouraged not to play guest players play more segments than players on the original roster.
8. Uniform Requirements
   a. Guest players must wear the uniform of the team that they are playing on, not their rostered team uniform.
   b. There are to be NO duplicated uniform numbers (teams should have at least one extra jersey to be borrowed by the guest player for that game).
9. Guest players cannot be used for sanctioned events or CYO championship competitions.
INCLEMENT WEATHER
A. Inclement weather may deter games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.
B. Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter, Instagram (@CYOSportsDOC) and media as needed.
C. Contests that are suspended because of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled and not rescheduled, unless deemed necessary by the CYO Administration.

COACHES DEVELOPMENT PROGRAM/CREDENTIALS
All CYO Coaches must be CYO certified through the Coaches Development Program. CYO Credentials must be worn around the neck and visible at all times. Coaches who have given their credentials to another coach, even for one game, will have their coaching privileges revoked for one year. If you have not taken a Coaches Development Program, register for one of the following through the website: ccdocle.org/cyo
- Saturday, November 9th, 9:00am @ St. Basil the Great
- Thursday, November 21st, 6:00pm @ St. Raphael
- Tuesday, December 3rd, 6:00pm @ St. Sebastian
See website for all coach’s requirements: Lindsay’s Law, Concussion Management, Fingerprinting etc.

UNIFORMS
All players are required to wear matching member issued uniforms. Team jerseys must include the player’s number on the front and back. All players must have the CYO Emblem on their uniform. All undergarments are to be worn under the uniform and must be of a solid color and the same color for all players wearing an undergarment. Arm sleeves, knee sleeves, lower leg sleeves, and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single school color. For all other uniform requirements and restrictions, refer to Section 1-D of the CYO Basketball rules.

BENCH PERSONNEL
Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) certified non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

CODE OF CONDUCT
10-1-4: Parents and Spectators are to be Christian role models for the athletes and other spectators. They are to conduct themselves in a Christian manner and remain in the spectator area at all sporting events. They must abide by the decisions made by site directors, officials, and coaches. They are not to make derogatory comments or act in an abusive manner toward athletes, coaches, officials, administrators or fans.
10-1-5-B: Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
10-1-5-F: Actions by athletes, coaches, parents, or fans that are in conflict with the standards of the Diocese of Cleveland CYO may be assessed consequences as outlined in Bylaw 11, even when the persons involved were not ejected or addressed at the time of the event.

SPECTATOR MANAGEMENT
Coaches are responsible for the supervision of their team and spectators before, during and after the game. The coach may be called upon during a game to speak to their unruly spectators.

MANAGING THE SCORE
The game of basketball is most fun and instructive for everyone when it is a challenge. When teams run up the score or blow-out their opponent, the joy of the game is eliminated, the quality of the experience is diminished and athletes are denied the opportunity to learn.

Coaches must understand how to manage the score when an otherwise lopsided, boring game is developing. Regardless of which end a team is on during a lopsided score, coaches must keep their athletes engaged, and the coach of a stronger team needs to raise the challenge higher for scoring by managing the score. It is the coach’s responsibility to recognize a blowout as it is developing and “Respect the Game” by accomplishing strategies that don’t let a blowout destroy the experience for every athlete.

Here are some expectations to better manage the score:
When ahead by twenty at any point in the game:
- Clear the bench and give weaker players more playing times – minimize the playing time of your dominant players
- No fast breaks
- Layups Only – No outside shots
- A minimum of 5 passes before a shot – must use the bounce pass
- No 3-pointers
- No pressure defense or trapping
- Defense must set up inside the arc
- No pressure on the ball handlers
- Move players to unfamiliar positions so they learn the entire game
- Your ball handlers must dribble with their non-dominant hand
- Slow down your offense and play a more deliberate game but don’t embarrass the opponent by “quitting” on them.
- Practice a more complex offense with plenty of passing
- No player to player defense for grades 6-HS.
- Work on new plays.

When behind by twenty at any point in the game:
- Focus on positive element – personal effort
- Hustle after every possession
- Praise players for extra effort
- Envision the score is 0-0 – not to give up
- Communicate with the opposing coach before the game, at half-time and at the end of the game.
- Redefine “winning” as successful moments – stealing a pass, hustling for every loose ball, boxing out, reducing turnovers…..
- Manage parents so parents are NOT negative during the game or after the game.
- Allow top players to continue to play and balance the playing time.
- Assure the team through your words and actions that you haven’t given up.

When managing the scores, coaches teach young people the value of winning.
FAQ’s ABOUT SANCTIONED EVENTS

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition and to raise funds for their programs. Refer to the “Sanctioned Events” tab on the CYO website: ccdcle.org/cyo/

1. **When can I register for a sanctioned event?**
   Whenever the event is listed on the CYO website.

2. **Are there A-B-C levels for 7th & 8th grade teams for Sanctioned Event Tournaments?**
   No, Sanctioned Events for 7th and 8th gr. teams are to be structured according to ‘competitive balance.' Consult your Athletic Director for more information. Bylaw 6-3-2A, 6-4-2.

3. **Is it okay to register a team for a tournament under the assistant coach’s name, since the head coach will not be at most of the games?**
   No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach’s name. However, an assistant coach can certainly be in charge at the games.

4. **May I write a personal check for a Sanctioned Event entry?**
   No – team entry fees must be paid with an official check from the member’s account.

5. **The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?**
   No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. Your AD is to provide each coach with a copy of their roster at the start of the season.

6. **We have (3) 6th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?**
   No – each athlete can only play for the CYO team for which he/she is officially rostered.

7. **How many Guest Players may I use during Sanctioned Event Tournaments?**
   ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2C7

8. **Can we enter a community-sponsored event if we use our nickname rather than the parish name?**
   No – CYO teams are only eligible to participate in CYO sanctioned events. Bylaw 4-3-1F

9. **In how many sanctioned tournaments can my team play?**

10. **If an athlete or coach is ejected from a sanctioned event, do they sit out the next scheduled CYO game or the next SE game?**
    The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 10-1-5B

11. **We are scheduled for an 8:15 pm game. I thought we couldn’t play after 8 pm. What should I do?**
    Contact the Event Director and your AD Director immediately. Inform mhuber@ccdocle.org as well. Please refer to Bylaw 4-4-1 and sports specific rules for clarification/exception.

12. **Due to bad weather, our SE games got postponed. Can a SE be extended after the CYO season closes?**
    No, events need to be concluded by the published CYO end of the season date for that sport.
2019-2020 CYO Basketball Important Notes

Modifications of NFHS Rules

1. Requirement of home team wearing white or light-colored jersey does not apply (3.B.3.c)
2. If both teams have the same or similarly colored uniforms, the official will flip a coin to
determine which team will wear pinnies. The home team will call the flip. (3.3.3.e)
3. Undergarments (t-shirts, compression items, etc.) must be of a solid color and of the same color
for all players wearing an undergarment. (3.B.4.a)

4. Officials will issue a conduct warning to coaches and players when appropriate and record
those warnings on the official scoresheet. (WILL NEED NEW RULES REFERENCE)

5. The following free throw regulations apply ONLY to 3rd/4th/5th grade basketball:
   a. Use of the 12-foot line is permitted but not required (11.D.1)
   b. The lane space closest to the shooter will be vacant. The first required occupied space
      will be below the block. (11.D.3)
   c. In 3rd grade basketball ONLY, the free thrower may cross the free throw line after
      release

      Note: The free thrower is allowed to cross the 12-foot line for the purposes of balancing
      themselves but may not try and rebound the basketball. If the free thrower uses the 15-
      foot line, they may still cross the 12-foot line for the purposes of balancing themselves,
      but not rebounding.

6. In 3rd/4th/5th grade basketball, when any player, coach or bench personnel receives an
unsportsmanlike technical foul, the opponent will automatically receive two points and the ball
at the division line opposite the table for a throw-in. (11.G)

Points of Emphasis

1. Jewelry, glitter, face paint, or other inappropriate items may not be worn and may not be
covered with band-aids, tape or pre-wrap, or material deemed illegal by the game officials.
   (3.B.9)

   Note: If a medical alert bracelet or medal is worn, by NFHS rule, the medal or bracelet
must be taped to the person securely while the medical information is visible.
Regardless of the type of material the medical alert bracelet is of, it must be taped to the
arm securely with the medical information visible. NFHS Rule: 3-5-7 // NFHS PoE 2019-
2020

2. A pre-game conference will be held between the officials, coaches, and captains. (4.E)

   Note: this is recommended in 2019-2020 and will be a requirement beginning 2020-
2021.

3. In 3rd/4th/5th grade basketball – Officials will focus on stalling restrictions by the offensive
   team in the front court by enforcing the five second rule in a more consistent manner.

4. Conduct warnings will be issued to coaches and players when appropriate by game officials.
   These warnings should be recorded on the official scoresheet.

   Note: Conduct warnings are to be issued to coaches and players only when deemed
   necessary. Warnings may not be issued to bench personnel as the head coach is
   responsible for everyone in the team bench area.

CYO rule book referenced unless indicated otherwise.
CONFERENCING
Conferences in the 6th grade will be determined by a combination of team strength and geography. Travel time will be kept within 20 miles based upon availability.

CYO POINTS OF EMPHASIS

- Game Ball – 6th Grade: 28.5 Composite or leather ball
- Clock
  - Length of quarters: seven minutes
  - Two minute overtime
  - One minute between quarters
  - Five minute halftime
- If the score is tied at the end of regulation, an extra period(s) will be played until a winner is determined.
  - All extra periods will be two (2) minutes.
  - The clock will stop for all violations.
- Participation
  - For a team with 10 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter. A segment is defined as ½ of the length of the quarter. Each player must play at least one segment in each half.
  - For a team with 11 or more players at the game, each player on the team must play a minimum of one segment by the end of the third quarter. A segment is defined as ½ of the length of the quarter. Each player must play at least one segment in each half.
  - Each player must sit out at least one segment if a team has six or more players.
- Upon violation of the Participation Rules, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:
  - For violations discovered after the third quarter, the officials will administer a technical foul.
  - For violations discovered after the game, the Site Director will contact the CYO Athletic Office with the details and documentation of the violation. The CYO Administration will assess the penalties toward the coach or team. If after a review a violation is confirmed, a forfeiture of the game will be assessed.
- 15 Point Lead - When a team has a fifteen (15)-point lead,
  - The defense must set-up below the half-court division line extended the width of the court.
  - Allow the offense to progress the ball beyond the half-court division line and the dribbler must establish frontcourt status before pressure on the ball is permissible. Frontcourt status is defined as that point when both feet of the player and the ball make contact in the frontcourt.
  - The defense cannot position any players along the half-court division line to impede or challenge the offense from crossing over the division line.
  - Once the offense initially crosses the ball below the mid-court division line, the defense is not restricted from playing player-to-player defense or zone defense for the remainder of the possession. Half court pressure and trapping are strictly prohibited.
  - The fifteen (15)-point rule cannot be waived for regular season, playoffs, championship games or sanctioned events.
  - Once the participation requirements have been fulfilled, the clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-point lead. When this rule is in effect, the clock will only stop for team timeouts and instances when specifically directed
by the game officials. Once the lead falls below fifteen (15)-points, the clock will stop according to rules of the specific grade level. Refer to rules 10-C-2 through 10-C-4.

- **Press: 6th Grade:** A full-court press may be applied at any time except when the team has a fifteen (15)-point lead.
- **Late Arriving Players**
  - If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement of the game.
  - If a player arrives late to a game during the second half and is permitted to play by the coach, the player is to meet one half of the participation requirement for the game.
- **Substitutions**
  - A Player may only be substituted within/during their segment of play:
    - If player is injured.
    - If player was assessed a technical foul or intentional foul.
    - If player is being disqualified from the game.
    - If player received 3 or more fouls during the first half only. In the second half, they must finish the segment unless the team has free substitution.

  The player removed from the game will be credited with the full participation of the segment. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.

  Players may only be substituted within/during their segment of play under the restrictions outlined in the CYO Grade School Basketball Rules.

  Free substitution is NOT permitted in the first half. See CYO Grade School Basketball Rules for second half substitution rules.
COACHING BASKETBALL: FOCUSING ON THE FUNDAMENTALS
BY: JEFF HAEFNER

The fundamentals of basketball are the foundation for every individual play, offensive or defensive strategy, and every move that your players make. The best players have perfected the basics of the game. Learning and mastering these basics make the rest of the game much easier!

My number one recommendation when coaching basketball is to focus on the fundamentals. Spend at least 75% of each practice on them. If you make teaching your players the fundamentals your number one goal, your players will enjoy practice, they will appreciate their improvement, and they will be grateful down the line.

Like any sport, no matter what your age -- whether you're a professional athlete or a youth player just getting started -- you need strong fundamentals to be successful! Unfortunately, most people don't really understand what that means.

So what are the fundamentals?
The fundamentals include working on the little things that will make you better -- no matter what team or coach you play for -- or what offense or defense you are running.

For example, by working on the fundamentals of shooting, you will get better no matter what offense you run. The fundamentals of shooting include proper foot alignment, leg bend, hand position, arm angle, follow through, and so on. These are some of the little things that make a difference. Learn them! The same goes for lays ups, foot work, post play, passing, jab steps, jump stops, pivoting, blocking out, and so on.

We suggest that you focus on teaching the proper technique and fundamentals for:

- **Shooting**
- **Foul Shooting**
- **Passing**
- **Dribbling**
- **Lay ups**
- **Jump stops**
- **Pivoting**
- **Jab steps**
- **Screening**
- **Cutting**
- **Defense**
- **Rebounding**
- **Point and off guard fundamentals**
- **Perimeter play**
- **Post play**
- **Basketball moves and individual offense**

These are all critical fundamentals to master because they'll make you and your team better, no matter what age level or situation you might be in.

Visit [https://www.breakthroughbasketball.com/coaching/fundamentals.html](https://www.breakthroughbasketball.com/coaching/fundamentals.html) for in-depth explanations of each fundamental.
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