BASKETBALL
GRADES 3, 4, and 5
2019-2020
COACHES MEETING
DIOCESE OF CLEVELAND CYO
GRADE SCHOOL COACHES MEETING

1. Welcome & Introductions
2. Program Planner
3. Multiple Rosters
4. Blackouts/Reschedules
5. Guest Player
6. Inclement Weather
7. Coaches Development Program/Credentials
8. Uniforms
9. Bench Personnel
10. Code of Conduct
11. Spectator Management
12. Managing the Score
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15. Conferencing
16. Grade Specific Points of Emphasis
17. Gratitude & Prayer
18. Attendance Cards
19. Question Card

CYO inspires young people to know God, to love God, and to serve God through athletics.
October  28  Coaches Meeting at Mayfield High School, 6:00pm  6116 Wilson Mills Rd., Mayfield Heights, 44143
         29  Coaches Meeting at Our Lady of the Elms High School, 6:00pm  1375 W Exchange St. Akron, 44313
         30  Coaches Meeting at Magnificat High School, 6:00pm  20770 Hilliard Blvd., Rocky River, 44116
              Grade school winter sports early registration ends

November  1  Grade school winter sports season regular registration ends
          2  Basketball Coaches Clinic at Villa Angela-St. Joseph, 9:00am  18491 Lakeshore Blvd, Cleveland, 44119
          3  Grade school winter sports late registration ends
          4  Grade school team fees and Fee Summary Forms due  Last day to enter grade school teams’ blackouts
          9  Coaches Development Program at St. Basil the Great, 9:00am  8700 Brecksville Rd. Brecksville, 44141
         10  Basketball Coaches Clinic at St. Vincent-St. Mary High School, 5:00pm  15 N. Maple St., Akron, 44313
         21  Coaches Development Program at St. Raphael, 6:00pm  525 Dover Center Rd., Bay Village, 44140
         27  Grade school winter sports schedules available on CYO website

December  3  Coaches Development Program at St. Sebastian, 6:00pm  476 Mull Ave. Akron, 44320
          6  Deadline to register grade school athletes and coaches to online SportsPilot rosters
          7  Regular Season grade school competitions begin
         20  Last day to add grade school athletes to rosters to meet minimum number
         23-Jan. 3  Christmas Break – No regular season games

January  11-12  Parents’ Day at the games
         19  Team Mass Sunday

February  8-March 1  Diocese of Cleveland CYO Winter Sports Championships

March  1  Winter Season Ends

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 “blacked 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://ccdocle.org/cyo before the game in which he/she will be used. It is recommended that this be 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: ccdocle.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.
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CONFERENCING

Teams in the 3rd, 4th, and 5th grade divisions will be placed into conferences for scheduling based upon their geographic location.

Team strength will not be considered. Reasonable efforts will be made by CYO administration to limit the need for teams from the same CYO member to play each other during the regular season. This effort may result in teams traveling further distances to play games.

Regular season standings will not be kept and playoffs will not be held.

Members may sponsor sanctioned events for these levels, provided that team strength and record are not utilized for placement or grouping for the games in the division of play.
CYO POINTS OF EMPHASIS

Participation
1. Each player must be treated with dignity regardless of his or her ability.
2. With approval from the Member Administrator and Member Athletic Director each member may permit a player in grades 3-5 to participate in other non-CYO leagues like recreation and community leagues.
3. If a coach will not play a player because of missed practice, un Sportsmanlike conduct, academics or injury, the coach must mark the player as not participating on the official game score sheet and inform the Site Director before the game begins.
4. Participation is now modifiable due to accumulation of personal fouls in the first half only. Example: When player #4 receives their third personal foul in their first segment of the game, the coach may now enter a substitute for #4. However, the player who substitutes in does not receive credit for their participation segment. They must still play the mandatory minimum participation segments as stated in the rules. Players may also be removed from the game during their segment, at the discretion of the game official, due to an injury or technical foul.
5. All players are to meet the participation requirements.
6. 5th Grade Participation
   a. For a team with 10 or fewer players at the game, each player on the team must play a minimum of three segments by the end of the 3rd quarter. A segment is defined as ⅓ of the length of the quarter (3.0 minutes in grades 3 and 4. 3.5 minutes in grade 5). Each player must play at least one segment in each half.
   b. For a team with 11 or more players at the game, each player on the team must play a minimum of two segments by the middle of the 4th quarter. A segment is defined as ⅓ of the length of the quarter (3.0 minutes in grades 3 and 4. 3.5 minutes in grade 5). Each player must play at least one segment in each half.
   c. Players may only be substituted within/during their segment of play:
      i. If player is injured.
      ii. If player is being assessed with a technical foul or intentional foul.
      iii. If player is being disqualified from the game.
      iv. If player received 3 or more fouls during the first half. In the second half, they must finish the segment unless the team has free substitution.
      v. The player removed from the game will be credited with full participation of the segment.
      vi. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
   d. 3rd, 4th, and 5th Grade: Each player must sit out at least one segment in each half if a team has seven or more players.
   e. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods. At no time is free substitution permitted in the first half.
7. 3rd, 4th Grade Participation
   a. For a team with 10 or fewer players at the game, each member of the team must play a minimum of four segments by the end of the 4th quarter. A segment is defined as ⅓ of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
   b. For a team with 11 or more players at the game, each member of the team must play a minimum of three segments by the end of the 4th quarter. A segment is defined as ⅓ of the length of the quarter (3 minutes). Each player must play at least one segment in each half.
c. Players may only be substituted with-in/during their segment of play:
   i. Because the player is injured.
   ii. Because the player is being assessed with a technical foul or intentional foul.
   iii. Because the player is being disqualified from the game.
   iv. If player received 3 or more fouls during the first half. In the second half, they must finish the segment unless the team has free substitution.
   v. The player removed from the game will be credited with full participation of the segment.
   vi. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.

d. Each player must sit out at least one segment in each half if a team has seven or more players.
e. During the second half of the game, once ALL players on a specific team have fulfilled the minimum participation requirement, that team will be permitted to make free substitutions for the remainder of the game and all extra periods. At no time is free substitution permitted in the first half.

8. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:
d. For violations discovered after the third quarter, the officials will administer a technical foul.
e. 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.
f. All violations of the participation rules are to be communicated to the Athletic Office by the Site Director and game officials by the morning following the infraction.
g. Additional penalties may be imposed.

9. Late Arriving Players
d. 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.
e. 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 total game.

General Clock Rules
1. Timing Regulations
   a. Length of quarters
      i. 3rd/4th grade - six minutes
      ii. 5th grade - seven minutes
   b. Overtime
      i. 4th/5th grade - two minutes
      ii. 3rd grade
         (a) During regular season games, if the score is tied at the end of regulation, there will be no extra periods for the 3rd Grade Divisions.
         (b) However, a 2 minute overtime may be used in a sanctioned event to determine a winner.
   c. Time between quarters shall be one minute
   d. Halftime shall be five minutes
2. Time Outs for All Divisions
   a. Three 60-second and two 30-second timeouts may be charged to each team during a regulation game.
   b. Each team is entitled to one additional 60-second time-out during each extra period. Unused time-outs carry over into the second half or extra period.
3. Clock Stoppages for All Divisions
   a. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
b. The clock will stop for every whistle during the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.

c. The clock will stop for substitutions at the end of each segment, but does not stop for substitutions outside of the segment requirements.

d. The clock will not stop for whistles or free throws during the fourth quarter when a team has a fifteen (15)-point lead. When the fifteen (15)-point 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 the criteria above.

**Competition Rules**

1. **3rd, 4th, and 5th Grade Competition Rules**
   a. Refer to participation rules above
   b. Free Throws and 3 Point Shot
      i. 3rd, 4th, and 5th Grade Teams will use the 12-foot free throw line.
      ii. For all 3rd Grade Divisions, the free thrower may cross the free throw line with no penalty after the release. However, they may not advance toward the ball for purposes of rebounding. The lowest lane space should be below the block.
      iii. The number of players permitted on the free throw lane will be limited to six plus the shooter. Four are to be from the defensive team and two plus the shooter from the offensive team. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
   c. The three-point shot is in effect for 5th grade only. Three points will be awarded for a shot taken behind the team’s own 19-foot, 9-inch arc as court markings permit.

**Full Court Pressure**

1. **5th Grade**
   a. A full-court press is only permitted in the last 3.5 minutes of the fourth quarter and overtime on any dead ball inbounds pass in the backcourt. If the team is trailing by 15 points, they may use a full court press at any time.
      i. Since teams must play a player-to-player defense, teams applying full-court pressure must press player to player.
   b. A team with a fifteen (15)-point lead is not permitted to apply a full court press at any time during the game and must comply with the following requirements:
      i. At times when a full court press is not permitted, 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. Once the offense initially crosses the ball below the half-court division line, the defense is not restricted for the remainder of the possession. Half-court pressure and trapping is strictly prohibited.
      ii. Frontcourt status is defined as that point when both feet and the ball of the player with the ball have made contact with the floor in the frontcourt.
      iii. Interpretation: This means that the defense cannot position any players along the half-court division line to impede the offense from crossing over the division line.
      iv. Teams may press during any live ball situation in the backcourt other than an inbounds pass during the entire game. A live ball situation is anytime other than an inbounds pass from and into the backcourt (i.e. rebounds, turnovers, other).
   c. 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.
d. Penalty for Violation of the Full Court Press Rules
   i. First Offense - Warning
   ii. Second Offense - Unsportsmanlike conduct penalty on the head coach.
   iii. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the
       head coach.

2. **3rd and 4th grade**
   a. 3rd Grade Division Teams cannot press at any time throughout the game.
   b. 4th Grade may press in the last 3.0 minutes of the 4th quarter and overtimes.
      i. Since teams must play a player-to-player defense, when applying full-court pressure, teams must
         press player to player.
   c. Normal defense must be positioned below the 3-point arc, extended the width of the court,
      before pressure on the ball is permitted.
   d. Once the offense initially crosses the ball below the 3 point arc extended, the defense is not
      restricted for the remainder of the possession.
   e. Offensive players cannot use the area between mid-court and three point line extended as a haven to
      stall. Officials will count to 5 and if no attempt by the player with the ball to start the play by advancing
      the ball, the official will instruct the defense to “Play ball.”
   f. When there is a 15 point lead, the winning team is prohibited from playing defense above the three
      point arc extended even if the ball is advanced below.

Additional Rules
1. All teams in the 3rd, 4th & 5th Grade Divisions must play player-to-player defense.
2. Defense
   a. Trapping, double or triple teaming of a player out of the paint is prohibited.
   b. Help side defense is permitted.
   c. If an offensive player beats his/her defender, a teammate may move into position to help until the
      original defender recovers.
   d. Once the defender recovers, the help player must drop back to his/her player.
   e. Teams are not permitted to play any type of zone defenses.
   f. Switching, helping out or picking up a loose player on a breakaway, when there is a clear threat to
      score is good player-to-player defense and is allowed. Players must be within a reasonable distance of
      their player at all times.
3. Offense
   a. The team offense should be designed to develop passing, cutting, give and go, pick and roll and
      movement away from the ball.
   b. The offense should afford each player the opportunity to experience as many positions on the court as
      possible.
   c. Isolation plays are illegal. These are plays designed when an offensive player challenges a defensive
      player and no other offensive players are involved in the play. **Isolation plays diminish the opportunity for improvement for all players and contradicts the spirit of the rules. This prevents defenders from sagging or crowding an area of the court to gain an advantage.**
4. Penalty for Violation of the Player-to-Player Defense
   a. First Offense – Warning
b. Second Offense - Technical foul for unsportsmanlike conduct on the head coach.

c. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach

d. Fourth Offense - Forfeit Loss.

SECTION 6 – CAUTION AND DISQUALIFICATION
1. Teams are expected to conduct themselves in a manner that the game officials and CYO administration believe shows respect and dignity towards its opponent.
2. If a coach receives one technical foul, the coach must remain seated for the remainder of the game.
3. A player or coach ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.
4. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team’s coaching staff at the competition site. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.
5. Coaches are responsible to supervise their spectators at competitions.
6. A spectator ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.

Why Man to Man Is Best in Youth Leagues
By Joseph Siegel
February 28, 2019

Youth basketball programs should utilize man to man defense exclusively. This is not because it is the best defense to play, although it often proves to be, but because it is the best developmental defense to play.

Defensive Skills
First, to play man to man you have to teach basic defensive fundamentals that are needed for any defensive scheme. You have to learn defensive position. You must keep your feet spread shoulder length, be balanced, keep your hand in the dribbling lane, slide without crossing your legs, and learn to drop step when a player reverse dribbles. You also have to learn to give defensive help, rotate to the ball (depending on your level of sophistication), deny passing lanes, front cutters and utilize a variety of other skills. All of these are also used when you play zone but are much more teachable through man to man. You can teach each skill individually and build up to the complete picture.

These skills are best mastered at an early age. Once they are mastered through repetition, then if the high school coach plays zone, players have the skills to fit in. If the high school coach plays man to man, the players are prepared as well.

Offensive Skills
Younger players should develop their ball handling, passing, and driving skills at an early age as well. Playing against zones encourages younger players to shoot too far out from the perimeter, which creates improper shooting form. Playing against man to man will encourage players to dribble under pressure with their heads up, drive to the basket, "dish off" to open players, utilize screens on and off the ball, fight for inside position, and develop their peripheral vision to see the entire court. They also have to develop court awareness.

There are many programs where all types of zones are used. Coaches practice the strategy of playing the zone and the strategy of beating the zone more than practicing fundamentals. As mentioned earlier, most shots.
come from the outside--too far outside against a zone, so many players get their elbow out to the side and “wing it up there.” In return, bad habits are formed.

When only man to man defenses are allowed, coaches have to focus on the fundamentals mentioned above. They have to work on the pick and roll and how to defend it, how to dribble drive to the basket, and how to pass under pressure. Practices are much more developmental for younger players when man to man defenses are utilized.

When Are Zones Appropriate?

Zones definitely are appropriate at higher levels such as high school and college, based on the abilities and skills of the players, the coaches’ comfort level in teaching one defense over another, and the strengths and weaknesses of the opponent. In fact, zones are more effective at the secondary level because the players have developed the defensive skills playing man to man at a younger age. They are now ready to play a more effective zone.

The Bottom Line

In summary, here are the advantages of playing man to man in youth programs:

• They are developmental and teach both basic offensive and defensive skills
• They focus on team defense, helping out, and recovering
• Players need to develop basic offensive skills to play against man to man defense.
• Coaches conduct practices based more on basics than on strategy
• They are competitive and foster a competitive attitude
• They are more fun to play and play against
• Man to man defense fosters enthusiasm, excitement, and a more active brand of basketball

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