



High School Coach's Meeting 2023-2024



DIOCESE OF CLEVELAND CYO HIGH SCHOOL COACHES MEETING

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CYO inspires young people to know God, to love God, and to serve God through athletics.



DIOCESE OF CLEVELAND CYO

BASKETBALL

PROGRAM PLANNER

2023-24



October	23	Winter Season Opens, Practices May Begin Sanctioned Event Period Begins
	25	Coaches Development Program – St. Raphael Community Room, 6:00pm 525 Dover Center Road, Bay Village, 44140
	26	In-person mandatory winter sports season coaches meeting, 6:00-8:00pm Location – Center for Pastoral Leadership, 28700 Euclid Ave., Wickliffe, 44092
	30	High School winter sports early registration ends 9:00am
November	1	In-person mandatory winter sports season coaches meeting, 6:00-8:00pm Location – Magnificat High School, 20770 Hilliard Blvd., Rocky River, 44116
	2	Coaches Development Program - St. Paschal Baylon - Eymard Room, 6:00pm 5384 Wilson-Mills Rd., Highland Hts., 44143
	6	In-person mandatory winter sports season coaches meeting, 6:00-8:00pm Location – St. Sebastian (Zwisler Hall), 476 Mull Ave., Akron, 44320
	13	High School winter sports regular registration ends, 9am - Last day to enter a team
	14	Last day to enter high school teams' blackouts High School Team fee payments and fee summary form due
	18	Coaches Development Program at St. Ambrose Hilker Hall/Gym, 9:00am 929 Pearl Rd, Brunswick, 44212
	23	CYO Office Closed – Thanksgiving
	27	Deadline to register high school athletes and coaches to rosters online.
	30	Coaches Development Program at St. Jude (Cafeteria), 6:00pm 590 Poplar St., Elyria, 44035
December	1	High School Schedules Available Online
	5	Coaches Development Program at Urban Community School, 6:00pm 4909 Lorain Ave, Cleveland, 44102
	9	Winter sports regular season high school competitions begin
December	22-Jan. 2	Christmas Break - No regular season games
January	13-14	Parents' Day at the games
	15	CYO Offices closed – Martin Luther King Jr. Day
	21	Team Mass Sunday
	27-28	Officials Appreciation Weekend
February	11	Sanctioned Event Period Ends
	17-25	Diocese of Cleveland CYO Winter High School Championships
February	25	Winter Season Ends.
March	1-3	Ohio State CYO High School Basketball Tournament (Cleveland)



CYO POINTS OF EMPHASIS

MULTIPLE ROSTERS

- A player in grades 9-12 may participate in CYO and other non-CYO leagues. Players who play for their OHSAA sponsored team are ineligible.

UNIFORMS

- All players are required to wear member issued, matching uniforms, including shirts and shorts.
- NFHS Rule 3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.
Rationale: Clarifies that teammates must all wear like-colored uniform bottoms but may wear multiple styles while aligning language with other NFHS rules codes.
- All players must have the CYO Emblem on their uniform.
- NO player or team nicknames are permitted other than the official team name (ex: tigers).
- Team jerseys must include player's number on front and back & numbers must follow NFHS regulations.
- 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.
- T-shirts may be long sleeve according to NFHS rules regarding t-shirts.
- 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 parish/school color and the same color for all players.
- For all other uniform requirements and restrictions, refer to Section 1-D-1-13 of the CYO High School Basketball rules.
- CYO recommends the purchasing of reversible uniforms.

BENCH PERSONNEL and COACHES CREDENTIALS

- All CYO Coaches must be certified through the CYO Coaches Development Program.
- CYO Credentials must be worn around the neck and visible at all times. If a coach has lost or forgotten their credential, they must inform the Site Director and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.
- Any coach who gives their credentials to another coach, even for one game, will lose coaching privileges for one year.
- See [website](#) for all coach's requirements.
- Bench personnel is limited to the players listed on the eligibility roster and no more than 3 certified coaches.

GUEST PLAYERS

- Guest Players are allowed. Please see rulebook for guidelines. All guest players must be reported to your Athletic Director first, then reported to the guest player report form on the web site. Guest players cannot be used if a team has (7) seven players at the game including guest players.

- **Reschedules** - There are no reschedules of games. When the schedule is released, games must be played. Games that can't be played as scheduled will be determined by CYO Administration as a forfeit or "no game."
- **Conferencing**- Teams are placed in divisions by their grade and geographical location. No strengths are considered when placing teams in division.

SPECTATOR MANAGEMENT

Coaches are responsible for the supervision of their team and spectators before, during and after the game. The coach may be required to speak to their unruly spectators. If the Site Directors asks for your assistance with a spectator.

INCLEMENT WEATHER

Inclement weather may prevent 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.

Announcements related to the status of competitions will be posted on the "bulletin" area on main page of the CYO schedule website <https://www.ccdocle.org/service-areas/cyo-athletics/schedules/schedules-locations> , Twitter, Instagram (@CYOSportsDOC) and broadcast media as needed.

GENERAL EQUIPMENT PARTICIPATION RULES

1. Ball Size
 - a. Girls Teams will use 28.5 composite or leather ball.
 - b. Boys Teams will use 29.5 composite or leather ball.
 - c. Please bring your own warm up balls. CYO provides the game ball.
2. Length of Quarter - Four eight (8) minute quarters all divisions.
3. Overtime
 - a. If the score is tied at the end of regulation period, an extra period/s will be played until a winner is determined.
 - b. Any extra period will be three (3) minutes for all divisions.
 - c. The clock will stop for all violations of any extra period.
4. Practices can last no longer than 90 minutes.
5. The pre-game conference will be held with the officials and captains before the game starts.
6. Time Outs: Three 60-second and two 30-second timeouts may be charged to each team during a regulation game.
7. Clock Stoppages
 - a. The clock will stop for every whistle the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
 - b. The clock does not stop for whistles or free throws during 2nd half when a team has a twenty-five (25)-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 twenty-five (25) points, the clock will stop according to the criteria above.
 - c. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 - d. The clock does not stop for substitutions outside of the segment requirements.

PARTICIPATION

1. Each player must be treated with dignity regardless of his or her ability.
2. If a coach will not play a player because of missed practice, unsportsmanlike 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.
3. All players are to meet the participation requirements.

- a. Regardless of the number of players, each member of the team must play a minimum of one uninterrupted segment by the end of the third quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (4 minutes).
 - b. 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. The player removed from the game will be credited with full participation of the segment.
 - v. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - c. At any time during any quarter of play, once a player on a specific team has fulfilled their minimum participation requirement, that player may be freely substituted. Any player who has not fulfilled their minimum participation requirement may not be substituted for until such requirement is fulfilled.
4. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:
- a. For violations discovered after the third quarter, the officials will administer a technical foul.
 - b. 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.
 - c. 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.
 - d. Additional penalties may be imposed.
5. Late Arriving Players
- a. 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.
 - b. 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.

FULL COURT PRESSURE

1. A full court press may be applied at any time unless a team has a 20 point lead.
2. With a 20 point lead,
 - a. The defense must set-up below the top of the circle extended of the defensive end.
 - b. Allow the offense to progress the ball beyond the top of the circle extended of the defensive end. 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.
 - c. Once the offense initially crosses the ball below the 3 point arc extended, the defense is not restricted for the remainder of the possession.
3. The twenty (20) point rule cannot be waived for any reason.
 - a. First Offense - Warning
 - b. Second Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach
 - c. Third Offense - Forfeit Loss.

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

2023-24 BASKETBALL RULES CHANGES

2-1-3 NOTE (NEW): Requires the shot clock operator to sit at the scorer's and timer's table, if using a shot clock.

Rationale: Establishes the placement of the shot clock operator for those states utilizing the shot clock and the growing use of video boards that allow tablet control from anywhere in the gym.

3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.

Rationale: Clarifies that teammates must all wear like-colored uniform bottoms but may wear multiple styles while aligning language with other NFHS rules codes.

4-8-1: Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter.

Rationale: Improves flow by providing an opportunity for teams to adjust their play by not carrying over fouls from quarters 1 and 3 to quarters 2 and 4 while significantly reducing the opportunity for correctable errors to occur. Minimizes risk of injury by eliminating the one-and-one and reducing opportunities for rough play during rebounding opportunities.

7-5-2 thru 4: Establishes four throw-in spots (the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the lane line on the end line) when a team gains or retains possession in their frontcourt after the opponent commits a violation, a common foul prior to the bonus, or the ball becomes dead (i.e. inadvertent whistle or a held ball).

Rationale: Simplifies throw-in procedure when a team gains or retains possession for situations other than an out-of-bounds throw-in.

7-6-6: Allows the official administering a throw-in to the wrong team to correct the mistake before the first dead ball after the ball becomes live unless there is a change of possession.

Rationale: Allows for a correction of an official's mistake in a more reasonable timeframe.

9-3-3: Establishes that a player may step out of bounds without penalty unless they are the first player to touch the ball after returning to the court or if they left the court to avoid a violation.

Rationale: Allows a player to step out of bounds if they gain no advantage and penalizes a team only if they gain an advantage by leaving the court and returning to avoid a violation or to be the first to touch the ball.

2023-24 Basketball Editorial Changes

2-1-1, 4-3-2, 4-19-13, Shot Clock Guidelines

2023-24 Basketball Points of Emphasis

1. Uniforms, Equipment and Apparel
2. Bench Decorum
3. Throw-Ins – Proper Locations

2023-24 POINTS OF EMPHASIS

Sportsmanship

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

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High schools must establish a culture that values the worth of every single person – both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

Reducing Illegal Contact

To maintain the sound traditions of all sport, encourage sportsmanship, and minimize the inherent risk of injury, playing rules are developed to serve the varying skill level for the involved participants. As a result, it's incumbent on contest officials to enforce the rules as written. When officials allow personal philosophies to enter into their enforcement of the rules, unintended advantages can be provided to players or teams, advantages that can determine the outcome of a contest. The NFHS Basketball Rules Committee expects officials to adhere to the playing rules for high school contests as written. Participants should expect nothing less from contest officials on a nightly basis, and the enforcement of all playing rules should be made without regard for time and circumstance. A foul or violation in the first quarter is expected to be a foul or violation in the last minute of a contest. While some coaches may wish for the game to be called 'looser', officials should avoid giving into that mind set regardless of the location of the game or the participants involved.

Of particular concern for the committee is the growing individual interpretations of certain plays, plays that are increasing the amount of illegal contact being allowed. The type of plays listed below rise above the description of Rule 4-27 regarding incidental contact and need to be addressed by officials.

- **Hand Checks:** Rule 10-7-12 is very clear for officials to apply. During recent years, freedom of movement for players has improved, and officials need to remember the simple concepts of Rule 10-7-12 that prohibit defensive players from placing two hands, an extended arm bar, keeping a hand on an opponent, or contacting an opponent more than once with the same hand or alternating hands. Keeping these simple principles in mind are critical for officials and need to be ruled when they occur
- **Post Play:** While freedom of movement has generally improved, there is still a need for officials to pay attention to play in the post. From a review of nationally injury data, more basketball injuries occur in the post than any other place on the floor. Officials need to monitor play in the post, whether the ball is involved or not. Players who either illegally carve out space for themselves or defenders who repeatedly push, knee, or otherwise attempt to knock offensive players off balance need to be penalized for their actions. Failure to address the first illegal contact in the post when players are displaced often leads to more physical play from players who come to believe that more physical play is going to be allowed on a given night. Regardless of the player's location on the floor, when a player's rhythm, speed, balance, or quickness is impeded, a foul has occurred.
- **Off-ball play:** Keeping eyes on off-ball plays is also necessary to help reduce the physicality in the game. Officials need to remain focused on their primary coverage area and off-ball play is just as critical as any other position on the floor. Officials who tend to 'ball watch' will miss screening plays in front of them that involve illegal contact. Allowable action by screeners, cutters, and defenders are outlined in the rules, and officials who focus on their primary area will naturally officiate these kinds of plays with more accuracy and consistency. When either the offense or defense are allowed to play outside the screening and defending rules off ball, more physical and illegal play tends to follow. Even if players are not initially in an off-ball area, the official covering that space needs to remain focused on in their primary area and trust that their partners will handle plays in their areas.

In enforcing the rules as written, officials should also pay particular attention to the mechanics and signals they use, along with their interactions with players, coaches, administrators, and spectators.

Enforcing the playing rules while maintaining appropriate composure and decorum is also essential to maintaining good sportsmanship and sends the message that the official(s) have called a good and fair game. Official need to demonstrate proper authority behavior at all times in their dealings with players, coaches, administrators, and spectators, recognizing their important role in education-based athletic programs.

Pregame Meeting - Addressing Illegal Uniforms, Equipment and Apparel

Rule 2-4-5 requires that game **officials** verify with each **head coach**, prior to the start of a contest, that the teams' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest. Before and after this pregame verification, officials should monitor players and notify the head coach if they notice anything needing to be addressed, including the color of uniforms, undershirts/undergarments, jewelry, casts, braces, or hair control devices. All game officials are responsible for monitoring this. If an official identifies any uniform or equipment issue that is of concern, they should allow head coaches to address the problem and not take it upon themselves to deal directly with the player. Even during the pre-game period, players must be legally attired, and paying attention to these details in pre-game will set the tone for the contest.

To the extent practical, game officials should also know who the game administrator(s) are for the contest in the event they need to be called upon. The home management is responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. In the absence of a designated school representative serving as game administrator, the home coach shall serve as the host management. Knowing who help address any behavior or sportsmanship issues that will occur will allow game officials to confidently execute their duties. Officials should not be expected to correct illegal uniforms, equipment, or misconduct, only to bring those to the attention of the people best positioned to remedy those issues on any given night.



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The Ohio High School Athletic Association

Serving member schools, coaches, student-athletes and contest officials since 1907

OHSAA Mission

To serve our member schools and enrich interscholastic opportunities for students.



Respect THE GAME

**Act with Dignity
Speak with Courtesy
Play with Pride**

**Preparing students not for the
next level of sports, but for the
next level of life.**



National
Federation
of State High
School
Associations



The OHSAA Believes That:

- Participation in interscholastic athletics programs is a privilege, not a right.
- Participation in interscholastic athletics programs complements a student's school experience and teaches lifelong lessons of hard work, teamwork and self-discipline.
- Participation in interscholastic athletics programs promotes citizenship and sporting behavior, instills a sense of community and promotes a lifetime appreciation for sports and healthy lifestyles.
- All students, regardless of ethnicity, race or gender, should have an equal opportunity to participate in interscholastic athletics programs.
- Sporting and ethical behavior are expectations in interscholastic athletics by all participants, coaches, administrators, officials and spectators.
- Coaches, administrators and contest officials should serve as positive role models who are critical to a student's development and success.
- In order to minimize health and safety risks and maintain ethical standards, it is mandatory that interscholastic athletics participants are free from use of anabolic steroids or other performance-enhancing drugs.
- All rules, regulations and facilities for and supervision of interscholastic athletics programs should ensure maximum protection of the health, safety and well-being of each participant.
- Limitations should be placed upon the length of sport seasons and the number of interscholastic contests played by participants.
- Students should engage in a well-rounded experience that encourages participation in a multitude of extracurricular activities.

- All attempts should be made to accommodate students with disabilities in interscholastic athletics programs.
- Compliance with all school, OHSAA and state regulations along with contest playing rules is essential for everyone involved in interscholastic athletics programs.
- Student academic achievement and success take priority over athletics achievement and success.
- The success of a team is more important than individual awards.
- Interscholastic athletics programs exist to prepare students for the next level of life, not the next level of sports.
- Participation in interscholastic athletics programs can be a once-in-a-lifetime opportunity and create memories that will last forever.

Fan Fair Play Code

- I will remember that young people play sports for THEIR enjoyment.
- I will have realistic expectations and will understand that doing one's best is just as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
- I will respect the official's decisions and will encourage others do the same.
- I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
- I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will show respect for my team's opponents because I realize there would be no game without them.
- I will not use bad language and will not harass athletes, coaches, officials or other spectators.
- I will always show good sportsmanship. Young people learn by example.



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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 Added to CYO Rulebook
- + Mercy Rule - Now implemented for entire second half. (CYO Rulebook)
- + 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. Refer to the "Sanctioned Events" tab on the CYO website: ccdoble.org/cyo/

1. When can I register for a sanctioned event?

Whenever the event is listed on the CYO website.

2. 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.

3. 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.

4. 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. At the start of the season, your AD must provide each coach with a copy of their roster.

5. We have (3) 11th 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.

6. How many Guest Players may I use during Sanctioned Event Tournaments?

ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2-C-1

7. 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 4-3-1-G

8. In how many sanctioned tournaments can my team play?

Game and tournament limit rules are published in the CYO sport specific rules and vary according to grade level.

9. 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 9-1-5-B

10. 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 the CYO Administration as well. Please refer to Bylaw 4-3-1 and sports specific rules for clarification/exception.

11. 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.

12. Does CYO supply scoresheets for Sanctioned Events?

No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from a sporting goods store.

CODE OF CONDUCT

Bylaw 9-1-4:

Parents and fans are to act as Christian role models. They must follow decisions made by site directors and officials, remain in the spectator area and may not enter the playing or coaching areas. Any parent/fan who enters into the playing contest space is subject to disciplinary action. They may not make abusive or demeaning comments or act in an abusive manner toward officials, athletes, coaches, site personnel or fans.

Bylaw 9-1-5-B:

Parents or fans who are removed from an athletic event are automatically prohibited from attending any practices or games for a **two week period**. They may not attend the **next two scheduled games** for that team. The individual **must meet with the Member Administrator** and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions.

Bylaw 9-1-5-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 10, even when the persons involved were not ejected or addressed at the time of the event.

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. HEAD COACH'S RULE NFHS 10-6-Penalty: To clarify that officials are not required to issue a warning prior to issuing a technical foul. However, they may issue a warning when the offense is judged not to be major.
3. FORFEITURE, PROTEST, INTERRUPTED GAME NFHS 5-4-1, 2: When a coach has been removed, this rule clarifies that if no other coach or school personnel are available, then the game is forfeited.
4. 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.
5. 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.
6. Coaches are responsible to supervise their spectators at competitions.
7. A spectator ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.

TECHNICALS

1. See Technical Chart for High School. (pg. 20-21)
2. If any player receives two (2) or more unsportsmanlike or flagrant technical during the course of the year, this is just cause for removal from the program.
3. Any player that chooses to play on any team other than the team they are rostered on, without following the guest player rule, will be suspended for the remainder of the regular season & tournaments.
4. Ejection of two (2) or more members from the same team during the course of the season is just cause for removal of the entire team for the remainder of the season.
5. Charter Bylaw 9-1-5B is in effect. Anyone ejected from a game must meet with the Member Administrator about the incident and obtain a signed letter from the Member Administrator asking the CYO administration to attend upcoming competitions.

CYO inspires young people to know God, to love God, and to serve God through athletics.

RESOURCE ARTICLES

Good Communication Between Basketball Officials and Coaches Is Key

Four rules for helping the game flow and increase enjoyment

Frank Sinatra's hit song, "I've Got You Under My Skin," describes perfectly the conflicted feelings officials and coaches have towards each other. Their mutual passion for the game is rivaled only by their intense wariness towards each other.

While they may not see eye to eye very often, and have different goals - the coach in winning the game, and officials in managing it - they should be able to agree on at least one thing: that those goals can best be achieved by creating and maintaining the flow of the game.

Four rules

Game flow, or the fluid physical and psychic movement of the game, involves a degree of concentration and communication between all stakeholders, including officials and coaches.

In my experience, there are four rules of official-coach communication and expectations that both should follow to achieve game flow:

1. **Keep a respectful tone.** As simple as this sounds, some coaches and officials find this challenging. Speaking to each other in a professional and respectful tone, instead of yelling, sarcasm, or condescension, can go a long way in keeping heads cool and reducing the chances of flare ups by coaches, which often result in technical fouls. Officials need to take the initiative and set the tenor of communication before the game when they greet the coaches before tip.
2. **Officials explain calls, not rules.** Even the most experienced officials and coaches will often disagree on calls. The rules are, well, the rules. Officials should not be asked to explain a rule, nor should the coach expect them to. Explaining a rule takes attention away from the players on the court, which is the priority for both parties. Coaches should, however, expect officials to acknowledge their question or comment about a particular call and address it at the appropriate time, usually during a dead ball.
3. **Officials' calls are final (at least most of the time).** When an official calls a foul and reports it to the scorers' table, the call is final and cannot be overturned. No official has the authority to overrule another official. If a crew has a double whistle, where two or more officials see a foul or violation or both, they will come together to discuss and agree on the call *before* anything is reported to the table. One of the few situations where call intervention might be appropriate is on an out-of-bounds. A crew member may have a different, and perhaps better, angle to see which team last touched the ball before it went out of bounds than the calling official who "owns" (i.e. is responsible for) that boundary line. In some cases, the calling official may ask his partners for the point of view. Crews should discuss how to handle these situations during their pre-game meeting before they even come on to the court in order to ensure that when they arise, their response is fluid and keeps the game flowing.
4. **The timer and scorekeepers are officials, too.** Very often, the home team assigns a student or parent to operate the scoreboard clock and keep the master scorebook. Even though they are from the home team, during the game they become part of the officiating crew. Coaches should remind the table volunteers that inappropriate cheering or jeering of a team may result in their removal from the table. The person operating the clock, in particular, is even more important to the officials than the scorer, because starting and stopping the clock actually affects the flow of the game and may affect its outcome. As a result, many schools request that the official's association provide a timer who is also an official.

These are guidelines for better communication for coaches, officials, parents, and anyone who loves the game of basketball. Understanding and following these rules can help alleviate some of the friction coaches and officials naturally experience and increase the enjoyment everyone involved in the game of basketball, from coach to player, official to fan, at any level, from youth league to the pros, deserves.

5 TIPS TO HELP BASKETBALL COACH'S RUN THEIR DRILLS MORE EFFECTIVELY

Tip #1 - Add a competitive aspect to the drill.

Adding a competitive flavor to a basketball drill can make it much more effective because kids will generally work harder and get more focused to master the drill. Without the competitive aspect, players will quickly get bored and simply go through the motions. We all know you need to be focused and work on the little things to get better. Use your imagination when adding competition. The possibilities are endless...

- If the drill requires shooting, you can keep track of made baskets and award the winner.
- You can add special rules like: 2 points for charges, 1 point for ball deflections, and 2 points for steals.
- You can award "permissions" every time you notice a kid really doing a good job with the drill. Award the 3 kids with the most "permissions" at the end of practice.
- You can award teams that don't drop a single pass during the entire drill.

These are just a few examples but I'm sure you can come up with more.

Tip #2 - Developing good habits.

It's common for coaches to make the mistake of showing a drill and then walking away trying to get ready for the next drill. Or coaches just aren't watching close enough to notice some bad habits forming. You need to watch your players very closely and make sure they do the little things. For example, when running a [shooting drill](#), make sure each player has their knees bent when they catch the ball, pivots correctly, squares their feet to the basket, holds their follow through, and so on. For a defensive drill you need to make sure they always see man and ball, keep their hands out, keep a wide base, and so on. Your players will no doubt slide if you don't watch them closely and correct their slippage at all times. You run drills to develop good basketball habits. And it's impossible to develop good habits unless you watch closely.

Tip #3 -Write down your "points of emphasis".

To avoid forgetting important points, you should have a cheat sheet for everyone single drill that you run. I personally have a "points of emphasis" section on every practice plan. These are the things you want to watch closely during the drill to make sure your players are performing this aspect properly.

For example, on a [rebounding drill](#) you might put something like:

- Keep elbows out after grabbing the ball.
- Always grab the ball with two hands.
- Use your feet to get under the ball and then go get it.
- Block out.
- Anticipate the rebound and get good position. It's all about positioning.

If you don't write down the important points, it's just too easy to forget them.

Tip #4 - Break things up.

Split drills up throughout practice to break up the monotony. Players generally lose focus after working on the same thing. The more variety the better. For example, you could do 10 minutes of defensive drills and then change things up to a competitive shooting drill that they enjoy.

Tip #5 - Don't overlook the simple drill

Often times the simple drills that have been around forever are the best ones.

Don't forget those drills or overlook them just because they are simple. They are often the most effective.

LEGAL/ILLEGAL UNIFORMS

**Legal:**

T-shirt color

Tucked jersey

Illegal:

Number

**Legal:**

Knee Sleeve

Illegal:

Lack of number

T-shirt color

Untucked jersey

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3-5-3 Arm, knee and lower-leg sleeves, compression shorts, and tights, are permissible without a medical reason.

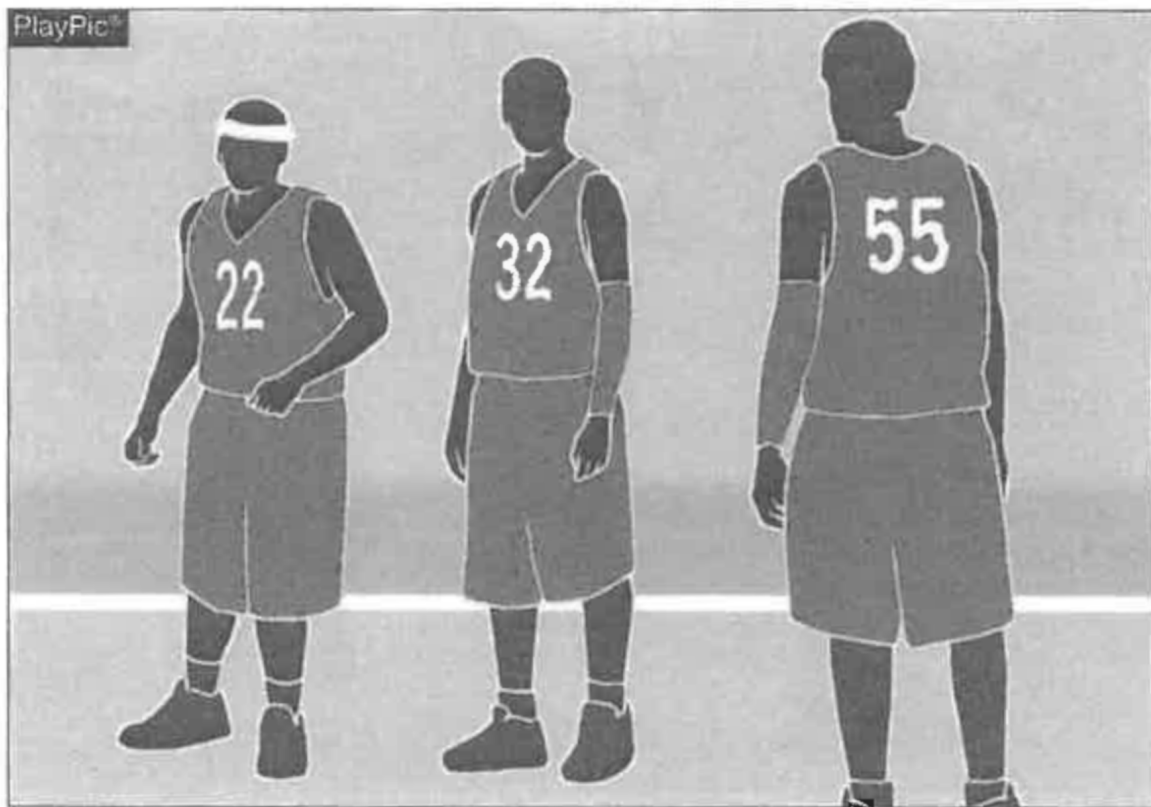
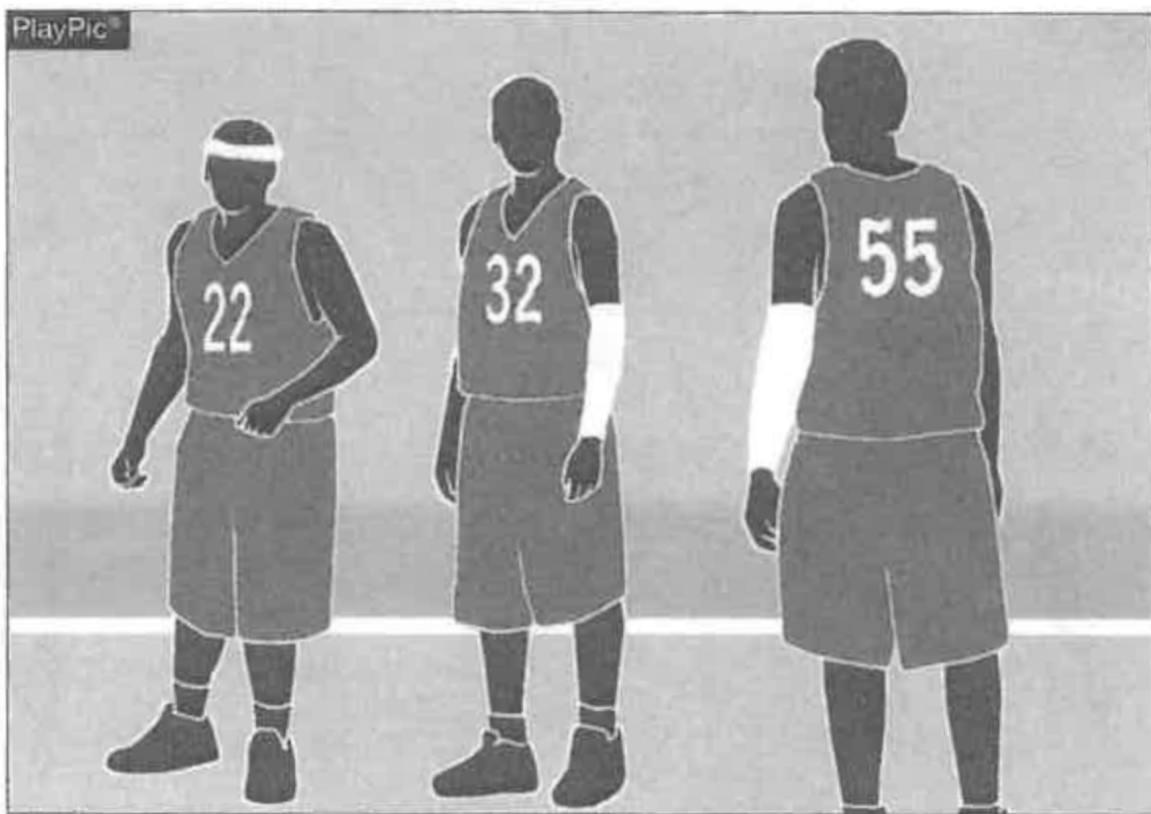


ILLEGAL



LEGAL

3-5-3, 3-5-4 All players of the team must have the same color sleeves/tights, compression shorts, headbands and wristbands if worn.



3-5-3, 3-5-4 The specifications regarding arm, knee, lower-leg compression sleeves, headbands, wristbands and tights require the item to be white, black, beige or predominant color of the jersey. The sleeves/tights, compression shorts, headbands and wristbands must all be the same color for each team member, if worn, and have only a single manufacturer's logo that does not exceed 2 1/4 square inches.



CYO ATHLETICS HIGH SCHOOL BASKETBALL TECHNICAL CHART



UNSPORTSMANLIKE TECHNICALS

If the COACH receives a technical in any of the following categories, it will be classified as an Unsportsmanlike Technical .				
INFRACTION				
ARGUING	DELAY of GAME	VIOLATION of RULES	LACK of RESPECT	TANTRUMS
<ul style="list-style-type: none"> with opposing coaches, site directors, officials or CYO staff OTHER 	<ul style="list-style-type: none"> any behavior leading to a delay including challenging officials' call repeated interruptions at the scorers table OTHER 	<ul style="list-style-type: none"> refusal to <i>enforce</i> the CYO rules including: improper uniform, violation of the participation rule OTHER 	<ul style="list-style-type: none"> toward players disrespect at anytime during the prayers and post game handshake poor control of team disrespect of facility OTHER 	<ul style="list-style-type: none"> throwing or slamming things down to the floor, onto the bleachers kicking the bleachers, the ball or chairs OTHER

If the PLAYER receives a technical in any of the following categories, it will be classified as an Unsportsmanlike Technical .				
INFRACTION				
ARGUING	DELAY of GAME	VIOLATION of RULES	LACK of RESPECT	TANTRUMS
<ul style="list-style-type: none"> with opposing players, league directors, officials or CYO staff OTHER 	<ul style="list-style-type: none"> any behavior leading to a delay including challenging officials' call repeated interruptions at the scorers table OTHER 	<ul style="list-style-type: none"> refusal to correct improper uniform, removal of uniform before the end of the game OTHER 	<ul style="list-style-type: none"> toward players disrespect at anytime during the prayers and post game handshake disrespect toward spectators or any staff member disrespect of facility OTHER 	<ul style="list-style-type: none"> throwing or slamming things down to the floor, onto the bleachers kicking the bleachers or chairs spitting, biting or kicking a player OTHER

ACTION:

- IMMEDIATE EJECTION** from the game and gym.
 - Any individual ejected during the last two (2) minutes of the game will be suspended for the next game.
- Any individual ejected regardless of when they were ejected must meet with the Member Administrator.
- The Member Administrator must decide to recommend if the individual should be reinstated or removed from the program.
- The Member Administrator must submit a statement on letterhead to the CYO administration with their recommendation.
- The individual cannot resume participation in practices or games until reinstated by the CYO administration.**
- Any individual who is ejected twice in the same season will be removed from the program.



FLAGRANT TECHNICAL

If the COACH receives a technical in any of the following categories, it will be classified as a Flagrant Technical .				
INFRACTION				
PROFANITY	OBSCENE GESTURES	INAPPROPRIATE BEHAVIOR	FIGHTING	OTHER
<ul style="list-style-type: none">any inappropriate language including using the Lord's name in vainOTHER	<ul style="list-style-type: none">any inappropriate gestureOTHER	<ul style="list-style-type: none">including grabbing or pushing any individual roughlyabusive behavior toward the CYO staff, officials, opposing coach or playersOTHER	<ul style="list-style-type: none">anytime and anywhere on the premises of a CYO game.OTHER	<ul style="list-style-type: none">any flagrant act not covered in previous categories

If the PLAYER receives a technical in any of the following categories, it will be classified as a Flagrant Technical .				
INFRACTION				
PROFANITY	OBSCENE GESTURES	INAPPROPRIATE BEHAVIOR	FIGHTING	OTHER
<ul style="list-style-type: none">any inappropriate language including using the Lord's name in vainOTHER	<ul style="list-style-type: none">any inappropriate gestureOTHER	<ul style="list-style-type: none">abusive behavior of opposing team members, including any inappropriate remarks.ABSOLUTELY NO TAUNTINGOTHER	<ul style="list-style-type: none">anytime and anywhere on the premises of a CYO game.OTHER	<ul style="list-style-type: none">slamming the ball with the intent to hit someonedeliberately throwing the ball hard at the officials, shoving, deliberate physical contact toward another personOTHER

ACTION:

- IMMEDIATE EJECTION** from the game and gym.
- Suspended the next game and cannot practice the week after the ejection.
- Must meet with the Member Administrator.
- The Member Administrator must decide to recommend if the individual should be reinstated or removed from the program.
- The Member Administrator must submit a statement on letterhead to the CYO administration with their recommendation.
- The individual cannot resume participation in practices or games until reinstated by the CYO administration.**
- Any individual who is ejected twice in the same season will be removed from the program.

ZERO TOLLERANCE

Cross Initiative – Two Ways To Be CYO Champions – God Sightings!



In CYO there are two ways to be champions:

- 1.) Win the Championship in your division and grade.... Enjoy it... celebrate it... It's good. God is Good... All the Time...
- 2.) In CYO there is a second way we can be Champions.....We call all of our student athletes to be Champions of Faith

If young people know their faith and live their faith then they are champions not only for: This season.... or this division.... but for this lifetime and the next.....

Which Championship is most important?

That is a nice talk and it sounds good... but how do I do that... how can I teach that? We are just playing basketball or running track or playing volleyball.

The C in CYO stands for Catholic...

What does it mean that we are Catholic? As Catholics the Cross is very important to us. Because the Cross is a central teaching of our faith we implemented the **"CYO Cross Initiative."**

What is the Cross Initiative? In 2023 we began our CYO Cross Initiative to help us accomplish our mission! CYO inspires young people to know God, love God and serve God through athletics.

How does it work? We are asking all coaches this year to give a cross to each athlete on your team at a moment you think is right. After a game when you huddle up your team... during practice if that time is better. You pick the time and the moment... Your Assistant Coach could help with this also... When a student makes a sacrifice... when you see something your athlete did that you are grateful for. We call these moments "God Sightings." It is paramount to recognize these "God Sightings" as they build faith, character and the dignity of each young person in CYO.



What is a God Sighting? It is where the Love of God shows up in some way through a sacrifice made, an act of kindness given or a moment of gratitude shared by an athlete. God sightings happen at every event... Take comfort in them...God is letting you know that God is with us....

Call these God sightings out and name them for your athletes. They need to know that these God sightings are so important and that is why we are giving a cross when we see them... We are affirming moments of faith.

Examples:

Jesus made a sacrifice for you and me. Today I would like to give this cross to Lisa for making a sacrifice by setting a great pic that allowed Jenny to make the winning basket.

I am grateful for what Jesus did for us. Today I would like to give this cross to Zach as I am grateful for his leadership when he took his little brother by the hand to the concession stand after the game.

I am grateful for what Jesus did for us. Today I would like to give this cross to Jack as I am grateful for his leadership when he thanked his Grandma and Grandpa for coming to the game and held the door open for them and walked them to their car.

Small acts of Sacrifice – An athlete holding the door open... carrying in a little sister... spending time with a little sib after the game and walking with them to the concession stand... helping Grandma into the gym... thanking grandparents for coming to the game... congratulating an opposing player from the other team. These little moments happen at every game, we simply need to recognize them and be awake to these moments.

