



Basketball 5th-6th

Coach's Meeting

2023-2024

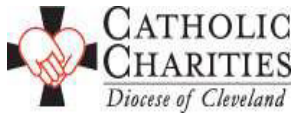


DIOCESE OF CLEVELAND CYO GRADES 5-6 COACH'S MEETING

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



DIOCESE OF CLEVELAND CYO GRADE SCHOOL BASKETBALL PROGRAM PLANNER 2023-2024



October	17	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Walsh Jesuit HS, 4550 Wyoga Lake Rd, Cuyahoga Falls, OH 44224 (must attend one)
	18	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Lake Catholic HS, 6733 Reynolds Rd, Mentor, OH 44060 (must attend one)
	19	In-person mandatory winter sports season coaches meeting, 6:00-9:00pm Magnificat HS, 20770 Hilliard Blvd, Rocky River, OH 44116 (must attend one)
	23	Winter sports season opens; practices and assessments may begin. Grade school early registration closes at 9:00 am, Regular registration begins, Winter sports sanctioned event period begins for all grades.
	25	Coaches Development Program – St. Raphael, 6:00pm 525 Dover Center Road, Bay Village 44140
	30	Grade school winter sports season regular registration ends, 9:00am
	31	Grade school team fees and Fee Summary Forms due Last day to enter grade school teams’ blackouts
November	2	Coaches Development Program – St. Paschal Baylon (Eymard Room), 6:00pm 5384 Wilson-Mills Rd., Highland Hts, 44143
	10	Grade School penalty assessed for late payments Deadline to register grade school athletes & coaches to rosters in SportsPilot
	18	Coaches Development Program at St. Ambrose (Hilkert Hall/Gym), 9:00am 929 Pearl Rd. Brunswick, 44212
	22	Grade school winter sports schedules available on CYO website
	30	Coaches Development Program at St. Jude, 6:00pm 590 Poplar Rd., Elyria, 44035
December	2	Regular Season grade school competitions begin Winter sports sanctioned event period begins for all grades.
	5	Coaches Development Program at Urban Community School, 6:00pm 4909 Lorain Ave, Cleveland, OH 44102
Dec.22 - Jan. 1		Christmas Break - No regular season games
January	13-14	Parents’ Day at the games
	21	Team Mass Sunday
	27-28	Officials Appreciation Weekend
February	4	Sanction Events for grades 6-8 closes
	10-25	Diocese of Cleveland CYO Winter Sports Championship Tournaments
March	1-3	CYO High School Boys and Girls State Tournament – Diocese of Cleveland CYO
	3	Sanction Events for grades 3-5 closes, CYO Winter Season Ends

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CYO POINTS OF EMPHASIS

MULTIPLE ROSTERS

- A player in grades 5-6 may participate in CYO and other non-CYO leagues.
- We strongly caution against participation in other non-CYO leagues. We do not make schedule adjustments for other leagues.

UNIFORMS

- All players are required to wear member issued, matching uniforms, including shirts and shorts.
- 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 Grade 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 three (3) 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.

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.

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 main page of the schedule website, Twitter, Instagram (@CYOSportsDOC) and media as needed.



CYO POINTS OF EMPHASIS

5th & 6th Grade

- A. Ball Size: 28.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters: seven (7) minutes (7:00)
 - 2. Overtime: two (2) minutes. (2:00)
 - a. Overtimes continue until there is a winner.
 - 3. Time between quarters: one (1) minute. (1:00)
 - 4. Halftime: five (5) minutes (5:00)
- C. Participation
 - 1. A player may only be substituted within/during their segment of play:
 - a. If player is injured.
 - b. If player was assessed a technical foul or intentional foul.
 - c. If player is being disqualified from the game.
 - d. 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.
 - e. The player removed from the game will be credited with the full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - 2. During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, the 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.**

6th Grade

- A. Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
 - 2. ≤ 10 players at the game: 2 segments by the end of the 3rd quarter.
 - 3. ≥ 11 players at the game: 1 segment by the end of the 3rd quarter.
 - 4. ≥ 6 players including Guest Players, each player must sit out at least one.
 - 5. **At no time is free substitution permitted in the first half.** Free substitutions are allowed once all participation requirements have been met.
- B. Free Throws & Three Point Shots
 - 1. 15-foot free throw line.
 - 2. 6 players on the lane. 4 defense, 2 plus shooter from offense. Lowest space is below the block.
 - 3. Players in the lane can move upon ball release. Shooter and others cannot until ball hits the backboard or rim.
 - 4. The spot on both sides of the lane, closest to the shooter will be vacant.
 - 5. The three-point shot is in effect. Three points will be awarded for a shot taken behind the team's own 19-foot, 9-inch arc as court markings permit.
- C. Full-Court Pressure - A full-court press may be applied at any time except when the team has a 15-point lead.
- D. **Conferencing for the 6th grade** will be determined by the Athletic Director's recommendation of Gold, Silver & Bronze or balanced AND the input from the staff.

5th Grade

A. Participation

1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
2. ≤ 10 players at the game: 3 segments by the end of the 3rd quarter, at least 1 in each half
3. ≥ 11 players at the game: 2 segments by the middle of the 4th, at least 1 in each half.
4. ≥ 7 players including Guest Players, each player must sit out at least one segment in each half
5. **At no time is free substitution permitted in the first half.** Free substitutions are allowed once all participation requirements have been met.

B. Free Throws and 3 Point Shot

1. 12-foot free throw line.
2. 6 players on the lane. 4 defense, 2 plus shooter from offense. Lowest space is below the block.
3. Players in the lane can move upon ball release. Shooter and others cannot until ball hits the backboard or rim.
4. The three-point shot is in NOT effect.

C. Offense

1. Designed to develop passing, cutting, give and go, pick and roll and movement away from the ball.
2. Each player the opportunity to experience as many positions on the court as possible.
3. 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.

D. Defense

1. All teams must play player-to-player defense.
2. Trapping, double or triple teaming of a player out of the paint is prohibited.
3. Help side defense is permitted.
 - a. If an offensive player beats their defender, a teammate may move into position to help until the original defender recovers.
 - b. Once the defender recovers, the help player must drop back to their player.
4. **No Zone.**

E. Penalty for Violation of the Player-to-Player Defense

1. First Offense - Warning
2. Second Offenses - Technical foul for unsportsmanlike conduct on the head coach.
3. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach.
4. Fourth Offense - Forfeit Loss

F. Full-Court Pressure

1. A full-court press is only permitted in the last 3 minutes (3:00) of the fourth quarter and overtime on any dead ball inbounds pass in the backcourt.
 - a. Since teams must play a player-to-player defense, when applying full-court pressure, teams must press player to player.
2. If the team is trailing by 15 points, they may use a full-court press at any time.
3. 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)
4. When a team leads by (15) fifteen points the team ahead may not **fast break**.
5. The defense must set-up below the top of the key line extended the width of the court
6. Allow the offense to progress the ball beyond the half-court division line to the top of the key and the midcourt line with no pressure
7. The defense cannot position any players along the top of the key line extended to impede or challenge the offense from crossing over the top of the key line extended.

- G. **Conferencing & Scheduling** - Teams in the 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.
- H. It is the policy of CYO that talent is balanced among teams when there is more than one (1) team a particular grade level in same member. This is best accomplished by an alternating draft done by experienced coaches along with the supervision of the athletic director and/or member basketball commissioner. If at any time in the season, in the independent judgment of CYO Administration, the rosters of teams presented do not reflect this policy, then CYO Administration may reject the rosters and the member athletic director and/or member basketball commissioner shall have three (3) days in which to present newly reconstituted rosters.
Failure to do so will result in the rosters being reconstituted by the CYO Administration.



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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LONG TERM ATHLETE DEVELOPMENT MODEL IN THE DIOCESE OF CLEVELAND CYO

Learn to Train Stage (Females 8-11, 3rd-6th Grade and Males 9-12, 4th-7th Grade) During this stage children are ready to begin developing foundational sport skills. This stage is “The Golden Age of Learning” for specific sport skills. The Learn to Train stage is the most important stage for the development of sport-specific skills as it represents a sensitive period of accelerated adaptation to skills training and fine motor control. It is also a time when children enjoy practicing their skills and seeing their own improvement. An emphasis on acquiring a wide range of skills necessary for a number of sporting activities will assist the child’s development. Although it is often tempting to overdevelop “talent” at this age through excessive single-sport training and competition, this can have a negative effect on later stages of development over a child that pursues a late specialization in sports such as volleyball or football. The early specialization promotes one-sided, physical, technical, and tactical development and increases the likelihood of injury and burnout.

Learning to Train Males 9-12 Females 8-11		Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Regular practice; seasonal activities; multiple sports; overall sport skills development;	Occasional; local area; modified format; informal and formal; 70% training to 30% competition;
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The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNdamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

Learn to Train Stage
 Males 9-12 (4th -7th Grade)
 Females 8-11 (3rd - 6th Grade)

Overall sports skills development

 Major skill learning stage: all basic sports skills should be learned before entering next stage

 Integrated mental, cognitive, and emotional development

 Introduction to mental preparation

 Talent identification

 Sport specific training 3 time a week; participation in other sports 3 times a week



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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.

3-5-6: Allows undershirts worn under visiting team jerseys to be black or a single solid color similar to the torso of the jersey. All teammates wearing undershirts must wear the same solid color.

Rationale: Allows schools with hard-to-find colors to wear black under visiting team jerseys while continuing to require all team members to match.

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



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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. That's not good coaching! **Your job as a coach is to teach young athletes** about sportsmanship and being compassionate human beings.

Teach Compassion

We have witnessed the experiences winning and losing. We can tell you that it's **one thing to lose** and it's another to have a team rub a loss in your face. If you are coaching a talented team, look for ways to take control of the final outcome. Give players on both teams the opportunity to grow and leave the court, or playing field, with dignity. *Win With Class*. **When managing the scores, coaches teach young people the value of winning.** These options and others, give all of your players more experience and **get your entire team to work together**, which in the end will make your team stronger. When you have a talented team, think about all student-athletes on both teams and teach your player how to win with class.

Coaches must identify when and 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, give less skilled players more playing time, minimize 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
- + **Drop Defense to the Top of the key line extended and let offense into front court without opposition**
- + 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.



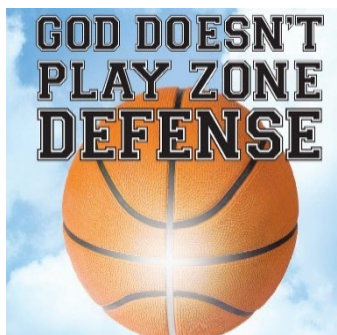
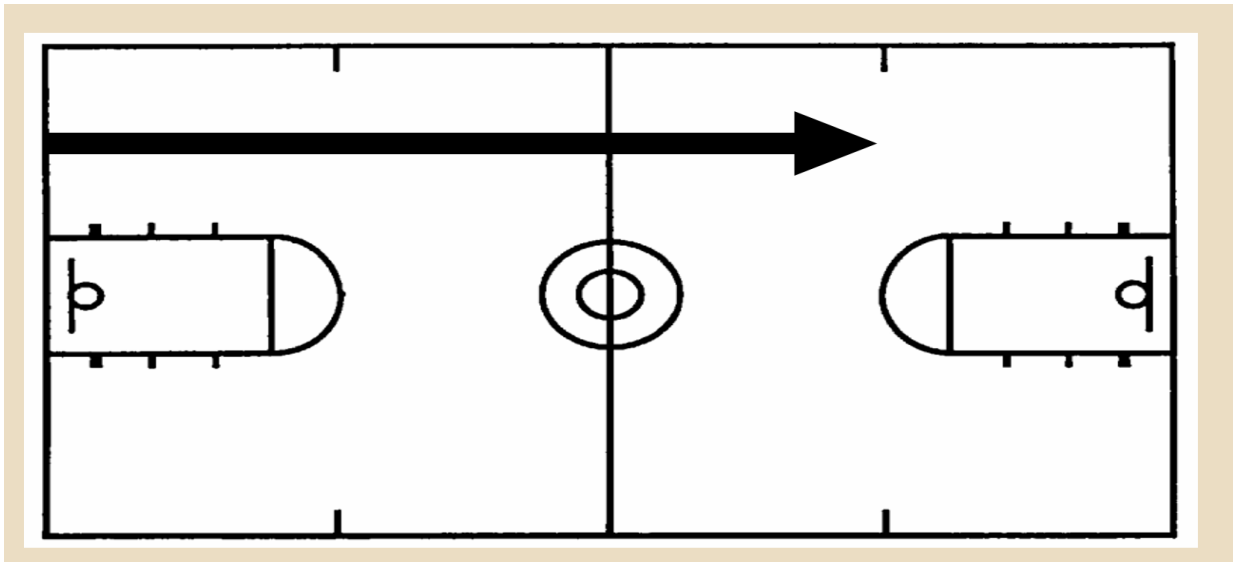
FAQ SANCTIONED EVENTS

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: ccdole.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) 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.
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.

5TH & 6TH GRADE PRESS

- 5TH GRADE LAST THREE & HALF MINUTES OF THE 4TH QUARTER & OVER TIME PERSON-TO-PERSON PRESS IS ALLOWED.
- WHEN THERE IS A 15 (FIFTEEN) 5TH & 6TH GRADE DEFENSE DROPS TO TOP OF THE KEY LINE EXTENDED.
- 5TH GRADE ONCE REBOUND IS SECURED IN THE BACK COURT THE DEFENSE MAY PUT IMMEDIATE PRESSURE ON THE BALL.
- 6TH GRADE MAY PUT IMMEDIATE PRESSURE IN THE BACK COURT UNLESS LEADING BY 15 FIFTEEN POINTS.
- 5TH GRADE TEACH PLAYERS TO GUARD PERSON-TO-PERSON BY THEIR NUMBER.
- 5TH GRADE CANNOT HOLD BALL BETWEEN MID-COURT & TOP OF THE KEY LINE EXTENDED. REFEREES WILL COUNT TO 5 SECONDS IF PLAYER DOES NOT START THE OFFENSE, THE OFFICIAL WILL INSTRUCT DEFENSE TO “PLAY BALL”, WHICH MEANS THE DEFENSE MAY PRESSURE THE BALL.



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HELPFUL READS FOR BETTER COACHING

4 Reasons Why Zone Defense is Terrible for Youth Basketball

<https://www.basketballforcoaches.com/zone-defense-youth-basketball/>

5 Keys to Being a Great Basketball Coach

<https://www.usab.com/youth/news/2010/10/5keys-to-being-a-great-basketball-coach.aspx>

How to Make a Positive Impact on Your Players – 7 Aspects of Teamwork and Character We Will Focus On

<https://www.breakthroughbasketball.com/haefner/how-to-make-a-positive-impact-on-your-players-7-aspects-of-teamwork-and-character-we-will-focus-on/>

3 reasons junior high basketball coaches are ruining the game

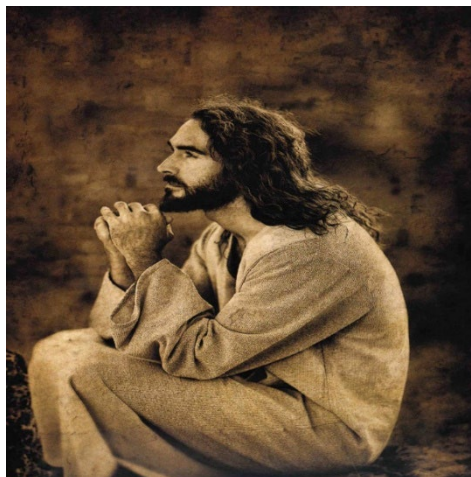
<https://letsgoball.blog/home/2019/1/26/3-reasons-junior-high-basketball-coaches-are-ruining-the-game>

A PRAYER FOR TEAMS

Heavenly Father, we ask that you help our team to grow in the virtue of humility this season. Help each of us individually, as coaches and players, to glorify God for our talents and gifts while working hard to realize those God-given talents to the best of our ability.

Help us always to seek God's will in how we use our talents and gifts for the good of others and help us to submit to the authority of our coaches, parents, and others who truly want us to realize these gifts.

Grant that we may become more humble through our practice and games this week. We ask this through Christ our Lord, Amen.



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