



Diocese of Cleveland CYO

Basketball 7th–8th

Coach's Meeting

2023-2024



DIOCESE OF CLEVELAND CYO GRADES 7-8 COACH'S MEETING

1. Welcome and Introduction
2. Program Planner Page 3
3. Points of Emphases Page 4-5
4. Conferencing Page 6
5. NFHS Page 7
6. Long Term Athlete Development (LTAD) Page 8
7. Managing the Score Page 9
8. Sanctioned Events Page 10
9. Helpful Reads Page 11



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

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



CYO POINTS OF EMPHASIS

- A. Ball Size: 28.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters: Eight (8) minutes
 - 2. Overtime: two (2) minutes.
 - a. Overtimes continue until there is a winner.
 - 3. Time between quarters: one (1) minute.
 - 4. Halftime: five (5) minutes
- C. Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – four (4) minutes (4:00)
 - 2. For a team with 10 or fewer players at the game, each player on the team must play a minimum of two segments by the end of the third quarter.
 - 3. **At no time is free substitution permitted in the first half.**
- D. **7th & 8th Grade Conferencing**
 - 1. CYO Administration will conference 7th and 8th grade teams to achieve the goals of competitive balance and reducing blowouts.
 - 2. Teams will be placed in conferences based on the analytical information, including but not limited to:
 - a) member Athletic Director input
 - b) historical performance data, including point differential in past contests
 - c) CYO Staff input

Final decisions on team placement in all CYO sports are the responsibility of CYO Administration.
- E. Free Throws & Three Point Shots
 - 1. Teams will use the 15-foot free throw line.
 - 2. 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.
 - 3. The spot on both sides of the lane, closest to the shooter will be vacant.
 - 4. Players in marked lane spaces may move for the rebound once the ball has been released. The shooter and players not in marked lane spaces shall not enter the lane until the ball touches the rim or backboard.
 - 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.
 - 6. Full-Court Pressure - A full-court press may be applied at any time except when the team has a 15-point lead.

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

MULTIPLE ROSTERS

- A player in grades 7-8 may participate in CYO and other non-CYO leagues.

UNIFORMS

- All players are required to wear member issued, matching uniforms, including shirts and shorts.
- 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.
- 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.

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

7th & 8th Grade Conferencing & Tournament Placement FAQ's

1. What is conferencing?

Conferencing is how CYO places your team in a divisions. There is no A teams, no B teams, no upper teams, no middle teams, no division I teams.....

2. What will the new names be for 2023-2024?

The names of the teams will be gold, silver and bronze.

3. How will the teams be placed in gold, silver, bronze?

There are 4 criteria used for conferencing your team in gold, silver, bronze. They are:

- a) Last year's performance (rankings from an independent source) of your 6th or 7th grade team – see your AD for more details
- b) Your AD's recommendation if a team was added/deleted from last season
- c) Geography
- d) Size of Program

4. What is the change?

CYO members voiced a concern regarding the issue of blowout games in CYO and a lack of competitive balance in some conferences during the regular season. While not a pervasive problem, blowouts and being placed in the wrong conference is a negative experience for athletes, coaches, and parents. A member based task group was formed to study the problem and to make recommendations to CYO Administration. Teams that are not competitive may be re-conferenced at the end of December.

5. How will the teams be placed in their conference for this year's basketball season?

Teams will be placed in conferences based on their actual performance in 2022-2023. All 7th & 8th grade boy's and girl's teams will be placed in rank order. That order will be a primary factor to determine which teams are placed in which conference for their regular season games.

6. Why is CYO making these changes?

CYO aims to reduce the number of blowout games by 5% in the 2022-23 season. CYO aims to more accurately place teams in a conference with games where both teams have a chance to win or lose. In 2022-23, a team's historical performance was the top priority. 74% of Athletic Director's responded Yes to this question: Would your member support having teams in grades 7-8 travel an extra 15 minutes to reduce the chance of blowouts and increase the chance of being in a conference with more competitive balance?

7. What do the changes mean for this season and for my team?

It means that your 7th & 8th grade teams will be placed in a conference with teams that performed at similar levels in the 2022-23 season as a 6th or 7th grade team. Teams that have no historical data available to CYO will be ranked by the CYO Administration with consultation from the Member Athletic Director.

8. What is the role of the Member Athletic Director or coach in the placement of the 7th & 8th grade teams?

The member Athletic Director may place their team in Upper or A's, Middle or B's and Lower or last season's second B/C teams. Similar to last year, coaches do not have a role in determining team placement.

9. How will these changes influence the end of the season CYO tournaments?

CYO administration will use current season (2023-24) results as of January 15, 2023 to determine the tournament and bracket placement for all 7th & 8th grade teams.



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.

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

LONG TERM ATHLETE DEVELOPMENT MODEL DIOCESE OF CLEVELAND CYO

Train to Train Stage (Females 11-15, 6th-8th Grade and Males 12-16, 7th-8th Grade) During this stage, young athletes build an aerobic base and consolidate their basic sport-specific skills; in other words, is it time to start “building the engine”. The young person in this stage may play and do their best to win, but they still need to spend more time on skill training and physical development and less time trying to win (process vs. outcome). The Train to Train Stage makes or breaks the athlete over development. Concentrating on the process as opposed to the result of a competition will lead to better development. This approach is critical to developing top performers and maintaining activity in the long term.



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

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 less skilled players more playing time – 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, and 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 - 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) 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 Rule cannot be used in sanctioned events.

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.

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.

10. We are scheduled for an 8:15 pm game. I thought we couldn't play after 8 pm. What should I do?

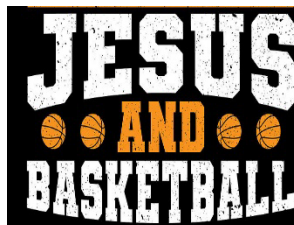
Contact the Event Director and your AD Director immediately. Inform the CYO Administration as well. Please refer to Bylaws and sports specific rules for clarification/exception.

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.



HELPFUL READS FOR BETTER COACHING

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

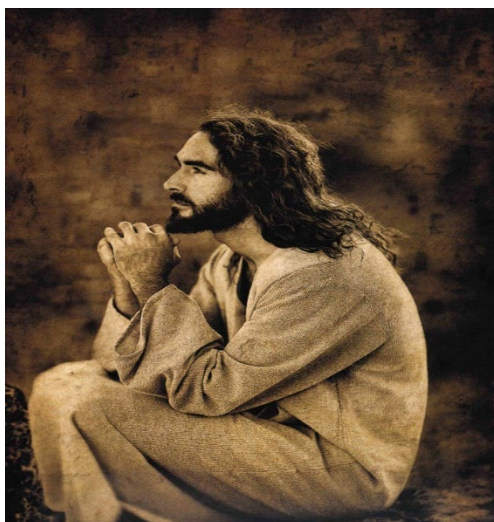
<https://www.breakthroughbasketball.com/haefner/how-to-make-a-positive-impact-on-your-players-7-aspects-of-teamwork-and-character-we-will-focus-on/>

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>

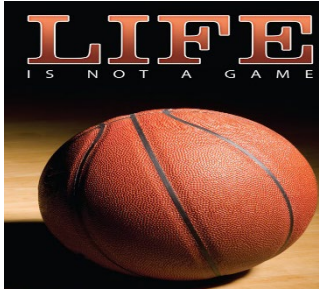
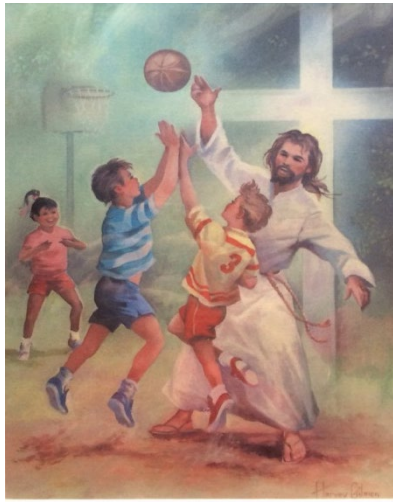
A PRAYER FOR TEAMS

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.



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

A great coach not only inspires but supports and encourages others to get results.



It's not pressure unless you are not prepared.



It's never luck.
It's always God.

Coaching is unlocking a person's potential to maximize their own performance. It is helping them to learn rather than teaching them.



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