

Diocese of Cleveland CYO

Winter Coach's Meeting

Giving the Very Best of Yourself!

Basketball
Grades 6-8





DIOCESE OF CLEVELAND CYO GRADES 6-8 COACH'S MEETING

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**DIOCESE OF CLEVELAND CYO
GRADE SCHOOL BASKETBALL
PROGRAM PLANNER
2025-2026**



October	16	In-person mandatory winter sports season coach's meeting, 6:00pm Walsh Jesuit High School High School, 4550 Wyoga Lake Rd., Cuyahoga Falls, 44224
	17-20	Dick's Sporting Goods CYO Shop Days
	20	Winter Season opens, Assessments & Practices may begin; winter sanctioned event period begins
	21	Coaches Development Program-St. Paschal Baylon-Eymard Room, 6pm-9pm 5384 Wilson-Mills Rd., Highland Hts.- Must pre-register
	26	Basketball Re-certification #1 St. Edward High School -13500 Detroit Avenue, Lakewood, OH 5:00pm-8:00pm; Must pre-register .
	27	Grade school early registration closes at 9am, regular registration begins
	28	In-person mandatory winter sports season coach's meeting, 6:00pm Lake Catholic High School 6733 Reynolds Rd., Mentor, 44060
	29	In-person mandatory winter sports season coach's meeting, 6:30pm St. Joseph Academy High School – 3470 Rocky River Dr. Cleveland, OH 44111
November	2	Basketball Re-certification #2 St. Vincent-St. Mary High School - 15 Maple St. Akron, OH; 1:00pm-4:00pm - Must pre-register
	3	Grade school winter sports season regular registration ends 9am; 6 th -8 th Grade Strengths and Petitions Deadline
	4	Grade school team fees and Fee Summary Forms due Last day to enter grade school team blackouts
	6	Coaches Development Program-St. Raphael, 6:00pm-9pm 525 Dover Center Road, Bay Village- Must pre-register
	8	Grade school penalty assessed for late payments
	9	Basketball Re-certification #3 Gilmour Academy-34001 Cedar Rd, Gates Mills, OH; 1:00pm-4:00pm- Must pre-register
	12	Deadline to register grade school athletes & coaches to rosters in SportsPilot
	20	Coaches Development Program-St. Jude-Carrabine Hall, 6:00pm-9pm 590 Poplar St., Elyria- Must pre-register
	22	Coaches Development Program - St. Ambrose Gym, 9:00am-noon 929 Pearl Rd, Brunswick, OH; - Must pre-register
	26	Grade school winter sports schedules available on CYO website
	27-28	CYO OFFICES CLOSED THANKSGIVING
December	4	Coaches Development Program at Urban Community School, 6:00pm-9pm 4909 Lorain Ave, Cleveland- Must pre-register
	6	Winter sports regular season grade school competitions begin
	22-Jan.1	Christmas Break-No regular season games
January	10-11	Parents'/VIP Weekend at the games
	18	Team Mass Sunday
	24-25	Officials Appreciation Weekend
February	4	Sanction Events for grades 6-8 closes
	7-March 1	Diocese of Cleveland CYO Winter Sports Championship Tournaments
March	1	Winter sports season ends; the Winter Sanctioned Event period closes for grades 3-5.

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

CYO POINTS OF EMPHASIS

RECERTIFICATION: GRADES 7 & 8 BOYS AND GIRLS – CONTINUING EDUCATION

- ★ Purpose: Middle school athletes become of age to better understand and perform skills at a higher level. Volunteer coaches must seek to build a culture of personal continuous growth, knowledge and development of the game. When athletes see their coach investing their time for their own development, athletes strive for excellence on and off the court. Coaches who have the tools to teach their athletes to perform and compete at their highest level, will have more competitive games and know how to coach on either end of a blowout.
- ★ The head coach of every 7th and 8th grade boys' and girls' team must be recertified. Assistant coaches are encouraged to attend.
 - First year 7th & 8th grade coaches must also attend CDP.
- ★ This is a coach's clinic with the best teachers of the game; this is not a second level of CDP or confused with CDP for first year coaches.
- ★ Schedule:
 - ★ Basketball: October 26, 2025 – St. Edward High School 5pm-8pm
Speakers: Eric Flannery (Boys Head Coach St. Edward HS), Jill Garlock (Girls Assistant Coach St. Joseph Academy)
 - Basketball: November 2, 2025 – St. Vincent-St. Mary High School 1pm-4 pm
Speakers: Dru Joyce (Boys Head Coach St. Vincent-St. Mary), Carly Whitney (Girls Head Coach St. Vincent-St. Mary)
 - Basketball: November 9, 2025 - Gilmour Academy 1pm-4pm
Speakers: Dan DeCrane (Boys Head Coach Gilmour Academy HS), Kenny Vehar (Girls Head Coach Gilmour Academy HS)
- ★ 7&8th grade head coaches must pre-register – all level coaches welcome to attend
 - Basketball Recertification registration link: <https://reg.sportspilot.com/100141/leagues?search=2025-2026%20Basketball%20Coaches%20Re-Certification>

Penalty: If there is not a coach present, the team will be given a demerit. Demerits are noted in the standings on the schedule page.
One demerit = Warning
Two demerits = Probation
Three demerits = Unable to participate in the CYO Championship Tournaments.

MULTIPLE ROSTERS

- A player in grades 7-8 may participate in CYO and other non-CYO leagues.
- CYO does not enforce the OHSAA eligibility policy. If you have a 7th or 8th grade athlete who plays on a roster governed by the OHSAA, the family should consult the public school Athletic Director for clarification on the OHSAA policy.

UNIFORMS

- All players are required to wear member issued uniforms
- Uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.
- 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 to 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.
- 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 a spectator becomes argumentative, yells or screams at the game and is making a scene at the game, you will be asked to address your unruly fan and or escort them from the gymnasium.

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. Games that can't be played as scheduled will be determined by CYO Administration as a forfeit or "no game."

FOULS

- Team Fouls tracked per quarter.
- Bonus of two free throws begin with the team's fifth foul of the quarter

GUEST PLAYERS

Guest Players are allowed. Please see rulebook for guidelines. Report guest players to your Athletic Director first, then enter on the guest player report form on the web site before the game.

Mark Guest Player on scoresheet. Guest players cannot be used if a team has (7) seven players at the game including guest players. Guest players must comply with rest period. A guest player may play for no more than two (2) games during the season with any team.

Penalty: FORFEIT

REST PERIOD

6th Grade: Rest period between games 3 hours from end of first game to start of second game.

7th & 8th Grade: Rest period between games 2 hours from the end of the first game to start of the second game.

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." Coaches or athletic directors cannot change their own game.

This does not include valid team blackouts.

PENALTY: Suspension of Head Coach. IF you are contacted by another AD or coach, report it to CYO.

BRACES OR CASTS

Braces, casts, splints, etc. are NEVER PERMITTED TO BE WORN on the elbow, hand, finger/thumb, wrist or forearm, EVEN if it were covered with padding. Simply NOT permitted. Even if a physician DID provide a medical note – it is still NOT permitted.

PARTICIPATION RULES

- **6th Grade**
 - 10 or fewer: 2 segments by the end of the 3rd Quarter
 - 11 or more: 1 segment by the end of the 3rd Quarter
 - **Each player must sit one segment**
- **7th & 8th Grade**
 - 10 or fewer: 2 segments by the end of the 3rd Quarter
 - 11 or more: 1 segment by the end of the 3rd Quarter
- **No free substitutions in the first half.**
- Participation Rule is Coach's responsibility. Violation of participation rules = game forfeited

CONFERENCING & SCHEDULING

- **6th Grade**
 - Athletic Director's recommendation of Gold, Silver or Bronze.
 - Team can be balanced
 - Geography is taken into consideration when conferencing.
 - CYO Staff Input
- **7th & 8th Grade**
 - CYO Administration will conference 7th and 8th grade teams to achieve the goals of competitive balance and reducing blowouts
 - Teams will be placed in conferences based on the analytical information, including but not limited to:
 - Historical performance data
 - Geography
 - Program size
 - Member Athletic Director Petitions
 - Final decisions on team placement in all CYO sports are the responsibility of CYO Administration.

7TH & 8TH GRADE RE-CONFERENCING

- When schedules are posted, only December will be displayed.
- CYO Administration will monitor competitive balance of the conferences and re-conference based on data and Member Athletic Director input.

15-POINT & 20-POINT RULE

- **15-Point**
 - Team ahead may not fast break.
 - Defense must set-up below the top of the key line extended the width of the court.
 - 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
 - Once the offense initially crosses the ball below the top of the key line extended, the defense is not restricted from playing defense for the remainder of the possession.
 - Half-court pressure and trapping are strictly prohibited.
- **20-Point**
 - Second half, once the participation requirements have been fulfilled, the clock will not stop for whistles or free throws.

- Clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below 20 points, the clock will stop according to rules of the specific grade level.



2025-26 BASKETBALL RULES CHANGES

4-22-1 & 2: This change removes the offensive team from goaltending violations, simplifying enforcement for officials and reducing ambiguity over whether a ball was a shot or a pass. It also encourages more scoring opportunities and minimizes confusion for players and coaches.

Rationale: The change eliminates the possibility of an offensive goaltending violation, which simplifies the rule for officials and players. It removes the need to judge whether a ball in flight is a try or a pass, resulting in clearer enforcement, greater consistency, and more opportunities for scoring plays near the basket.

4-22-3 (NEW): This rule change establishes that once the ball contacts the backboard, it is automatically considered to be on its downward flight. Therefore, if a player touches the ball after it hits the backboard, and the ball has a possibility of entering the basket, it is ruled as goaltending.

This clarification helps protect legitimate shot attempts, reduces rough rebounding situations, and addresses a common rules misconception among coaches and players. It provides officials with a clearer standard for enforcing goaltending in backboard-related plays.

Rationale: This change enhances officiating clarity and protects legitimate shot attempts. It also addresses a common misconception among coaches and players by explicitly defining goaltending, leading to more consistent enforcement.

4-34-1: This rule change updates the definition of a player to clarify that a player is one of the five team members legally on the court at any given time, except during time-outs or intermissions.

The change ensures consistency in rule enforcement by recognizing that it is difficult to distinguish between players, substitutes, and bench personnel during time-outs and intermissions. This clarification also supports the accountability of coaches for all team conduct during these periods and helps avoid misapplication of penalties such as technical fouls.

Rationale: This change ensures consistent enforcement of penalties for unsporting conduct by bench personnel. It allows officials to issue technical fouls to bench personnel during time-outs, aligning with the current rules for intermissions. It eliminates confusion and potential misapplication of rules and ensures fair and consistent enforcement of penalties for unsporting behavior, regardless of the individual's role.

7-5-4: This rule change updates the procedure for determining the designated throw-in spot following a stoppage of play (not due to the ball going out of bounds) in the frontcourt. Instead of relying on an imaginary line, officials now use existing court markings, specifically the three-point line, to determine the location. This change improves accuracy, consistency, and clarity for officials by using visible floor markings rather than imaginary lines, which were often misjudged.

Rationale: By using the visible three-point line as the line of demarcation, officials will have a clearer and more consistent method for determining throw-in locations. This improves accuracy and reduces confusion, resulting in more reliable throw-ins.

9-2-12 & 9-3-4 (NEW): This rule change addresses situations where a thrower purposely and/or deceitfully delays returning inbounds after legally stepping out of bounds and then becomes the first player to touch the ball upon re-entering the court. Previously penalized as a technical foul, this action is now treated as a violation, aligning it with similar out-of-bounds scenarios. The change reduces the severity of the penalty to encourage more consistent enforcement by officials and prevents players from gaining an unfair advantage through deceptive re-entry tactics.

Rationale: This change lessens the penalty for players who delay their return after being out of bounds, shifting the penalty from a technical foul to a less severe violation. This rule aligns with the penalty structure of similar violations, such as Rule 9-3-3 (where a player steps out of bounds on their own volition). The change is intended to make it easier for officials to recognize and penalize these actions consistently while reducing the severity of the penalty, encouraging more accurate enforcement.

10-4-4b: This rule prohibits players from illegally contacting the backboard or ring in ways that create an unfair advantage or interfere with a scoring attempt. This rule is designed to maintain fair play and protect the integrity of scoring opportunities by penalizing actions affecting the outcome of a shot, with a technical foul.

Rationale: The rule change aims to standardize and clarify the enforcement of basket interference, leading to fairer outcomes and more consistent officiating. The removal of subjective judgments around intent allows for clearer rulings and better alignment with current game dynamics.

4-6-1a & b (NEW): This rule change clarifies and expands the definition of basket interference to include additional actions that unfairly affect the ball while it is in a scoring position. Basket interference now occurs when a player slaps or strikes the backboard, causing the backboard or basket to vibrate, while the ball is on or within the basket, touching the backboard, or within the cylinder.

Rationale: This clarification helps officials consistently identify interference that affects scoring plays and ensures the integrity of the basket area during shot attempts.



Contact on the Ball Handler

Continued emphasis is placed on the consistent enforcement of illegal contact involving the ball handler. While hand-checking remains a known concern, other forms of illegal contact must also be recognized and penalized. Defenders often use their hips, torsos, or other parts of the body to displace, redirect, or impede ball handler's freedom of movement. These tactics must be identified and addressed in accordance with the rules.

Particular attention is required during late-game scenarios. Not all fouls committed in the closing moments of a contest are necessarily intentional. Determinations regarding intentional fouls must be based on the act itself, rather than on the intent or verbal instructions from coaching staff. The presence of directives such as "foul," "red," or "scramble" does not automatically classify the resulting contact as intentional.

If the contact constitutes a legitimate attempt to play the ball or to defend an opponent — either on the ball or away from it — it should be adjudicated as a common foul. Standards for evaluating contact must remain consistent throughout the game, including in its final moments. The strategic intent of one team to stop the clock must be weighed against the opposing team's interest in allowing the clock to run.

Conversely, contact that is excessive, clearly removes an opponent's apparent advantage, or does not constitute a legitimate basketball play should be classified as an intentional foul. Instructional emphasis must be placed on teaching players how to commit fouls within the parameters of the rules.

Bench Decorum, Communication, and Player Altercations

Ongoing concerns have been noted regarding bench decorum, improper communication with officials, and incidents involving player altercations. All team personnel, including coaching staff and bench players, are expected to uphold a standard of sportsmanship through disciplined behavior, clear expectations and structured preparation.

Bench Decorum and Communication

Bench decorum remains a significant point of emphasis. Officials are expected to take a proactive role in managing coach and bench behavior, particularly regarding the conduct of head and assistant coaches. Rule 4-48 (Warning for Coach/Team Conduct) should be applied early and consistently to prevent escalation and maintain game control.

Effective communication between coaches and officials should be established prior to the contest and maintained throughout. A professional and respectful tone is expected. When reasonable rules-based inquiries are made by coaches (e.g., “Can you watch the screening?”), a simple verbal acknowledgment or nonverbal gesture such as a nod is generally sufficient.

Rules-based questions—such as, “What did my player do wrong on that illegal screen?”—are appropriate and should receive a clear and informative response. These interactions support the educational purpose of the game. In contrast, rhetorical questions or comments not seeking clarification (e.g., “What’s it going to take to get a foul called?” or “It’s getting rough out there”) do not require a response.

Coach on the Floor

Rule 10-5 delineates the privileges and restrictions for head coaches and bench personnel. Only the head coach is permitted to stand and provide instructions to players during live ball play. This communication must be carried out in a professional and sportsmanlike manner. All other personnel, including assistant coaches and team members not actively participating in play, must remain seated except during rule-allowed situations (e.g., during time-outs or spontaneous reactions to exceptional play).

This emphasis seeks not to restrict enthusiasm but to preserve order and promote respect for the game. Adherence to coaching box boundaries is essential to maintaining safety and fairness. An increasing number of incidents have been observed involving coaches stepping onto the court during live play. Such behavior introduces potential safety concerns and must be addressed through rule enforcement.

Coach Responsibilities Before and During a Fight

The head coach holds primary responsibility for the prevention and de-escalation of potential altercations. Proactive planning is expected, including the designation of specific duties for assistant coaches in the event of a fight. One assistant coach may be tasked with managing on-court players, while others may be assigned to control bench personnel. Such role assignments serve to prevent mass disqualifications and maintain order during disruptive incidents.

Faking Being Fouled

In the previous season, the NFHS Basketball Rules Committee adopted Rule 4-49, Warning for Faking Being Fouled, to address unsporting acts where players simulate illegal contact in an attempt to deceive officials and gain a competitive advantage. These actions include embellishing contact on block/charge plays, simulating impact during shooting attempts, or using movements such as a ‘head bob’ to draw a foul. Such conduct compromises the integrity of the game and places undue influence on officiating decisions. A corresponding signal (#15) was also introduced to assist with enforcement.

For the 2025–26 season, this point of emphasis is reaffirmed, with renewed focus on consistent adjudication across all levels of play. Faking being fouled may occur by offensive or defensive players, and must be addressed in accordance with approved procedures and NFHS guidelines.

Types of Faking Being Fouled

Three primary categories of Faking Being Fouled have been identified:

Head Bob

This infraction occurs when a player in control of the ball simulates contact by quickly snapping the head backward. In this case, the faking signal (#15) should be displayed immediately, and the whistle should be sounded concurrently. If this is the first offense for the team, a team warning is reported. Since the infraction occurs while in player control, the offending team retains possession and is awarded a throw-in at one of the four designated spots in either the front court or backcourt, depending on the location of the warning.

In the Act of Shooting

If a shooter simulates being fouled—typically by falling to the floor without contact—after releasing the ball, the faking signal (#15) should be displayed immediately; however, the whistle should be withheld. Play should be stopped upon the occurrence of any of the following:

- The try is successful;
- The defensive team gains control of the ball;
- The offensive team secures a rebound but does not immediately attempt to score;
- A dead ball situation occurs for any other reason.

While on Defense

If a defensive player simulates being fouled (e.g., by falling to the floor without contact), the faking signal (#15) should be displayed immediately, with no whistle sounded. Play should be stopped under the same conditions listed above for shooters.

Conclusion

When correctly and consistently applied, Rule 4-49 serves as an effective deterrent. Proper adjudication ensures that players, coaches, and spectators clearly understand how violations will be addressed and reinforces the importance of integrity in game play.



Rule Differences	6th Grade	7th Grade	8th Grade
Game Ball	28.5	28.5	28.5
Players needed to Start	4	4	4
Participation	< 10 players, 2 segments by the end of the 3rd. 11+ players, 1 segment by the end of the 3rd. Each player must sit 1 segment.	< 10 players, 2 segments by the end of the 3rd. 11+ players, 1 segment by the end of the 3rd.	< 10 players, 2 segments by the end of the 3rd. 11+ players, 1 segment by the end of the 3rd.
Length of Quarter	7 Minutes	8 Minutes	8 Minutes
Clock Stoppages	Time-outs, shooting fouls & Last Minute of the 1 st , 2 nd & 3 rd quarter, last 2 minutes of the fourth quarter.	Time-outs, shooting fouls & Last Minute of the 1 st , 2 nd & 3 rd quarter, last 2 minutes of the fourth quarter.	Time-outs, shooting fouls & Last Minute of the 1 st , 2 nd & 3 rd quarter, last 2 minutes of the fourth quarter.
Overtime	Two Minute Period. Game is tied continue two minute period until a winner	Two Minute Period. Game is tied continue two minute period until a winner	Two Minute Period. Game is tied continue two minute period until a winner
Time-outs	3-Full/60 second; 2- 30 Second; Add one full timeout for extra period	3-Full/60 second; 2- 30 Second; Add one full timeout for extra period	3-Full/60 second; 2- 30 Second; Add one full timeout for extra period
Team Fouls	The bonus is 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.	The bonus is 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.	The bonus is 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.
Three Point Shot	In effect	In effect	In effect
Free Throw Line	15 Feet	15 Feet	15 Feet
Defense	Regulation	Regulation	Regulation
15 Point Lead	The defense must set up below the top of the key line extended the width of the court. When a team leads by 15 points the team ahead may not fast break.	The defense must set up below the top of the key line extended the width of the court. When a team leads by 15 points the team ahead may not fast break.	The defense must set up below the top of the key line extended the width of the court. When a team leads by 15 points the team ahead may not fast break.
20 Point Lead Second half of game	All Divisions: Clock runs only stops for time-out and when instructed by the official	All Divisions: Clock runs only stops for time-out and when instructed by the official	All Divisions: Clock runs only stops for time-out and when instructed by the official
Full Court Press	Permitted except when 15 point lead	Permitted except when 15 point lead.	Permitted except when 15 point lead

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.



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: ccdacle.org/cyo/

1. When can I register for a sanctioned event?
Whenever the event is approved 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 they are officially rostered.
6. How many Guest Players may I use during Sanctioned Event Tournament?
ZERO! The Guest Player Rule cannot be used in sanctioned events. Bylaw 5-3-2-C-7
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, coach or fan is ejected from a sanctioned event, do they **sit out** the next scheduled CYO game **or** the next SE game?
The athlete(s), coach or fan(s) must sit out the next 7, 14 or 21 days whether it is a SE game or a CYO game. Bylaw 9-1-5-C-D-E. **PENALTY FOR NOT REPORTING AN INCIDENT RESULTS IN REVOKING PRIVILEGES TO HOST ANY SANCTION EVENT FOR ONE YEAR.**
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 Dick's, one of our partners.
CYO inspires young people to know God, to love God, and to serve God through athletics.

LONG TERM ATHLETE DEVELOPMENT MODEL IN THE 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.



USA Basketball Sports Sampling

Sports sampling, which is characterized by participation in multiple sports during childhood, provides a young athlete the chance to find a sport that may ultimately fit them best. There are several demonstrated benefits of sports sampling:

- Prolonged engagement in sports
- More enjoyable and positive early sports experiences
- Healthy physical, psychological, and social development
- Transfer of skills acquired from multiple sports to primary sport if specialization occurs

Current research does not support the view that early single-sport specialization is either necessary or sufficient to produce elite performance at advanced levels of competition. In fact, early single-sport specialization in basketball and other team sports may be detrimental to long-term elite performance. Athletes that reach the highest level of achievement have been shown to be more likely to have played multiple sports at a young age compared to athletes that reach relatively lower levels of achievement. With respect to basketball and other similar ball sports, world-class athletes often delayed single-sport specialization until age 16 or later.

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Multi-Sport Athletes and College Recruiting

By Chuck Shore

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During a recent discussion with friends and former colleagues of mine, the topic of multi-sport athletes and college recruiting came up. I was asked to share my own experience with these common issues in high school sports.

In addition to expressing my own opinions and experience, I thought I should also delve into what some of the research indicates. There are differing perspectives on whether athletes should specialize in sports or experience multiple sports on their journey through high school and potentially pursuit of an athletic scholarship beyond high school. There are many beliefs, myths, and factors that will be addressed based on my experiences and research.

Many coaches, parents, and athletes believe that the only, or best, path to continuing their career and getting a college scholarship is by focusing on one sport. There is a case that can be made for sports specialization, however that is not what my experience has shown when talking to college coaches. It is also not what is shown in the research, to be explored later.

College coaches are highly supportive of multiple-sport athletes, according to a USA Today High School Sports article. Conversations my daughter, wife, and I had with coaches found that college coaches highly supported more well-rounded athletes. Legendary women's softball coach, Sue Enquist, told me in a conversation at a California SADA conference that she was tired of travel coaches, and some high school coaches, putting words into college coaches' mouths. She was advocating for a program to create a direct relationship between high school and college coaches to avoid this misrepresentation.

One myth is the belief that you will be better by playing only one sport. The research indicates you will only peak earlier because of the focused time and attention. Data shows more elite athletes participated in multiple sports growing up.

A study of elite NFL players revealed that most first- round draft picks were multi-sport athletes. The conclusion was that single-sport football participation in high school does not appear to aid athletes in reaching or succeeding in the NFL. However, another study of NBA players indicated only a minority of them participated in multiple high school sports. This study also reveals that NBA players who participated in multiple sports participated in more games, experienced fewer major injuries, and had longer careers than those who participated in a single sport.

There is an abundance of research that shows a higher level of athletic development and fewer injuries for those that participate in multiple sports. The previously mentioned study of NBA players is one of them. Another study shows that early sport specialization in females is associated with increased risk of anterior knee-pain disorders. A large study conducted by the University of Wisconsin School of Medicine and Public Health supports this by revealing a higher injury rate for athletes specializing in one sport.

An article published by Functional Movement concludes that encouraging students to play multiple sports has the potential to improve movement quality, limit overuse, and increase athletic capacity. Another case study published by the National Strength and Conditioning Association concludes that youth who play multiple sports tend to be healthier, become better athletes, and have a lot more fun.

The mental aspect is also an issue with single sport athletes. The USA Today High School Sports article previously noted mentions this. This concept is also backed by the Functional Movement article. My own

observations include witnessing the intense pressure that parents and coaches, primarily club/travel coaches, place on student-athletes so they perform at a high-level.

Unfortunately, I have also observed these student-athletes get to the point where they no longer wanted to play the sport or pursue a college sports scholarship due to the pressure. They wanted to do something else, focus on school, were afraid of failure, were afraid of living up to their expected standards, or stopped for some other reason. I have witnessed many students jumping from travel/club team to team to find the one that was going to get them where they wanted to go, just to settle for sitting on a bench, not making a team, or washing out. Unfortunately, I have also witnessed multiple athletes avoid playing multiple high school sports because they heard or feared a coach would not let them play their favorite sport. The real loss is for the student that could become a better, more rounded athlete and avoid burnout.

A misconception for many student-athletes and their parents is that a high school is responsible for helping obtain a college scholarship. The truth is any help along those lines provided by the high school staff is only a blessing. The ultimate responsibility and effort are with the student-athlete and their family. High school coaches and athletic departments don't have all the time and resources to make this happen. High schools have a role in guiding coaches and families to academic and sports recruiting resources.

My daughter obtained assistance from a large college recruiting program that came through with their promises. My daughter was a two-sport athlete and the program cost money. We had them take care of one sport, my daughter's first choice of sport, while we worked on her second sport. Trying to model after the programs first sport process, we applied those strategies to the second sport.

It was long, painstaking research. We identified schools that carried her preferred major, were in a location she liked, she would stay at through graduation even if not playing, and had graduating seniors at her position, among other factors. Then, we contacted those schools through email and sometimes phone for the higher priority schools. We could not keep up with the volume of contact that the recruiting program was doing in her first sport. Even then, there were follow-up emails and phone calls for both sports that is solely the responsibility of the student. It was a tremendous task. I could not imagine a high school coach, athletic director and sports program beginning to do all of that for all its potential college student-athletes.

As athletic directors, it is our responsibility to promote and educate our coaches and student-athletes. Remember, you are an educator of high school coaches and students. Advocate for them to expand their experiences and talents and help their development as athletes, students, and individuals. Prioritize academic success during and beyond high school. Help develop players as all around people and athletes. Help your coaches understand the importance of that and their own programs may reap the benefits of multi-sport athletes.

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>

Check out plays in the link below, offense, out of bounds, special situations and more...

<https://www.breakthroughbasketball.com/plays.html>

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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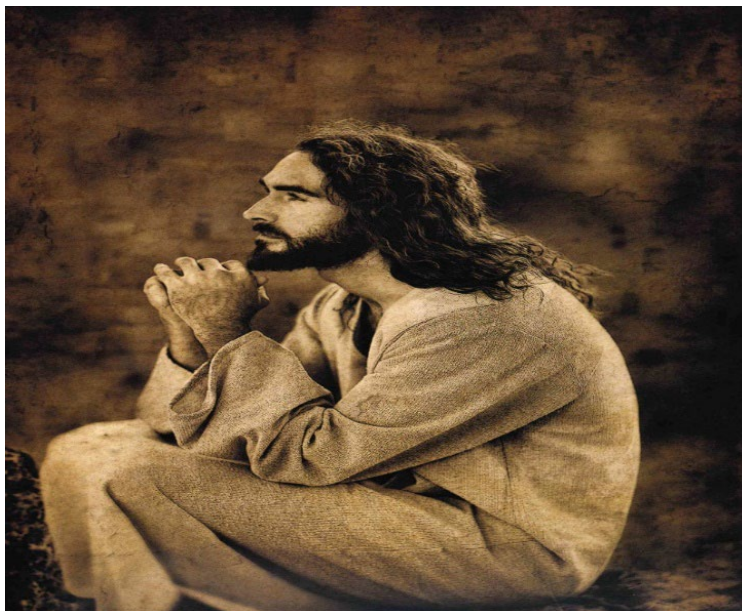
2025-26 Winter Coaches Meeting Closing Prayer:

Together we read our Closing Prayer:

In the name of the Father and of the Son and of the Holy Spirit, Amen.

As we join in prayer today, thank you God for the gift of life. Thank you for our many blessings. Help us to be grateful and aware of all that you give us! Thank you for this call to **inspire young people to Know you, Love you and Serve you through athletics**. Give us the wisdom and insight we need to stay focused on you when dealing with difficult parents and situations. Help us to remember in those moments when we **do the right thing** and create a **Catholic Christian Culture**, we are making a sacrifice for you to serve young people! Help us to continue to **“Give the best of Ourselves.”**

Amen.



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