

Diocese of Cleveland CYO

Winter Coach's Meeting

Giving the Very Best of Yourself!

Basketball
Grades 3-5





DIOCESE OF CLEVELAND CYO GRADES 3-5 COACH'S MEETING

1. Welcome, Introduction	
2. CYO Grades 3-5 Basketball Organization	
A. Program Planner	Page 3
B. Player-to-Player Defense	Page 4-6
C. Points of Emphasis	Pages 7-9
D. Managing the Score	Page 10-11
E. NFHS Points of Emphasis	Page 12-13
F. Rules Differences	Page 14
G. Long Term Athlete Development	Page 15
H. Sanctioned Events	Page 16
I. Helpful Reads	Page 17
J. Resource Articles	Pages 18-19
K. Free Throw Diagram	Page 20
L. Press Rule Diagram	Page 21



**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, 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; 4:00pm- Must pre-register	1:00pm-
	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.	

BASKETBALL 3RD, 4TH & 5TH GRADE

PLAYER-TO-PLAYER DEFENSE

<https://www.basketballforcoaches.com/man-to-man-defense/>

The traditional player-to-player defense is by far the most common defense in the game of basketball today. This is especially true as player's progress to a higher level of competition. In fact, due to the great outside shooting of professional players, every NBA team almost exclusively plays player-to-player defense. The player-to-player defense involves all 5 defensive players on the court being allocated one opposition player who they're accountable for defending whenever they're on defense. Of course, there will be times when players switch opponents or help each other on defense, but for the most part, each player is responsible for one player from the opposition. Learning to be a great player-to-player defender is perhaps the most important skill for a player to learn during their years of youth basketball. No matter what defense a player goes on to play at the next level or on another team, the skills they learn playing player-to-player will transfer. Unfortunately, the same can't be said for players that solely learn zone defense. If you're coaching youth basketball, taking the time to teach your team man-to-man defense will go a long way to preparing them for the next level.

4 Reasons Why Zone Defense is Terrible for Youth Basketball

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

All coaches must remember that our focus should be on the futures of the athletes we coach. I assure you that in a few years no one will care that you won the under 10's championship by implementing a zone defense and forcing the opponents to shoot from outside. No one. The first three reasons I talk about are the same that Tyler describes in his article [here](#). I've added a fourth reason, but completely agree with the first three and wanted to share my thoughts on them also. Here are the 4 main reasons why zone defense is terrible for youth basketball.

1. Zone defense creates poor defensive habits

Before all the pro-zone coaches jump at me with lines similar to:

"A good zone defense still teaches man-to-man principles!"

I'm not saying that there's nothing a player who runs a zone will learn from a zone that will assist their man-to-man defense. They still need to close out, still need to communicate, still need to play help defense, etc. Please know that I understand that. But there are many poor defensive habits that will also come with running a zone that players will also develop. And let me be clear... these really are **habits**. Ask any coach that receives the unenviable task of trying to convert a life-long zone player into a man-to-man defender. Some of these habits are really, really hard to break.

Tyler, whose basketball knowledge I respect a great deal, came up with this list of 15 poor defensive habits that a zone defense promotes...

1. *Lazy on-ball defense*
2. *Standing and watching off ball*
3. *Poor closeout technique*
4. *Little accountability*
5. *Lack of communication*
6. *Minimal defensive movement*
7. *Fewer opportunities to guard different positions and areas of the floor*
8. *Fewer opportunities to practice communication in defensive transition*
9. *Fewer opportunities to practice decision-making in defensive transition*
10. *Reduced accountability on box outs*
11. *Fewer decisions while playing help defense*
12. *Decreased defense-rotation repetitions*
13. *Fewer opportunities to learn what constitutes acceptable defensive risk-taking*

14. Minimal opportunities to defend a screen

15. Fewer opportunities for bigger players to guard the ball.

2. A zone defense hinders the offensive team's development, too

Quick note: If winning is your number one priority, this point will be incredibly hard for you to comprehend.

By running a zone defense in youth basketball, you're also doing a large disservice to the offensive team, too.

But is that something you should have to worry about? After all, your task is to stop the other team from scoring, not help them. Right?

Coaches have to understand that we're all in this together for the development of the players.

Do you really want an 8-year-old team chucking long-distance shots at the ring because they can't get any closer so that you can win an 8-year-old basketball game? Because, unfortunately, that's the only thing a zone defense allows them to do. Please don't think I'm saying that you should sit back and allow the other team to score... because I'm not at all. But I do think that we need to give the offensive team a chance to make smart basketball plays and experience different offensive opportunities that a zone defense doesn't allow.

They won't get to practice moving the basketball while being pressured, their cuts are useless because the paint is flooded with 5 defenders, setting screens to get open is pointless because the defense is leaving them open and waiting for them to shoot anyway, and there's plenty of other lost opportunities for offensive development. Again, similar to the point on defensive habits, I understand that the players will still learn and grow against a zone... but they won't learn half as much that will prepare them for the future as they would if they were playing against a man-to-man defense.

3. Zone defense doesn't prepare players for the next level.

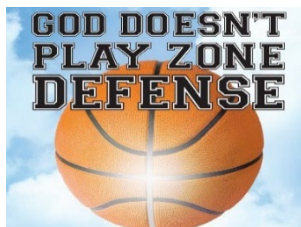
One of the most important tasks of a youth basketball coach is to prepare their players for the next level of basketball.

Here's a super important fact that has been echoed by many great coaches...

A player that is taught man-to-man defense when they're young will have a much easier transition to playing zone defense than a player who plays zone defense exclusively at a young age will have transitioning to a man-to-man defense when they're older. So this comes down to a case of 'do you want your players to be better prepared for the future or do you want them to win now? Another thing you'll notice is that as the competition gets better and the players more skilled, the less zone defense you will see implemented. This is because zone defense works great against young teams with no skill but struggles against players with a lot of basketball experience. So to give your players the best chance of success at the next level, it's imperative that they're competent playing man-to-man defense.

4. Zone defense doesn't make basketball fun

This is probably the most disappointing reason of all... By playing a zone defense, you rob the players of all the fun that basketball should be providing them. Barely anyone is able to make a basket, both teams are throwing turnover after turnover, and every player is forced to throw up long-distance shots that have no hope of going in! Does this sound like a fun game of basketball to you? Because to me, it sounds horrible. We need to give all players a chance to fall in love with the game of basketball like we all did when we were young.



CYO POINTS OF EMPHASIS

MULTIPLE ROSTERS & ELIGIBILITY

- A player in grades 3-5 may participate in CYO and other non-CYO leagues.
- Boys and girls in grade 3-5 and meet the age requirement as identified in Bylaw 3 are eligible for the program.
- **2nd Graders are not Eligible**
- A girl cannot be rostered on a boys' team; a boy cannot be rostered on a girls' team.
- In all divisions, four (4) players must start the game.

UNIFORMS

- All players are required to wear member issued uniforms.
- Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.
- 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.
- Contrasting numbers No more than three colors may be used in the numbers. The style must be clearly visible and conform to one of the following:
 - A solid contrasting color with no more than two solid color ¼-inch borders around the entire number. If a team color is used as a border, it must be counted as one of the allowed colors.
 - A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed ½ inch in width and may be used with one ¼-inch border.
- For all other uniform requirements and restrictions, refer to Section **1-D-1-11** 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 3 certified coaches.
- Coaches may be the head coach of two teams but no special scheduling requests are given when a coach is coaching more than one team.

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."

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. Guest players cannot be used if a team has (7) seven players at the game including guest players. **Rest period between games 3 hours from end of first game to the start of second game.** A guest player may play for no more than two (2) games during the season with any team.

Penalty: FORFEIT

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.

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

CONFERENCING & SCHEDULING

- Conferences for scheduling based will be based on geographic location.
- Team strength will not be considered.
- Regular season standings will not be kept and playoffs will not be held.

MORE THAN ONE TEAM IN THE SAME GRADE

- CYO Administration tries to limit the need for teams from the same CYO Member to play each other during the regular season. This *may* result in teams traveling further to play games.
- CYO Bylaws state if the member program has more than 1 team in the same grade the **teams must be balanced**.
 - CYO Recommendation: 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 program 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.

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

Participation is now modifiable due to accumulation of personal fouls in the first half only. Example: When player #4 receives their third personal foul in their first segment of the game, the coach may now enter a substitute for #4. However, the player who substitutes in does not receive credit for their participation segment. They must still play the mandatory minimum participation segments as stated in the rules. Players may also be removed from the game during their segment, at the discretion of the game official, due to an injury or technical foul.

FREE THROWS/THREE POINT SHOT

5TH, 4th and 3rd Grade Teams will use the 12-foot free throw line. Three-point shot is not in effect for 3rd, 4th & 5th Grade. For all 3rd Grade Divisions, the free throw shooter may cross the free throw line with no penalty after the release. However, they may not advance toward the ball for purposes of rebounding.

OVERTIME

During regular season games, if the score is tied at the end of regulation, there will be no extra period for grades 3 or 4. 5th Grade will play one two-minute over time, if tied after the second overtime the game will be declared a tie.



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. 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.



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.

4-6-1 a & 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.

2025-26 Basketball Editorial Changes

4-19-3c, 4-47, 5.2.1 SITUATION C, 6-3-2a, 6-3-5b, 10-5-2

2025-26 Basketball Points of Emphasis

1. Bench Decorum and Communication
2. Faking Being Fouled
3. Contact on the Ball Handler



Rule Differences	3rd Grade	4th Grade	5th Grade
Game Ball	27.5	27.5	28.5
Players needed to Start	4	4	4
Length of Quarter	6 Minutes	6 Minutes	7 Minutes
Participation	<10 players, 4 segments by the end of the 4th. 11+ players, 3 segments by end 4th. 1 segment in each half. Each player must sit out a segment in each half.	<10 players, 4 segments by the end of the 4th. 11+ players, 3 segments by end 4th. 1 segment in each half. Each player must sit out a segment in each half.	<10 players, 3 segments by the end of the 3rd. 11+ players, 2 segments by mid 4th. 1 Segment in each half. >= 7, Must sit out a segment in each half
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	None	None	1-Two minute overtime still tied game is declared a tie
Time-outs	2 time-outs per half. They do not carry over	2 time-outs per half. They do not carry over	3-Full/60 second; 2- 30 Second; Add one full timeout for extra period
Team Fouls	Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half. 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.	Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half. 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.	Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half. 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.
Three Point Shot	Not in effect	Not in effect	Not in effect
Free Throw Line	12 Feet	12 Feet	12 Feet
Person-to-Person	Required. No trapping, double teaming outside paint. Help side defense is permitted. Once defender recovers, player must return. Switching, helping on loose ball or breakaway is permitted. Players must be in reasonable distance.	Required. No trapping, double teaming outside paint. Help side defense is permitted. Once defender recovers, player must return. Switching, helping on loose ball or breakaway is permitted. Players must be in reasonable distance.	Required. No trapping, double teaming outside paint. Help side defense is permitted. Once defender recovers, player must return. Switching, helping on loose ball or breakaway is permitted. Players must be in reasonable distance.
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	No Press Allowed	Permitted only during the last 3.0 minutes of 4th quarter. Player-to-player press only. No press w/15pt lead.	Permitted only during "live-ball" (rebounds, turnovers, made shot); OR anytime (live or dead ball) during last 3.5 minutes of 4th QTR and extra periods. Player-to-player press only. No press w/15pt lead.

LONG TERM ATHLETE DEVELOPMENT MODEL IN THE DIOCESE OF CLEVELAND CYO

The following information provides insight on the LTAD for the coach and family when preparing and monitoring the development of the young person in the Diocese of Cleveland CYO toward attaining better health and higher achievement within our Catholic Community of the CYO.

FUNDamentals Stage (Females 6-8, 3rd Grade and Males 6-9, 3rd-4th Grade) During this stage children will develop the fundamental movement skills, including the ABCs of Agility, Balance, Coordination, and Speed. Children need a solid foundation in these fundamental movement skills before they will have success in acquiring sports skills. Participation in a wide variety of sport activities will enhance the development of these basic fundamental skills. An emphasis on having fun while still learning the rules and ethics of the sport in the FUNDamentals stage will help children reach their full potential.



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Sports Sampling -USA Basketball

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:

1. Prolonged engagement in sports
2. More enjoyable and positive early sports experiences
3. Healthy physical, psychological, and social development
4. 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.



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.

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HELPFUL READS FOR BETTER COACHING

<https://www.breakthroughbasketball.com/coaching/teach-youth.html>

Level 1 (7 to 10 Year Olds)

Here's what to teach, ordered by priority:

1. [Lay ups](#) - You should practice lots of lay ups with both hands. Your goal should be to get all players to make lay ups with their left and right hands equally well!! Teach them to jump off the proper foot. They should jump off the left leg when shooting a right hand layup. They should shoot off their right leg when shooting a left hand lay up. It will be difficult but work on it. You'll probably need to start really close to the basket, with no dribble, and take just one step to practice the footwork. Once you add the dribble, they should dribble with their left hand when shooting left hand lay ups. And vice versa.
2. Footwork - Teach them triple threat positioning, pivoting on their left and right foot without traveling, [jump stops](#), and to square to the basket as soon as they catch the ball in a triple threat position. You should spend a lot of time on footwork!
3. [Shooting form](#) - For this age group, we highly recommend using smaller balls and lower baskets. If that is not possible, allow the players to dip their elbows which will give them more strength. To learn more on shooting, we also have the [Breakthrough Basketball Shooting Guide](#).
4. [Ball handling](#) - You should teach your players to dribble with left and right hands equally. Basic dribble moves such as the speed dribble, crossover, protect-the-ball dribble, and [back-up dribble](#).
[Resource: Progressive Youth Ball Handling & Footwork Workouts App](#) - Players can do the workouts from anywhere. The coaching dashboard also allows you to monitor multiple players or your whole team.
5. Athletic & movement skills - Teach them how to run, [jump and land](#), skip, stop, move laterally, squat, lunge and any other basic movements. If you don't know how to teach these movements, ask a professional or PE teacher to show you how. 99% of the time they would be more than willing to help, and they may even come and show the kids themselves.
[Should We Teach Basketball Skills To Players Under the Age of 10?](#) - Useful information for all levels of coaches, not just coaches who work with players under the age of 10.
6. [Basic passes](#) - Teach and practice the basic chest, bounce, and overhead passes.
7. Play plenty of 2 on 2 and 3 on 3 games to teach concepts ([no dribble keep away](#)). It gets the players more experience and allows them enough space to operate and use the new skills they have learned. Make sure to use plenty of [age-appropriate drills & games](#).
For more on this, read [Could 3 on 3 Basketball Be the Best for Youth Players?](#)
8. Offense - Do NOT use any structured or patterned offenses. First, get them comfortable on the court. They will start to figure things out on their own. Your main concern should be to have them move & not stand still.
If you use a few basic cuts and maybe screens in your shooting drills at the beginning of practice, then your players will already know how to move in a motion offense. Then you don't have to waste time teaching offense. Just let them play. Once players feel comfortable on the court, show them proper [spacing](#).
As they progress, you can start to introduce them to [motion offense](#) situations.
9. [Basic cuts](#) & how to get open - If time permits, you can introduce the basket cut and straight cut. I would suggest that you just work these cuts [into your shooting drills at the beginning of practice](#). This will save loads of time.
10. Defense - Teach the [basic stance](#), defensive slide, and basic off-ball principles. Don't worry about spending as much time on defense. As they get older, you'll gradually spend more time on defense. Focusing on it 5 to 10 minutes per practice would be more than sufficient.
11. Basic Off Ball Principles:
- Stay between player and the ball- Always stop the ball if it is in front of you! For this age group, we are [against zone defenses](#) for development purposes.
For anyone coaching this age group, we HIGHLY recommend the DVD [The Youth Coaching System](#) (By Jim Huber). You'll get lots of drills and learn exactly how to teach the most important fundamentals the to kids "right way". We truly believe this DVD should be required viewing for ALL youth coaches.

Please remember the information above is to explain the benefits of playing person-to-person defense and this is in the rules, teams are to play person-to-person defense. Zone defenses are not allowed at this level. Please use web sites to learn from and teach your players.

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RESOURCE ARTICLES

7 Important Tips to Remember When Dealing With Referees

<https://www.basketballforcoaches.com/dealing-with-referees/>

What should you teach? Click on the link below:

<https://www.breakthroughbasketball.com/coaching/teach-youth.html>

Coaching Resources

<https://www.usab.com/coaching/coaching-resources/skills-drills-coaching-intro>

<https://coachingtoolbox.net/defensive-drills>

Do You Yell At Referees?

A couple of weekends ago, I got a chance to watch my old high school team and the treatment of the referees by the opposing coach boggled my mind. He was constantly on their case even when he was leading by 20 points in the 4th quarter. As the game ended and his team had won by 15 points, he yelled at them and started to follow them out of the gym. This just drove me nuts! I didn't even notice the refs during the game. I was rooting for the losing team and I didn't have a complaint. I also heard that the same varsity coach was screaming at a very timid pair of referees during the freshmen game. During the game, he started out sitting at the top row and reached the 2nd row by the end of the game. And the funny thing was that his team only had 3 fouls in the first half and 2 fouls in the second half. Yet, my high school team had 12 fouls in each half. He was obviously trying to intimidate the referees.

What kind of example is this setting for kids?

This instantly made me think of a line Don Kelbick said to me a few years ago about coaches who have bad behavior, "99% of the time, those coaches are good people. They just have bad role models." They see the coaches on TV jumping, yelling, and screaming so they think they should be doing the same thing.

I don't condone terrible sideline antics by college and pro coaches, but I can understand the psychological games they have with the referees when their jobs and the lives of their families are at stake.

However, when it comes to a high school coach who barely gets paid or a youth coach who does not get paid, we should be setting the right example!

Mistreating and yelling at referees can hurt your team a number of ways:

- **Poor Coaching** - If you concentrate on the referees' calls that means you're not focused on your team which means you will miss teachable moments for your players.
- **Won't get Answers on Calls** - When you need to question a call or talk with the referees, they might not listen. This could cost you the game.
- **Get Calls Against You** - If you constantly badger referees, some will purposely start making calls against you. This is especially true at the youth and high school levels of basketball.
- **Bad Team Play** - Players often copy their coach's actions. If you are mistreating the referees, your players probably will too. This will lead to your players getting on the bad side of the referees which will never help in getting a fair game called. Also, when they blame the officials rather than taking responsibility for poor play, this can lead to a negative mind state for the whole team.

And we can pretend that you do get some calls by yelling at the referees, this is still setting a bad example for your players...

What kind of example are you setting by yelling at the refs?

By setting this example, you are showing your kids that it's ok to yell at people. In fact, you make it seem like a good thing. You are demonstrating that the proper method to get your way and change a person's behavior is to yell and scream at them. Don't you think that the very successful and happy people in this world use different methods to persuade and change behavior? There are much better tactics to persuade people. **And frankly yelling, throwing fits, and screaming is VERY childish behavior.** I know you see BIG TIME coaches doing this on TV. But let's face it and be real about this. It's very childish and immature behavior.

What you need to realize is that you have a very strong effect on these kids. 20 years from now these kids will remember certain things you tell them word for word. These kids WANT to play basketball. Teachers would do anything to have the type of power, influence, and control that you have over these kids. Like it or not. You are shaping the beliefs of some of these kids and you are making an impact on their future. Many of them look up to you. You have incredible influence over them.

With this influence and power comes a large responsibility that you need to accept and embrace. I urge you to think very hard about the example you set for your players. It's the right thing to do.

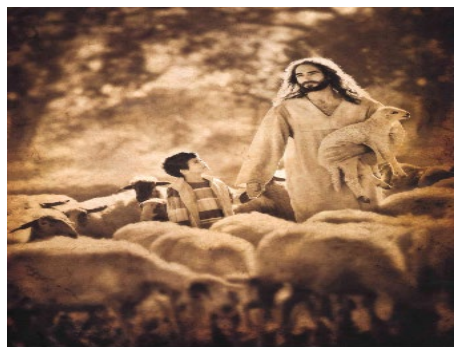
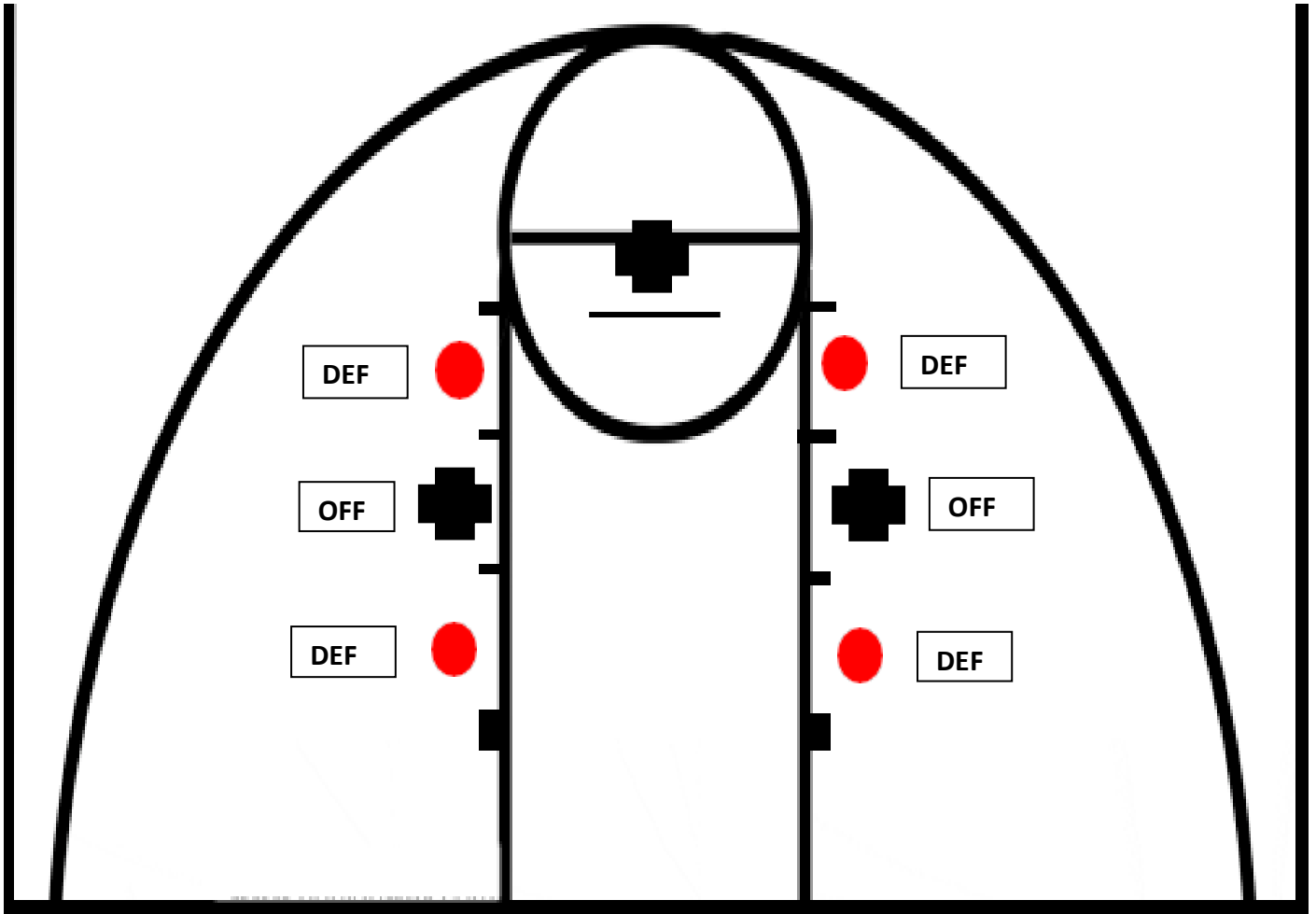
6 Tips for Treating Referees

1. **Treat them with respect.** Our players see the way we treat the referees and we should teach them to respect others and learn to communicate without yelling uncontrollably. Referees are humans and they like to be treated with respect. Talk to them. Ask questions in a non-aggressive tone. Not to mention, it's very important to teach today's young people how to respect authority. It also teaches players not to blame others and to be held accountable.
2. **Create a dialogue and learn their names.** Referees will respect you and like the fact that you're talking to them like they are a human being. It's also a good idea to learn their first names, so you can effectively address them during the games. The chances of them responding or listening increase if they hear their name.
3. **Chat with them in the pregame.** One thing I always like to do is talk to the referees in the pregame warm-ups. I might even give them a heads up that I like to ask questions on calls, so I can teach my players and I would appreciate it if they took a few seconds to explain the calls to me when I ask them about a call. Morgan Wootten also says this is a great time to get a point across about the rules of the game.
4. **Apply the golden rule.** If you treat the referees like you would want to be treated, you'll develop a quality relationship with them. Most often, this will lead to more calls in your favor.
5. **Question their call in an assertive, but non-aggressive manner.** If you question a call in a reasonable tone, the refs will be more likely to listen to criticism. If you're yelling and screaming the whole time, they'll probably tune you out.
6. **Create a great environment for them at your home games.** When you host a game, you should greet them and make them feel as comfortable as possible. It's important to make sure beverages and food are provided to the refs as well. This great treatment can go a long ways. It's also beneficial for you and your administration to make sure that your fans create a great atmosphere, but in a positive manner. No heckling and berating the referees.



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FREE THROW POSITIONING



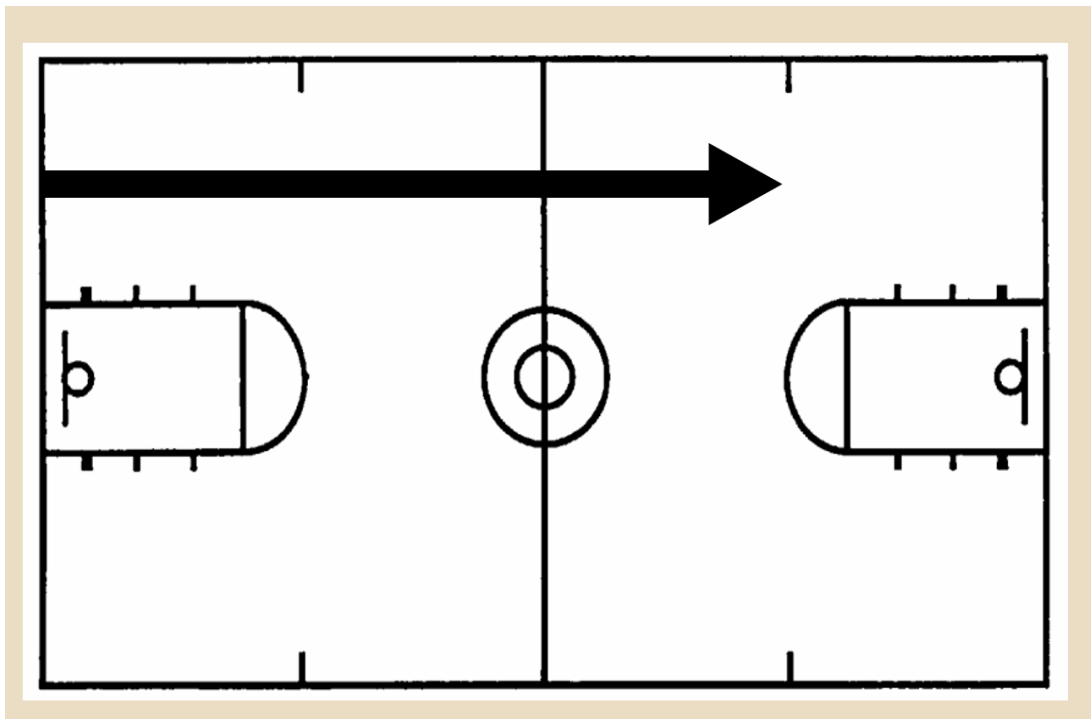
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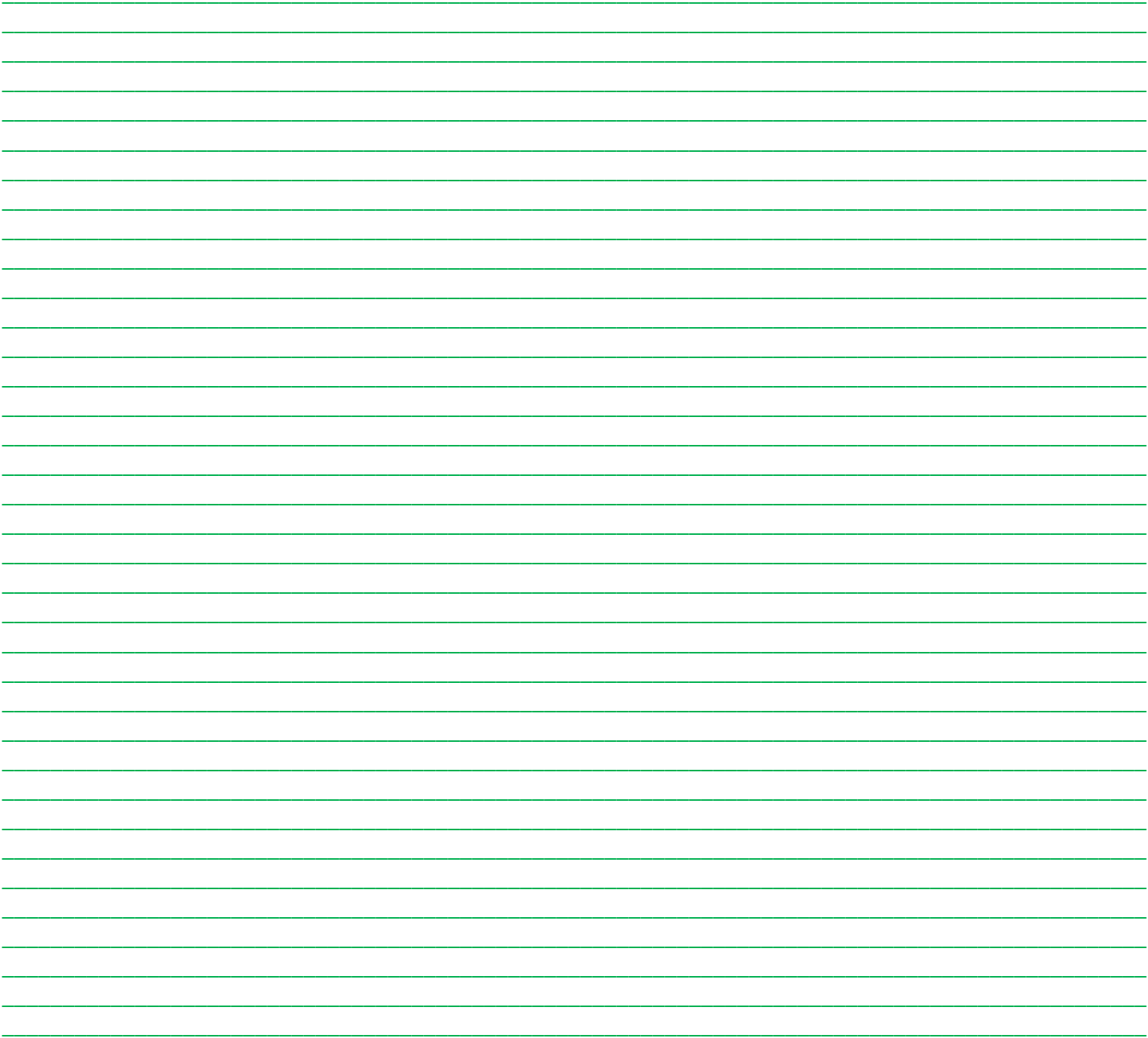
3RD & 4TH GRADE PRESS

- **4TH GRADE LAST THREE MINUTES OF THE 4TH QUARTER & OVER TIME PERSON-TO-PERSON PRESS IS ALLOWED.**
- **3RD & 4TH GRADE DEFENSE DROPS TO TOP OF THE KEY LINE EXTENDED.**
- **3RD & 4TH GRADE ONCE REBOUND IS SECURED IN THE BACK COURT DEFENSE DROPS TO TOP OF THE KEY LINE EXTENDED.**
- **3RD & 4TH GRADE TEACH PLAYERS TO GUARD PERSON-TO-PERSON BY THEIR NUMBER.**
- **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.**

5TH GRADE- 5TH GRADE FULL COURT PRESSURE

- **A FULL-COURT PRESS IS ONLY PERMITTED IN THE LAST 3.5 MINUTES OF THE FOURTH QUARTER AND OVERTIME ON ANY DEAD BALL INBOUNDS PASS IN THE BACKCOURT. IF THE TEAM IS TRAILING BY 15 POINTS, THEY MAY USE A FULL COURT PRESS AT ANY TIME.**
- **SINCE TEAMS MUST PLAY A PLAYER-TO-PLAYER DEFENSE, WHEN APPLYING FULL-COURT PRESSURE, TEAMS MUST PRESS PLAYER TO PLAYER.**
- **AT TIMES WHEN A FULL COURT PRESS IS NOT PERMITTED, THE 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 TOP OF THE KEY LINE EXTENDED ONCE THE OFFENSE INITIALLY CROSSES THE BALL BELOW THE TOP OF THE KEY LINE EXTENDED, THE DEFENSE IS NOT RESTRICTED FOR THE REMAINDER OF THE POSSESSION. HALF-COURT PRESSURE AND TRAPPING IS STRICTLY PROHIBITED.**
- **TEAMS MAY PRESS DURING ANY LIVE BALL SITUATION IN THE BACKCOURT A LIVE BALL SITUATION IS ANYTIME OTHER THAN AN INBOUNDS PASS. (I.E. REBOUNDS, TURNOVERS, OTHER). MADE BASKETS IS A LIVE BALL AND YOU MAY GUARD PLAYER-TO-PLAYER.**





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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.

