

Diocese of Cleveland CYO

Winter Coach's Meeting

Giving the Very Best of Yourself!

Basketball
High School





DIOCESE OF CLEVELAND CYO HIGH SCHOOL COACHES MEETING

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



November	6	Coaches Development Program-St. Raphael, 6:00pm-9pm 525 Dover Center Road, Bay Village- Must pre-register
	10	High school winter sports regular registration ends 9 am
	11	High School Team fee payments and Fee Summary Form due. Last day to enter high school teams' blackouts
	19	Deadline to add high 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	High school winter sports schedules published 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 high school competition begins
	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 7-March 1		Diocese of Cleveland CYO Winter Sports Championship Tournaments
	20-22	Ohio State CYO Boys and Girls High School Basketball Tournament
March	1	Winter sports season ends



CYO POINTS OF EMPHASIS

MULTIPLE ROSTERS

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

UNIFORMS

- All players are required to wear member issued, matching uniforms, including shirts and shorts.
- NFHS Rule 3-4-5: Requires uniform bottoms on teammates to be like-colored while allowing different styles of uniform bottoms among teammates.
Rationale: Clarifies that teammates must all wear like-colored uniform bottoms but may wear multiple styles while aligning language with other NFHS rules codes.
- All players must have the CYO Emblem on their uniform.
- NO player or team nicknames are permitted other than the official team name (ex: tigers).
- Team jerseys must include player's number on front and back & numbers must follow NFHS regulations refer to Section 1-D-2-c-VII of the CYO High School Basketball rules..
- All undergarments are to be worn under the uniform and must be of a solid color and the same color for all players wearing an undergarment.
- T-shirts may be long sleeve according to NFHS rules regarding t-shirts.
- Arm sleeves, knee sleeves, lower leg sleeves, and tights are permissible and must comply with NFHS guidelines. Each item shall be white, black, beige, or a single parish/school color and the same color for all players.
- For all other uniform requirements and restrictions, refer to Section 1-D-1-13 of the CYO High School Basketball rules.
- CYO recommends the purchasing of reversible uniforms.

BENCH PERSONNEL and COACHES CREDENTIALS

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

GUEST PLAYERS

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

RESCHEDULES

- ONLY CYO Administration can reschedule games. When the schedule is released, games must be played. Games that can't be played as scheduled will be determined by CYO Administration as a forfeit or "no game."

CONFERENCING

- Teams are placed in divisions by their grade and geographical location. No strengths are considered when placing teams in division.

SPECTATOR MANAGEMENT

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

INCLEMENT WEATHER

- Inclement weather may prevent games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather. Announcements related to the status of competitions will be posted on the "bulletin" area on main page of the CYO schedule website <https://www.ccdocle.org/service-areas/cyo-athletics/schedules/schedules-locations> , X, and Instagram (@CYOSportsDOC).

GENERAL EQUIPMENT PARTICIPATION RULES

1. Ball Size
 - a. Girls Teams will use 28.5 composite or leather ball.
 - b. Boys Teams will use 29.5 composite or leather ball.
 - c. Please bring your own warm up balls. CYO provides the game ball.
2. Length of Quarter - Four eight (8) minute quarters all divisions.
3. Overtime
 - a. If the score is tied at the end of regulation period, an extra period/s will be played until a winner is determined.
 - b. Any extra period will be three (3) minutes for all divisions.
 - c. The clock will stop for all violations of any extra period.
4. Practices can last no longer than 90 minutes.
5. The pre-game conference will be held with the officials and captains before the game starts.
6. Time Outs: Three 60-second and two 30-second timeouts may be charged to each team during a regulation game.
7. Clock Stoppages
 - a. The clock will stop for every whistle the last minute of the first, second and third quarters, and the last two minutes of the fourth quarter and all extra periods.
 - b. The clock does not stop for whistles or free throws during 2nd half when a team has a twenty (20)-point lead. When this rule is in effect, the clock will only stop for team timeouts and instances when specifically directed by the game officials. Once the lead falls below twenty (20) points, the clock will stop according to the criteria above.
 - c. The clock will stop for timeouts, shooting fouls, injuries and other times as indicated by the officials.
 - d. The clock does not stop for substitutions outside of the segment requirements.

PARTICIPATION

1. Each player must be treated with dignity regardless of his or her ability.
2. If a coach will not play a player because of missed practice, unsportsmanlike conduct, academics or injury, the coach must mark the player as not participating on the official game score sheet and inform the Site Director before the game begins.
3. All players are to meet the participation requirements.
 - a. Regardless of the number of players, each member of the team must play a minimum of one uninterrupted segment by the end of the third quarter. A segment is defined as $\frac{1}{2}$ of the length of the quarter (4 minutes).
 - b. Players may only be substituted with-in/during their segment of play:
 - i. Because the player is injured.
 - ii. Because the player is being assessed with a technical foul or intentional foul.
 - iii. Because the player is being disqualified from the game.
 - iv. The player removed from the game will be credited with full participation of the segment.
 - v. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - c. At any time during any quarter of play, once a player on a specific team has fulfilled their minimum participation requirement, that player may be freely substituted. Any player who has not fulfilled their minimum participation requirement may not be substituted for until such requirement is fulfilled.
4. Upon violation of the Participation Rule, the scorer will notify the Game Officials and Site Director and the following penalty will be assessed:
 - a. For violations discovered after the third quarter, the officials will administer a technical foul.
 - b. For violations discovered after the game, the Site Director will contact the CYO Athletic Office with the details and documentation of the violation. The CYO Administration will assess the penalties toward the coach or team. If after a review a violation is confirmed, a forfeiture of the game will be assessed.
 - c. All violations of the participation rules are to be communicated to the Athletic Office by the Site Director and game officials by the morning following the infraction.
 - d. Additional penalties may be imposed.
5. Late Arriving Players
 - a. If a player arrives late to a game during the first half and is permitted to play by the coach, the player is to meet the full participation requirement of the game.
 - b. If a player arrives late to a game during the second half and is permitted to play by the coach, the player is to meet one half of the participation requirement for the total game.

FULL COURT PRESSURE

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

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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.



Points of Emphasis

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.



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MANAGING THE SCORE

The game of basketball is most fun and instructive for everyone when it is a challenge. When teams run up the score or blow-out their opponent, the joy of the game is eliminated, the quality of the experience is diminished and athletes are denied the opportunity to learn.

Coaches must understand how to manage the score when an otherwise lopsided, boring game is developing. Regardless of which end a team is on during a lopsided score, coaches must keep their athletes engaged, and the coach of a stronger team needs to raise the challenge higher for scoring by managing the score. It is the coach's responsibility to recognize a blowout as it is developing and "Respect the Game" by accomplishing strategies that don't let a blowout destroy the experience for every athlete.

Here are some expectations to better manage the score:

When **ahead** by twenty at any point in the game:

- ✚ Clear the bench and give weaker players more playing times – minimize the playing time of your dominant players
- ✚ No fast breaks Added to CYO Rulebook
- ✚ Mercy Rule - Now implemented for entire second half. (CYO Rulebook)
- ✚ Layups Only – No outside shots
- ✚ A minimum of 5 passes before a shot – must use the bounce pass
- ✚ No 3-pointers
- ✚ No pressure defense or trapping
- ✚ Defense must set up inside the arc
- ✚ No pressure on the ball handlers
- ✚ Move players to unfamiliar positions so they learn the entire game
- ✚ Your ball handlers must dribble with their non-dominant hand
- ✚ Slow down your offense and play a more deliberate game but don't embarrass the opponent by "quitting" on them.
- ✚ Practice a more complex offense with plenty of passing
- ✚ No player to player defense for grades 6-HS.
- ✚ Work on new plays.

When **behind** by twenty at any point in the game:

- ❖ Focus on positive element – personal effort
- ❖ Hustle after every possession
- ❖ Praise players for extra effort
- ❖ Envision the score is 0-0 – not to give up
- ❖ Communicate with the opposing coach before the game, at half-time and at the end of the game.
- ❖ Redefine "winning" as successful moments – stealing a pass, hustling for every loose ball, boxing out, reducing turnovers.....
- ❖ Manage parents so parents are NOT negative during the game or after the game.
- ❖ Allow top players to continue to play and balance the playing time.
- ❖ Assure the team through your words and actions that you haven't given up.

When managing the scores, coaches teach young people the value of winning.



FAQ's about Sanctioned Events

Sanctioned Events (SE) are tournaments or competitions hosted by CYO members to provide additional opportunities for competition. Refer to the "Sanctioned Events" tab on the CYO website: 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) 11th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?
No - each athlete can only play for the CYO team for which he/she is officially rostered.
6. How many Guest Players may I use during Sanctioned Event 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.

BYLAW 9 Code of Conduct

CYO is dedicated to
the safety of every child,
visitor, and official.



THE FOLLOWING IS NOT TOLERATED:

- Abusive language
- Aggressive words or actions toward Officials
- Intimidation
- Violence of any kind

CYO • Fun • Friends • Faith



9-1-5 CYO is dedicated to the safety of every child, parent and adult. We will not tolerate any form of aggressive or abusive behavior in the CYO community. Examples include yelling at officials or site personnel; physical intimidation or threatening behavior; verbal or physical harassment; and any disruptive behaviors. If any of these behaviors occur, consequences will be assessed that include the following:

A. Athletes, coaches, parents and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel, must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.

B. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.

C. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

D. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen day period. They must meet with the Member Administrator

and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

E. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one day period. They must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions. They must complete the Code of Conduct online session and worksheet to be reinstated.

F. In order to be reinstated, athletes, coaches, parents and fans must:

1. complete their suspension period,
2. meet with the Member Administrator and request a letter of reinstatement,
3. complete online code of conduct session and worksheet,
4. get final approval by CYO Administration.

- G. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments. The individual must meet with the Member Administrator and obtain a signed letter from the Member Administrator only requesting approval from CYO Administration. They must also complete the Code of Conduct online session and worksheet to be permitted to attend events in the next season.
- H. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach's credential to the Site Director or Member Administration. They must attend a Coaches Development Program, meet with the Member Administrator and obtain a signed letter requesting permission to coach in the subsequent season.
- I. Any individual who in any way threatens, attempts to intimidate, or attacks a CYO staff member or any person verbally, physically, or by social media post will be suspended for a period determined by the CYO Administration.
- J. A team that accumulates a total of three (3) ejections, being asked to leave or removals of a coach, athlete or spectator during the same season is immediately suspended for the remainder of the season and is subject to further penalties.
- K. Actions by athletes, coaches, parents, or fans that conflict with the behavior standards of the Diocese of Cleveland CYO may be assessed consequences as outlined in Bylaw 11, even when the persons involved were not ejected, asked to leave, removed or addressed at the time of the event.

CAUTION AND DISQUALIFICATION

- 1. Teams are expected to conduct themselves in a manner that the game officials and CYO administration believe shows respect and dignity towards its opponent.
- 2. HEAD COACH'S RULE NFHS 10-6-Penalty: To clarify that officials are not required to issue a warning prior to issuing a technical foul. However, they may issue a warning when the offense is judged not to be major.
- 3. FORFEITURE, PROTEST, INTERRUPTED GAME NFHS 5-4-1, 2: When a coach has been removed, this rule clarifies that if no other coach or school personnel are available, then the game is forfeited.
- 4. A player or coach ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.
- 5. A player ejected from a competition for any reason must remain with the team and be supervised by a member of the team's coaching staff at the competition site. Any player, coach or other person who receives two (2) ejections during the course of the season will be suspended for the remainder of the season and may be subject to additional disciplinary action.
- 6. Coaches are responsible to supervise their spectators at competitions.
- 7. A spectator ejected from the game must fulfill the requirements of Bylaw 10 prior to returning to practice or participation in any games.

TECHNICALS

- 1. See Technical Chart for High School. (pg. 15-16)
- 2. If any player receives two (2) or more unsportsmanlike or flagrant technical during the course of the year, this is just cause for removal from the program.
- 3. Any player that chooses to play on any team other than the team they are rostered on, without following the guest player rule, will be suspended for the remainder of the regular season & tournaments.
- 4. Ejection of two (2) or more members from the same team during the course of the season is just cause for removal of the entire team for the remainder of the season.
- 5. Charter Bylaw 9-1-5 is in effect.

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



CYO ATHLETICS HIGH SCHOOL BASKETBALL TECHNICAL CHART



UNSPORTSMANLIKE TECHNICALS

The following categories will be classified as an Unsportsmanlike Technical

COACH INFRACTION			
ARGUING	DELAY of GAME	VIOLATION of RULES	LACK of RESPECT
- with opposing coaches, site directors, officials or CYO staff - OTHER	- any behavior leading to a delay including challenging officials' call - repeated interruptions at the scorers' table - OTHER	- refusal to enforce the CYO rules including improper uniform, violation of the participation rule - OTHER	- toward players - disrespect at any time during the prayers and post-game handshake - poor control of team - disrespect of facility - OTHER
			TANTRUMS
			- throwing or slamming things down to the floor, onto the bleachers - kicking the bleachers, the ball or chairs - OTHER

COACH PENALTY:

- IMMEDIATE EJECTION from the game and gym and the coach will be suspended for 14 days.

PLAYER INFRACTION			
ARGUING	DELAY of GAME	VIOLATION of RULES	LACK of RESPECT
- with opposing players, league directors, officials or CYO staff - OTHER	- any behavior leading to a delay including challenging officials' call - repeated interruptions at the scorers' table - OTHER	- refusal to correct improper uniform, - removal of uniform before the end of the game - OTHER	- toward players - disrespect at any time during the prayers and post-game handshake - disrespect toward spectators or any staff member - disrespect of facility - OTHER
			TANTRUMS
			- throwing or slamming things down to the floor, onto the bleachers - kicking the bleachers or chairs - OTHER

PLAYER PENALTY:

- IMMEDIATE EJECTION from the game. Athlete must remain on the bench and the player will be suspended for 7 days.

A player or coach ejected from the game must fulfill the requirements of Bylaw 9 prior to returning to practice or participation in any games.



FLAGRANT TECHNICAL

The following categories will be classified as a Flagrant Technical

COACH INFRACTION				
INFRACTION				
PROFANITY	OBSCENE GESTURES	INAPPROPRIATE BEHAVIOR	FIGHTING	OTHER
- any inappropriate language including using the Lord's name in vain - OTHER	- any inappropriate gesture - OTHER	- including grabbing or pushing any individual roughly - abusive behavior toward the CYO staff, officials, opposing coach or players - OTHER	- anytime and anywhere on the premises of a CYO game. - OTHER	any flagrant act not covered in previous categories

PLAYER INFRACTION				
INFRACTION				
PROFANITY	OBSCENE GESTURES	INAPPROPRIATE BEHAVIOR	FIGHTING	OTHER
- any inappropriate language including using the Lord's name in vain - OTHER	- any inappropriate gesture - OTHER	- abusive behavior of opposing team members, including any inappropriate remarks. - ABSOLUTELY NO TAUNTING - OTHER	- anytime and anywhere on the premises of a CYO game. - OTHER	- slamming the ball with the intent to hit someone - deliberately throwing the ball hard at the officials, shoving deliberate physical contact toward another person - spitting, biting or kicking a player - OTHER

UNSPORTSMANLIKE OR FLAGRANT TECHNICAL PENALTY:

- IMMEDIATE EJECTION from the game and gym.
- Any player ejected from the game is suspended from practices and games for 7 days.
- Any coach ejected from the game is suspended from practice and games for 14 days.
- Must meet with Member Administrator
- The Member Administrator must decide to recommend if the individual should be reinstated or removed from the program.
- The Member Administrator must submit a statement on letterhead to the CYO Administration with their recommendation.
- Must attend CYO Code of Conduct Session.
- The individual cannot resume participation in practices or games until reinstated by the CYO Administration.
- Any individual who is ejected twice in the same season will be removed from the program.

LEGAL/ILLEGAL UNIFORMS

**Legal:**

T-shirt color
Tucked jersey

Illegal:

Number
NO 6, 7, 8, or 9

**Legal:**

Knee Sleeve

Illegal:

Lack of number
T-shirt color
Untucked jersey
Jewelry

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

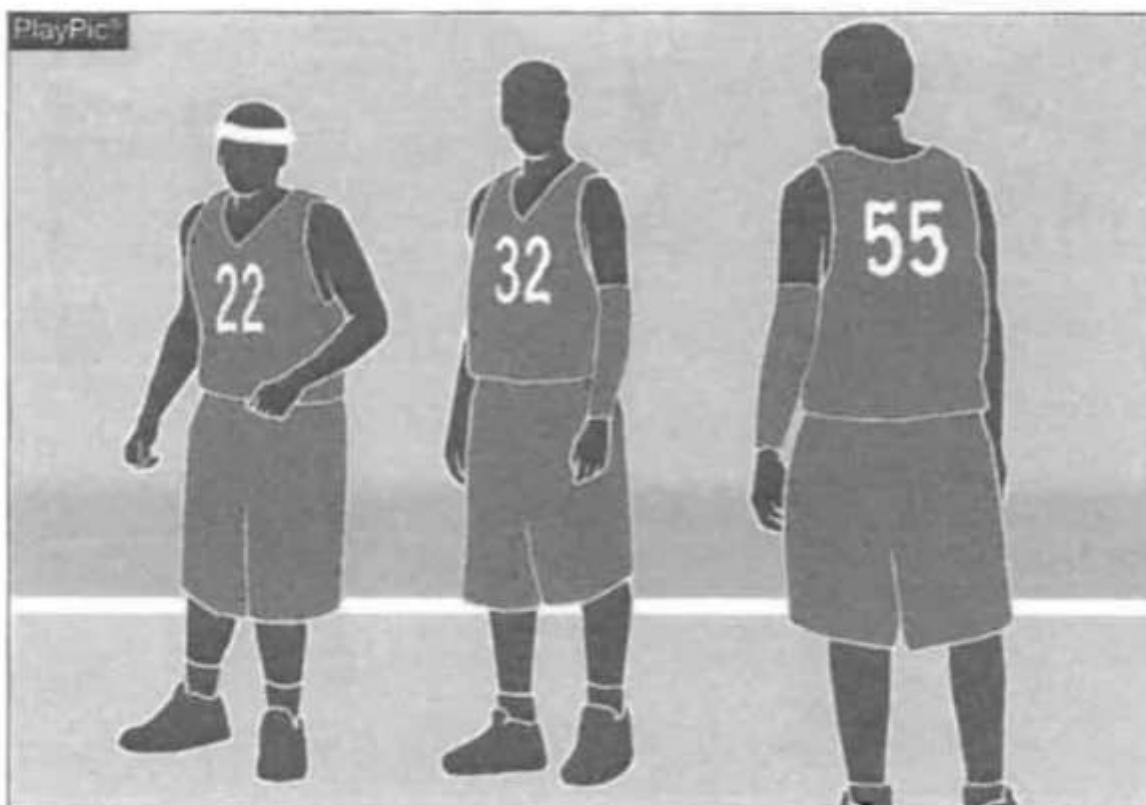
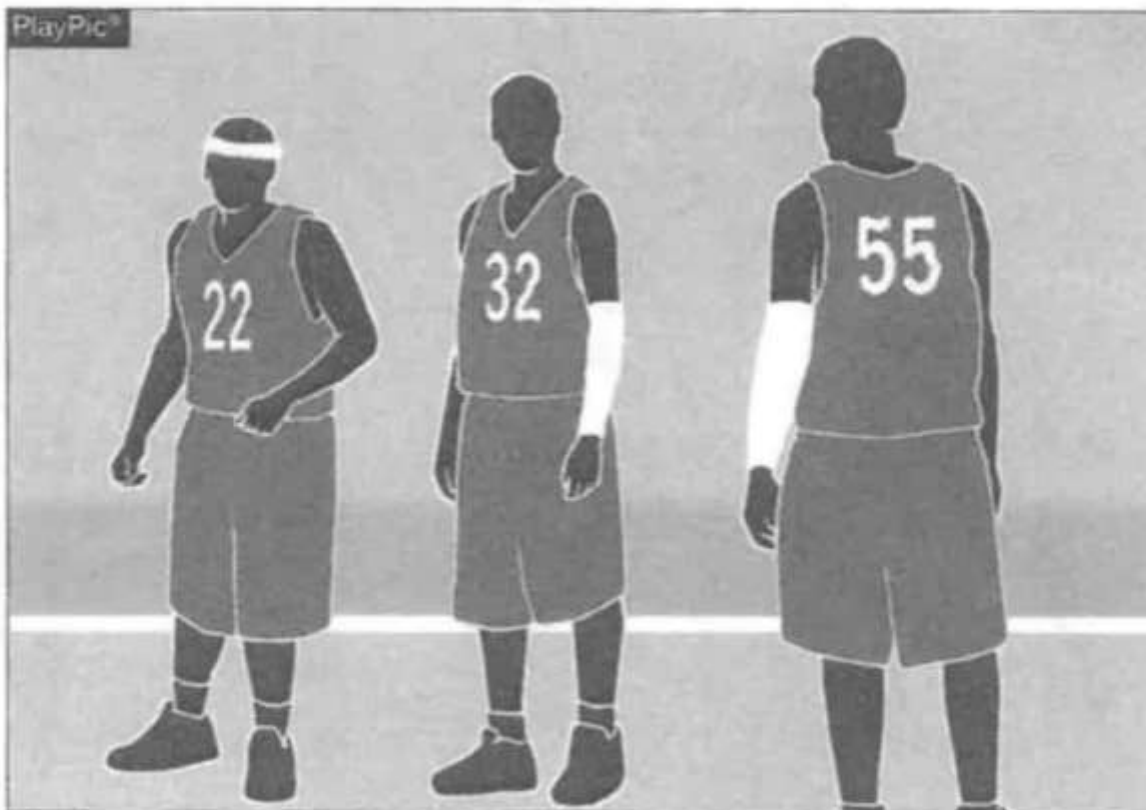


ILLEGAL



LEGAL

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



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

NFHS BASKETBALL UNIFORMS

Front View



A. JERSEY COLOR

1. The torso of the jersey must be a single solid color with no designs in the fabric (white for home and a dark color clearly contrasting white for visitor).
2. If gray is a color choice, it must be for the away jersey and must be closer to black at least by 70%.
3. The "torso" is the portion of the jersey from an imaginary horizontal line at the base of the neckline (see D.2. in another slide) extending to each armhole, down to the bottom hem of the jersey and from side seam to side seam.

B. FRONT NUMBER

1. The number on the front shall be at least 4 inches high, not less than $\frac{3}{4}$ inch wide (excluding the border) and centered vertically and horizontally on the portion of the visible part of the jersey.
2. Numbers shall be plain Arabic numerals and must be the same style and color as the number on the back of the jersey.
3. Legal numbers are: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. A team member list shall not have both numbers 0 and 00.
4. No more than three colors may be used in the number. The style must be clearly visible and conform to one of the following:
 - a. A solid contrasting color with no more than two solid color $\frac{1}{4}$ -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.
 - b. A solid contrasting color with a "shadow" trim of a contrasting color on part of the number not to exceed $\frac{1}{2}$ inch in width and may be used with one $\frac{1}{4}$ -inch border.



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NFHS BASKETBALL UNIFORMS

Front View



C. IDENTIFYING NAME/SCHOOL MASCOT/LOGO

1. Lettering with school name, school's nickname, school logo name, and/or abbreviation of the official school may be placed on the front of the jersey.
2. Lettering must be placed horizontally and may be arched. Names may also be on multiple lines.
3. The first and last letters, either above or below the number, must be on the same horizontal plane. When above the number, the plane may not be below a plane extending through the top of the number(s). When below the number, the plane may not be above a plane extending through the bottom of the number(s).
4. Any point on any letter shall not be closer than one inch to any point on any number(s).
5. Any form of decorative accent (i.e., paw, halo, crown, star, etc.) in a name or abbreviation is only permitted above the number.
6. If a tail is used in the lettering of an identifying name or abbreviation, the name or abbreviation must be located below the number.
7. A school logo/mascot may be centered directly above the number in place of identifying name(s) on the front of the jersey.

D. ABOVE THE NECKLINE

1. There are no restrictions in the area of the jersey from an imaginary horizontal line at the base of the neckline extending to each armhole, up to the shoulder seam, except identifying names.
2. The imaginary line shall not extend beyond 1½ inches from the lowest point of the neckline apex/opening.
3. Different colors and/or designs may be used in this area.
4. By state association adoption, one commemorative/memorial patch (not to exceed 4 square inches or include a number), if worn, must be in this area or in the side insert.
5. A school or conference logo/mascot may be located at the apex/opening of the neckline, in the corresponding area on the back of the jersey and/or in either side insert.

E. ARMHOLE TRIM

1. Trim, piping or an accent color differing from the torso shall not exceed 1 inch around the arm openings.
2. Except in the area above the neckline – where there are no color or design restriction.



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NFHS BASKETBALL UNIFORMS

Back View



A. JERSEY COLOR

1. The back torso of the jersey must be the same single color as the front; no designs are allowed in the fabric.
2. The back "torso" is the portion of the jersey from the bottom of the back panel, if used, down to the bottom hem of the jersey and from side seam to side seam.

B. BACK NUMBER

1. The number on the back shall be at least 6 inches high, not less than $\frac{3}{4}$ inch wide (excluding the border) and centered vertically and horizontally on the portion of the jersey that is intended to be visible.
2. The back numbers shall meet all the remaining specifications of the front number as previously noted (Front View, B.2-B.4).

C. IDENTIFYING NAME

1. School name, school's nickname, school logo name, player's name and/or abbreviation of the official school name may be placed horizontally on the back of the jersey.
2. Lettering on the back of the jersey shall meet all the specifications of the front lettering as previously noted (Front View, C.2-C.6)

D. BACK PANEL

1. There are no color or design restrictions in the corresponding area – base of the neckline to the shoulder seam – on the back of the team jersey, except for identifying names.

E. ARMHOLE TRIM

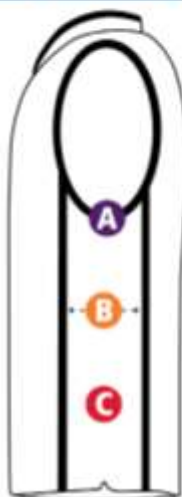
1. Trim shall not exceed 1 inch around the arm openings. Except in the area above the neckline – where there are no color or design restriction.



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NFHS BASKETBALL UNIFORMS

Side View



A. LOCATION

Side inserts must be centered vertically below the armpit.

B. WIDTH

Side inserts, including trim/piping/accent color(s), must be a maximum of 4 inches (2 inches on each side of the seam).

C. STYLE/DESIGN

1. Side inserts may be of any color or design.
2. Side inserts must be the same width for all team jerseys.
3. By state association adoption, one commemorative/memorial patch (not to exceed 4 square inches), if worn, must be in this area or in the area above the neckline on the front or back of the jersey.

NOTES:

1. A single manufacturer's logo/trademark/reference (not to exceed 2 ¼ square inches with no dimension more than 2 ¼ inches long) may be placed anywhere on the jersey provided placement does not interfere with the visibility of the uniform number.
2. The American flag may be worn anywhere on the team jersey provided it does not exceed 2 x 3 inches and does not interfere with the visibility of the player's number.



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What is the Cross Initiative? In 2023 we were trying to find a practical way to help live out our CYO mission of inspiring young people to know God, Love God and Serve God through CYO athletics. As Catholic Christians we understood that a central teaching of our faith is the Cross so we implemented the **“CYO Cross Initiative”** to bring our CYO Mission to life!



How does it work? We are asking all coaches this year to give a cross to each athlete on your team when you see a sacrifice made, an act of kindness or a moment of gratitude shared by an athlete! You choose when and how you give the crosses! After a game when you huddle up your team... during practice if that time is better. You pick the time and the moment... even a player or athlete from another team. Your Assistant Coach could help with this also...

We call these moments “God Sightings.” It is paramount to recognize these “God Sightings” as they build faith, character, and the dignity of each young person in CYO.



What is a God Sighting? It is when we recognize the Love of God through a sacrifice made, an act of kindness given or a moment of gratitude shared by an athlete. God sightings happen at every event... We need to see and recognize them! Call these God sightings out and name them for your athletes. They need to know these God sightings are so important and that is why we are giving a cross when we see them...

Examples:

Jesus made a sacrifice for you and me. Today I would like to give this cross to Lisa for making a sacrifice

by setting a great pic that allowed Jenny to make the winning basket.

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

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

Small acts of Gratitude: Thanks for being positive. Thanks for being on time... for trying a new drill even though it was challenging for you...for giving 100%... For listening during practice... for remembering the play...for helping a teammate get in the right position. For encouraging a teammate when they made a mistake... for helping another player up off the floor.



Give the CYO Cross to one of your players today and say the following.

We are grateful for what Jesus did for us!
I am grateful for _____
because he or she _____.



Give the CYO Cross to one of your players today and say the following.

Jesus made a sacrifice for you and me.
Thank you _____ for making a
sacrifice today by _____.

Remember to include: 1.) Jesus 2.) A sacrifice, a moment of gratitude or a kindness shared 3.) the specific act they did.

These moments teach our youth the values of sacrifice, kindness, and gratitude – and we need these skills in life and more of that today! It is fast – 1-2 minutes, you have the template, and it comes from you, their Coach! We are giving the most powerful take home gift we could ever give – The Cross!

What does this have to do with my faith? Jesus made a sacrifice for you and me! When we make a sacrifice for others, we are doing what Jesus taught us to do by loving our neighbors as ourselves! Through sacrifice, kindness, and gratitude we are all Champions! Champions of Faith and there is no greater Champion than that!

New this year! “Pay it forward” Crosses for Parents and Officials

Our athletes will give a Cross to their parents on Parents Weekend telling their parents why they are grateful for them! We will also give Crosses to Officials at Officials weekend! Details at Coaches Meetings.

We love to get pictures at the CYO Office! Have someone take a picture of you giving a cross to your athletes or an athlete giving a Cross to their parents. They tell us your story, make us smile and build what our CYO community is all about! Please send your pictures to Noelia.Speringo@ccdoble.org.



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RESOURCE ARTICLES

Good Communication Between Basketball Officials and Coaches Is Key

Four rules for helping the game flow and increase enjoyment

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

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

Four rules

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

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

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

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

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

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

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

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

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

Tip #2 - Developing good habits.

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

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

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

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

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

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

Tip #4 - Break things up.

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

Tip #5 - Don't overlook the simple drill

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

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