



## **BEST PRACTICES – BASKETBALL**

**Subject to change  
December 2, 2020**



### ***In addition to General Guidelines Winter Sports 2020***

#### ● **GENERAL**

1. All athletes and coaches must complete the Athlete Monitoring Form before entering all practices/games. Only the CYO Athlete Monitoring Form will be accepted at games. Other monitoring applications may be used for practices at the discretion of the Member Athletic Director.
2. Based on facility availability, teams will be scheduled within their geographical area. If you have more than one team in grades 6, 7 or 8, then you may divide your teams in an upper, middle and lower team or evenly balanced.
3. Practices cannot exceed 90 minutes.
4. Scrimmages may not take place until determined by the CYO Administration. Once the CYO Administration determines the date scrimmages may be held, scrimmages may only be held with one other opponent. The scrimmage opponent must be with a team that is a CYO member.
5. Team benches are to be placed opposite spectator seating whenever possible.
6. Each team gets their own practice time; multiple teams are not to practice in the same space at the same time unless divided by a curtain.
7. When possible, keep doors and windows open for ventilation.

#### ● **COACHES**

1. Coaches will take attendance at every practice/game by completing the Athlete Monitoring Form.
2. At all times, masks must be worn over your nose and mouth at all games and practices.
3. Only two coaches per team with credentials may be in the bench area during games due to physical distancing restrictions.
4. Communicate your guidelines in a clear manner to athletes and parents.
5. Considering conducting practices in “pods” of the athletes when training together to ensure more limited exposure. CYO recommends pods of no more than five and physically distanced.
6. Time outs will be conducted at the sideline with players physically distanced when possible. The number of time outs will be listed in the CYO Basketball Rules.
7. Disinfect balls before practices, during breaks, and after practices.
8. Teams will be instructed how to complete the scoresheet at the coach’s meetings.
9. Coaches will be positioned 6’ from the scorer’s table and 10’ from the end of the scorer’s table.
10. No post-game meetings can be conducted in the bench area or inside the building. Post-game meetings may be conducted outside the building.

#### ● **SPECTATORS**

1. Conduct daily symptom assessments before attending a CYO game.
2. Only two spectators per athlete. If one spectator is a child, the child must remain with the adult at all times.
3. At all times, masks must be worn over the nose and mouth. Spectators who do not wear a mask or remove their mask will be asked by their head coach to leave the site.
4. Spectators are requested to bring their own hand sanitizer and used frequently.
5. Spectators may enter the gym after both teams are at the bench areas-15 minutes prior to the game. Gyms will be cleared before the next group of spectators are permitted in. Spectators are expected to remain in their cars until permitted to enter the building. Procedures will be discussed at coach’s meetings and site director trainings.

6. The spectator area is marked off to comply with 6' physical distancing. The first row of the spectator area is closed so players have room to inbound the ball.
7. Six-foot physical distancing must be maintained between individuals/family groups.
8. Spectators may not enter the floor or bench area at any time.

- **ATHLETES**

1. Masks must be worn over your nose and mouth when entering and exiting the building, and when on the bench. Masks are optional for players during play.
2. Personal items (towels, water bottles) are not shared; each athlete will bring their own. Parents should provide personal items for their child and clearly label them. Athletes must place their personal items on their designated seat and maintain their designated for the entire game.
3. Athletes and coaches must be positioned 6' apart on the bench.
4. Each athlete should bring his or her own sanitizer.
5. Athletes should tell their coaches immediately when they are not feeling well.

- **OFFICIALS & GAME MANAGEMENT**

1. Conduct daily symptom assessments before attending a CYO game.
2. Officials should bring their own personal handsanitizer and equipment.
3. Facial coverings must be worn at all times and are optional when actively officiating.
4. Officials should not shake hands, fist bump, or have any physical contact with players, coaches, or other officials.
5. Officials will make intentional and continuous efforts to maintain physical distancing of six feet or greater away from players and coaches at all times.
6. During 60-second timeouts, the ball will be sanitized and players & officials will use sanitizer.
7. No congregating before or after games is permitted.
8. Six-foot physical distancing required during pre-game and post-game conferences.

- **GAME MODIFICATIONS**

1. Each team provides their own sanitized balls for warmups.
2. Substitution will occur behind the 10' line near the scorer's table.
3. There will be no jump balls. The home team will get the ball at the beginning of the game then alternating possession will follow, including through any overtime.
4. There will be no overtimes except in grades 8 -12. There will be one two-minute overtime.
5. Scorer and timers will wear masks at all times and will be positioned 6' apart. No officials at the scorer's table. The site director will be positioned away from the table.
6. Spectators will leave the gym first, followed by the visiting team, then the home team.
7. CYO will continue to monitor safety developments throughout the season. These will be reviewed at the coach's meetings with follow up communication during the season.