

Diocese of Cleveland CYO



Grades 5 and 6 Coach's Meeting

2022-2023

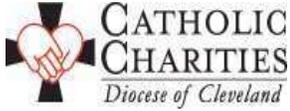


DIOCESE OF CLEVELAND CYO GRADES 5-6 COACH'S MEETING

1. Welcome and Introduction	
2. Program Planner – Know these Dates	Page 3
3. Multiple Rosters	Page 4
4. Uniforms	Page 4
5. Bench Personnel	Page 4
6. Spectator Management	Page 4
7. Inclement Weather	Page 4
8. CYO Points of Emphasis	Page 5
9. NFHS Points of Emphasis	Page 7
10. Long Term Athlete Development Model	Page 9
11. Managing the Score	Page 10
12. Sanction Events	Page 11
13. Helpful Reads	Page 12



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



**DIOCESE OF CLEVELAND CYO
GRADE SCHOOL BASKETBALL
PROGRAM PLANNER 2022/2023**



October	24	Winter sports season opens; practices and assessments may begin. Grade school early registration closes at 9:00 am, Regular registration begins. Winter sports sanctioned event period begins for all grades.
	27	Coaches Development Program – Urban Community School, 6:00pm 4909 Lorain Rd., Cleveland, 44102
	31	Grade school winter sports season regular registration ends, 9:00am
November	1	Grade school team fees and Fee Summary Forms due Last day to enter grade school teams’ blackouts
	2	Coaches Development Program – St. Paschal Baylon (Eymard Room), 6:00pm 5384 Wilson-Mills Rd., Highland Hts, 44143
	9	Coaches Development Program – St. Jude, 6:00pm 590 Poplar Rd., Elyria, 44035
	11	Grade School penalty assessed for late payments
	19	Coaches Development Program at Boys Hope/Girls Hope (Gym), 9:00am 9438 Dorothy Rd., Garfield Hts, 44125
	21	Deadline to register grade school athletes and coaches to online Sports Pilot rosters
	23	Grade school winter sports schedules available on CYO website
	28	Coaches Development Program at St. Ambrose (Hilkert Hall/Gym), 6:00pm 929 Pearl Rd. Brunswick, 44212
December	3	Regular Season grade school competitions begin
	5	Coaches Development Program at Boys Hope/Girls Hope (Gym), 6:00pm 9438 Dorothy Rd., Garfield Hts, 44125
Dec.23-Jan. 1		Christmas Break - No regular season games
January	14-15	Parents’ Day at the games
	22	Team Mass Sunday
February	11	Sanctioned Event Period Ends for Grades 6-8
February 12-March 5		Diocese of Cleveland CYO Winter Sports Championships
March	5	Sanctioned Event Period Ends for Grades 3-5, Winter Season Ends.

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MULTIPLE ROSTERS

- A player in grades 5-6 may participate in CYO and other non-CYO leagues.
- We strongly caution against participation in other non-CYO leagues. We do not make schedule adjustments for other leagues.

UNIFORMS

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

BENCH PERSONNEL and COACHES CREDENTIALS

- All CYO Coaches must be certified through the CYO Coaches Development Program.
- CYO Credentials must be worn around the neck and visible at all times.
- Any coach who gives their credentials to another coach, even for one game, will lose coaching privileges for one year.
- See [website](#) for all coach's requirements.
- Bench personnel is limited to the players listed on the eligibility roster and no more than three (3) non-players. Non-players 16 years of age or older must be CYO certified. Non-players under the age of 9 are not allowed in the team bench area.

SPECTATOR MANAGEMENT

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

INCLEMENT WEATHER

Inclement weather may prevent games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.

Announcements related to the status of competitions will be posted on the main page of the schedule website, Twitter, Instagram (@CYOSportsDOC) and media as needed.



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CYO POINTS OF EMPHASIS

5th & 6th Grade

- A. Ball Size: 28.5 composite or leather ball.
- B. Timing Regulations
 - 1. Length of quarters: seven (7) minutes (7:00)
 - 2. Overtime: two (2) minutes. (2:00)
 - a. Overtimes continue until there is a winner.
 - 3. Time between quarters: one (1) minute. (1:00)
 - 4. Halftime: five (5) minutes (5:00)
- C. Participation
 - 1. A player may only be substituted within/during their segment of play:
 - a. If player is injured.
 - b. If player was assessed a technical foul or intentional foul.
 - c. If player is being disqualified from the game.
 - d. If player received 3 or more fouls during the first half only. In the second half, they must finish the segment unless the team has free substitution.
 - e. The player removed from the game will be credited with the full participation of the segment.
 - f. The player going into the game will not be marked on the score sheet and will not receive credit for playing in that segment.
 - 2. During the second half of the game, once ALL of the players on a specific team have fulfilled the minimum participation requirement, the team will be permitted to make free substitutions for the remainder of the game and all extra periods. **At no time is free substitution permitted in the first half.**

6th Grade

- A. Participation
 - 1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
 - 2. ≤ 10 players at the game: 2 segments by the end of the 3rd quarter.
 - 3. ≥ 11 players at the game: 1 segment by the end of the 3rd quarter.
 - 4. ≥ 6 players including Guest Players, each player must sit out at least one.
 - 5. **At no time is free substitution permitted in the first half.** Free substitutions are allowed once all participation requirements have been met.
- B. Free Throws & Three Point Shots
 - 1. 15-foot free throw line.
 - 2. 6 players on the lane. 4 defense, 2 plus shooter from offense. Lowest space is below the block.
 - 3. Players in the lane can move upon ball release. Shooter and others cannot until ball hits the backboard or rim.
 - 4. The spot on both sides of the lane, closest to the shooter will be vacant.
 - 5. The three-point shot is in effect. Three points will be awarded for a shot taken behind the team's own 19-foot, 9-inch arc as court markings permit.
- C. Full-Court Pressure - A full-court press may be applied at any time except when the team has a 15-point lead.
- D. **Conferencing for the 6th grade** will be determined by the Athletic Director's recommendation of A, B, C, or balanced AND the input from the staff.

5th Grade

A. Participation

1. A segment is defined as $\frac{1}{2}$ of the length of the quarter – three and a half minutes (3:30)
2. ≤ 10 players at the game: 3 segments by the end of the 3rd quarter, at least 1 in each half
3. ≥ 11 players at the game: 2 segments by the middle of the 4th, at least 1 in each half.
4. ≥ 7 players including Guest Players, each player must sit out at least one segment in each half
5. **At no time is free substitution permitted in the first half.** Free substitutions are allowed once all participation requirements have been met.

B. Free Throws and 3 Point Shot

1. 12-foot free throw line.
2. 6 players on the lane. 4 defense, 2 plus shooter from offense. Lowest space is below the block.
3. Players in the lane can move upon ball release. Shooter and others cannot until ball hits the backboard or rim.
4. The three-point shot is in **NOT** effect.

C. Offense

1. Designed to develop passing, cutting, give and go, pick and roll and movement away from the ball.
2. Each player the opportunity to experience as many positions on the court as possible.
3. Isolation plays are illegal. These are plays designed when an offensive player challenges a defensive player and no other offensive players are involved in the play.

D. Defense

1. All teams must play player-to-player defense.
2. Trapping, double or triple teaming of a player out of the paint is prohibited.
3. Help side defense is permitted.
 - a. If an offensive player beats their defender, a teammate may move into position to help until the original defender recovers.
 - b. Once the defender recovers, the help player must drop back to their player.
4. **No Zone.**

E. Penalty for Violation of the Player-to-Player Defense

1. First Offense - Warning
2. Second Offenses - Technical foul for unsportsmanlike conduct on the head coach.
3. Third Offense - Unsportsmanlike conduct penalty on the head coach and ejection of the head coach.
4. Fourth Offense - Forfeit Loss

F. Full-Court Pressure

1. A full-court press is only permitted in the last 3 minutes (3:00) of the fourth quarter and overtime on any dead ball inbounds pass in the backcourt.
 - a. Since teams must play a player-to-player defense, when applying full-court pressure, teams must press player to player.
2. If the team is trailing by 15 points, they may use a full-court press at any time.
3. Teams may press during any live ball situation in the backcourt other than an inbounds pass during the entire game. A live ball situation is anytime other than an inbounds pass from and into the backcourt (i.e. rebounds, turnovers, other).

G. **Conferencing & Scheduling** - Teams in the 5th grade divisions will be placed into conferences for scheduling based upon their geographic location. Team strength will not be considered. Reasonable efforts will be made by CYO administration to limit the need for teams from the same CYO member to play each other during the regular season. This effort may result in teams traveling further distances to play games. Regular season standings will not be kept and playoffs will not be held.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

2022-23 POINTS OF EMPHASIS

Sportsmanship

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

Reducing Illegal Contact

To maintain the sound traditions of all sport, encourage sportsmanship, and minimize the inherent risk of injury, playing rules are developed to serve the varying skill level for the involved participants. As a result, it’s incumbent on contest officials to enforce the rules as written. When officials allow personal philosophies to enter into their enforcement of the rules, unintended advantages can be provided to players or teams, advantages that can determine the outcome of a contest. The NFHS Basketball Rules Committee expects officials to adhere to the playing rules for high school contests as written. Participants should expect nothing less from contest officials on a nightly basis, and the enforcement of all playing rules should be made without regard for time and circumstance. A foul or violation in the first quarter is expected to be a foul or violation in the last minute of a contest. While some coaches may wish for the game to be called ‘looser’, officials should avoid giving into that mind set regardless of the location of the game or the participants involved.

Of particular concern for the committee is the growing individual interpretations of certain plays, plays that are increasing the amount of illegal contact being allowed. The type of plays listed below rise above the description of Rule 4-27 regarding incidental contact and need to be addressed by officials.

- **Hand Checks:** Rule 10-7-12 is very clear for officials to apply. During recent years, freedom of movement for players has improved, and officials need to remember the simple concepts of Rule 10-7-12 that prohibit defensive players from placing two hands, an extended arm bar, keeping a hand on an opponent, or contacting an opponent more than once with the same hand or alternating hands. Keeping these simple principles in mind are critical for officials and need to be ruled when they occur
- **Post Play:** While freedom of movement has generally improved, there is still a need for officials to pay attention to play in the post. From a review of nationally injury data, more basketball injuries occur in the post than any other place on the floor. Officials need to monitor play in the post, whether the ball is involved or not. Players who either illegally carve out space for themselves or defenders who repeatedly push, knee, or otherwise attempt to knock offensive players off balance need to be penalized for their actions. Failure to address the first illegal contact in the post when players are displaced often leads to more physical play from players who come to believe that more physical play is going to be allowed on a given night. Regardless of the player’s location on the floor, when a player’s rhythm, speed, balance, or quickness is impeded, a foul has occurred.
- **Off-ball play:** Keeping eyes on off-ball plays is also necessary to help reduce the physicality in the game. Officials need to remain focused on their primary coverage area and off-ball play is just as critical as any other position on the floor. Officials who tend to ‘ball watch’ will miss screening plays in front of them that involve illegal contact. Allowable action by screeners, cutters, and defenders are outlined in the rules, and officials who focus on their primary area will naturally officiate these kinds of plays with more accuracy and consistency. When either the offense or defense are allowed to play outside the screening and defending rules off ball, more physical and illegal play tends to follow. Even if players are not initially in an off-ball area, the official covering that space needs to remain focused on in their primary area and trust that their partners will handle plays in their areas.

In enforcing the rules as written, officials should also pay particular attention to the mechanics and signals they use, along with their interactions with players, coaches, administrators, and spectators. Enforcing the playing rules while maintaining appropriate composure and decorum is also essential to maintaining good sportsmanship and sends the message that the official(s) have called a good and fair game. Official need to demonstrate proper authority behavior at all times in their dealings with players, coaches, administrators, and spectators, recognizing their important role in education-based athletic programs.

Pregame Meeting - Addressing Illegal Uniforms, Equipment and Apparel

Rule 2-4-5 requires that game officials verify with each head coach, prior to the start of a contest, that the teams' uniforms and equipment are legal and will be worn properly, and that all participants will exhibit proper sporting behavior throughout the contest. Before and after this pregame verification, officials should monitor players and notify the head coach if they notice anything needing to be addressed, including the color of uniforms, undershirts/undergarments, jewelry, casts, braces, or hair control devices. All game officials are responsible for monitoring this. If an official identifies any uniform or equipment issue that is of concern, they should allow head coaches to address the problem and not take it upon themselves to deal directly with the player. Even during the pre-game period, players must be legally attired, and paying attention to these details in pre-game will set the tone for the contest.

To the extent practical, game officials should also know who the game administrator(s) are for the contest in the event they need to be called upon. The home management is responsible for spectator behavior, insofar as it can reasonably be expected to control the spectators. In the absence of a designated school representative serving as game administrator, the home coach shall serve as the host management.

Knowing who help address any behavior or sportsmanship issues that will occur will allow game officials to confidently execute their duties. Officials should not be expected to correct illegal uniforms, equipment, or misconduct, only to bring those to the attention of the people best positioned to remedy those issues on any given night.

LONG TERM ATHLETE DEVELOPMENT MODEL IN THE DIOCESE OF CLEVELAND CYO

Learn to Train Stage (Females 8-11, 3rd-6th Grade and Males 9-12, 4th-7th Grade) During this stage children are ready to begin developing foundational sport skills. This stage is "The Golden Age of Learning" for specific sport skills. The Learn to Train stage is the most important stage for the development of sport-specific skills as it represents a sensitive period of accelerated adaptation to skills training and fine motor control. It is also a time when children enjoy practicing their skills and seeing their own improvement. An emphasis on acquiring a wide range of skills necessary for a number of sporting activities will assist the child's development. Although it is often tempting to overdevelop "talent" at this age through excessive single-sport training and competition, this can have a negative effect on later stages of development over a child that pursues a late specialization in sports such as volleyball or football. The early specialization promotes one-sided, physical, technical, and tactical development and increases the likelihood of injury and burnout.

Learning to Train Males 9-12 Females 8-11		Schools; Community recreation; Sport programs; Sport clubs; Home;	Parents; Teachers; Recreation leaders; Volunteer coaches (mainly);	Regular practice; seasonal activities; multiple sports; overall sport skills development;	Occasional; local area; modified format; informal and formal; 70% training to 30% competition;
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The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

Learn to Train Stage

Males 9-12 (4th-7th Grade)
Females 8-11 (3rd-6th Grade)

Overall sports skills development

Major skill learning stage: all basic sports skills should be learned before entering next stage

Integrated mental, cognitive, and emotional development

Introduction to mental preparation

Talent identification

Sport specific training 3 time a week; participation is other sports 3 times a week

MANAGING THE SCORE

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

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

Here are some expectations to better manage the score:

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

- + Clear the bench and give less skilled players more playing time – minimize the playing time of your dominant players
 - + No fast breaks
 - + Layups Only – No outside shots
 - + A minimum of 5 passes before a shot – must use the bounce pass
 - + No 3-pointers
 - + No pressure defense or trapping
 - + Defense must set up inside the arc
 - + No pressure on the ball handlers
 - + Move players to unfamiliar positions so they learn the entire game
 - + Your ball handlers must dribble with their non-dominant hand
 - + Slow down your offense and play a more deliberate game but don't embarrass the opponent by "quitting" on them.
 - + Practice a more complex offense with plenty of passing
 - + No player to player defense for grades 6-HS.
- Work on new plays. When **behind** by twenty at any point in the game:
- + Focus on positive element – personal effort
 - + Hustle after every possession
 - + Praise players for extra effort
 - + Envision the score is 0-0 – not to give up
 - + Communicate with the opposing coach before the game, at half-time and at the end of the game.
 - + Redefine "winning" as successful moments – stealing a pass, hustling for every loose ball, 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: ccdocle.org/cyo/

1. When can I register for a sanctioned event?
Whenever the event is listed on the CYO website.
2. Is it okay to register a team for a tournament under the assistant coach's name, since the head coach will not be at most of the games?
No, to register for a tournament, the official CYO Sports Pilot roster needs to be provided, which lists the head coach's name. However, an assistant coach can certainly be in charge at the games.
3. May I write a personal check for a Sanctioned Event entry?
No - team entry fees must be paid with an official check from the member's account.
4. The Sanctioned Event Director asked me to provide an official CYO roster. Can I use an excel spreadsheet that lists all the athletes from my team?
No - only the official CYO Sports Pilot Team Eligibility Roster that your Athletic Director registered with CYO can be submitted. At the start of the season, your AD must provide each coach with a copy of their roster.
5. We have (3) 6th gr. CYO teams. Can we combine players from the teams to enter a Sanctioned Event?
No - each athlete can only play for the CYO team for which he/she is officially rostered.
6. How many Guest Players may I use during Sanctioned Event Tournaments?
ZERO! The Guest Player Ruler cannot be used in sanctioned events. Bylaw 5-3-2-C-1
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 or coach is ejected from a sanctioned event, do they **sit out** the next scheduled CYO game **or** the next SE game?
The athlete(s) or coach must sit out the next scheduled game whether it is a SE game or a CYO game. Bylaw 9-1-5-B
10. A Sanctioned Event Tournament shows it has 'A' and 'B' levels for 7th grade. Which one do I enter?
The format of the tournament is at the option of the Sanctioned Event Director, We encourage you to enter tournament that best fit your level of competitive balance.
11. 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.
12. 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.
13. Does CYO supply scoresheets for Sanctioned Events?
No, due to high printing costs, CYO is unable to provide score sheets for SE. A template is included in the Sanctioned Event approval packet to make copies. Consider purchasing a scorebook, along with other tournament supplies from a sporting goods store.

HELPFUL READS FOR BETTER COACHING

4 Reasons Why Zone Defense is Terrible for Youth Basketball

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

5 Keys to Being a Great Basketball Coach

<https://www.usab.com/youth/news/2010/10/5keys-to-being-a-great-basketball-coach.aspx>

How to Make a Positive Impact on Your Players – 7 Aspects of Teamwork and Character We Will Focus On
<https://www.breakthroughbasketball.com/haefner/how-to-make-a-positive-impact-on-your-players-7-aspects-of-teamwork-and-character-we-will-focus-on/>

3 reasons junior high basketball coaches are ruining the game

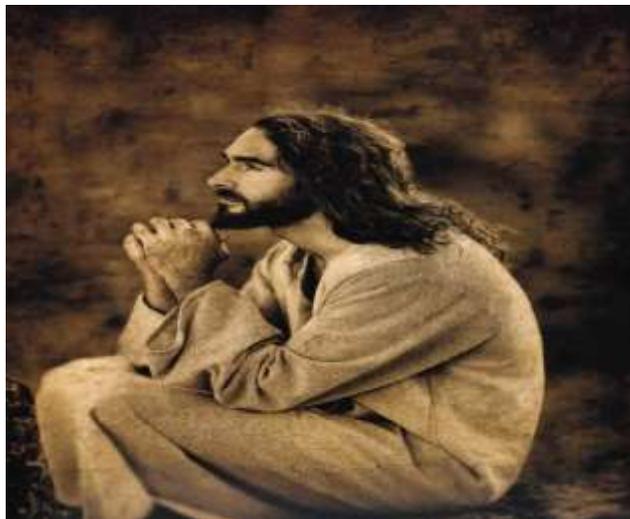
<https://letsgoball.blog/home/2019/1/26/3-reasons-junior-high-basketball-coaches-are-ruining-the-game>

A PRAYER FOR TEAMS

Heavenly Father, we ask that you help our team to grow in the virtue of humility this season. Help each of us individually, as coaches and players, to glorify God for our talents and gifts while working hard to realize those God-given talents to the best of our ability.

Help us always to seek God's will in how we use our talents and gifts for the good of others and help us to submit to the authority of our coaches, parents, and others who truly want us to realize these gifts.

Grant that we may become more humble through our practice and games this week. We ask this through Christ our Lord, Amen.



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TITLE IX



50 YEARS