

**CYO BASKETBALL
MARIN COUNTY
COACHES HANDBOOK
2008 – 2009**

CYO ATHLETIC PHILOSOPHY

As an integral part of the Catholic Youth Organization, the CYO Athletic Program has three main objectives and purposes:

- 1. To promote and encourage the development of Christian values (character) through interaction with peers;**
- 2. To provide as much participation as possible among all youth involved;**
- 3. To develop the concept of community through team sports identified with different parishes.**

As Christians, we are constantly challenged to better ourselves. In team sports we strive for improvement, both as individuals and as a team. The development of such values is the primary objective of CYO Athletics, and CYO Athletics is the arena in which the youngster practices the principals of Christian values. Within this arena the coaches, directors and participants must manifest and exemplify the ideals of a Christian life.

Athletic activity plays an important part in the growth and development of children. Team sports, competitive contests and special outdoor activities are opportunities to keep the body fit and the mind fresh. For these reasons, CYO Athletics encourages the participation of all youth - not merely the skilled athletes - in order to encourage wide participation and to foster Christian attitudes. CYO Athletics must be built upon a strong foundation: parish participation, dedicated coaches and youth open to learning and playing.

The parishes and families provide the foundation for CYO Athletics. The parishes and families provide the basis of Christian life and are one of the first experiences of teaching Christian values. The concepts of "Team Spirit" and "Sportsmanship" cannot be overstated, for it is in these ideals that participation in a community is possible for each young person in CYO Athletics.

CYO Athletics has a duty to each of its participants (coaches, players, officials and parents), and that is to provide the best possible atmosphere of competition. Such competition should not be based solely on winning or losing, but it should be understood in terms of participation, improvement, enjoyment and self-confidence. It is an ideal, but it is the basis of CYO Athletics. The participants must become gracious winners and losers, understanding that "how the team played" is immensely more important than who won the game. The youngsters are then freed to become the best that they can possibly be - and to encourage the best in their teammates, peers, friends and competitors.

PURPOSE OF CYO ATHLETICS

In CYO programs, emphasis rests not on the number of games won or lost, but on the participants' attitude in victory or defeat. Learning how to lose is just as important as learning how to win. Learning how to win graciously is more important than winning itself.

CYO programs serve the needs of all youth. They enable the gifted to excel, the less gifted to participate and improve. "Star" athletes and teams do not receive exclusive attention.

Principles of fair play and sportsmanship must govern every game. Dishonesty has no place in CYO competition. CYO competitors must not borrow from professional sports questionable techniques for winning at any cost.

All participants should have the respect of others on their own team and the opposing team. Competitors should regard the opposition as friends, not enemies.

CYO participants should have a spirit of loyalty to CYO ideals, to parish, to coach and to the team. They should learn patience with and tolerance of those with less ability. They should feel grateful to all that make the CYO program happen. Speech and actions should reflect Christian values.

At times, during the heat of competition, a participant may temporarily forget some rule of conduct. Prompt correction can turn even failures into learning experiences.

Ultimate responsibility for the success of CYO programs lies with the volunteer adult participant. Adults involved in CYO must remember that the program exists for the Christian growth of young people. Conduct of adults must always model Christian values and virtues. When adults forget the primary focus of CYO, the program becomes destructive. When adults remain faithful to the Christian ideals of CYO, they exercise a unique and rewarding ministry to the young with whom they come in contact

MARIN CYO BASKETBALL

2008 – 2009 CONTINUED POINTS OF EMPHASIS

- 1. TAUNTING, BAITING AND ROUGH PLAY:** Taunting, baiting and rough play will not be tolerated. The CYO program must reflect Christian attitudes and values, with CYO coaches emphasizing good sportsmanship. Coaches should set sportsmanship goals with their teams, discussing proper conduct. Coaches and their players should shake hands with the other team before and after each contest. Players should be rewarded for displaying good sportsmanship and disciplined for poor sportsmanship.
- 2. ALL PLAY RULE:** The “all play rule” guarantees each child a minimum amount playing time. This is a minimum! Athletic Directors shall monitor their program’s coaches for compliance. Repeated violation shall be a breach of sportsmanship. Coaches, under the supervision of their Athletic Directors, should be certain that all players receive playing time beyond the minimum.
- 3. RESPECT FOR GAME OFFICIALS:** Sportsmanship includes respect for game officials. Referees will make mistakes; coaches and players must be tolerant. Coaches and players should never shout instructions or criticism or show disrespect to the officials. Often, CYO officials are high school students learning to officiate just as CYO players are learning to play. Coaches, players or spectators should never approach game officials after a contest requesting explanations or making derogatory comments. Coaches who have concerns about an official may contact their Athletic Director.
- 4. RUNNING UP SCORES:** Children have more fun when the contest is close and either team can win the game. In basketball, the “no press” rule is based on this philosophy, allowing a team that is behind an opportunity to stay in the game. When ahead by a large margin, coaches are expected to follow the “no press” rule and to play by the “spirit” of the rule by 1) not trapping at half court; 2) playing all non-starter players extensively; 3) employing offensive strategies such as not fast breaking and slowing the tempo of the game. There is no place in CYO to humiliate an opponent. Coaches who consistently run up scores may be suspended by their parish or league.

- 5. CYO IS FUN! CYO is not a spectator sport for the benefit of coaches and parents; it is a youth program. The game is to be enjoyable for the players! Coaches must always be positive by praising and instructing and not shouting negatively or demeaning players. Good coaches build self-esteem, not destroy it. Winning must not be over emphasized; emphasis must be on the skills and social aspects of sports. Parents must be supportive of their children without placing undue pressure on them to succeed. Spectators should cheer positively at games for both teams.**

NEW RULE FOR 2008 – 2009

On free throw attempts, the lane space below the block will no longer be used. The defensive team must occupy the two lane spaces above the block. The next lane spaces in the direction of the shooter are for the offensive team and the last lane spots are also for the defensive team.

IMPORTANT GAME MANAGEMENT RULES

- 1. A scorekeeper from each team must sit at or next to the scorer's table! If only one team has a scorekeeper, that person will be deemed the official book and the team without a book may not dispute any perceived scoring or foul recording discrepancies.**
- 2. Any player who does not have a team jersey will be assessed a technical foul upon his/her first entry into the game. The technical is only an administrative foul and will not count against the player.**
- 3. There will be no SUDDEN DEATH rule in the playoffs. All playoff games will have as many overtime periods as needed to decide the game.**
- 4. The SUDDEN DEATH rule applies during the regular season. After the 2nd overtime period, the sudden death rule will be implemented. The first team to score a total of two points wins the game.**
- 5. In all 4th grade, 5B and 6B girls' games, the free throw shooter will be allowed to cross the line on the release of the shot. However, the shooter may not follow the shot or position his/her self for the rebound until the ball has hit the rim or it will result in a violation.**
- 6. Coaches are allowed to call time out from the bench.**

- 7. Each team gets 4 time outs per game. If the game goes into overtime each team is awarded an additional timeout for each period.**
- 8. One and one bonus free throws will be shot upon the 7th team foul of each half. Beginning with the 10th team foul of a half players are awarded two free throws on every foul.**
- 9. The 3 point shot will be used in 7th & 8th grade games only.**
- 10. Technical fouls count as personal fouls for players and as a team foul toward the bonus count.**
- 11. If a team has a lead of 16 points or more in the last 2 minutes of the game, the clock will continue to run on violations. The clock will still stop on shooting fouls.**

CYO "ALL PLAY" PARTICIPATION RULE

All four (4) quarters will be broken into half quarters. This means that there are a total of 4 playing periods in each half. In 4th, 5th and 6th grade games the quarters are 8 minutes and 7th and 8th grade teams play 9 minute quarters. This means that the playing periods are 4 minutes in the lower grade games and 4 and one half minutes in the upper grade games.

Each player in uniform must play one entire playing period in each half. The exception to this rule is if a player is injured or disqualified.

Failure to comply with this rule will result in forfeiture of the game and an automatic 1 game suspension for the coach. A second violation will result in the coach being removed for the rest of the season.

To adhere to this rule, players must play from the start to the finish of a playing period. To be sure that players are playing the proper amount, in accordance to the rule, players will line up in front of the scorers table at the start of each playing period. The CYO assigned timekeeper will record playing time on a sheet provided by the coaches. The sheet will be sent to you, via your Athletic Director, in the very near future and must be photo copied for each game. If a dispute arises, the CYO assigned timekeeper will be the official book for this rule. If there is no CYO assigned timekeeper than the officials will ask the scorekeepers to keep track of the opposing teams playing time chart.

IF YOU HAVE ANY QUESTIONS REGARDING THIS RULE, PLEASE CONTACT YOUR ATHLETIC DIRECTOR OR THE CYO OFFICE AT 507 - 4237. E-mail is sfarbstein@cccyo.org.

4th, 5th & 6th GRADE DEFENSE RULES and PRESS RULES FOR ALL GRADES

RULE CHANGE FOR 4th, 5th and 6th GRADE LEAGUES A & B, BOTH BOYS AND GIRLS.

This rule has been expanded to the B leagues at these grades.

Teams must play person to person defense in the half court. When the press is allowed teams may zone press and may half court trap between the designated restriction line and the half court line. Below the designated restriction line, teams must play person to person defense. No half court zone defenses will be allowed. You may double team the ball but it cannot be out of a zone defense when the ball is below the restriction line. This rule ties into the press rule, which is explained next.

This rule applies on out of bounds plays under the basket. The defensive team must play person to person.

PRESS RULE: PLEASE READ THIS SECTION CAREFULLY AS THIS RULE CAUSES THE MOST CONFUSION BECAUSE PEOPLE INTERPRET IT DIFFERENTLY.

- 1. There will be no press at any time during the game in 4B and 5B leagues. This means person to person defense only.**
- 2. In 4A leagues there will be no press until the last two (2) minutes of the game. If a team is leading by more than 10 points the no press rule will be in effect on that team.**
- 3. In 5A, 6A and 6B leagues the no press rule will be in effect on the defensive team when they are leading by more than 10 points.**
- 4. In all 7th and 8th grade games the no press rule will be in effect on the defensive team when they are leading by more than 15 points.**

NO PRESS WILL BE DEFINED AS SUCH: THE DEFENSIVE TEAM MUST FALL BACK BEHIND THE SIDELINE HASHMARK ON THE DEFENSIVE SIDE OF THE COURT. THE DEFENSIVE TEAM MAY NOT CROSS THE HASHMARK TO DEFEND UNTIL THE OFFENSIVE TEAM HAS CROSSED HALF COURT. ON COURTS WITH NO SIDELINE HASHMARK THE TOP OF THE KEY OR A DESIGNATED LINE ON THE COURT WILL BE USED AS THE LINE TEAMS MUST RETREAT TO. WHEN THE DEFENSIVE TEAM COMES

OUT TO DEFEND THEY MAY NOT DOUBLE TEAM THE BALL. DOUBLE TEAMS ARE ALLOWED WHEN THE BALL DROPS BELOW THE DESIGNATED LINE. IF THE BALL IS PASSED OR DRIBBLED BACK ABOVE THE LINE THE NO DOUBLE TEAM RULE IS IN EFFECT AGAIN. BASICALLY, NO DOUBLE TEAM IS ALLOWED BETWEEN THE DESIGNATED LINE AND THE HALF COURT LINE AT ANY TIME THE NO PRESS RULE IS IN EFFECT. THIS RULE APPLIES AT ALL GRADE LEVELS AND DIVISIONS. REPEATED VIOLATIONS WILL RESULT IN TECHNICAL FOULS AND IN EXTREME CASES POSSIBLE SUSPENSION FOR THE COACH.

Please apply these two rules together. It is really one rule broken into 2 segments.

If you questions regarding these rules, please contact your Athletic Director, or the CYO office at 507 – 4237 or by e-mail at sfarbstein@cccyo.org.

AWARDS

Awards will be given to all individuals on championship and runner up teams.

CLASSIFICATIONS

- 1. The classification of participants in the league will be governed by the grade system. The grade divisions will be: 4th, 5th, 6th, 7th and 8th. 3rd graders may play on 4th grade teams provided there are 70% 4th graders on the team.**
- 2. If there are enough teams, each grade division shall be further divided into “A” and “B” leagues.**
- 3. When a program enters on team in a grade division, that team will be placed in an “A” league unless an EXCEPTION is made by the Athletic Advisory Board.**
 - (a). A written request for “B” status may be made when entries are submitted.**
 - (b). An Athletic Director, upon his/her initiative, or the Athletic Advisory Board upon their initiative, may discuss any special placement.**
 - (c). A new single entry shall be placed in an “A” league unless the Athletic Advisory Board, by observation, determines “B” status is appropriate.**
 - (d). A single entry already in “B” status should remain there if its previous year’s record justifies such placement and the team’s personal has not materially changed.**

4. **When a program enters two or more teams at a grade level, the teams must be entered in accordance with their relative strength, and this information shall be stated as accurately as possible.**
 - (a) **The strongest team must play in the “A” league.**
 - (b) **Each additional team may play in either an “A” or a “B” league, as the program chooses.**
 - (c) **If a program has more than 1 “B” team at a grade level, every effort must be made to split the teams equally in talent.**

5. **WARNING: “B” teams shall not consist of “A” players. It is the policy of the Athletic Advisory Board that all athletic teams be assigned to the division or league that provides the most wholesome and competitive level of competition. Therefore, if it is determined by the Athletic Advisory Board that a program entered a team in the “B” division that is of “A” caliber, the Board may take such action as they deem appropriate. Examples of appropriate action include, but are not limited to:**
 - (a) **Requesting that a player of players be moved up to the “A” team.**
 - (b) **Allowing the “B” team to complete the regular season schedule but not be allowed to participate in the playoffs.**
 - (c) **Recommending disciplinary action when there is evidence of flagrant unsportsmanlike conduct on the part of the program’s coaches and/or Athletic Director.**

CONDUCT OF COACHES DURING COMPETITION

1. **The following specific rules apply to coaches and their assistants: The National Federation bench decorum rule will be in effect. A coach may stand in the coaching box to coach his/her team or to address a game official in a sportsmanlike manner. Since many of our courts do not have marked coaching boxes, the area directly in front of the bench will serve as the coaching box. A coach who violates this rule by either addressing an official in an unsportsmanlike manner or wanders up and down the sideline will lose his standing privileges. A coach who receives a technical foul automatically loses his standing privileges.**

2. **A coach may go to the scorer’s table to obtain information only during a charged time out or intermission. This applies to both the head coach and assistant coach. At no time shall more than person from a team go to the scorer’s table to obtain information.**

- 3. A coach may go to the scorer's table to appeal a correctable error or to appeal for correct application of the participation rule or press rule. Each team may have a representative when the appeal is presented to the referee. If the appeal is incorrect, a time out is charged to the team making the appeal.**
- 4. A coach may go the scorer's table to notify a referee he/she is protesting the game. Each team may have a representative when the protest is stated. The officials shall consider their action, do whatever they think proper and continue the game.**
- 5. A coach may go the scorer's table to request resolution of a possible scoring error. If the referee judges the request to be reasonable due to a disagreement between the scorers, he/she shall resolve it with no coaches or other team personal present. If the official judges the request frivolous or unreasonable, he/she shall give a delay of game warning to the offending team. If they already have a delay warning a technical foul will be assessed.**
- 6. At no time shall a coach or other team representative go the scorer's table and be argumentative. This is unreasonable and unsportsmanlike conduct. If a player fouls out, the coach may request the referee to verify the fouls but the coach may not go to the scorer's table for this purpose.**
- 7. The coach may come onto the floor to attend to an injured player. The coach should wait until beckoned out by a referee. If the coach does come on the floor and the player remains in the game, a time out is charged. No time out is charged if the player is replaced. No time out is charged for the replacement of a disqualified player, if replacement is made within 30 seconds of disqualification.**

The official may warn the coach about violations of these provisions or penalize him/her with a two shot technical foul.

- 8. Any coach or assistant who conducts him/her self in an unsportsmanlike manner, while participating in a CYO activity, which could discredit the program, will be removed from further participation.**
 - (a) A coach shall not disrespectfully address an official or attempt to influence his/her decisions. The use of profanity or obscene gestures towards an official, opponent or spectator will not be tolerated and will result in a technical foul called against said coach. If such conduct persists, the game will be forfeited.**
 - (b) All questions, disputes, protests and modifications of rules and regulations not covered in the above articles will be decided by**

the Athletic Advisory Board, which has the power to interpret and formulate such rules and regulations for all play. The protection and stimulation of competition will be used in setting these regulations and making decisions.

EQUIPMENT

- 1. In all 4th and 5th grade boys' games, the women's size basketball will be used. In the event that the wrong size ball was in any CYO game the game shall be considered to have been legally played. The best available ball between the two teams playing will be used as a game ball.**
- 2. The women's size ball will be used in all girls' games.**
- 3. Squad members may not warm up or play in a game unless they wear gym shoes. No player may participate in socks.**
- 4. Each team member must wear a uniform of like color and design with a number on the back. If a player is not uniformed properly, said player will receive an administrative technical foul upon his/her first entry into the game. If the shirt worn is not of the same color the player is not eligible to play.**

GAME PREPARITION

- 1. Each team must be prepared to furnish a scorebook, scorekeeper and basketball for each game. Selection of each shall be made by the official and if neither team can make a satisfactory arrangement, the game shall not be played. If a team is playing in its own parish facility, the visiting team will have the choice of baskets.**
- 2. Each team will maintain its own scorebook, listing the names of its squad members who are prospective participants in the game. The scorers will exchange lineups before the start of the game. If a team fails to provide a scorebook or score sheet prior to the game, a technical foul will be assessed and its team members will then be listed in the opposing scorebook. The scorebooks are subject to examination by the game officials and may be called for informational purposes by the CYO office at any time.**

- 3. Each team shall appoint a captain who may address an official on matters of interpretation or for information. Any player may address an official to request a time out or leave the playing floor.**
- 4. If the assigned official(s) fail to appear, the game may be played if another CYO official is available or by mutual consent of both coaches.**
- 5. Any approved official, whether assigned or not, working a game shall be paid the fee specified for that game.**

LENGTH OF GAMES

- 1. Game time shall be the time specified on the official CYO schedule unless a preceding game causes delay. In this case, game time shall be exactly 5 minutes after the end of the preceding game.**
- 2. If 5 or more players from each team are present at game time, the officials will start the game. Coaches are cautioned that gym time is limited and officials will not delay the starting of the game when five players from each team are on the gym floor.**
- 3. If the legal number of players (5) is not present 5 minutes after the scheduled game time, the team will forfeit the game. If neither team has enough players, a double forfeit will be called.**
- 4. In all 4th, 5th and 6th grade games, the quarters shall be 8 minutes with one minute intermissions between quarters and a 4 minute intermission for half time.**
- 5. In all 7th and 8th grade games, the quarters shall be 9 minutes with the same intermission rules as above.**
- 6. In all CYO games the clock will be stopped on free throws. The clock will also be stopped when undue delay is caused. The clock will run on all violations. Stop time will be played the last 10 seconds of the first three quarters and the last 2 minutes of the 4th quarter and length of any overtime period (3 minutes).**
- 7. Substitutions may be made on any official's whistle. Substitutes may not enter after a made basket, as the ball is still in play. Substitutes may enter after a made free throw, on the referee's whistle, as the ball is dead before it is thrown in.**

- 8. In the event of a tie at the end of regulation play, the following method will be used to break the tie.**
- (a) A one minute rest period will precede the first overtime of 3 minutes (stop time).**
 - (b) If the game is still tied a second 3 minute overtime period will be played (stop time).**
 - (c) If the game is still tied a SUDDEN DEATH period will occur. No time will be put on the clock; the first team to score a total of two points wins the game.**
 - (d) There will be no SUDDEN DEATH rule in the playoffs. As many 3 minute overtime periods as needed will be played to determine a winner.**
- 9. Alternating Possession: The game will begin with a jump ball. Every other jump ball situation will alternate possession based on who obtained possession of the original jump ball. The only other time a jump ball will occur is to start each overtime period or a SUDDEN DEATH period.**

PLAYOFFS

- 1. In leagues with one division, the top 4 teams will make the playoffs. First place shall play 4th place and 2nd place shall play 3rd place. The winners of these two games will play each other. Two points are needed to win the championship: one point is awarded to the league winner and one point is awarded to the playoff winner. Should the points be split between two teams and additional playoff game must be played to determine the overall champion.**
- 2. In leagues with 2 divisions, the top 4 teams in each division will make the playoffs. The division champion will be determined the same way we decide a single division champion as stated above. The two division winners will then play for the overall championship.**
- 3. In leagues with 3 divisions, the top 4 teams in each division will make the playoffs. The 12 playoff teams will seeded into a single elimination tournament to determine the champion. The 3 first place teams and the 2nd place team with the best record will receive first round byes.**

PLAYOFF TIE BREAK RULES

Following are the tie break rules established by the Athletic Advisory Board:

- 1. Head to head competition**
- 2. Record against teams above the tie**
- 3. In leagues where teams do not play everybody, record against common opponents will be used.**
- 4. In 2 and 3 division leagues with cross division play record within ones division will be used.**
- 5. Tie break game.**

First Place Ties: If two teams tie for 1st place and both win their first round playoff games, then the next game between them will determine the overall champion. If one of the tied teams loses their first round playoff game, that team is eliminated and the remaining tied team must be beaten twice in the championship round.

If 3 team tie for first place and 2 win their first round game then the next playoff game will determine the champion. If the 4th place team should beat one of the tied teams, the two losing teams are eliminated and the remaining tied team must be beaten twice by the 4th place team.

If 4 teams tie for first place the winner of the playoffs is the champion.

POSTPONEMENTS

- 1. Games may not be postponed by the coaches without permission of the Marin Athletic Manager. Penalty for such action will result in forfeiture by both teams.**
- 2. If two teams postpone a game it is their responsibility to play the game on their own gym time and secure their own officials. The league will not get involved in this reschedule except to obtain the result of the game for the standings.**
- 3. 2 weeks notice is required to do this and a \$25 fee will be charged to the team instigating the request.**

PROTESTS

- 1. Protests must made verbally to the officials at the time of the alleged infraction or the protest will not be considered, except in the case of a player's eligibility.**
- 2. Protests will only be considered in regards to a violation of the participation rule or the eligibility of a player. In matters of judgment, the officials' decision is final.**

- 3. All protests must be filed in writing and must be received at the CYO office within 3 days of the protest occurrence. Holidays are disregarded; Sundays are not regarded as holidays.**
- 4. Protests must contain the date, time, league, teams involved, place of the game, name of the officials and a description of how the participation rule was violated.**
- 5. A protest fee of \$25 must accompany the protest, which is refundable, if the protest is upheld.**
- 6. A team quitting a game because of a protest, forfeits said game and all rights to protest the incident.**
- 7. FAILURE TO COMPLY WITH THE ABOVE PROCEDURES WILL CAUSE THE PROTEST TO BE INVALID.**