Minor - Cadet - Junior





Toledo CYO is a faith-based youth league for the Diocese of Toledo parishes and schools. Basketball is offered for third grade through high school. CYO has a developmental approach, focusing on fostering lifelong engagement and holistic development in sports, rather than emphasizing competitive performance alone. CYO emphasizes the long-term growth of student athletes, considering physical ability, mental, and social aspects. This is achieved by structuring our divisions into stages, which guide athletes through various stages of active participation, from learning the sport to having fun, maintaining engagement, and participating under the guidance of our Catholic faith and sportsmanship.

General Rules |

- National Federation High School rules will govern CYO leagues, unless stated otherwise.
 NFHS rule books may be purchased online at www.nfhs.com
- Scorebooks are kept by each team for each game, and the official book will be the book of the home team.
 - The home team is the second team listed on the schedule. (Example: Christ the King at Saint Rose)
- Lineups are to be submitted to the scorers' table with the team's full roster, starting lineup, and coaches' signatures.
 - o Officials will record game-day scores on CYO game-day cards & team lineup sheet.

League Divisions |

League Divisions				
MINOR	CADET	JUNIOR	HIGH SCHOOL	
3 rd – 4 th	5 th - 6 th	7 th – 8 th	9th-12th	
Schrembs – Stritch – Alter Bronze Silver Gold	Rehring – Donovan – Hoffman Bronze Silver Gold	Donnelly - Blair - Thomas Bronze Silver Gold	JV Varsity CYO State	
No Standings	League Standings			
No Tournament	nament League Tournament			

Division Guidelines |

Below is a description of the divisions based on team ability, competitiveness, and expectations.

Hoffman BRONZE	Blair	SILVER		Thom	as GOLD		
0% Experience & no club/travel	e with >4	80%	Experien	ce with <5			
players on roster	club/travel players on roster		club/travel players on roster club/travel playe		yers on roster		
High School							
JV Teams not competing for CYO S	Varsity Teams competing for CYO State						
Freshman – Sophomore – Junior	Freshman – Sophomore	– Junior - S	Senior				

Pre-Game Procedures |

Pre-Game Conference

- The officials, coaches, and team captains will meet in front of the scorer's table to go over rules, sportsmanship, and the home team will provide the game ball.
 - The home team is the second team listed on the schedule. (Example: Christ the King at Saint Rose)
- Game roster and starting lineup will be verified, and updates/changes may still be made.
- *CYO All Play Rule* will be reviewed, and any "dressed" player who is not playing due to injury or other justification must be reported at this time to the officials and opposing team.
 - o **Failure to Report** / Failure for a coach to report an injury or a justified reason for not playing a rostered player may result in a forfeit for the team and suspension for the coach.

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Pre-Game Prayer |

• All teams will line up at center court to recite the "CYO Prayer" and Pledge of Allegiance.

Post-Game Procedure

- Postgame handshake to show sportsmanship and respect for the opponent and the game itself.
- Coaches from both teams are to review and sign the official scorecard and report the score and outcome of the game using the CYO League Score Submission Link.
- Coaches and players, we kindly ask that you clear your bench area immediately after the game. Please gather your belongings quickly so the next teams can prepare for their game.

			Gr	ade/Middl	e School D	ivisions –	Minor Cad	et Junior	
Game Duration		Warm- Up	Length	Time between Quarters	Halftime	Overtime	Standings	Diocesan Tournament	Game Clock
Minor	Schrembs Stritch Alter	5min.	Four 7min. Quarters	1min.	3min.	No	No	No	Running Clock
Cadet	Rehring Donovan Hoffman	5min.	Four 7min. Quarters	1min.	3min	2min	Yes	Yes	Running Clock
Junior	Donnelly Blair Thomas	5min.	Four 7min. Quarters	1min.	3min	3min	Yes	Yes	Running Clock

Running Clock | All Grade/Middle school divisions will play four, 7-minute. quarters – running clock.

- Clock stoppage | The clock will only stop for the following:
 - o For free throws/technical fouls
 - o Team and official timeouts

Diocesan Tournament | Cadet and Junior will have regular season standings for seeding into the Diocesan Tournament.

- Rules and game structure will remain the same for regular season and tournament play.
- A rostered player's eligibility to participate in the tournament must have played in at least one-third of their total scheduled regular-season games.

Equipment &		Grade/Middle School Divisions - Minor Cadet Junior						
_	Regulations	Basketball Size	Distance of Free- Throw Line	Game Regulations				
	Schrembs			Home team will supply the game ball/ Referee must approve the game ball.				
Minor	Stritch	27.5"	12'	 approve the game ball. Uniform Every player must have a number on the 				
	Alter			back of their jersey. All numbers must be legal jersey				
Cadet	Rehring Donovan Hoffman	28.5"	15'	numbers and only include: 0,1,2,3,4,5 O Undershirts must be the same color as the rest of the team. O Players must be in matching color basketball				
Donnelly		20.5%		shorts. • PROHIBITED				
Junior	Blair	28.5"	15'	 <u>ALL JEWELRY</u> - must be removed. Covering of piercings with Band-Aids and/or tape is 				
	Thomas			not permitted.				







Play Adjustment by Divisions |

		G	rade/Middle School Divisi	ons – Minor Cadet Junior		
CYO Structure		Scoring	Timeouts	Overtime /Timeouts	Start of Game Possession	
	Schrembs	Free throw: 1 point All field goals: 2	Two Full Timeouts in the first half			
Minor	Stritch	points No 3-point field	Two Full Timeouts in the second half	No Overtime	Jump Ball	
	Alter	goals	nuij			
	Rehring	Free throw: 1 point All field goals: 2 points 3-point arc: 3 points	Two Full Timeouts in the first	One 2-Min. OT (Stop Clock)		
Cadet	Donovan		Two Full Timeouts in the first half Two Full Timeouts in the	One Full Timeout granted for OT. Unused timeouts may not carry over to the next	Jump Ball	
	Hoffman		second half	half or OT period.		
	Donnelly	Free throw: 1 point All field goals: 2	First Half Two Full & One Half Second Half Two Full & One	One 3-Min. OT (Stop Clock) One Full Timeout granted for		
Junior	Blair	points 3-point arc: 3	Half	OT.	Jump Ball	
	Thomas	points	A maximum of 2 timeouts permitted in the final 2 minutes of the 4th period	Unused timeouts may not carry over to the next half or OT period.		

Overtime | The Cadet and Junior division will have one OT period in the Regular season with a stop clock.

• Cadet | One – 2Min. Stop clock on the overtime period.

• Junior | One– 3Min. Stop clock on the overtime period

CVO Ga	ma Tactic		Grade/Middle Sc	hool Divisions - Mino	r Cadet Junior	
CYO Game Tactic Details		Playing Time	Set Defense	Pressing Defense	Double Team/Crowding	Stealing From dribbler
	Schrembs			D	Double-	Stealing from
Minor	Stritch	Equal Playing Time	Only player-to- player defense	Pressing is not allowed	team/crowding	the dribbler is not
	Alter		pasy a second		is not allowed	allowed
	Rehring	Equal Playing Time in Qts 1-	Player-to-player Zone defense permitted 2 nd <i>Half only.</i>	Pressing permitted	Permitted in	Allowed throughout
Cadet	Donovan	3. Coach's discretion in 4 th Qt		in the 2 nd half .	the 2 nd half	the
	Hoffman					competition
	Donnelly	All players must make an	Player-to-player & Zone defense permitted	Allowed throughout the competition	Allowed	Allowed
Junior	Blair	appearance in both the first			throughout the competition	throughout the
	Thomas	and second halves				competition

Play Up Rule | Teams may have a "guest" player from another team if they are short on players and meet the following criteria:

- Guest player is not on an original roster from another parish team
- Guest player is not on an original roster from a team within the same division
- Guest player is not on an original roster from a team from a higher division

Example

St. Joseph, Maumee JR Blair team is short a player

- X Guest player from St. Joseph, Maumee JR Thomas is asked to fill in
- ✓ Guest player from St. Joseph, Maumee JR Donnelly is asked to fill in
- ✓ Guest player from St. Joseph, Maumee CD Hoffman is asked to fill in

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Minor - Cadet - Junior

Game Tactic Rationale |

Playing Time |

Minor (all divisions)

• *Equal Playing Time* to ensure all young children participating in the sport have an opportunity to experience the game.

Cadet (all divisions)

• *Equal Playing Time* for quarters 1-3, while allowing coaches discretion in the fourth quarter and overtime period. Equal and fair playing time is encouraged throughout all quarters.

Junior (all divisions)

- "All Play Rule" All players must make an appearance in both the first and second halves of the game. Any "dressed" player who is not playing due to injury or other justification must be reported at the pre-game conference to the officials and opposing team.
- *Failure to Report* / Failure for a coach to report an injury or a justified reason for not playing a rostered player may result in a forfeit for the team and suspension for the coach.

Set Defense | *Definitions*

Player-to-Player Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move in response to the offensive player's movements, whether with or without the ball.
- If an offensive player with the ball advances past their defensive player, another defender may rotate/switch to guard that offensive player.

Pressing Defense

• Defensive guarding, either on or off the ball, within the backcourt. Also known as full-court press/defense.

Double-Team/Crowding

• Two or more defensive players guarding a single offensive player.

Set Defense | By Divisions

Player-to-Player defense | To ensure all young children participating in the sport have an opportunity to experience the game.

• Only defense allowed for Minor (all divisions)

Zone Defense | Strategy for defensive players to guard a specific area of the court instead of a single opponent.

- **Cadet** (all divisions)
 - o Cadet Divisions | Permitted during the 2nd half only
- *Allowed* for Junior (all divisions)

Double-Teaming/Crowding | Crowding the ball with multiple players (referred to as "double-teaming").

- *Not allowed* for Minor (all divisions)
 - o This is due to skill and size discrepancies among children at these ages.
- Allowed for Cadet (all divisions) | 2nd Half only
 - This is to introduce, at the discretion of the coaches and their team's ability to learn how to properly implement next-level play and development and defend against it.
- *Allowed* for Junior (all divisions).
 - This is to remain consistent with pressing defense standards and next-level play and development.

Pressing Defense | Pressing defense (referred to as "full-court press") is for a team to extend its defense to the full length of the court.

- Not allowed for Minor (all divisions).
 - To help children develop the principles of movement with and without the ball in a half-court setting
- Cadet (all divisions)
 - Permitting player-to-player defense to extend full-court in the <u>2ND Half and OT</u> allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

• *Allowed* for Junior (all divisions).





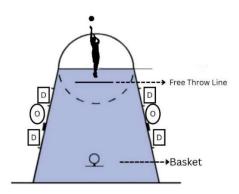
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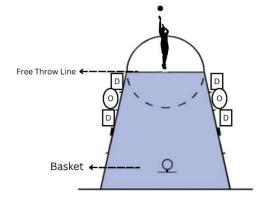
Stealing from the dribbler | Minor (all divisions)

• **Not allowed** to steal the ball from <u>an active dribble</u>. This allows ball-handlers to develop skills and confidence with basketball. This is to prioritize skill development over aggressive tactics and to create a more inclusive and fun environment for developing players.

High	lighted		Grade/Middle School	Divisions - Minor Cadet	Junior	
Game Play Rules		Backcourt Timeline	5 Seconds Closely Guarded	Substitutions	Clock Stoppage	
	Schrembs			Either team may substitute		
Minor Stritch		Not Applicable	Not Applicable	on any "dead ball"timeout	Only for timeouts, free throws, and injuries	
	Alter	P P		Free throws	and way and myarres	
	Rehring		Only when the offensive player is holding the	Either team may substitute	Only for timeouts, free throws, and injuries	
Cadet	Donovan	10 Seconds		on any "dead ball"timeout		
	Hoffman		basketball	• Free throws	un ows, and mjuries	
	Donnelly		Only when the offensive	Either team may substitute		
Junior	Blair	10 Seconds	player is holding the	on any "dead ball"timeout	Only for timeouts, free throws, and injuries	
	Thomas		DasketDall	Free throws		

Free T	hrows &	Grade/Middle School Divisions - Minor Cadet Junior					
Team Bonus		Shooting Foul	Team Bonus	Technical Foul			
	Schrembs	Two free throws for a missed shot					
Minor	Blair	One free throw if the player makes	A foul in the bonus will result in two free throws	A technical foul will result in two free throws and possession to the fouled team.			
	Alter	the shot while being fouled.		-			
	Rehring	 Two free throws for a missed shot One free throw if the player makes 					
Cadet	Donovan	the shot while being fouled.	A foul in the bonus will result in two free throws	A technical foul will result in two free throws and possession to the fouled team.			
	Hoffman	Three free throws for a missed shot on a 3pt shot attempt					
	Donnelly	 Two free throws for a missed shot One free throw if the player makes 					
Junior	Blair	the shot while being fouled.	A foul in the bonus will result in two free throws	A technical foul will result in two free throws and possession to the fouled team.			
	Thomas	 Three free throws for a missed shot on a 3pt shot attempt 					





Minor - Free Throw Line Up

Cadet/Junior - Free Throw Line Up

Players in the lane may go on the release of the ball – Shooter may go once the shot hits the rim.







		Grade/	Middle School Divisions – Minor	r Cadet Junior
	– Blowout Rule	Scoreboard	Blowout Rule	Consequences Failure to follow the Blowout rule and make any further adjustments.
	Schrembs		Leading team by: 10+ • No fast breaks	 1st offense Warning 2nd offense Team technical
Minor	Stritch	 Scoreboard will be run for all four quarters of play. 	15+ • Defense may not extend over	3 rd offense Team technical and the Coach is restricted to the bench.
	Alter	r	the top of the 3-point line arch, playing a soft player-to-player defense.	
	Rehring	• Scoreboard will be run	Leading team by: 10+	 1st offense Warning 2nd offense Team technical
Cadet	Donovan	for all four quarters of	No fast breaks 15+	3 rd offense Team technical and the Coach is restricted
	Hoffman	play.	 Player-to-Player defense only No pressing if in 4th Qt. 	to the bench.
	Donnelly		Leading team by: 10+	 1st offense Warning 2nd offense Team technical
Junior	Blair	• Scoreboard will be run for all four quarters of	No fast breaks 15+	• 3 rd offense Team technical
,	Thomas	play.	Player-to-Player defense only No Pressing	and the Coach is restricted to the bench.

Running up the score doesn't teach good sportsmanship, player development, or competitive balance. Instead of challenging players, it can lead to complacency, disrespect, and a decline in skills, while also risking injury and demotivating the losing team. Proper handling of a blowout involves focusing on skill development and sportsmanship, often by substituting less-skilled players to give them game experience.

Coaches Corner | How to handle a lopsided game

Create a pre-season plan to be prepared. Discuss with the team how the team should respond and act as the one who is leading and the team that is down. Set clear expectations and let your players know and understand why the adjustments are being made.

Leading Team

- Rotate players Give players who don't start or have less playing time more game time.
- **Focus on skill development** Use the game to work on specific skills or experiment with different line-ups, formations, or plays.
 - 3 to 5 passes before a shot attempt
 - o Rebound and pass out to reset
- **Emphasize sportsmanship** Ensure all players are still playing hard but with good character, and the winning team doesn't take advantage of the situation.

Team that is Down

- **Teaching Resilience:** Stay positive and united. Remind players that they are in it together.
- Rotate players Give players who don't start or have less playing time more game time.
- **Focus on skill development** Use the game to work on specific skills or experiment with different line-ups, formations, or plays. Experiment with positions and use the situation as a chance to have players try positions; they normally don't play to increase their basketball IQ.
- **Emphasize sportsmanship** Ensure all players are still playing hard but with good character, and teach them to never give up. Shift the focus to effort, attitude, and the process, not just the score.

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Standings | Will be updated weekly

- It is the responsibility of both coaches to report the final score of the game by using the provided CYO score submission link.
- Regular season standing will be calculated by winning %
 - \circ Win = 1, Lost = 0, Tie = $\frac{1}{2}$
- Tie in standings
 - o For a two-team tie
 - <u>Head-to-head record</u>: The team with a better record in games played against each other wins the tiebreaker.
 - *Common Opponents*: If the tie continues, teams' records are compared against common opponents, starting with the highest-ranked teams and then moving down the standings.
 - Points Allowed: The tie will be broken by comparing the total points allowed; the team that allowed fewer points will have the higher seed.

o For a three-team or more team tie

- Head-to-head record:
- Common Opponents
- Points Allowed
- o If a tie remains
 - Draw or coin flip: If all other tiebreaker rules fail, a random draw or coin flip is sometimes used to determine the final standings.

Team #	Parish/School	Coach	W	L	Т	W%	TG
1	St. Joseph, Maumee	Smith					
2	Christ the King	George					
3	Regina Coeli	Williams					
4	St. Joseph, Sylvania	Henry					
5	St. Johns XXIII	Wilson					
6	St. Patrick of Heatherdowns	Doe					

	PLACE	Team #	Parish/School	Coach	W%
co	Ē	1	St. Joseph, Maumee	Smith	
STANDINGS	-	2	Christ the King	George	
MD	1-	3	Regina Coeli	Williams	
TA	-	4	St. Joseph, Sylvania	Henry	
S	2-	5	St. Johns XXIII	Wilson	
	-	6	St. Patrick of Heatherdowns	Doe	

Team "Bonus" | The "bonus" refers to a penalty situation where a team that has committed a certain number of fouls in a quarter sends the opposing team to the free-throw line for fouls that would normally only result in an inbound pass.

• When a team commits its *fifth foul* in a quarter, the opposing team is in bonus, and all common fouls result in two free throws. The team's foul count resets at the start of each quarter.



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Technical Foul | A penalty for unsportsmanlike conduct, rule infractions, or a non-contact violation by a player, coach, team, or spectator. All technical fouls will be recorded and reported back to the CYO office.

• Players Conduct and Game Management Procedure

o First technical

- Removal from game may remain on bench
- Suspended for the next game

• **Second technical** (of the season)

- Removal from game may remain on bench
- Suspended for two games

o **Third technical** (of the season)

- Removal from game may remain on bench
- Suspended for the remainder of the regular season and postseason play

• Coaches Conduct and Game Management Procedure

• First technical

- Ejected from the game and must leave the gym before the game can resume
- \$50 Coaching Fine Paid to parish athletics
- Suspended for the next game and future games until the fine is paid and approved by the AD.

Second technical

- Ejected from the game and must leave the gym before the game can resume
- \$75 Coaching Fine Paid to parish athletics
- Suspended for two games and future games until the fine is paid and approved by the AD

o Third technical

- Ejected from the game and must leave the gym before the game can resume
- \$100 Coaching Fine Paid to parish athletics
- Suspended for the remainder of the regular season and postseason play
- Unable to attend the Ohio CYO State tournament in any capacity for that season
- Must retake the Toledo CYO Coaching Class

• Spectator Conduct and Game Management Procedure

If an official must stop a game at any time due to misbehavior from spectators or fans, an official timeout will be called. The officials will then address the issue with the coaches only. At that time, the officials will issue either a warning or a technical foul to the team associated with the misbehavior.

Officials should never directly address spectators. It is the coach's responsibility to communicate the warning or technical foul to their spectators and to ensure the behavior stops immediately.

• First Incident:

The officials will stop playing and issue a warning to the coach regarding the spectator behavior.

- **Second Incident** (any spectator on that team):
 - A team technical foul will be issued. The coach must ensure the offending spectator is informed and removed from the facility.
 - Spectator is suspended for two games
- *Third Incident* (any spectator on that team):

The game will be terminated immediately and recorded as a forfeit loss for the offending team, regardless of the time remaining or the current score

• If a spectator is removed from a game/gym twice in one season

• The spectator is suspended for the remainder of the regular and postseason play. This includes the Diocesan and Ohio CYO State Tournament.

Post Game Code of Conduct

Once the game has concluded, there is absolutely no reason for anyone to argue with or berate a referee, coach, staff member, or opposing parent. Anyone who approaches a referee, coach, staff member, or another spectator in an aggressive, threatening, or disrespectful manner **after a game** will receive an automatic suspension of **at least one (1) game**.

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Coach & Player Conduct |

The CYO Official(s) oversee the game and have the authority to disqualify players, coaches, or spectators for unsportsmanlike conduct.

- This includes warnings and could result in immediate removal from the gym.
- Any coach, spectator, or player being removed will be removed from the gym for the remainder of the day.
- An official has the authority to stop a game, and if the individual refuses to leave, it could result in discontinuing
 the game and automatic forfeit for the team that the individual is representing.
- An official report will be made, and the player, coach, and/or team may be suspended after review by the CYO Administration/Office.
 - This includes damage to the property or misconduct with the building.

Violations and Penalties |

Violations of CYO rules and regulations shall subject a member parish/school to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion

Good Sportsmanship |

As a coach and/or spectator, leading by example through sportsmanship means demonstrating respect, fair play, and positive behavior both on and off the court. This includes showing respect for opponents, officials, and teammates, as well as handling both victory and defeat with grace. By embodying these qualities, coaches and spectators inspire our young athletes to do the same, fostering a positive and ethical sporting environment.

MOST REV. DANIEL E. THOMAS

• Pope Francis appointed him Bishop of Toledo in America on August 26, 2014, and he was installed on October 22, 2014, as the current Bishop of the Diocese of Toledo.

MOST REV. LEONARD P. BLAIR

• He was appointed Bishop of Toledo on October 7, 2003, by Pope St. John Paul II and installed on December 4, 2003. Later, he was named the Fifth Archbishop of Hartford, CT, on October 29, 2013, and installed in the Cathedral of Saint Joseph on December 16, 2013.

MOST REV. ROBERT W. DONNELLY

• Bishop Donnelly was born on March 22, 1931, in Toledo, Ohio. He was ordained a priest on May 25, 1957, for the Diocese of Toledo. He was appointed Auxiliary Bishop of Toledo on March 14, 1984, and ordained Bishop on May 3, 1984.

MOST REV. JAMES R. HOFFMAN

He was named the Sixth Bishop of Toledo on December 16, 1980, and installed on February 17, 1981.

MOST REV. IOHN A. DONOVAN

• He was appointed Bishop of Toledo on February 25, 1967, and installed on April 18, 1967. He resigned on July 29, 1980, due to health.

MOST REV. GEORGE J. REHRING

• He was appointed Bishop of Toledo on July 18, 1950, and installed on October 17, 1950. He attended all four sessions of the Second Vatican Council. He resigned on February 25, 1967, due to age.

MOST REV. KARL J. ALTER

• A native son of Toledo, he was appointed the Third Bishop on April 17, 1931, and consecrated on June 17, 1931. Later, he was appointed Archbishop of Cincinnati on June 21, 1950.

MOST REV. SAMUEL A. CARDINAL STRITCH

• He was appointed Bishop of Toledo on August 10, 1921, and consecrated on November 30, 1921. Later, he was appointed Archbishop of Milwaukee on August 26, 1930, and installed on November 19, 1930.

MOST REV. JOSEPH SCHREMBS

• He was named the first bishop of the diocese of Toledo on August 11, 1911. He held a position on the administrative committee of the National Catholic War Council during World War I. He was named bishop of Cleveland on September 8, 1921. He was given the honorary title of archbishop in 1939.

CYO Prayer

Lord God, we thank you for bringing us together today and ask that you watch over and guide us. Help the athletes use their talents to the fullest and remain injury-free.

Help the coaches teach these young athletes not only about the game, but more importantly, about being good Christians.

Help the game officials do their best to enforce the rules and remain fair at all times.

And help the spectators to be considerate of all players, coaches, officials, and each other.

Thank you for giving all of us the opportunity to put our faith into action today. -Amen

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