

Oct 19, 2025

# Virtual Returning Coaches Meeting - (REFRESHER & UPDATES)

## Summary

Anthony McNeal, Director of the Central Ohio Basketball Association (COBA), welcomed attendees and detailed the league's philosophy of player instruction and development over a "win-at-all-costs" attitude. Anthony McNeal outlined general game rules, player eligibility, playing time recommendations, and specific rules for third and fourth-grade teams, emphasizing communication with officials and introducing new technical foul rulings for zone defense; Brock Bauer confirmed zone defenses are permitted for fifth and sixth grade. Anthony McNeal also explained team divisions, open team placement, schedule and score submission procedures, the Ohio Youth Basketball app, and the format for the "Preview" event. Anthony McNeal concluded by highlighting additional competition opportunities and key dates, including the mandatory scheduling meeting on November 2nd, the COBA Preview on November 15th and 16th, and the COBA Holiday Tournament on December 27th and 28th, with championships in February.

## Details

- **Meeting Commencement and Philosophy** Anthony McNeal opened the meeting, welcoming attendees and noting their role as Director of the Central Ohio Basketball Association (COBA). ([00:00:00](#)). They emphasized COBA's philosophy, stating that the league's primary purpose is player instruction, development, and preparation for middle school basketball, not a "win-at-all-costs" attitude ([00:16:24](#)). Anthony McNeal stressed that coaches should keep player

development at the forefront, building student athletes for progression into middle school and high school basketball ([00:17:20](#)).

- **General Game Rules** Anthony McNeal detailed that middle school basketball rules generally apply, with a few exceptions. Key rules include 10-minute warm-ups, 6-minute quarters, and a 5-minute halftime. They clarified that the clock runs in the second half if a lead exceeds 20 points, stopping again if the lead drops below 20 ([00:18:31](#)). Overtime periods are 3 minutes for the first, and 1 minute for subsequent periods, with one 30-second timeout available and no carryover from regulation ([00:19:38](#)).
- **Player and Team Eligibility** Anthony McNeal outlined player eligibility, noting that participants compete in divisions aligning with their sex assigned at birth unless COBA approves an exception ([00:22:39](#)). Players are only permitted to play for one team, but transfers due to relocation can be arranged. Players are allowed to "play up" a grade, but "playing down" requires COBA approval ([00:21:41](#)).
- **Playing Time and Pressing Rules** Anthony McNeal strongly recommended that all players receive approximately 50% playing time to gain experience ([00:22:39](#)). They also stated that no team may press or trap with a 15-point lead, with a violation resulting in a technical foul assessed to the coach ([00:23:35](#)). Confirmed this rule applies to the preview games as well ([00:49:47](#)).
- **Third and Fourth Grade Specific Rules** Anthony McNeal specified rules for third and fourth-grade teams, including a free-throw line moved to 12 feet, and players being allowed to jump over the line. They also stated that only half-court man-to-man defense is permitted, with no zone or trapping defense of any kind ([00:23:35](#)). Fourth-grade teams can full-court press after January 5th, and all grades (third through sixth) can full-court press in the last two minutes of a game. Anthony McNeal clarified that there is no double-teaming in third and fourth grade, though help-side and switching are allowed at the official's discretion ([00:24:31](#)).
- **Officiating and Rule Enforcement Updates** Anthony McNeal emphasized the importance of coaches communicating with officials before games, especially regarding grade-specific rules like pressing after January 5th and nuances of double-teaming versus help-side ([00:25:40](#)). They also introduced a new ruling: after two verbal warnings for double-teaming or zone defense, a technical foul will be assessed to the coach, awarding the offense two foul shots and possession at half-court ([00:27:17](#)). Brock Bauer confirmed that zone defenses

are permitted in fifth and sixth grade for both full-court and half-court play ([00:28:22](#)).

- **Team Divisions and Open Teams** Anthony McNeal explained that combined school team divisions for third through sixth grade girls and boys will have three divisions: Division 1 (most competitive) to Division 3 (least competitive) ([00:28:22](#)). They noted that if numbers are insufficient, Division 3 teams will move to Division 2. Open teams, defined as combined teams from different school districts, will be placed in Division 1 for league play only and will have their own bracket for tournaments ([00:29:13](#)).
- **Officials and Scheduling Protocol** Anthony McNeal confirmed that head coaches are responsible for scheduling officials and ensuring gym availability, though Anthony McNeal offered assistance with assigner contacts ([00:55:13](#)). Anthony McNeal outlined the mandatory scheduling meeting on November 2nd, which will occur in shifts based on grade and gender, where coaches will receive their binder and finalize schedules ([00:36:05](#)) ([00:56:03](#)).
- **Schedule and Score Submission** Anthony McNeal stated that contact logs for coaches will be released on October 20th, enabling early scheduling ([00:38:20](#)) ([00:42:11](#)). They provided detailed instructions for submitting finalized schedules via an Excel sheet, emphasizing the need for specific details on dates, times, host facilities, and opponent teams to ensure accurate app uploads ([00:39:17](#)). Anthony McNeal also explained that score reporting is a coach's responsibility, facilitated by a QR code on score sheets and rosters that links to a score form ([00:44:03](#)).
- **KOBA App and Preview Format** Anthony McNeal announced that the Ohio Youth Basketball app will host the COBA season, where schedules and team information will be uploaded once submitted ([00:45:58](#)) ([00:54:11](#)). They described the "Preview" event as a 5-minute warm-up, 20-minute running clock format, with one timeout, and the clock only stopping in the last minute for free throws or serious injuries ([00:46:52](#)). David Murrell inquired about opponent matching in the preview, and Anthony McNeal clarified it's based more on geographic location than division to minimize travel ([00:48:50](#)).
- **Additional Competition and Key Dates** Anthony McNeal highlighted opportunities for additional competition through partnerships with Ohio Youth Basketball tournaments, offering a discounted rate for COBA teams ([00:49:47](#)). They also provided key dates: the mandatory scheduling meeting on November 2nd, the

COBA Preview on November 15th and 16th, and the COBA Holiday Tournament on December 27th and 28th (reduced to two days) ([00:51:56](#)). The COBA Championships will feature pool play on February 7th and 8th, followed by bracket play on February 14th and 15th ([00:52:54](#)).