

# GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS GOYA MANUAL 2023/2024

## GOYA Eligibility, Rules & Regulations

As part of the Greek Orthodox Archdiocesan District Olympics program, we make every effort to keep together our Greek Orthodox Youth. We emphasize the values of our faith and Hellenic heritage as well as follow the Olympics ideals of peace, sportsmanship, and fellowship. Every athlete/participant of our program must be a baptized Orthodox Christian and be an active member of their GOYA program.

## GOYA - Instructions for Filling Out Index Cards

**Individual events:** list one athlete, on one card.

Boys ages 13-15: Blue

Girls ages 13-15: Pink

Boys ages 15-17: Green

Girls ages 15-17: Yellow

**Team events:** WHITE cards, list all team members on one card.

Example:

GOYA <sup>1</sup>	Field <sup>2</sup>	Junior Div. <sup>3</sup>	Girls <sup>4</sup>	Softball Throw <sup>5</sup>
Nikoletta Markoulli <sup>6</sup>				
St. Demetrios, Astoria <sup>7</sup>				

Please print clearly: (see corresponding numbers on card example)

1. Name of youth group
2. Sport
3. Division: Junior or Senior
4. Boys or Girls Division
5. Event
6. Name of Athlete
7. Church and city

If you are using preprinted labels, please ensure all the above information is captured. You may write in the athlete's name.

**NOTE: A “15-year old participant” (different color bracelet than Junior or Senior GOYA) can compete in individual events in the JUNIOR OR SENIOR division, but they CANNOT compete in the same event in both divisions, and if they do, they will be disqualified from that event.**

**General Rule:**

Coaches and/or spectators are not permitted on any field or court while a game is in progress unless summoned by an official/umpire/referee. Only individuals with official identification are allowed on the side of the field or court during a game, and can interact with an official/umpire/referee. Spectators are permitted ONLY in the spectator areas.

ALL PLAYERS MUST WEAR THEIR COMMUNITY SHIRT AT ALL TIMES WITH THE COMMUNITY NAME ON THE FRONT AND THEIR NUMBER PERMANENTLY AFFIXED TO THE BACK. THE NUMBER MUST BE AT LEAST 5" IN HEIGHT AND NO DUPLICATE NUMBERS ARE PERMITTED.

INDEX CARDS - YOUR INDEX CARD MUST BE HANDED INTO THE COMMITTEE MEMBER HANDLING THE EVENT PRIOR TO PARTICIPATING IN AN EVENT (INDIVIDUAL OR TEAM).

**Age Break Down:**

	<b>18 year olds</b>	<b>2005 (Still in High School) CAN ONLY PARTICIPATE IN TEAM EVENTS</b>
<b>Senior</b>	<b>16 - 17</b>	<b>2006 - 2007</b>
<b>Junior/Senior</b>	<b>15</b>	<b>2008 (15 year old as of Dec. 31, 2023) The participant in this division can compete in individual events as a Junior OR a Senior. They may not compete in the same event in both divisions.</b>
<b>Junior</b>	<b>13 - 15</b>	<b>2008 - 2010</b>
	<b>12 year olds</b>	<b>2011 CAN PLAY UP IN TEAM EVENTS</b>

**\*\* As of Dec. 31, 2023: Whatever age your child is, that is the age group they will be participating in**

# GOYA MANUAL 2023/2024 EVENTS

## **Swimming:**

### **50 meter freestyle**

1. Each church may enter three (3) athletes for each of the four divisions (Junior boys, Junior girls, Senior boys, Senior girls).
2. No junior division athlete may compete in any individual senior event and vice versa.
3. Dress Requirement for female swimmers: one-piece swimsuit.
4. Medals will be awarded for each division at the conclusion of the freestyle event.

### **100 meter freestyle**

1. Each church may enter three (3) athletes for each of the four divisions (Junior boys, Junior girls, Senior boys, Senior girls).
2. No junior division athlete may compete in any individual senior event and vice versa.
3. Dress Requirement for female swimmers: one-piece swimsuit.
4. Medals will be awarded for each division at the conclusion of the freestyle event.

### **100 meter freestyle relay**

1. Each church may enter one (1) relay team from each of the four respective divisions (Junior boys, Junior girls, Senior boys, Senior girls).
2. Only junior division athletes can compete on junior relays. However, junior athletes may compete on senior relays. The maximum number of junior athletes on a senior relay is three (3).
3. Dress Requirement for female swimmers: one-piece swimsuit.
4. Medals will be awarded for each division at the conclusion of the relay event.

## **Basketball:**

### **Free Throws**

1. Each church may enter two (2) athletes for each of the four divisions.
2. Boys and girls basketballs will participate simultaneously. There will be two basketballs in play so that there is never lag time.
3. Each participant will be given a maximum ten (10) free throws with a 45 second time limit.
4. Three medals will be given out to the top three (3) scores in each division. (In the event of ties, there will be a five shot shootout.)

### **3 on 3 basketball**

1. Each church may only enter one (1) co-ed team, composed of both boys and girls; the Junior/Senior division is irrelevant.
2. Minimum of one (1) boy or one (1) girl on the court at all times.
3. Six (6) maximum players on the roster.
4. Each game will be sixteen (16) minutes, running time (referees will keep track of the time), or twenty one (21) points, whichever comes first (you do not have to win by two pts.).
5. Any shot made from behind or ON the three (3) point line will count as two (2) points. All other shots made will count as one point. (Loser's out.)
6. Three-second rule is in effect.
7. Any fouls committed during the act of shooting behind or ON the three (3) point line will result in two (2) free throws on a missed field goal attempt and one free throw if the field goal is made. Any fouls committed during the act of shooting within the arc, will result in one free throw.
8. On free throw attempts, players will set up to rebound for possession of the ball. The team, whose player is shooting a free throw, can rebound a missed attempt and take a shot without taking the ball "back".
9. Every change of possession must be brought "back". "Back" will be the foul line and foul line extended area only.
10. In the last minute of the game, the clock will be stopped for all fouls. All "common" fouls committed during this time will result in one (1) free throw and possession of the ball. (*A "common" foul is a foul committed on a player who is NOT in the act of shooting*).
11. The closely guarded rule is in effect.
12. Each team gets one (1) 30-second time-out per game (the clock will be stopped).
13. Subs can be made during any dead ball (the clock will be running).
14. A coin flip will determine first possession at the start of each game.
15. Single elimination...you lose you're out.
16. Any technical foul will result in one free throw and possession of the ball
17. If a game is tied as time is expiring or expired, play will continue until the tie is broken.

**Soccer:**

1. Each church may enter two (2) teams; one (1) boys team, and one (1) girls team; Junior/Senior division is irrelevant.
2. Rosters of max 17 players can be submitted.
3. Ten (10) minute forfeit time is in place, if a team is not present.
4. A total of nine (9) players constitute a full team during game; eight (8) on the field and one (1) goalie.
5. Teams must have at least five (5) players to start a game; four (4) on the field and (1) one goalie.
6. A maximum 2 player differential is allowed.
7. Two 20-minute halves with a five minute half time.
8. Uniforms must include shin guards for all players.
9. Rubber cleats are allowed.
10. Three penalty kicks will decide tied games.
11. Regular soccer rules will apply. Off sides will be called.
12. *Goalies will NOT be allowed to punt when punting is required. The goalie MUST throw the ball instead.*

## **Track Events:**

50, 200 & 400 meter dashes / 800 & 1500 meter runs  
4x200 meter relay / 5K (3.1 miles)

1. Individual events: Each church may enter two (2) athletes from each division (Junior boys, Junior girls, Senior boys, Senior girls).
2. Individual events: Athletes may only compete in their respective division.
3. There is no restriction on the amount of track events an athlete can participate in.
4. Relay: Each church may enter one (1) team (composed of four athletes) from each of the divisions (Junior boys, Junior girls, Senior boys, Senior girls).
5. Junior division athletes may compete on the senior division relay team. The maximum number of juniors on a senior relay is three (3). Seniors cannot compete in junior division relays.
6. 5K run: If there are three or less runners in a division, a qualifying time must be met in order to medal:  
Boys (Jrs/Srs) 26 minutes -- Girls (Jrs/Srs) 35 minutes
7. Sneakers or flat-running shoes on indoor track only. Appropriate sized spikes are allowed on the outdoor track.

**Field Events:**

Shot put / softball throw / long jump / high jump

1. Shot-put, long jump and high jump: Each church may enter two (2) athletes from each division (Junior boys, Junior girls, Senior boys, Senior girls).
2. Shot-put: the general shot put is 8 pounds. For the senior boys, the shot put will be 12 pounds.
3. Softball throw: each church may enter two (2) juniors and two (2) seniors.
4. Softball throw and shot put: you get one warm-up and best of two throws - each throw will be measured and recorded. Ties will be decided by the best 2nd throw.

**Chess, Checkers, and Backgammon:**

1. Each church may enter two (2) participants per game.
2. A participant may compete in two (2) of the three games.
3. Participants should bring their own games.
4. Participants must be present at check-in time and when their name is called to play.
5. Participants may not leave the board game area until eliminated.
6. Chess: no double queening, one minute time limit per move
7. Checkers: you must jump, one minute time limit per move
8. Backgammon: the game played will be "portes" (doors).

**Volleyball:**

NOTE: In the event that a church is still participating in softball or soccer, no volleyball games will start for that church.

1. Each church may enter two (2) teams; one (1) boy team, and one (1) girl team; Junior/Senior division is irrelevant.
2. Maximum number of players per team is 15. Six (6) must play at all times.
3. Single elimination (if you lose a match, you're out).
4. Match = two out of three.
5. Rally scoring.
6. Only one toss per serve.

**Table Tennis:**

1. Each church may enter three girls and three boys; Junior/Senior division is irrelevant.
2. The winner of a coin toss gets a choice of first serve or court.
3. Players will be randomly bracketed.
4. Players will be responsible to bring their own paddles.
5. Games will be single elimination, first player to reach 15 points wins, you must win by 2 points.
6. Semi-final and championship games will be single elimination, first player to reach 21 points wins, you must win by 2 points.
7. Serve will change every five points.
8. All of the rules of table tennis apply.
9. No coaching allowed.

## **Softball:**

1. Each church may enter one (1) co-ed team, composed of boys and girls; Junior/Senior division is irrelevant.
2. Ten (10) minute forfeit time is in place, if a team is not present
3. Each team should provide a "Clincher" softball.
4. Maximum number of players is 15.
5. You must start the game with at least nine (9) players and no more than ten (10). You can finish with eight (8), but only in case of injuries.
6. There must be at least three (3) boys and three (3) girls in the line-up and on the field at all times.
7. Substitutions: girls for girls and boys for boys.
8. *Substitutions: Only those players who are on the lineup card at the start of each game, may re-enter the game by substituting for the player who took his/her place in the lineup.*
9. Sliding is allowed.
10. No bunting or stealing.
11. Runners must hold their base until the batter swings at the ball.
12. Runners are not allowed to run into a fielder who is holding the ball at a base ready to make a put-out.
13. Slow pitch.
14. The batting team will be pitched to by a designated pitcher from their own parish. (i.e., coach, player, priest, parent) If the pitcher is a player on the roster, they cannot be in the original lineup or play in that game that they are the designated pitcher for.
15. The pitcher may not field a batted ball. If the pitcher is hit by a batted ball, the ball is live.
16. The batter must hit the ball to get on base. Missing the third strike cleanly is an out. Four fouls are an out.
17. A difference of 15 runs at the completion of any full inning in the game will result in the game being called.
18. All games will be five (5) innings, including the championship game.
19. Single game elimination...if you lose, you're out.
20. Batter is out if they throw their bat.
21. Rubber cleats are allowed.
22. Catchers must wear a mask.
23. ONLY 3 coaches will be allowed on the sidelines with your players; the first and third base coaches and the head coach.

## **Athletic Equipment:**

### **Volleyball:**

- Volleyballs - for competition purposes: white only
- Knee Pads

### **Soccer:**

- Soccer balls
- Shin guards
- Rubber Cleats or sneakers

### **Softball:**

- Softballs - Clinchers
- Bats
- Softball Gloves
- Catcher's mask
- Bases

### **Board Games**

**Four (4) Batons for track relays**

**Girls/Boys Basketballs**

*All athletic equipment should be labeled with either church or participant's name.*

**First Aid Supplies:**

*The following is a list of suggested first aid items which each church should bring to the Olympics with them. EMS services will also be present, in the events of an emergency or injury of an athlete.*

Antiseptic, 1st aid spray.....	1 can
Adhesive strip bandages, assorted sizes.....	1 box/container
Adhesive tape, 1" wide.....	1 roll
Alcohol wipes.....	12 pack
Antibiotic skin ointment.....	1 tube
Chemical ice packs.....	4 packs
Cotton balls.....	Bag of at least 12
Disposable gloves (latex or vinyl).....	6 pair
Elastic bandages 3" & 4" widths.....	2 rolls of each
Gauze pads, 4"x4".....	12 pads
Hydrocortisone cream (.5%).....	1 tube
Non-adhering dressing (Telfa).....	6 dressings
Tylenol.....	1 small bottle
Roller, self-adhering gauze 3" & 4" widths.....	2 rolls each
Triangular bandages.....	2 bandages
Sunscreen.....	1 bottle

*These items can be placed in a fishing tackle box or backpack for storage and transporting.*