

GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

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 OLYMPIC 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

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

Individual events: list one athlete, on one card.

Boys 13-15: Blue

Girls 13-15: Pink

Boys 15-17: Green

Girls 15-17: Yellow

Ping Pong: Blue/Boys; Pink/Girls

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

GOYA ¹	Field ²	Junior Div. ³	Girls ⁴	Softball Throw ⁵
Stephie Varcados ⁶				
Transfiguration / Corona ⁷				

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.

Swimming:

50 meter freestyle / 100 meter freestyle / 100 meter freestyle relay

1. Each church may enter three (3) athletes for each of the four divisions in each of the individual events.
2. Each church may enter one (1) relay team from each of the four respective divisions.
3. 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).
4. No junior division athlete may compete in any individual senior event and vice versa.
5. Dress Requirement for female swimmers: one-piece swimsuit.

Basketball:

Free Throws:

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

3 on 3 basketball

1. Each church may enter one (1) team, comprised of boys and girls, Junior/Senior division is irrelevant.
2. In the event that two teams competing have the same color shirt, **every team must have a second color shirt or pinnie**. The loser of a coin toss will have five minutes to change or they will forfeit.
3. Minimum of one boy and one girl on the court.
4. Six maximum on the roster.
5. Each game will be **sixteen (16) minutes**, running time (referees will keep track of the time), or **21** points, whichever comes first (you do not have to win by two pts.).
6. Any shot made from behind or ON the three point line will count as two points. All other shots made will count as one point. (Loser's out.)
7. Three-second rule is in effect.
8. Any fouls committed during the act of shooting behind or ON the three point line will result in two 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.
9. On free throw attempts, players will setup 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".
10. Every change of possession must be brought "back". "Back" will be the foul line and foul line extended area only.
11. **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).**
12. The closely guarded rule is in effect.
13. Each team gets one 30-second time-out per game (the clock will be stopped).
14. Subs can be made during any dead ball (the clock will be running).
15. A coin flip will determine first possession at the start of each game.
16. Single elimination...you lose you're out.
17. Any technical foul will result in one free throw and possession of the ball
18. 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. Rosters of 17 players can be submitted
2. In the event that two teams competing have the same color shirt, **every team must have a second color shirt or pinnie.** The loser of a coin toss will have five minutes to change or they will forfeit.
3. Ten (10) minute forfeit time
4. A total of nine (9) players constitute a full team, eight (8) on the field and one (1) goalie. Teams must have at least five (5) players to start a game, four (4) on the field and (1) one goalie.
5. A maximum 2 player differential is allowed.
6. Two 20-minute halves with a five minute half time.
7. Uniforms must include shin guards for all players.
8. Rubber cleats are allowed.
9. Three penalty kicks will decide tied games.
10. Regular soccer rules will apply. **Off sides will be called**
11. 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.
12. INDEX CARDS - YOUR TEAM INDEX CARD MUST BE HANDED INTO THE COMMITTEE MEMBER HANDLING THE EVENT PRIOR TO THE 1ST GAME PLAYED, AND MUST INCLUDE THE PLAYER'S NUMBER, FIRST NAME, AND LAST NAME.
13. **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 of the four respective divisions.
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 (comprised of four athletes) from each of the divisions.
5. Relay: 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. For the 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. Every athlete MUST wear a shirt with their church's name on it.
8. Sneakers or flat-running shoes on indoor track only. Appropriate sized spikes are allowed on the outdoor track.

Field Events:

Shot put / girls softball throw / long jump / high jump

1. In the shot-put, long jump and high jump: Each church may enter two (2) athletes from each respective division.
2. In the shot-put competition, the shot put is 8 lbs, except for the senior boys, it will be 12 pounds.
3. In the girls softball throw competition, each church may enter two (2) junior and two (2) seniors.
4. For the 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 best 2nd throw.

Chess, Checkers, and Backgammon:

1. Each Church may enter two participants per game per church.
2. A participant may compete in two (2) of the three games.
3. Participants should bring their own games.
4. 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.

Chess: no double queening, one minute time limit per move

Checkers: you must jump, one minute time limit per move

Backgammon: the game played will be "portes" (doors).

Volleyball:

NOTE: As long as a church is still participating in softball or soccer, no volleyball games will start for them.

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 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) team, comprised of boys and girls, Junior/Senior division is irrelevant.
2. 10 minute forfeit time.
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. No balls or strikes. The batter must hit the ball to get on base. Missing the third strike cleanly is an out. Four fouls are an out. (A batter gets a maximum of four swings or six pitches).
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 masks.
23. 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.
24. INDEX CARDS - YOUR TEAM INDEX CARD MUST BE HANDED INTO THE COMMITTEE MEMBER HANDLING THE EVENT PRIOR TO THE 1ST GAME PLAYED, AND MUST INCLUDE THE PLAYER'S NUMBER, FIRST NAME, AND LAST NAME.
25. ONLY 3 coaches will be allowed on the sidelines with your players. The first and third base coaches and the head coach.

Athletic Equipment

GOYA:

Volleyball:

--Volleyballs - for competition purposes: white only

--Knee Pads

Soccer:

--Soccer balls

--Shin guards

Softball:

--Softballs - Clinchers

--Bats

--Softball Gloves

--Catcher's mask

--Bases

Board Games

Batons for track relays

Tennis rackets and balls

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.

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
Tylenol	1 small bottle
Roller, self-adhering gauze 3" & 4" widths	2 rolls each
Triangular bandages	2
Sunscreen	1 bottle

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