

GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

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 JOY PROGRAM.

Instructions for Filling Out Index Cards

PLEASE USE PRE-PRINTED LABELS WHICH SHOW WHICH COLOR FOR WHICH EVENT

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

Individual events: list one athlete, on one card.

Boys 7-8: Blue

Girls 7-8: Pink

Boys 9-10: Green

Girls 9-10: Yellow

Boys 11-12: White

Girls 11-12: Purple

Nok-Hockey: 7-9/Yellow 10-12/Purple

Table Tennis: 10/12 Girls: Green 10/12 Boys: White

Please print clearly: (see corresponding numbers on card example) If you are using preprinted labels, please ensure all the above information is captured. You may write in the athlete's name.

1. Name of youth group
2. Sport
3. Division: 11 & 12 year old division OR 9 & 10 year old division OR 7 & 8 year old division
4. Boys or Girls Division
5. Event
6. Name of Athlete
7. Church and city

JOY ¹	Field ²	9 & 10 ³	Girls ⁴	Softball Throw ⁵
Stephie Varcados ⁶				
Transfiguration / Corona ⁷				

Events

7 & 8 years old	9 & 10 years old	11 & 12 years old
50m dash	50m dash	50m dash
200m shuttle relay	200m shuttle relay	200m shuttle relay
400m shuttle relay	400m shuttle relay	400m shuttle relay
softball throw	softball throw	softball throw
standing long jump	standing long jump	standing long jump
Basketball shooting	Basketball shooting	Basketball Around-the-World
	25m Swimming - Individual Only (Freestyle)	25m Swimming - Individual Only (Freestyle)
	4x25 (100m) Swimming Relay	4x25 (100m) Swimming Relay
	Table Tennis (Ping Pong)	Table Tennis (Ping Pong)

Team Sports

7, 8, & 9 years old	10, 11 & 12 years old
Kickball	Kickball
Soccer	Soccer
3-3 Co-Ed Basketball – 2 divisions 9-10 & 11-12	
Board Games – See rules	

General Rules:

1. In individual events, athletes can only compete within their own age group.
2. No JOY athlete may compete in any GOYA individual events.
3. JOY athletes may compete in GOYA team events **when needed to field a team, BUT MUST BE authorized by the Olympic Committee as an exception.** Maximum allowed: 1 exception per team/relay, except softball which we will allow 1 girl /1 boy exception.
4. 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.

Track

1. Each church may enter two (2) boys and two (2) girls from each division for individual race.
2. Each church may enter one (1) boy and one (1) girl relay team in each division for each relay. (A relay team is comprised of four (4) individuals.)
3. Only boys and girls of the same age may compete on the same age division relay teams. However, you may put boys and girls of a younger age on the older age relay team if the need arises.

Field

1. Each church may enter three (3) boys and three (3) girls from each division.
2. Softball Throw/Standing Long Jump: One warm-up and best of two throws/jump - each throw/jump will be measured and recorded. Ties will be decided by best 2nd throw/jump.
3. Only one (1) advisor will be allowed on the track during the track and field competition.

Chess, Checkers, Backgammon:

1. Two age groups 7-9 and 10-12.
2. Each Church may enter four participants per game in each age group.
3. A participant may compete in two (2) of the four games.
4. Participants should bring their own games.
5. Single game elimination
6. Must be present at check-in time and when their name is called to play.
7. Participants may not leave the board game area until eliminated.
(Suggestion: chess players may bring water/snack with them.)
8. **For 7-8-9 only:** If players are unable to checkmate their opponent, the event coordinator will give the players 10 minutes to finish their game. After 10 minutes the event coordinator will decide the match by declaring a tie or a clear winner, based on which player is in a winning position.

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)

Nok-Hockey

1. Two age groups 7-9 and 10-12
2. Each church may enter four participants in each age group
3. Boards, sticks, and pucks will be provided.
4. Game starts with a face off. Face off winner takes first shot.
5. Alternate possession throughout the game.
6. All shots must be taken with sticks. Fingers and/or hands cannot touch the puck.
7. All games are 7 goals, winner must win by 2. Championship game is 11 goals winner must win by 2.
8. Participants may not leave the board game area until eliminated.

Soccer Rules:

1. There will be two age groups with 7/8/9 & 10/11/12.
2. There will be two separate teams in each age group, one boys team and one girls team.
3. Each church may enter two teams in each age group/gender.
4. Ten (10) minute forfeit time
5. 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.
6. NEW 2016: Games with 7/8/9 year olds will be 40 minutes: (2, 20 minute halves) with a 5 minute half-time break. Games with 10/11/12 year olds will be 40 minutes: (2, 20 minute halves) with a 5 minute half-time. (If games must be played indoors, games will be 10 minutes in duration.)
7. Substitutions are unlimited and will be made on the fly, substitutes must enter and exit at mid-line.
8. Uniforms must include shin guards for all players.
9. Rubber cleats are allowed.
10. Restarts: from point of infraction via throw in or corner kick.
11. NEW 2016: Goalies will be allowed to punt when punting is required.
12. No slide tackling.
13. Rosters of 15 players can be submitted
14. 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.
15. A maximum 2 player differential is allowed.
16. Three penalty kicks will decide tied games.
17. 7/8/9 year old division - No off sides will be called. 10/11/12 division-Off sides will be called at the discretion of the referee.
18. 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.
19. 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.
20. 2016 New rule as it relates to Heading...When, in the judgment of the referee, a player deliberately heads the ball in a game, the referee will stop the game. The game will resume with a dropped ball. If the deliberate header occurs within the 18 yard box (Goal area), an indirect kick shall be awarded to the opposing team from the spot of the infraction. If the deliberate header results in a goal, the goal will be disallowed and an indirect kick shall be awarded to the opposing team from the spot of the infraction. If, in the judgement of the referee, a player does not deliberately head the ball, play shall continue.

Kickball:

1. There will be two age groups 7/8/9 & 10/11/12.
2. There will be three separate divisions in each age group, boys, girls, and one co-ed. Each church will be allowed to enter a maximum of two teams in each division. No player can participate on both teams in the same event.
3. 10 minute forfeit time.
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. For CO-ED only: There must be at least three (3) boys and three (3) girls in the line-up and in the field at all times.
7. For CO-ED only: Substitutions - boys for boys, girls for girls.
8. **For 7-8-9 only**: When your church is playing the field, **NO** coach will be allowed to stand on the field to assist your players, i.e. where to stand during the game.
9. Each team must provide a 10" in diameter, two-ply red rubber kickball.
10. Sliding is not allowed.
11. No bunting or stealing.
12. Runners must hold their base until the kicker kicks the ball.
13. Runners are not allowed to run into a fielder who is holding the ball at a base ready to make a put-out.
14. If the ball is dropped by a fielder, either during or after applying a tag on a runner, the runner is out.
15. "Pegging", the act of throwing the ball at a runner to get him/her out, is allowed.
16. There will be no pitching. Each kicker places the ball at home plate and has ONE (1) attempt to kick the ball.
17. Kicker must be within kick line and home base to attempt kick. (kickline will be 5' behind home plate.
18. The kicker must kick the ball to get on base. Missing the ball cleanly is an out. Kicking the ball foul is an out.
19. As in baseball/softball, a half inning is over when a team has made three outs.
20. New 2016: Starting with the fourth inning, once a team has a 10 run lead, the game is over, provided both teams have equal at bats.
21. New 2016: All games will be five (5) innings, including the championship game. If, at the end of the fifth inning, the game is tied, an extra inning(s) will be played until the tie is broken.
22. Single game elimination (if you lose, you're out)
23. The score is to be kept by both teams and checked often during each half inning and at the end of each half inning.
24. Rubber cleats are allowed.
25. ALL PLAYERS MUST WEAR THEIR COMMUNITY SHIRT AT ALL TIMES. THE NAME OF THE COMMUNITY SHOULD BE ON THE FRONT, WITH NUMBERS FRONT AND/OR BACK.
26. INDEX CARDS - YOUR TEAM INDEX CARD MUST BE GIVEN TO THE COMMITTEE MEMBER HANDLING THE EVENT PRIOR TO THE FIRST GAME PLAYED, AND MUST INCLUDE THE PLAYER'S FIRST AND LAST NAME AND NUMBER.
27. ONLY 3 coaches will be allowed on the sidelines with your players. The first and third base coaches and the head coach.

Basketball:

For 7/8 & 9/10 year old division - Free Throws

1. Enter two (2) athletes per age group per girl/boy division.
2. Girl's basketballs will be used.
3. Each participant will be given a maximum 10 free throws.
4. Three medals will be given out to the top three scores in each division. (Ties will be broken by 10 shot shootout)
5. Shooting distance: Regulation-size court, the 7 & 8 year olds will shoot at a distance of 6' straight out from the backboard. The 9 & 10 year olds will shoot at a distance of 10' straight out from the backboard.

For 11/12 year old division - Around the World:

1. Enter two (2) athletes per girl/boy division.
2. Each athlete will shoot from five designated spots around the court.
3. Each athlete will be given a maximum 10 shots in 90 seconds.
4. Athletes will not get their own rebounds. Rebounds will be retrieved by game officials.
5. Girls basketballs will be used.
6. Three medals will be given out to the top three scores in each division. (In the event of a tie, there will be a ten shot shoot-out around the world.)
7. Shooting distance: Regulation-size court, athletes will shoot at a distance of 15' from the backboard: baseline, wing and straight out.

Table Tennis

9/10 & 11/12 year old division

1. New 2016: Each church may enter three girls and three boys, per division.
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.

3 on 3 basketball

1. **NEW 2017 - Each church may enter one (1) Co-ed team in each division (9-10 and 11-12)**
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 seven minutes, running time (referees will keep track of the time), or 11 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. The closely guarded rule will now be in effect.
12. Each team gets one 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.

Swimming: *

Girls must wear one-piece bathing suits and bathing caps are preferred.

9/10 and 11/12 Individual

(Two divisions/separately)

25m freestyle

1. Each church may enter 3 boys and 3 girls
2. Swimmers must complete the race in order to medal.

9/10 - RELAY

1. Each church may enter one team per gender.
2. Swimmers must complete the race in order to medal.

11/12 - RELAY

1. Each church may enter one team per gender.
2. Swimmers must complete the race in order to medal.

Athletic Equipment

Soccer:

Soccer balls #4

Shin guards

Batons for track relays

Board Games

10" 2-ply red rubber kick-ball/ playground ball

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

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