

DIRECT ARCHDIOCESAN DISTRICT  
OFFICE OF YOUTH AND YOUNG ADULT MINISTRIES



GREEK ORTHODOX ARCHDIOCESE OF AMERICA  
ATHLETIC MINISTRIES RULES AND GUIDELINES MANUAL

“FALL 2011”

THE PROVISIONS CONTAINED IN THIS MANUAL ARE EFFECTIVE IMMEDIATELY FOR ALL D.A.D. LEAGUES.  
THIS MANUAL IS SUBJECT TO CHANGE WITHOUT NOTICE AND ALL PARTICIPANTS WILL BE REQUIRED  
TO IMPLEMENT IMMEDIATELY ANY REVISIONS ADOPTED BY THE ARCHDIOCESE.



## GREEK ORTHODOX ARCHDIOCESE OF AMERICA

*God does not wish Christians to be concerned only for themselves but also to edify others, not simply through their teachings but also through their lifestyle and the way they live it.*

Saint John Chrysostom

October 2011

Reverend and dear Clergy, Youth Workers, Coaches of the Direct Archdiocesan District,

Caring for the youngest members of our parishes has always been a priority in the Greek Orthodox Church. The Church has sought to edify and educate its youth through prayer, catechetical programs, retreats, outreach, and athletics. All of these components seek to provide our children with the opportunity to grow closer to God and each other, and gain a better perspective of how it is that we are called to live our lives as children of God.

Over the past decade we have seen the youth ministries of our Direct Archdiocesan District continue to grow and mature. Among several successful programs, Camp Saint Paul stands as an example of District initiatives that makes manifest the joy of God's grace in the context of ministry. It is spirit filled encounters such as the Camp experience that further promotes the growth and maturity of our youth, both, as good and productive members of society, as well as citizens of the Kingdom of God.

In fulfillment of this sacred aim, I am pleased to forward to you a copy of the new *Athletic Ministries Rules and Guidelines Manual of the Direct Archdiocesan District*. This manual is intended to encourage consistency in practices and procedures of athletic programs of the Direct Archdiocesan District. In so doing, the spiritual benefits of Christian fellowship and sportsmanship in team sports can be further optimized while the peace and harmony of living in the unity of the faith can be further operational in the life of the Church.

It is my hope that these guidelines will facilitate your valued work for the benefit of the youth of the Direct Archdiocesan District and serve as further encouragement for each of us as God's people to become a manifestation and reason for the verse, *Thanks be to God Who through us spreads the fragrance of the knowledge of Him everywhere.* (2 Corinthians 2:14).

With paternal love in Christ,

*Archbishop Demetrios of America*

+DEMETRIOS  
Archbishop of America



# Office of Youth and Young Adult Ministries

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October 2011

Dear Rev. Fathers, Youth Workers, Advisors,  
Coaches, Athletes and Parents of the Athletic Ministries of the Direct Archdiocesan District,

*“And also if anyone competes in athletics, he is not crowned  
unless he competes according to the rules.”*

*2 Timothy 5*

The Athletic Ministries of our beloved Direct Archdiocesan District are about more than competition, as they provide an opportunity for the youngest members of our parishes to work together with their peers towards a common goal in a Christian atmosphere. Together with our parish's Sunday school, HOPE, JOY, and GOYA programs, various district level retreats, local and global outreach opportunities, our Athletic Ministries are an important part of the total youth ministry that takes place in our D.A.D. For over 30 years, the young people of our District have been afforded the opportunity to participate in various sporting events across the region. These Athletic Ministries have become an integral part of our children's fellowship with each other and the Church, and provide a unique opportunity for those participating in the youth ministries of our Church.

Over the course of the past few years, we began a process that sought to create a level of uniformity across all of our leagues to eliminate any confusion, promote the safety of our children, and foster a true Orthodox Christian environment. Today, with the blessing of His Eminence Archbishop Demetrios, I am proud to present the new *Athletic Rules and Guidelines Manual*. This Manual will provide for the first time a standardized set of rules and regulations that will be in effect for every League of the D.A.D Youth Office. The rules and regulations contained in this manual have not been put together arbitrarily, but with the thoughtful and dedicated work of an amazing Committee, who I must thank for their diligent work and devotion.

While initial purpose of this process was to codify our rules and regulations, our committee also took this as an opportunity to review the current rules and eligibility standards and devise new ways to continually strengthen our children's experience within our Athletic Ministries, both in terms of the sports themselves and of their relationship with our Orthodox faith. Working towards this ultimate goal of strengthening our children's faith, we have instituted several changes.

For example:

**1. Beginning with the 2011-2012 Seasons, every participant (ages 12-18) in any D.A.D Athletic Ministry must attend both yearly Advent and Lenten retreats for their respective local regional area.**

*It has been an unfortunate observation that a large percentage of our young athletes come to Church ONLY for sports practices and games, and do not attend Divine Liturgy regularly or participate in other spiritually edifying events offered by the Church. This cannot stand any longer. While we certainly want our young athletes to compete and have fun, we also must recognize that the Athletic Leagues of the D.A.D fall within the Ministries of our Church and, as such, we expect their total and full participation in every aspect of the life of the Church, not just the athletic activities.*

**2. Player Eligibility.** Another significant change is the way that each League will be determining the eligibility of its players. In recent years, there have been many questions as to the best approach to eligibility standards and, unfortunately, many Leagues made their own independent determinations, often without any oversight or uniformity. From now on, each League will follow the procedure outlined in the Manual to determine the eligibility of its players. This establishment of a uniform eligibility review process will ensure clarity and transparency as well as fair participation opportunities for all of our young athletes. In addition, we have included mechanisms for appeal so that each appeal may be heard in an open and fair way so as to continue this transparency throughout the entire process.

**3. The establishment of a Team Sportsmanship Award.** This prized trophy will be awarded, in each division of every League, for the actions of the team's participants (both Coaches and Athletes) during the course of the regular season. At the end of each season, each Head Coach will be asked to cast one ballot for the team in their respective league that they feel is the most deserving of such an honor, other than their own.

There are other changes that have also been made and I encourage each of you to please read through the new *Athletic Rules and Guidelines Manual* so that you can make yourself familiar with new rules.

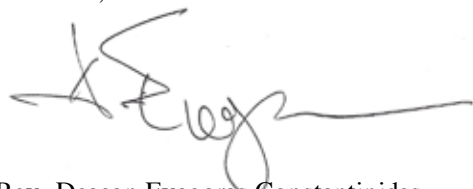
I look forward to the future of Youth Ministry here in the Direct Archdiocesan District. As I mentioned above, athletics are just one of the many aspects of youth ministry currently being offered in our district. It is the responsibility of each of us as clergy, advisors, coaches and athletes to elevate these Athletic Ministries to the highest possible standards. It is my hope that in the coming years, we will be able to move even further towards allowing Christ and our Orthodox faith to be a strong presence within our Athletic Ministries and our children's lives. We are Orthodox Christians first, and athletes, coaches and fans second. Every action we take must reflect that we are living in the Light of our Lord, God, and Savior Jesus Christ.

I would be remiss if I did not thank Fr. Peter Orfanakos for his outstanding leadership as the Chairman of the D.A.D Youth Commission and Mr. Nick Kokinakis, who serves as the Athletic Delegate to the Youth Commission. Both these men have worked hard and long towards the final production of this Manual, and their passion for our youth is evident in its contents. A huge debt of gratitude also goes out to the entire Rules, Regulations and Eligibility Sub-Committee of the Youth Commission, each of whom volunteered many hours over the past year to bring all of this together.

Finally, I know that this Manual will slightly alter how we do things in the Direct Archdiocesan District. The purpose of this Manual is to better serve the youth entrusted to our care. That is the intention with which it was conceived and that is the intention in which it is being presented. The safety, protection, physical and spiritual well being of our young athletes must always come first.

I appreciate in advance your cooperation as we move to put these rules and regulations into effect. I also thank you for your patience and understanding as we apply these new rules to our already successful and meaningful athletic ministries. I look forward to continuing to see you throughout the coming year and beyond at our many activities, games, and events!

In Christ,



Rev. Deacon Evagoras Constantinides  
Director of Youth and Young Adult Ministries



# Office of Youth and Young Adult Ministries

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## **Direct Archdiocesan District Youth Commission**

Spring, 2010

**Purpose:** The Youth Commission of the Greek Orthodox Direct Archdiocesan District (hereafter “The Commission”) serves the youth, their parents, and the youth workers of the District by consulting with and assisting the Direct Archdiocesan District Youth Director (hereafter “The Youth Director”), the District clergy, and the Archbishop of the Greek Orthodox Archdiocese of America on matters pertaining to regional and District youth ministry programs. In cooperation with the Youth Director, the commission provides recommendations, direction, structure and oversight to the various regional and District-wide youth ministry programs and events, and works for the development and implementation of new ministries. The Commission also works to promote participation in parish and national youth ministries among the youth of the District. The duties of the commission include, but are not limited to the following:

- Planning, seeking approval for, and implementing regional and district youth ministry programs and events.
- Coordinating regional youth ministry calendars and publishing a comprehensive District-wide calendar of youth ministry events.
- Providing training and resources for clergy and parish youth workers.
- Coordinating and implementing the promotion of local, regional, district wide and national youth programs and events.
- Providing increased connectivity and communication between youth, their parents, and youth workers within the District, and the Archdiocese.
- Providing and overseeing the enforcement of guidelines, rules and regulations for the various athletic leagues and events.
- Resolving questions of eligibility and conflicts within the various athletic leagues and events when they are not resolved by the leagues themselves.

### **Structure:**

The Archbishop is responsible for and has the final authority over all youth ministry activities within the Direct Archdiocesan District.

The Youth Director is the Archbishop’s representative in the planning, implementation, and oversight of all regional and district youth ministry programs and events. The Youth Director is an ex-officio member of the Commission, and his/her attendance is required at all general meetings of the Commission. All District-wide and regional youth ministry events require the approval of the Youth Director as the representative of the Archbishop. The Youth Director is

ultimately responsible to the Archbishop for the youth ministries of the district, and all of the ministries fall under his/her direction. As such, he/she is the primary person of authority for all youth events and programs unless otherwise delegated by the Archbishop. Youth ministry programs and events of the District generally fall under the following hierarchy of supervision:

- The Archbishop
- The Youth Director
- The Commission
- Appointed sub-committees, clergy and assigned coordinator/staff

The Commission is a group of clergy and laity appointed by the Archbishop, each with responsibility for a designated aspect of the district's youth ministry. However, the various delegates are not to work in isolation, but are to share ideas, expertise, support, and perspective on one another's realms of responsibility. This cooperative effort will allow for a coordinated approach to youth ministry in the District and for cross promotion of all youth programs and events. The Commission's responsibilities are two-fold, including consultation and implementation. The Commission is an advisory and consultant body providing expertise and counsel to the Youth Director and Archbishop, and the commission assists the Youth Director for the promotion and sound operation of the District's youth programs and events.

**Guiding Principles:** Common goals, mutual accountability and collaboration are to be the guiding principles of the Commission. Cooperation between the Youth Director and the Commission is of paramount importance. Common goals are to be set and evaluated at each meeting, and action points are to be discussed and agreed upon. Frequent communication between the Commission members and the Youth Director is absolutely necessary to the work of the Commission.

**Appointments:** Appointments to the Commission are made exclusively by the Archbishop. The Youth Director, the Commission chairman, or the Chancellor's office may make recommendations to the Archbishop. The term of an appointment is to be one year. Appointments may be renewed or revoked at any time and at the sole discretion of the Archbishop.

**Sub-Committees:** Sub-committees may be formed with the approval of the Youth Director and Chairman.

## **Positions:**

**The Chairman** supervises all activities of the commission, coordinates and oversees all meetings of the Commission, delegates' tasks and responsibilities, and represents the Commission to the Archbishop.

**The Clergy Representative** is responsible to act as liaison between the Commission and the district clergy, via the District clergy fellowship.

**The Camping Ministry Delegate** consults on all issues pertaining to Camp St. Paul, represents the Commission to the Camp St. Paul director and committee.

**Retreats and Special Events Delegate** works to coordinate District-wide and or regional retreats (i.e. Great Lent, Advent), as well as District-wide special events. (Special events include an existing program such as GOYA Day Holiday Hill, or the institution of a new or one-time programs, i.e. a folk dance festival, etc.)

**Communications and IT Delegate** works to coordinate increased connectivity between the Archdiocese and the youth of the District, consults on the modes and content of communication with District youth and their parents, works to coordinate the collection and management of data for youth and parents of the District.

**OCF Delegate** Represents the Commission to the OCF organizations and chaplains of the District, and consults on the founding of new OCF Chapters.

**Young Adult Ministry Delegate** represents the Commission to the Young Adult organizations of the District, and consults on the coordination growth of Young Adult ministries.

**The HOPE/JOY/GOYA Delegate** consults on issues, events and programs designed specifically for HOPE/JOY.

**Training and Resources Delegate** consults on all issues pertaining to youth ministry training and resources for clergy, youth workers, and parents. He/she makes recommendations and assists the Youth Director in coordinating training events throughout the District.

**The Athletic Ministry Delegate** consults on all issues pertaining to the leagues and athletic events of the District. He/She oversees the fair implementation of the rules and regulations of each league, coordinates training for coaches, and insures the communication of the District's definition and expectation of good sportsmanship.

**Commission Secretary** keeps and distributes meeting and conference call minutes, generates master youth ministry calendar and distributes it to commission members.

## PREFACE

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The purpose of the Greek Orthodox Direct Archdiocesan District Youth Commission Athletic Ministries Regulations and Rules Subcommittee (herein referred to as “Rules and Regulations Subcommittee”) is to promulgate guidelines for the Athletic Ministries of the Direct Archdiocesan Youth and Young Adult Ministry Office.

These comprehensive guidelines shall constitute the official governing rules of all athletic ministries of the Greek Orthodox Archdiocesan District Athletic League and may be amended only by the Rules and Regulations Subcommittee with the agreement of the Chairman of the Youth Commission and the Youth Commission Athletic Delegate. Finally, the D.A.D. Youth Director shall have the ultimate approval or disapproval of any proposed amendments.

In addition to establishing the rules and regulations for all Athletic Ministries of the Direct Archdiocesan District, said subcommittee shall have oversight of: Player disciplinary and eligibility issues; Player and parent code of conduct violations; Interpretations regarding each Athletic Ministry’s regulations and rules; and the Review Process for same, all in conjunction with the Office of Youth and Young Adult Ministries.

## INTRODUCTION

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The objective of the Greek Orthodox Archdiocesan District Athletic Ministries is to promote a Christ-centered experience. As a component of Youth Ministry, the Athletic Ministries introduce young people into a viable relationship with Christ and His Church.

The Ministry is meant to foster knowledge of Christian values, fellowship and sportsmanship in conjunction with athleticism by giving our youth the opportunity to interact with their peers from other Greek Orthodox Churches. It should be noted that Athletic Ministries are a benefit to those people that are active members of parishes in the Direct Archdiocesan District.

We are directed by Saint Paul, that “every athlete exercise self-control in all things.” (I Corinthians 9:24)



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# I. GENERAL RULES

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## A. Player Eligibility

1. Must be a practicing Orthodox Christian in good standing.
2. Age on January 1 (By calendar year January 1 – December 31).
  - a. JOY 7-12 years old  
\* (See Connecticut Based League Rules for age variations).
  - b. GOYA 13-17 years old.  
\* (See Connecticut Based League Rules for age variations).
3. Since all teams are an extension of the youth groups of the Greek Orthodox Archdiocese of America (JOY/GOYA), regardless of age, any high school graduate or college student is ineligible to participate in the GOYA Basketball League (This rule will go into effect Fall 2012).

## B. Membership

1. Membership will be verified by the D.A.D. Athletic Ministries Database.
2. Each player must present a valid Orthodox Christian baptismal or Chrismation certificate.
3. The family must be members of their respective parish and the player must be a member of the parish JOY or GOYA.
4. The Proistameno (Head Parish Priest) must validate the player to participate in the athletic program at his discretion.
5. In cases where the family of the player has taken membership in more than one parish, membership shall be determined by which Parish the family has been receiving Holy Communion. A letter from the Proistameno, attesting that the family of this player has been actively involved and receiving Holy Communion at this Parish must be presented with the team's roster. The Proistameno should use 2 (two) years membership as a guideline to satisfy the issue of multiple membership.

If membership is not resolved under the aforementioned condition the matter shall be reviewed by the Rules and Regulations Subcommittee and a decision rendered. If the Rules and Regulations Subcommittee cannot render a decision for whatever reason, the Director of the D.A.D. Youth and Young Adult Ministries shall render a final decision.

6. Once athletic membership is established for a family, each child of said family shall play for that community, and the family will not be permitted to transfer to play for another community. An exception can be made if the player and family take full time membership in another parish or in cases of extreme circumstances. In either circumstance, Rules and Regulations Subcommittee review and approval is required.
7. A player whose family has not taken membership in any Parish, or whose parish cannot field a team, must play for the Parish closest to their area of residence. This shall be calculated by actual road miles from the player's home to the Parish.

C. Violation of Eligibility Rules

1. There is a zero tolerance policy regarding infractions of the eligibility regulations.
2. Violators shall be subject to:
  - a. Suspension and or disqualification; and
  - b. Any disciplinary actions determined by the Office of Youth and Young Adult Ministries, as recommended by the Rules and Regulations Subcommittee.

D. Community Participation

1. Every athlete participant is expected to attend both yearly Advent and Lenten retreats for their respective local regional areas (Five Boroughs, Long Island, Westchester/Connecticut, Hudson Valley and Washington D.C.). Failure to attend these retreats without approval of the Office of Youth and Young Adult Ministries may jeopardize all future participation in any of the districts athletic ministries.

As Athletic Ministry organizers we carry the responsibility of establishing and maintaining a connection between our youth/participants with the spiritual realm and aspects of our Church to realize a true Christ centered experience for all.

2. If a community cannot field a team and a player wishes to participate in the sport by playing for the closest neighboring community, the player must meet the eligibility and membership guidelines aforementioned, as well as the following criteria, which shall be reviewed annually:
  - a. Obtain Home Parish Proistameno approval;
  - b. Obtain League Steering Committee approval;

- c. Obtain Receiving Parish Proistameno approval; and
- d. The player must return to his/her community once a team is created.

## II. ORGANIZATIONAL RULES FOR ALL LEAGUES

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The D.A.D. Director of Youth and Young Adult Ministries, by virtue of the ecclesiastical authority vested in him by the Archbishop, shall guide and oversee all of the Youth and Young Adult Programs of the Direct Archdiocesan District including the Athletic Leagues. The Youth Director, together with the League Director and Steering Committee, are responsible to the Archbishop for the activities of each League.

The Youth Director and Steering Committee shall administer each league cooperatively. All committee or boards of the Athletic Ministry Leagues shall be under the jurisdiction of the Youth Office, with oversight and advice provided by the Youth Commissioner, Youth Commission Athletic Delegate and each League Director.

The following League Officers shall head the Steering Committees of each League: Director, Secretary, and Treasurer. The Steering Committee shall consist of members who are representatives of the leagues' participating communities, participating parish teams, team coaches appointed by their parish's Proistameno, with the approval of the Steering Committee, parish representatives - individuals who serve as liaisons between the parish and the Ministries.

A. The League Director:

1. Shall be nominated by the Steering Committee, approved by the Office of Youth and Young Adult Ministries and appointed by the Archbishop;
2. Shall have a term limit of three (3) years;
3. Shall administer and direct all activities of the League except as otherwise provided for herein;
4. Shall implement the League regulations and amendments to the League Rules, which have been submitted by the Steering Committee and the Rules and Regulations Subcommittee with the agreement of the Chairman of the Youth Commission and the Youth Commission Athletic Delegate and approved by the Office of Youth and Young Adult Ministries;
5. Shall, by virtue of his/her position, automatically become a member of the Youth Commission Directors Subcommittee and make every effort to attend annual/bi-annual meetings;
6. Shall be a signatory on the league bank account;
7. Shall determine necessary League expenditures with the majority approval of the Steering Committee;
8. Is not permitted to vote on a matter before the Steering Committee unless his/her vote is needed to break a deadlock.

9. Is permitted to establish various subcommittees as deemed appropriate from time to time;
10. The Steering Committee shall determine his/her respective yearly stipend, subject to the approval of the Director of D.A.D. Youth and Young Adult Ministries and the Youth Commission Athletic Delegate.
11. Additional duties of the Director include:
  - a. To develop, coordinate, supervise, evaluate and administer the leagues' program;
  - b. Coordinate and arrange for the use of facilities/fields and equipment for all games;
  - c. Oversee games with attention to crowd/player/coach control, referees, etc. (or appoint a representative to act in his/her stead);
  - d. Coordinate the processing of disciplinary issues related to players and/or coaches, spectators or communities;
  - e. Refer eligibility, disciplinary and regulations matters that could not be resolved at the executive level to the appropriate Youth Commission Subcommittee;
  - f. Inform the Archdiocese Human Resource Manager of any and all injuries and claims that occurred during a league sponsored event;
  - g. Maintain complete records of all games;
  - h. Plan and arrange for events outside the scope of League games including awards dinners, dances, picnics etc.;
  - i. Represent the league as a member of the Youth Commission and at other non-league events;
  - j. Report all disciplinary issues to the Youth Commission Athletic Delegate and Director of Youth and Young Adult Ministries.
  - k. Provide a copy of the most recent League rules to the referee assignor for distribution to referees covering the league games.
  - l. Provide a copy of the season schedule to the referee assignor and the league web master prior to the beginning of the season.

B. The League Secretary

1. Shall take attendance and the official minutes of all League meetings and promptly distribute minutes at the following meeting to all attendees.
2. Shall maintain a Meeting Record Book containing the minutes of all Board meetings.
3. Shall maintain and prepare all league correspondence.

C. The League Treasurer

1. Shall be signatory on the League bank account along with the League Director and the Director of Youth and Young Adult Ministries.
2. Prior to the commencement of each season, shall prepare the annual league budget.
3. After approval from the Steering Committee, shall submit the budget to the Youth Commission Athletic Delegate for review and comments.
4. At the end of each season the same procedure must be followed for the year-end financial report.
5. Shall deposit league funds in a checking account under the name of the League - formal name to be supplied by the Finance Director of the Greek Orthodox Archdiocese of America, i.e. "Greek Orthodox Archdiocese" JOY basketball League and/or Leagues utilizing the Archdiocese "Not for Profit" Identification number.
6. Shall release checks after receiving approval from the League Director and Steering Committee.
7. Shall also maintain a financial report ledger containing all prior League financial reports.

D. The Steering Committee

1. Shall have term limits of three (3) years. Members may serve up to two (2) consecutive terms, at which time they must take one (1) term off before being re-appointed.
2. Shall be selected by recommendation of the League Director to the Director of the Youth and Young Adult Ministries.
3. Shall attend Board meetings regularly.
4. Shall assist the League Director in the administration and affairs of the League.

5. Shall attend and supervise League games as often as possible.
6. Shall review and approve all League expenditures.
7. Shall review and approve League budgets.
8. Shall review and approve league financial statements.
9. Shall review and decide on league eligibility, disciplinary and regulations matters.

E. Eligibility of Coaches

1. A Coach shall be a non-player and be at least 25 years of age.
2. An Assistant Coach shall be a non-player and who is at least 19 years of age or older and approved by the Proistameno.
3. Anyone wishing to coach must fill out an "Application to Coach" form and have it approved and signed by their Proistameno. This must be presented to the League Director no later than the first League Meeting.
4. All coaches must attend a pre-season training session and meeting organized by the League and the Office of Youth and Young Adult Ministries. Failure to attend a pre-season meeting may result in disqualification to coach.
5. Exceptions to the age requirements can be made by application through the Rules and Regulations Subcommittee.

F. Ineligible Players

1. A team shall forfeit any games in which an ineligible player has participated.
2. Complaints regarding eligibility for any reason other than membership or residence may be made at any time during the regular season. Such complaints shall be made in writing and signed by any coach and/or community representative and submitted directly to the League Director.
3. The player shall be suspended from further competition in the League until his/her eligibility has been decided by the Steering Committee and if appealed, by the Rules and Regulations Subcommittee.

G. Team Entry Fees

1. Each team's entry fee must be submitted no later than the first game.
2. Each league shall determine and announce prior to the beginning of the season the penalty for non-payment of entry fees.



## H. Team Rosters

1. Each League will be provided with and use the Direct Archdiocesan District Team roster form which at a minimum shall include:
  - a. The participating Parish and its full address and telephone number;
  - b. The name(s) and contact information of the team's coach(es);
  - c. The names and birthdates of the players (team limited to 15 players);
  - d. The players' jersey numbers; and
  - e. The player's signed Registration & Consent Form; Proof of Age; Copy of player's Baptismal certificate; signed Player Oath of Conduct and Parent Oath of Conduct Forms. (See Appendix I).
2. Team rosters shall be signed and verified as to accuracy by both the Proistameno and the Coach.

## I. Athlete Verification

1. A player participating in a Direct Archdiocesan District league for the first time must provide:
  - a. Proof of age indicating each player's birth date. If a player was not born within the territorial limits of the United States, alternate proof of age, e.g. baptismal papers, passports, green cards, driver's license, etc., may be accepted in lieu of birth certificates at the discretion of the Rules and Regulations Subcommittee;
  - b. Baptismal Certificate - If a player cannot locate a baptismal certificate a letter from the community's Proistameno must be submitted to the League Director attesting that the player is an Orthodox Christian; the Rules and Regulations Subcommittee and/or Youth Director reserves the right to further research the player's eligibility.
  - c. On a yearly basis, a Direct Archdiocesan District Consent form must be completed and signed by a parent/guardian of each player of each team.
2. Each League shall determine whether its own Steering Committee or an appointed document review committee will review the aforementioned documents.
3. Questionable documentation must be submitted by the League Director to the Rules and Regulations Subcommittee for review.

4. Upon complete review and approval of all rosters, players and documents, the League Director shall submit all team documents to the Youth Commission Database Subcommittee for input into the Youth Commission database.

J. Game Procedures

1. All games must begin with a prayer. (See Appendix XII)
2. After each game both teams must line up and congratulate each other.

K. Governing Rules

1. All League rules must state which governing rules apply if the Leagues' respective rules do not address the issue in question.
2. The League shall offer the same opportunities for participation to both girls and boys if or when possible.
3. Except where noted all League Rules apply equally to both girls and boys.

L. League Web Sites

1. The League web sites can be accessed from the Office of Youth and Young Adult Ministries Home Page: <http://districtyouth.goarch.org>
2. Each Athletic Ministry Web Site must include all schedules, standings, rules, and playoff brackets.
3. Be maintained by a representative from each League who will be given access to their section of the secure web site.

M. Financial Requirements & Audits

1. Each League must adhere to the financial and budgeting procedures as outlined by the Finance Subcommittee.
2. Each League must adhere to the accounting methods provided by the Finance Subcommittee.
3. Each League must adhere to the financial reporting procedures provided by the Finance Subcommittee.
4. Each League account will be audited by the Youth Commission Finance Subcommittee at the conclusion of every season.
5. Each League must cooperate with the Youth Commission Finance Subcommittee while auditing their respective finances. The League Director and Treasurer must

be present at this audit and provide all the necessary documents requested by the Finance Subcommittee.

N. Insurance Requirements

1. All Leagues must obtain written proof of liability insurance from each participating community covering the time period in which it is involved in the respective Ministry.
2. Proof of Insurance for all communities must be submitted to the Director of each League. The League Director must submit all community certificates to the Youth Office. Non-compliance of this requirement may result in a community being asked to withdraw its teams from the respective league.

O. Site Safety and Injury Reporting

1. All accidents and injuries are to be documented and reported to the League Director and Office of Youth and Young Adult Ministries at the earliest possible convenience by the site personnel and coaches.
2. An Accident Report must be completed and submitted to the Archdiocese Human Resource Manager by either the League Director, or the Director of Youth and Young Adult Ministries within 5 days after knowledge of the occurrence. (See Appendix IX).
3. It is recommended that all Coaches/Advisors have CPR and First Aid Certification.
4. All teams must have their own First Aid Kits.

P. Referees

1. Game referees must have current certification and credentials for their respective sports.
2. Must be familiar with the League's rules by obtaining a copy from the League Director and reviewing same prior to the beginning of the season.
3. Must complete League incident reports on a timely basis.
4. Must have League Directors' contact information to report conditions at the site, being late or other game issues.
5. Be respectful of coaches, fans, etc.
6. Any referee not complying with these rules may be asked to no longer officiate in the D.A.D Athletic Ministries.

Q. Player Code of Conduct Violations

1. If during the course of a game a player becomes physical is heard using profanity or seen making profane gestures, the referee is to immediately call a technical foul (basketball), give a yellow card (soccer) or give a yellow card and award a point (volleyball) to the other team.
2. If a player is assessed two such violations in the same game, they are to be assessed a second such penalty and removed from the premises.
3. If a player starts a fight or is seen instigating a physical confrontation during the course of a game they should be immediately removed from the premises.
4. Any player being removed from the game for either of the above-mentioned reasons is subject to suspension by the League Director, the Rules and Regulations Subcommittee or Youth Office.

R. The "Team Sportsmanship Award"

1. In an Orthodox Christian athletic environment, we strive to uphold a Christian example of behavior on and off the court or field.
2. The Team Sportsmanship Award is to be presented to one team in each League division, in recognition of its participants (both Coaches and Athletes) exemplary conduct during the course of the regular season.
3. At the end of each season, each Head Coach will be asked to cast one ballot for the team in their respective division they feel is the most deserving of this honor, other than their own.
4. An appointed Steering Committee member, selected by the Director, will collect the results.
5. In case of a tie, the League Director will select the winner unless the League Director's home parish is involved, in which case the Director of Youth and Young Adult Ministry will select the winner.
6. The award shall be an 8-inch by 10-inch plaque, or as close to this size as possible.

S. Protests

1. Protests will be entertained by the League for issues involving the alleged violation(s) of these Rules. All other forms of protest will not be permitted. If a protest is decided in favor of the appellant, the game under protest may be replayed in its entirety at the end of the season if the results may affect the standings.

2. The referee must sign the scorebook and write a notation that the game is under protest.
3. A completed D.A.D. Athletic League Protest Form (See Appendix VIII) must be signed by either the Team's Head Coach or Community Representative/Athletic Director and received by the League Director within three days of the incident. If the completed Protest Form is not timely received, or completed the protest will not be heard.
4. The Protest Form is to be sent to the Office of Youth and Young Adult Ministries at the Archdiocese.
5. The Youth Director will forward the Protest Form to the appropriate League Director, Chairman of the Youth Commission, and Youth Commission Athletic Delegate via e-mail.
6. The League Director will immediately convene a meeting of the League's Disciplinary Committee who will render a decision and forward their decision to all involved parties as well as the Director of Youth and Young Adult Ministries, the Chairman of the Youth Commission, and Youth Commission Athletic Delegate.
7. An appeal of the League Disciplinary Committee's decision can be made by submitting a completed D.A.D. Athletic League Protest Form (See Appendix VI) and mailing it together with a non-refundable \$150 check made payable to the "D.A.D. Youth Office" to the D.A.D. Youth Director within five days of the League Disciplinary Committee's decision.
8. The appeal will then be forwarded to the Chairperson of the Rules and Regulations Subcommittee.
9. The Rules and Regulations Subcommittee will evaluate the merits of the protest and render a decision.
10. Further appeal can be made through the Office of Youth and Young Adult Ministries.

### III. JOY BASKETBALL - NEW YORK BASED LEAGUES

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#### A. Scheduling

1. There is presently one season – the Winter/Spring regular season plus the playoffs. The league schedule is posted at the beginning of the season.
2. Games postponed for any reason will be rescheduled by the League Director and posted on the Website.
3. Regardless of the weather conditions, unless otherwise notified by a League official, coaches and their teams are expected to appear on the court ready to play at the scheduled date/time of the game. A team not present at its scheduled game time (10-minute rule) will forfeit the game.
4. The referee is authorized to cancel the game once he/she steps onto the court.
5. No game will be rescheduled without the permission of the League Director.

#### B. Sites

1. At the beginning of every season each participating community shall provide the League Director with gymnasium and equipment (clock/scoreboard) availability.
2. The home team, as designated on the League schedule, will provide the game ball.
3. The referee shall have the option of selecting another ball.
4. The basketball size will be men's regulation size for Division II boys and 28.5 for the Division I boys 7-9 and Division I and II girls.

#### C. Game Procedures

1. Each game will be officiated by a credentialed referee secured by the League.
2. All games will begin with the aforementioned pre-game protocol.  
(See Appendix XII)
3. Coaches will require team members to be at the gym site 20 minutes prior to the game to ensure all games start on time.
4. Before each game the referee shall ask the coaches to see their teams' First Aid Kits. If they are not presented to the referee when requested, the referee will issue an administrative technical. If neither team has a First Aid Kit the same procedure applies for both teams.

5. Each team must have a minimum of 5 uniformed players on the court at the scheduled game time, prepared to begin the game. If a team has 4 or fewer uniformed players 15 minutes after the scheduled game time the referee must declare a forfeit and award the victory to the opposing team.

Players may not be loaned between teams to avoid a forfeit. If a “loaned” player is discovered the violating team(s) will automatically forfeit the game. If both teams have fewer than 5 players 15 minutes after the scheduled game time, a double forfeit shall be declared.

6. Coaches should designate a team captain prior to each game. The team captains will lead the teams in the opening prayer. The coaches will have their players proceed to center court for the prayer.

After the game, at the referee’s signal, each team must proceed to center court led by their coaches and exchange handshakes.

7. Coaches will ensure that each player present shall play in the game. The league will be monitoring player playing time. If it is determined a coach is abusing this rule by having players make brief game appearances, the abuse will be brought to the coach's and community representative's attention.

Further abuse may result in a meeting between the coach and Steering Committee to explain his/her actions.

8. Team members and the referee are the only persons allowed on the court. In the event of an injury, the coach may assist the referee on the court, if called by the Referee. (See section: III. P. 17. d.)

9. If a game must be stopped while in progress for any reason other than a forfeit it shall be deemed completed. The final score is the score at the point of stoppage, provided one-half of the game has been finished. If not, the game will continue later, from the point of stoppage.

10. In the event a League referee is not available for the game a substitute adult(s), agreed upon by both opposing coaches, may be used. He/she shall have the same powers as a League referee. If the League referee arrives after the start of the game, he/she should take command of the game.

#### D. League Standings

1. At the end of the season, in the event of a tie, League standings will be determined as follows:
  - a. In the event of two undefeated teams a coin flip will govern;
  - b. In the event of a two-team tie of teams with at least one loss:

- i. Head-to-head record;
  - ii. Winning percentage against ALL common opponents;
  - iii. Winning percentage against the highest ranked common opponent no matter what division they are in; and
  - iv. Coin flip.
- c. In the event three teams or more are tied:
- i. For tied teams within the same division, standings within their division using two-team tiebreaker rules above where applicable.  
  
For illustration purposes, if three teams finish tied at 8-2 and two of these teams are in the same division and those teams played head-to-head during the season, the loser of the head to head meeting would be eliminated from the tie-breaker and the remaining two teams would settle the tie based on the two team tie-breaker rules;
  - ii. Head-to-head common winning percentage amongst the three (or more) teams;
  - iii. Winning percentage against the highest-ranked common opponent no matter what division they are in; and
  - iv. Coin flip.
2. All tiebreakers will be resolved in descending order (first place, second place, etc.).
3. If any of the tied teams forfeited a game during the season the non-forfeiting team will be seeded higher.

#### E. Playoffs

- 1. The number of teams in the playoffs will vary from year to year in all divisions. The announcement regarding the number of playoff teams must be made within one week after the league's final roster deadline.
- 2. The same rules during the regular season will apply to the playoffs except that in the BI/GI Division, tie games will result in overtime periods of 3 minutes, all of which shall be stop time with full court pressing and double-teaming permitted in each overtime period.

Each team will receive one additional time out for the overtime period in addition to timeouts it has remaining from regulation time. Player fouls and scoring totals shall also carry over to the overtime.



3. All players of each team must have played at least 2 games during the regular season to be eligible to participate in the playoffs. The exception is if an injury occurred to a player and was disclosed to the League Director.

#### F. Rosters

1. Each team may have up to 15 players (JOY members) on its roster.
2. If a community has a limited number of players in the 10-12 age team. It may submit a written request to the league Steering Committee to transfer a nine-year-old player to the 10-12 team.

If a transfer is granted, both the 7-9 team and 10-12 team rosters for said community are frozen and no additional players can be added to either team.

3. Players from non-participating league communities must be identified on the roster and their names must be submitted to the Executive Committee for review. They should play in the participating community closest to their home.
4. The Steering Committee reserves the right to spot check rosters during games and if it is determined that a player is on the court that is not on the roster, it will result in the team forfeiting that game and further disciplinary action will be considered by the Committee.

#### G. Courts and Equipment

1. The home team will provide the scorekeeper for each game. The home team will make its best efforts to provide a mature, experienced person to maintain the scorebook and scoreboard.
2. The Scorekeepers' table is the ultimate authority on all statistical aspects of the game.
3. The home team coach for the last game of the day is responsible for assuring the gym is left clean. All coaches are encouraged to monitor their players and spectators on the issues of garbage disposal, respect for gym property and equipment, crowd behavior and bathroom cleanliness.

#### H. Uniforms

1. The proper uniform in the League for each team is a reversible, numbered, matching team jersey, matching shorts, matching socks and sneakers. If an undershirt is worn it must be white.
2. A uniform infraction will result in an administrative (2 shot) technical foul assigned to the coach.

## I. Safety Equipment

1. Players who normally wear glasses have two options:
  - a. To not wear glasses while playing; or
  - b. To use safety (sport) goggles while playing.
2. Players with braces must wear a mouthpiece.
3. An athletic supporter is optional.
4. Players may not wear hats, earrings, necklaces and/or other jewelry and/or anything that may injure any player.
5. Long hair should be either tied back or a headband should be used.
6. Players with casts of any type are not permitted to play.
7. Players will not be allowed to play if they are not in proper uniform, which includes the safety equipment.

## J. Referees

1. The referee has discretionary power from the time he/she enters the court to the time he/she leaves the court.
2. The referee must check that the team bench is occupied by the coaches and players.
3. Referees will caution players, coaches, parents or spectators if there are unsportsmanlike outbursts. The referee has the option to stop the game or have one or both teams forfeit.
4. The referee has similar power on evicting players, coaches, parents or spectators from the premises.
5. Conduct by spectators of any age, which is considered unsportsmanlike, may result in eviction from the spectator's area including the gym and the game being forfeited by one or both teams.
6. The referee has the final word in all situations on the court.

## K. Emergency Medical Care Procedures

1. First Aid Kit.
2. The coach is responsible for providing a First Aid Kit at all games and practices.

3. Use common sense when rendering first aid. For trauma seek immediate medical attention or call 911 for emergency services.
4. Any player bleeding must be removed from the court and cannot re-enter the game until the referee clears them to return.

L. Coaches' Responsibilities To The League

1. See Section II. E.
2. All coaches are subject to an interview by the League Executive Committee member(s).
3. Each Coach or Assistant Coach understands and agrees that he/she may be subject to disciplinary action or termination of their coaching duties for actions or activities in violation of the League Rules and/or deemed detrimental to the League and/or its players/spectators.
5. It is the coach's responsibility to present to the League Director:
  - a. A player roster;
  - b. Proof of baptism;
  - c. A consent form signed by the player's parent and, if necessary, a doctor's note stating that the player has no health issues that would prevent him/her from participating in league play; and
  - d. A copy of the policy declaratory page that an insurance liability policy is in effect for the respective community.
6. Coaches are expected to dress in a manner respectful to the League and the parishes they represent.

M. Trophies

1. Each year, at the discretion of the Steering Committee, each player will receive a plaque/trophy for participating in the League.

N. Governing Rules

1. The League Rules are governed by the National High School Federation Basketball Rules unless modified in their application by the League rules.

O. Game Rules

1. Games will consist of four 6-minute quarters in the BI/GI Divisions and four 7-minute quarters in the BII/GII Divisions.

2. There are no ties in the BII/GII Division. There is a 3-minute overtime at the end of regulation time in case of a tie. All fouls, timeouts and scoring carryover into the overtime period. An additional timeout shall be awarded to each team for each overtime period.
3. Full court pressing is permitted for the entire game in the BII/GII Division. *Exception: If a team is leading by 15 points or more, pressing is not permitted.*
4. Prior to the beginning of each game each team will be given 5 minutes to warm up and halftime will last 4 minutes.
5. Each team will provide the scorekeeper with a copy of its roster, which states each player's name, jersey number, team name, color and coaches for the team.
6. All games will be refereed. The referees will allow substitutions at the stoppage of play once a player is at the scorekeeper's table. The scorekeeper's table must be free of spectators.
7. There will be alternate possession after the game opening jump ball. Each overtime period will begin with a jump ball and alternate possession thereafter.
8. Fouls will be possession only unless in the act of shooting, which will constitute two shots. A technical foul is counted as a foul. A lane violation will be called during foul shots if a player attempts to rebound the ball prior to the ball hitting the rim.
9. Beginning with the tenth team foul in each half two shots will be awarded for any foul.
10. Each team receives 4 full time outs of one minute each. Time outs accumulate for the entire game.
11. Talent levels may vary from player to player. The League's intent is to encourage total team involvement. Thus, any one player will be limited in scoring to a maximum of 20 points in the BI/GI Division and 30 points in the BII/GII Division.
  - a. BI/GI Clarification: Once 20 points are scored, the player will be allowed to continue playing but any field goals scored will not be counted on the scoreboard. However, foul shots will count. If a player has 19 points and scores a field goal the 21st point will count.

Please note that it is the responsibility of the coaches, referee and scorekeeper to monitor the points scored by each player. If a player scores more than 20 points and it is discovered after the fact, no points will be deducted from the score at the time of discovery.

However, the player's field goal baskets thereafter will not count.

- b. BII/GII Clarification: Once 30 points are scored, the player will be allowed to continue playing but any field goals scored will not be counted on the scoreboard. However, foul shots will count. If a player has 29 points and scores a field goal, the 31st point will count.

Please note that it is the responsibility of the coaches, referee and scorekeeper to monitor the points scored by each player. If a player scores more than 30 points and it is discovered after the fact, no points will be deducted from the score at the time of discovery.

However the player's field goal baskets thereafter will not count.

12. Any technical fouls called against a player will result in that player being removed from the game for at least three minutes. A technical foul recorded against a coach will result in a warning.

A second technical foul called against a player or coach in the same game will result in an ejection and a one game suspension. Any subsequent technical for a player or coach will constitute expulsion from the program (3 technicals in the season).

Two administrative fouls shall constitute one technical foul for the purpose of this rule.

13. A player must leave the game after five personal fouls.
14. During games the team bench will be exclusively occupied by up to two coaches, (the coach(es)/assistant coach, team scorebook keeper, team players and League officials. The home court official or referee will direct parents, relatives and spectators where they can view the game.
15. All coaches are charged with being familiar with both the General Rules and Game Rules of the League and of explaining same to the players.
16. All field goals throughout the course of the game shall count for 2 points. There are no 3-point field goals.
17. 7-9 Years Old:
  - a. A player cannot be double-teamed with or without the ball;
  - b. Games may end in a tie. The only exception to this rule is during the playoffs;
  - c. The free throw line will be moved approximately 3 to 4 feet closer to the basket. However, players shall line up normally;

- d. A coach will be permitted on to the court momentarily to position his players;
  - e. Full court pressing and double-teaming will be permitted the last 2 minutes of the game; and
  - f. A player bringing up the ball must be permitted to cross over the half court line before being covered by the opposing player.
18. The following violations shall be modified:
- a. Three second violations shall be modified to 5 seconds;
  - b. The 5 second inbound pass violation will be increased to 10 seconds; and
  - c. The 10-second backcourt violation will be increased to 15 seconds (bring the ball up past the half court line).

# I. JOY BASKETBALL - CONNECTICUT BASED LEAGUES

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## A. Team Composition

1. All basketball teams are coed (Comprised of boys and girls playing on the same team).
2. Divisions and Age Limits.
  - a. Division I.
    - i. Players must be 10 years of age or younger. (Age as of August 1)
  - b. Division II.
    - i. Boys must be 13 years of age or younger. (Age as of August 1)
    - ii. Girls must be 14 years of age or younger. (Age as of August 1)
3. Length of Games.
  - a. Division I – Two 15 minute halves.
  - b. Division II – Two 15 minute halves.
  - c. Overtime periods for both divisions are 3 minutes each.

## B. League Rules

1. See Section II
2. The CEOBL (Connecticut Eastern Orthodox Basketball League) follows the most current National High School Basketball Rule Book.
3. The only exceptions to these rules are as follows:
  - a. Division I;
    - i. No full court pressure defense will be permitted until the last minute of the 4th quarter. Full court pressure defense is permitted during any overtime session.
    - ii. Foul shots will be taken at the 12-foot line.
    - iii. A five second lane violation is used instead of a three second lane violation.

- b. Division I and Division II;
  - i. During a foul shot attempt, entering the foul lane is permitted upon the release of the basketball by the foul shooter.
- 4. A player must play in at least 5 games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption.



## V. GOYA BASKETBALL - NEW YORK BASED LEAGUES

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### A. League and Age Limits

1. Junior Division: age 13 – 15 as of January 1<sup>st</sup>
2. Senior Division: age 16 – 17 as of January 1<sup>st</sup>

### B. Number of Games

1. The number of games shall be determined by the League Director and the Steering Committee. Their decision shall be premised on the number of teams participating in the League, the extent of finances available in the League Treasury and the availability of gym sites. The number of League games must be posted on the web site one week after the team rosters are finalized.

### C. Scheduling and Divisional Positioning

1. Shall be accomplished by a random and impartial method selected by the League Director and the Steering Committee.
2. The League Director shall oversee the actual scheduling process.
3. Schedules should, if possible or otherwise agreed to by the Steering Committee, be posted on the league web site at least seven days before competition begins.
4. Schedules must be observed.
5. Schedule changes may be made by the League Director in case of an emergency.

### D. League Standings

1. At the end of the season, in the event of a tie, League standings will be determined as follows:
  - a. In the event of two undefeated teams a coin flip will govern;
  - b. In the event of a two-team tie of teams with at least one loss:
    - i. Head-to-head record;
    - ii. Winning percentage against ALL common opponents;
    - iii. Winning percentage against the highest ranked common opponent no matter what division they are in; and
    - iv. Coin flip.

- c. In the event three teams or more are tied:
  - i. For tied teams within the same division, standings within their division using two-team tiebreaker rules above where applicable.

For illustration purposes, if three teams finish tied at 8-2 and two of these teams are in the same division and those teams played head-to-head during the season, the loser of the head to head meeting would be eliminated from the tie-breaker and the remaining two teams would settle the tie based on the two team tie-breaker rules;

- ii. Head-to-head common winning percentage amongst the three (or more) teams;
  - iii. Winning percentage against the highest-ranked common opponent no matter what division they are in; and
  - iv. Coin flip.
- 2. All tiebreakers will be resolved in descending order (first place, second place, etc.).
- 3. If any of the tied teams forfeited a game during the season the non-forfeiting team will be seeded higher.

#### E. Playoffs

- 1. The number of teams in the playoffs will vary from year to year in all divisions. The announcement regarding the number of playoff teams must be made within one week after the league's final roster deadline.
- 2. The same rules during the regular season will apply to the playoffs except that tie games will result in overtime periods of 4 minutes, all of which shall be stop time with full court pressing and double-teaming permitted in each overtime period.

Each team will receive one additional time out for the overtime period in addition to timeouts it has remaining from regulation time. Player fouls and scoring totals shall also carry over to the overtime.

- 3. All players of each team must have played at least half of the games during the regular season to be eligible to participate in the playoffs. The exception is if an injury occurred to a player and was disclosed to the League Director.

## F. Governing Rules

1. Games shall be played under the National Federation of State High School Association's rules, with the following exceptions:
  - a. The Home team has the choice of where their team will sit each game.
  - b. Dunking or grasping of the rim, while the officials are on the floor during warm-ups or a dead ball results in a technical foul.
  - c. The uniform rule will be enforced beginning the first weekend of December.
  - d. Teams will begin each game by shooting at the basket opposite their benches.
  - e. Time-outs: 3 full time-outs and 2- 30 second time outs in both boys and girls games.
  - f. The clock will not stop during the last minute of a girl's contest.
  - g. Players must wear legal numbers
  - h. Only the head coach is allowed to stand during the game. Players must remain seated.
  - i. Unsportsmanlike behavior by a player, coach or spectator will not be tolerated and may result in the removal of that person from the gym.
  - j. Taunting will not be tolerated. A player that kicks a chair or removes his shirt will receive a technical foul. If a player receives a technical foul he or she must sit out for out least 2 minutes before returning.
  - k. 25-point rule: If a team is ahead by 25 points or more they must play defense behind the 3-point arc. They will get one warning. After that one warning they will receive a technical if it happens again.
  - l. Free throw restrictions:
    - i. Girls: Players on the occupied spaces of the foul line will move on the release of the ball
    - ii. Boys: All players must wait until the ball hits the rim.

## G. All-Star Game

1. Shall be held if determined by the Steering Committee.

2. Players eligible to participate in the All-Star game shall be those players selected by the League coaches.

#### H. Coach Misconduct

1. Any coach who engages in conduct detrimental to the League may be suspended for a period of time as determined by the League Director, the Steering Committee and/or the Office of Youth and Young Adult Ministries

#### I. Registration/Permission Slips

1. Forms can be found in the Appendix of this document and can also be obtained from the Director of the League at the first meeting. They must be signed by the parent and Proistameno and submitted to the D.A.D. Database sub committee.
2. They will include the parent's/guardian's signature, the player's name, address, phone number, name and phone number of the family doctor, medical insurance information and the parent's/guardian's consent for the player to participate in the League.

Please refer to Section II. H & I for full compliance requirements.

#### J. Team Responsibilities

1. It is the responsibility of the home team to arrange for entrance to the gym 15 minutes before game time.
2. It is the responsibility of the home team to provide a game ball, game clock, scoreboard, scorebook and two agents (non-players) that are knowledgeable of the procedures of the League to keep accurate records and to keep time of the game.
3. It is the responsibility of the visiting team to arrive on time and to respect the home team's facilities.
4. It is the responsibility of all teams to have identically matching uniforms. The team's Church or community name should be imprinted on the front. Legal numbers should be imprinted on the front and back of each jersey. Any other printing must first be approved by the League Steering Committee.
5. Uniforms should be reversible. If not, each team should have an alternative uniform.
6. The only people allowed on or in the area of the bench are the eligible players, the coach, one assistant coach and one scorebook keeper. The Coach is the only one permitted to be standing. Violation of this rule risks a technical foul and/or forfeit of the game.

7. The coach and his/her staff are responsible for knowing where their players are at all times. The players' conduct before, during and after each game is the responsibility of the coach.
8. Coaches should preach and practice good sportsmanship at all times.

K. Infractions and Penalties

1. Player technical fouls:

- a. A player should be benched for at least two minutes to "cool off" after being assessed a technical foul;
- b. If a player is assessed a second technical foul in the same game the player is to be removed from the game and escorted from the gym. The coach is responsible to be sure that the player has adult supervision when leaving the gym. If the coach cannot provide said supervision his/her team must forfeit the game and leave the gym;
- c. The third technical foul by a player in a season will result in being suspended from the next scheduled game and subject to a review by the Rules and Regulations Subcommittee before he/she is eligible to play again;
- d. The fourth technical foul by a player in a season will result in their suspension from the League for the remainder of the season; and
- e. Technical foul consideration includes post-season games.

2. Coaching and Player Infractions:

- a. A coach that has been assessed two technical fouls will be suspended for one game.
- b. Any player or coach that becomes physical in or at a scheduled League game or site will be suspended for at least two games and must respond to a League inquiry which could suspend the player or coach for up to two years;
- c. Any player that knowingly submits false personal identification information to a coach for the roster shall be suspended at least one year but not more than two years;
- d. Any coach that knowingly submits false information on a roster shall be suspended from the League for at least two years; and

- e. Any coach that plays a player that has been deemed ineligible by the Director, even if an appeal is pending, shall be suspended for at least four games but not more than a year.
3. Other Infractions
- a. Any completed game where an ineligible player has played shall be forfeited. The Director shall change the League records and standings to reflect the forfeit.
  - b. Any player or coach that has been suspended may not attend any team practice or scheduled game during the term of the suspension. A violation of this rule may result in the forfeiture of team games.
  - c. Any player that has been suspended must serve the suspension at his/her team's next scheduled game or games. If their team's game is postponed, or forfeited the suspension is extended to the following game or games.

## VI. GOYA BASKETBALL - CONNECTICUT BASED LEAGUES

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### A. Team Composition

1. All basketball teams are coed. (Comprised of boys and girls playing on the same team).
2. Divisions and Age Limits.
  - a. Division III: Players must be 18 years of age or younger. (As of August 1)
3. Length of Games
  - a. Division III - play four 8-minute quarters.
  - b. Overtime period for this division is 3 minutes each.

### B. League Rules

1. See Section II
2. The CEOBL (Connecticut Eastern Orthodox Basketball League) follows the most current National High School Basketball Rule Book. The only exceptions to these rules are that during a foul shot attempt, entering the foul lane is permitted upon the release of the basketball by the foul shooter.
3. A player must play in at least 5 games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption.

## VII. VOLLEYBALL - NEW YORK BASED LEAGUES

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### A. Rules

1. See Section II
2. Basic Rules of the Game
  - a. Each team can hit the ball no more than three times. On the third hit the ball must cross over the net to the other side of the court.
  - b. The same player cannot hit the ball twice consecutively. A player can hit a ball to a teammate but not to himself or herself. That player may then hit the ball again on the third hit.
  - c. If two players hit the ball at the same time either player may touch the ball on the next hit. "Simultaneous contact" is at the discretion of the Referee.
  - d. A front row defensive player may reach over the net to block an attack but an attacker may not reach over the net.
3. Serving
  - a. Servers may serve overhand or underhand.
  - b. The server must stand out of bounds, behind the back boundary line, to serve.
  - c. The server cannot step into the court or onto the line until he/she has made contact with the ball.
  - d. The ball cannot be hit out of the server's hand; it must be 'tossed'.
  - e. The serve must cross over the net. It is allowed to touch the top of the net as long as it then makes it over.
4. Scoring
  - a. Scoring is on a rally system. A point is scored every time the ball hits the ground regardless of who served it. Even if the offense misses the ball, a point is still scored for the defense.
  - b. The offense scores a point if the defense misses the ball or hits it out of bounds. The defense scores a point if the offense misses the ball, hits it out of bounds or does not complete a successful serve.



5. Games/Matches

- a. Games are played to 25 points. The first team to score at least 25 points with a two-point advantage wins the game.
- b. Matches are best of three out of five games. The final tie-breaking game is shortened to 15 points. A team must win by two points.
- c. At start of contest, Referees must hold a brief meeting with both coaches and at least one player captain from each team. Referees must go over ground rules and flip a coin to determine which team will serve first.
- d. The team winning the coin flip chooses 'side,' 'serve' or 'receive.' Once the choice is made the opposing team decides between the remaining two choices. (The same procedure must be followed before the start of the fifth game.)
- e. Pre-Game Warm-Ups. (5 - 5 - 2) The first serving team gets the court for the first 5 minutes, receiving team gets the court for the next 5 minutes, and then both teams share court for two minutes to serve.

6. Rotation

- a. Players rotate one position clockwise after every change of possession. When the non-serving team wins the point, it gains the serve and its players rotate.

7. Libero

- a. The libero is a player specialized in defensive playing.
- b. The libero cannot block the ball or attack when it is above the net.
- c. The libero cannot overhand set a ball in front of the 10-foot line.
- d. This player can substitute for any back row player at any time. However, the libero can only substitute for the player he/she originally replaced.
- e. The libero can serve; only in a certain rotation and for the player they substituted.
- f. Libero use is optional.

8. Substitutions and Players on Court

- a. There should be six players on the court. A minimum of 5 players is allowed if no other players are available.

- b. Unlimited substitutions are allowed per game.
9. League General Rules
- a. Starting line-ups and positions are to be submitted to the referee at start of match, with 1 player designated as the floor captain. The floor captain is the only player permitted to talk to the Referee.
  - b. Playoff tiebreaker will be record against next higher seeded team.
  - c. Only currently certified referees should be used for each game. One referee will be used for regular season games and two referees for playoff games.
  - d. The All-Star game will feature 2 players from each team.
10. Protests
- a. A protest involving a rules violation must be proclaimed at the time of the alleged violation and cannot be made after the conclusion of the match.
  - b. For all other infractions see section II. S.
11. Postponements/Forfeits
- a. There will be no postponements unless previous arrangements have been made prior to the posting of the League schedule on the League web site.
  - b. If a schedule change is needed after the League schedule has been posted on the League web site, the Parish requesting the change will be charged a \$25.00 late change fee. Postponements due to weather conditions will be at the discretion of the Director.
  - c. A team will forfeit their game if they are not present or able to begin the game 15 minutes after the posted starting time. The forfeit will be counted as a loss for that team.
  - d. In all other instances a forfeit will be decided by the Volleyball Steering Committee. Their decision made can be appealed to the Rules and Regulations Committee.
12. Playoff Seeding/Tie-Breaker Procedures
- a. In the event of a tie at the end of the season the league standings will be determined as follows:
  - b. Head-to-head competition during the regular season.

- b. If a schedule change is needed after the League schedule has been posted on the League web site, the Parish requesting the change will be charged a \$25.00 late change fee. Postponements due to weather conditions will be at the discretion of the Director.
- c. A team will forfeit their game if they are not present or able to begin the game 15 minutes after the posted starting time. The forfeit will be counted as a loss for that team.
- d. In all other instances a forfeit will be decided by the Volleyball Steering Committee. Their decision made can be appealed to the Rules and Regulations Committee.

## VIII. VOLLEYBALL - CONNECTICUT BASED LEAGUES

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### A. Team Composition/ Age Limits

1. The Connecticut Eastern Orthodox Volleyball League (CEOVL) is open to girls only.
2. The League is comprised of two divisions – Junior Varsity and Varsity.
  - a. Junior Varsity consists of girls 13 years of age or younger. (Age as of August 1)
  - b. Varsity consists of girls 14 to 18 years of age. (Age as of August 1)
    - i. Junior Varsity players are permitted to play on the Varsity team and can be listed on both rosters.

### B. Rules

1. See Section II
2. Basic Rules of the Game
  - a. Each team can hit the ball no more than three times. On the third hit the ball must cross over the net to the other side of the court.
  - b. The same player cannot hit the ball twice consecutively. A player can hit a ball to a teammate but not to himself or herself. That player may then hit the ball again on the third hit.
  - c. If two players hit the ball at the same time either player may touch the ball on the next hit. "Simultaneous contact" is at the discretion of the Referee.
  - d. A front row defensive player may reach over the net to block an attack but an attacker may not reach over the net.
3. Serving
  - a. Servers may serve overhand or underhand.
  - b. The server must stand out of bounds, behind the back boundary line, to serve.
  - c. The server cannot step into the court or onto the line until he/she has made contact with the ball.
  - d. The ball cannot be hit out of the server's hand; it must be 'tossed'.

- e. The serve must cross over the net. It is allowed to touch the top of the net as long as it then makes it over.
4. Scoring
- a. Scoring is on a rally system. A point is scored every time the ball hits the ground regardless of who served it. Even if the offense misses the ball, a point is still scored for the defense.
  - b. The offense scores a point if the defense misses the ball or hits it out of bounds. The defense scores a point if the offense misses the ball, hits it out of bounds or does not complete a successful serve.
5. Games/Matches
- a. Games are played to 25 points. The first team to score at least 25 points with a two-point advantage wins the game.
  - b. Matches are best of three out of five games. The final tie-breaking game is shortened to 15 points. A team must win by two points.
  - c. At start of contest, Referees must hold a brief meeting with both coaches and at least one player captain from each team. Referees must go over ground rules and flip a coin to determine which team will serve first.
  - d. The team winning the coin flip chooses 'side,' 'serve' or 'receive.' Once the choice is made the opposing team decides between the remaining two choices. (The same procedure must be followed before the start of the fifth game.)
  - e. Pre-Game Warm-Ups. (5 - 5 - 2) The first serving team gets the court for the first 5 minutes, receiving team gets the court for the next 5 minutes, and then both teams share court for two minutes to serve.
6. Rotation
- a. Players rotate one position clockwise after every change of possession. When the non-serving team wins the point, it gains the serve and its players rotate.
7. Libero
- a. The libero is a player specialized in defensive playing.
  - b. The libero cannot block the ball or attack when it is above the net.
  - c. The libero cannot overhand set a ball in front of the 10-foot line.

- d. This player can substitute for any back row player at any time. However, the libero can only substitute for the player he/she originally replaced.
  - e. The libero can serve; only in a certain rotation and for the player they substituted.
  - f. Libero use is optional.
8. Substitutions and Players on Court
- a. There should be six players on the court. A minimum of 5 players is allowed if no other players are available.
  - b. Unlimited substitutions are allowed per game.
9. League General Rules
- a. The CEOBL follows the most current Volleyball Federation Rules for High School.
  - b. Starting line-ups and positions are to be submitted to the referee at start of match, with 1 player designated as the floor captain. The floor captain is the only player permitted to talk to the Referee.
  - c. An unlimited number of substitutions are allowed per game.
  - d. Only currently certified referees should be used for each game. One referee will be used for regular season games and two referees for playoff games.
  - e. A player must play in at least 5 games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption.
  - f. The All-Star game will feature 2 players from each team.
10. Protests
- a. A protest involving a rules violation must be proclaimed at the time of the alleged violation and cannot be made after the conclusion of the match.
  - b. For all other infractions see section II. S.
11. Postponements/Forfeits
- a. There will be no postponements unless previous arrangements have been made prior to the posting of the League schedule on the League web site.

- b. If a schedule change is needed after the League schedule has been posted on the League web site, the Parish requesting the change will be charged a \$25.00 late change fee. Postponements due to weather conditions will be at the discretion of the Director.
- c. A team will forfeit their game if they are not present or able to begin the game 15 minutes after the posted starting time. The forfeit will be counted as a loss for that team.
- d. In all other instances a forfeit will be decided by the Volleyball Steering Committee. Their decision made can be appealed to the Rules and Regulations Committee.

12. Playoff Seeding/Tie-Breaker Procedures

- a. In the event of a tie at the end of the season the league standings will be determined as follows:
  - b. Head-to-head competition during the regular season.
    - ii. Head-to-head competition for three or more team ties can only be applied if the three or more teams tied played each other the same amount of games.
  - c. The team that defeated the highest ranked common opponent will be ranked the higher seed.
  - d. A coin toss is the final tiebreaker. The coin toss can be held prior to the conclusion of the season at the discretion of the League Director.

A League Officer shall conduct a coin toss in the presence of the coaches of the two teams.

## IX. SOCCER

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### A. Organization

1. The League is organized into 7 divisions for boys and girls:
  - a. BI, GI - 7 thru 9 years of age;
  - b. BII, GII - 10 thru 12 years of age;
  - c. BIII 13 thru 16 years of age;
  - d. GIII 13 thru 17 years of age; and
  - e. BIV 15 thru 17 years of age.
1. Each community chooses coaches and league representatives.
2. Please refer to Section II for full compliance requirements.
3. The League reserves the right to reject a team from participation.

### B. Scheduling

1. There is presently one season – the Fall/Spring.
2. There are 8 games in the Fall and 4 games in the Spring followed by Playoffs.
3. Games postponed for any reason will be rescheduled by the League Director and the league coaches/representatives involved will be notified.
4. Regardless of the weather conditions and unless otherwise notified, coaches and their teams must appear on the fields ready to play at the scheduled time of the game. Non-appearance will subject the team to a possible forfeit. Only the referee is authorized to cancel the game once he/she enters the field of play.
5. In the event of a downpour during a game all players are asked to wait at the field for 15 minutes. At that time, the game will resume or be called by the referee.
6. No game will be rescheduled without the permission of the League Director.

### C. Game Procedures

1. FIFA Rules of the Game will apply. They are modified in their application as follows:



- a. Coaches will ensure that team members are at the field 20 minutes prior to the game to ensure all games start on time.
2. The game ball will be provided by the home team. BI, GI and GII divisions use ball size #4, BII, GIII, BIII and BIV divisions use ball size #5.
3. Both teams will be on the same sideline. Parents and spectators will be on the opposite side of the field. No one is permitted behind the goal posts.
4. The coach of each team must line up his team prior to the start of every game and present his player's ID card to the referee for inspection. If a player does not have his/her ID card he/she will not be permitted to play. No exceptions. If a team does not present its ID cards the game will be forfeited.
5. Teams will play with 7 players on each team including the goalie. If both coaches agree teams may field more than 7 players with a maximum of 11 players.

If a team has a minimum of 5 uniformed players on the field at game time the game must begin. If a team has only 4 or fewer uniformed players, 15 minutes after the scheduled game time, the referee must declare a forfeit and award the victory to the opposing team.

Players may not be loaned between teams to avoid a forfeit. If both teams have fewer than 5 players 15 minutes after the scheduled game time a double forfeit shall be declared.

6. The referee will wait a maximum of 15 minutes before calling a forfeit.
7. Coaches should designate a team captain prior to each game. The captain will report to the referee for the coin toss when requested. The visitor team will call the coin in the air.
8. After the coin toss coaches will line up their players in a single file on the halfway line facing the center circle and the home team captain will conduct a prayer. After the game, at the referee's signal, each team shall form a line and each player will proceed, led by his or her coaches, and exchange handshakes.
9. Coaches will ensure that each player present shall play in the game. The only exception to this rule is for injury or illness.
10. Team members and the referee are the only persons allowed on the field of play. In the event of an injury the coach may assist the referee on the field, if called by the referee.
11. Coaches will ensure that juice and/or water is available for players between halves.

12. If a game in progress must be stopped and cannot be continued for any reason it shall be deemed completed, provided one half has been finished. If not, the game will continue at a later date from the point of stoppage.
13. In the event a League referee is not available for the game a substitute adult, agreed upon by both opposing coaches, may be used. He/she shall have the same powers as a League referee. If the League referee arrives after the start of the game, he/she should take over.
14. Under no circumstances should another player physically charge the goalkeeper once he/she has possession of the ball. When the goalie has possession, players on the opposing team must step back 5 yards or they will be issued a yellow card.

#### D. Team Standings

1. In the case of a win a team is issued 3 points.
2. In the case of a tie a team is issued 1 point.
3. In the case of a loss a team is issued 0 points.
4. In the case of a forfeit a team is issued minus 1 point.
5. At the end of the season, in the event of a tie, league standings will be determined in the following descending order. If still tied, the next tiebreaker shall be applied:
  - a. Head-to-head record;
  - b. Total wins;
  - c. Total Forfeit(s) incurred;
  - d. Strength of schedule based on adding the total points of season's opponents for each team. The team whose opponents have the highest points shall have the higher standing.
  - e. Coin toss by the League Director.

#### E. Playoffs

1. The most points will determine the teams making the playoffs at the end of the season. The number of teams making the playoffs shall be determined by the Steering Committee and announced no later than the midpoint of the season.
2. The same rules during the regular season will apply to the playoffs.

3. Exception.

- a. In the event of a tie game there will be two 5 minute overtime periods. If the game is still tied a penalty kick segment will ensue. The team that scores the most goals at the end of a 5 shot penalty kick segment will win.

If still tied, a new one-on-one penalty segment will begin until one team's player scores a goal and the other team's player does not. Every player for each team must participate in the 5 shot and one-on-one penalty kick segment before a player begins a second round of kicks.

The referee will monitor the player order.

4. Ideally all players for each team must have played at least 3 out of 8 games during the Fall season and 2 out of 4 games during the Spring season with their team to be eligible to participate in the playoffs. The exception is if a player was injury and said injury was disclosed to the League Director. The Steering Committee, on a yearly basis, shall determine player eligibility for the playoffs.

F. Rosters

1. Each team may have up to 15 players (JOY/GOYA members) on its roster, which must be submitted to the League Director prior to the start of the season.
2. A 15-year-old player in the GOYA division can either play for the 13-15 yr old division (BIII) or the 16 to 17 year old division (BIV). Once he plays for one team he cannot play in the other division.
3. Roster changes can be made at the beginning of the season. The Steering Committee, on a yearly basis, shall determine at which point all rosters submitted are deemed final.
4. All changes must be submitted to the League Director. The League Director reserves the right to spot check rosters during games. If he determines that a player on the field is not on the roster, it will result in the team forfeiting that game and the player being suspended from playing in the League for the remainder of the season and playoffs.
5. At the beginning of the Spring season a team can add a maximum of 3 players to its roster.

G. Fields and Equipment

1. The referee before each game will provide linesperson flags. They will be returned to the referee at the end of each game.
2. Climbing/hanging, etc. on the goal posts by players/spectators could result in a League suspension. League personnel including coaches and community

representatives, should immediately notify the League Director of any damage done to the goal posts and/or other equipment.

3. Each team is responsible for their team/spectator cleanup of on- field garbage.

#### H. Uniforms

1. The proper uniform for the League is a numbered matching team shirt, matching shorts, socks, soccer shoes (rubber cleats - NO METAL CLEATS) and shin guards.
2. All players can wear sweatpants or tights under their shorts. The socks must be worn over the pants and shin guards.
3. Goalies must wear a different colored shirt than the rest of their team.

#### I. Safety Equipment

1. Kneepads, elbow pads, mouth guards, goalie helmets and athletic supports are optional.
2. Players who normally wear glasses have three options:
  - a. Not wear glasses while playing;
  - b. Use safety (sport) goggles while playing; and
  - e. Wear prescription sport glasses.
3. Players with braces must wear a mouthpiece. It is strongly recommended that goalies wear a goalie helmet and have mouth protection.
4. Players may not wear hats, earrings, necklaces, other jewelry or anything that may injure any player including any cast or metal braces on limbs.
5. Long hair should be tied back or tied with a headband.
6. Players will not be allowed to play if they are not in proper uniform, which includes safety equipment.

#### J. Referees

1. The referee has discretionary power from the time he/she enters the field of play, to the time he/she leaves the field of play, to caution (YELLOW CARD) or dismiss (RED CARD) any player, coach or parent/spectator who is guilty of aggressive/flagrant play, misconduct, outbursts, or unsportsmanlike behavior (flagrant or persistent infringement of any of the rules of the game).

Additional outbursts by players/parents/spectators/coaches may result in eviction from the field and the game being stopped and possibly forfeited by one or both teams.

The referee may suspend (Red Card) a player from further participation in the game if the player, persists in his/her misconduct after receiving a yellow card. The League Director will decide whether further discipline is necessary including recommending the players dismissal from the league to the Steering Committee.

2. Any player, coach or parent who is red-carded must leave the field complex. A report must be forwarded to the League Director on the cause for the red card.
3. The referee has the final word in any and all situations on the field. This includes the decision to shorten the periods in the event of extreme weather conditions. The League Director also has authority to shorten the periods.

#### K. Emergency Medical Care

1. At the first season's first game and therefore each coach must show the referee his/her First Aid Kit. If the referee or League Director requests to see a First Aid Kit and it is not present at the game, the team will forfeit the game.
2. The coach is responsible for taking the First Aid Kit to all games and practices. Use your own common sense when rendering first aid. For kicks and trauma use a cold pack to the affected area.

#### L. Coaches' Responsibilities To The League

1. It is the coach's responsibility to act in a reasonable manner during the games with the referees, parents or players. He/she is a representative of the League/community and is setting an example for the children.
2. If a coach, assistant coach or community representative acts in an unreasonable manner either prior to, during, or after a game, the referee or Steering Committee members present may request in writing that he/she be expelled from the League.
3. It is the coaches'/community representative's responsibility to present to the League Director:
  - a. A player roster;
  - b. Proof of baptism of each player (birth certificate);
  - c. A consent form signed by the player's parent (Optional-doctor's note stating that the player does not have health issues that would prevent him/her from playing soccer);

- d. Proof that the community insurance liability policy is in effect for the soccer season;
- e. League registration fee; and
- f. Player ID cards for final review and validation.

M. Game Rules

- 1. Games will consist of two 25-minute halves for the GI/BI Division, 30 minutes for the GII/BII and 35 minutes for the GIII, BIII and BIV Division with a 5-minute half time break.
- 2. Substitution is permitted on any play stoppage for both teams. Substitutes must enter and exit at the midline.
- 3. Offsides are called.
- 4. Penalties may be called at the discretion of the referee.
- 5. The teams will play seven players on each side including the goalie. Prior to the beginning of the game, if both coaches agree, they may increase the number of players. They must notify the referee and play with that number until the end of the game.

The maximum number of players for a game permitted is 11 on each side (see Game Procedures Section C 5 for additional rules).

- 6. Goal kicks.
  - a. The opposing team must be outside the big area box when the goalie or any other player is kicking the ball from the penalty box in order to ensure that at least one pass out can be made.
- 7. GI/BI Division
  - a. Overhead throw-ins can be re-done at the referees' discretion until correct (up to the 3rd game).
- 8. Drop balls allowed.
- 9. Corner kicks are done from the corner flags or point designated.
- 10. All games will be refereed.
- 11. Goal defended will change at half time.
- 12. No slide tackles from the side or behind the ball handler will be allowed.

- a. At the referee's discretion the player committing this act shall be automatically red-carded.
  - b. Exception to this rule is the B3 and G3 Divisions. "Legal" slide tackles, as defined by FIFA rules, will be allowed for *only* these two divisions.\*\*
13. If a player is red-carded they will automatically leave the field and be suspended for one game. The team must play short the remainder of the game in which the red card was issued.
  14. If a referee red-cards a player or a coach during the game for whatever reason, the referee must submit a written statement explaining the reason for the red card. If a player or coach receives a second red card during the season he/she will be suspended for 3 games and the League Steering Committee will conduct a review of the player or coach.
  15. Three yellow cards in one season from a player or a coach will result in one game suspension.
  16. If a player is injured he/she should remain down and a whistle will be blown to stop play. The coach will be summoned on to the field to assist the injured player or remove the player to the sideline. Even if the player recovers they must come out of the game until the next stoppage of play.

N. Courtesy Rule

1. As a courtesy, if a team coach/community rep. is absolutely certain that their team will not appear (not have enough players) at a scheduled game he/she should contact the League Director no fewer than two hours prior to game time. The Director will proceed to notify the opposing team and will issue a forfeit to the team that could not appear.
2. If it becomes evident that a coach/community rep. was notified in a timely manner of the non-appearance of a team and did not contact the Director a fine of \$50.00 will be assessed against that community.

## X. ADULT BASKETBALL - SENIOR DIVISION - CONNECTICUT BASED LEAGUE

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### A. Team Composition

1. Players over the age of 19.
2. Participating members need to be in good standing with their respective parish.
  - a. A non-Orthodox player may participate if they have been married in the Orthodox Church, their children are being raised in the faith, and they are actively participating in the life of the Parish.
3. A Senior Division Team Roster form (See Appendix XI) must be filled out and signed by the Parish Priest and Team's Head Coach.

### B. League Rules

1. See Section II
2. The CEOBL (Connecticut Eastern Orthodox Basketball League) follows the most current National High School Basketball Rule Book. The only exceptions to these rules are that during a foul shot attempt, entering the foul lane is permitted upon the release of the basketball by the foul shooter.
3. Length of Games
  - a. Four 8-minute quarters.
  - b. Overtime periods are 3 minutes each.
4. A player must play in at least 5 games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption.





## II. D.A.D. Athletics Player Registration and Consent Form

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Player's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Name of school you are currently attending: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Family Doctor's Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

My son/daughter has the following allergies (including drug allergies): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IN CONSIDERATION of being permitted to participate in the Greek Orthodox Direct Archdiocesan District Athletic League Programs - (hereinafter referred to as the "League"), the above named registrant Player (hereinafter referred to as the "Player") and I, the undersigned parent(s)/guardian(s) agree to the terms of this consent form and agree to abide by the General Rules of the League. As parent/guardian of the Player, I am aware of his/her wish to participate in the League and understand that by participating in basketball, volleyball or soccer, which are contact sports, there is an inherent risk of injury to the Player. In addition, I am aware that participation in the League will involve travel to and from an activity, practice, game or event.

The Player and I acknowledge and accept the risks associated with such participation and the travel involved and I hereby grant permission to the Player to participate and to travel.

The Player and I assume all the risks and hazards incidental and inherent in the conduct of such athletic activities and hereby release, waive, discharge, and covenant not to sue: *(insert name of your church)* \_\_\_\_\_ Greek Orthodox Church of *(insert city and state)* \_\_\_\_\_

the Greek Orthodox Archdiocese of America, the Direct Archdiocesan District, the League, and those associated with these entities including but not limited to, the other participating League communities, teams, coaches and players and the Clergy, Officers, Parish Council Members, Directors, Coaches, Members, Consultants, Supervisors, Managers, Agents and Employees (hereinafter referred to as the "Releasees").

The Player and I also hereby assume full responsibility for and the risk of bodily injury, death or property

## D.A.D. Athletics Player Registration and Consent Form (page 2)

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damage due to the negligence of the Releasees. The player and I release the Releasees from any and all liability or claim by the Player and I, his personal representatives, assigns, heirs and next of kin for any and all loss or damage, on account of injury to the Player including the death of the Player, whether caused by the negligence of the Releasees or otherwise while the Player is in, upon, or about church premises or associated facilities or using the equipment therein while participating in any program affiliated with the League.

The Player and I hereby agree to indemnify, save and hold harmless the Releasees from any loses, liabilities, damages, payment of any settlements or the defense of any suits including but not limited to attorney fees or any other costs they may incur arising out of any incident/injury incurred by the Player while he/she is in, upon or about the premises or any facilities or use of equipment or is therein participating in any program affiliated with the League.

I represent that the Player has been recently examined by a physician, is in good health and has no physical or mental disabilities that would prevent him from fully participating in the League.

I consent to any emergency medical treatment of the Player at the Coach's discretion.

The Player and I further expressly agree that the foregoing Consent Agreement is intended to be as broad and inclusive as is permitted by the laws of the State of (NY or CT) \_\_\_\_\_ and that if any portion thereof is held invalid, it is agreed that the remaining agreement shall, notwithstanding, continue in full legal force and effect.

I herewith acknowledge understanding the Consent Form above and agree to its terms.

\_\_\_\_\_  
Signature of Parent/Guardian of Registrant Player

\_\_\_\_\_  
Date

This form must be completed and handed in with the Team Roster Registration Form

### III. D.A.D. Player Oath of Conduct

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(For Athletes in New York Based Leagues)

This form to accompany all rosters

As an Athletic participant in this program I, \_\_\_\_\_, pledge to uphold the teaching, tradition and mission of the Orthodox Church. I pledge to comply with all by-laws, guidelines, rules and regulations and to be respectful to all people. Furthermore, for the good of the Church and any athletic event, I will:

- Behave in a manner befitting an Orthodox Christian
- Maintain self-control, refrain from using profanity or profane gestures
- Show respect in defeat and modesty in victory
- Show courtesy to all sports officials, authorities and teammates
- Show respect for all opponents
- Play the game fairly to the best of my ability, and accept the outcome graciously

I understand that the purpose of the program is to give me the opportunity to participate in athletic events, experience Orthodox fellowship, have fun and grow in my relationship with Jesus Christ.

\_\_\_\_\_  
Signature of Participant (Player)

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Parish Name and Location

## IV. D.A.D. Player Oath of Conduct

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(For Athletes in Connecticut Based Leagues)

This form to accompany all rosters

As an Athletic participant in this program, I, \_\_\_\_\_, pledge to uphold the teaching, tradition and mission of the Orthodox Church. I pledge to comply with all by-laws, guidelines, rules and regulations and to be respectful to all people. Furthermore, for the good of the Church and any athletic event, I will:

- Behave in a manner befitting an Orthodox Christian
- Maintain self-control, refrain from using profanity or profane gestures
- Show respect in defeat and modesty in victory
- Show courtesy to all sports officials, authorities and teammates
- Show respect for all opponents
- Play the game fairly to the best of my ability, and accept the outcome graciously

I acknowledge that I am not a member of my High School Junior Varsity or Varsity Basketball Team. I understand that the purpose of the program is to give me the opportunity to participate in athletic events, experience Orthodox fellowship, have fun and grow in my relationship with Jesus Christ.

\_\_\_\_\_  
Signature of Participant (Player)

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Parish Name and Location

## V. D.A.D. Parent Oath of Conduct

---

(For Parents of New York and Connecticut Leagues)

This form to accompany all rosters

1. I acknowledge that children participate to have fun, and the game is for the youth, not adults
2. I will be positive Orthodox Christian role model for our children, and I will encourage good sportsmanship by showing respect and courtesy and ask any guests of mine to do the same.
3. I will not encourage any behavior or practices that would be considered unsportsmanlike.
4. I will teach my child(ren) to play by the rules and to resolve conflict without resorting to violence and hostility.
5. I will encourage my child(ren) to treat other players, coaches, officials and spectators with respect, regardless of race, creed, color or ability.
6. I will teach my child(ren) that doing one's best is more important than winning.
7. I will praise my child(ren) for competing fairly.
8. I will never ridicule or yell at my child(ren) or others for making a mistake or losing a competition.
9. I will emphasize to my child(ren) skill development and practice over winning.
10. I will promote the spiritual, emotional and physical well-being of the participants ahead of any personal desire I may have for my child(ren) to win.

Adapted from the National Youth Sports Safety Foundation

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Signature of Parent/Guardian

---

Print Child's Name

---

Parish Name and Location

## VI. D.A.D. Coach Oath of Conduct

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(For Coaches of New York and Connecticut Leagues)

This form to accompany all rosters

1. I acknowledge that children participate to have fun, and the game is for the youth, not adults
2. I (and my Assistants) will be positive Orthodox Christian role models for our children, and I will encourage good sportsmanship by showing respect and courtesy.
3. I will not encourage any behavior or practices that would be considered unsportsmanlike.
4. I will teach my child(ren) to play by the rules and to resolve conflict without resorting to violence and hostility.
5. I will encourage my child(ren) to treat other players, coaches, officials and spectators with respect, regardless of race, creed, color or ability.
6. I will teach my child(ren) that doing one's best is more important than winning.
7. I will praise my child(ren) for competing fairly.
8. I will never ridicule or yell at my child(ren) or others for making a mistake or losing a competition.
9. I will emphasize to my child(ren) skill development and practice over winning.
10. I will promote the spiritual, emotional and physical well-being of the participants ahead of any personal desire I may have for my child(ren) to win.

Adapted from the National Youth Sports Safety Foundation

---

Signature of Coach

---

Print Name

---

Parish Name and Location

## VII. D.A.D. Athletic League Coaching Application

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To be completed by individuals who wish to Coach  
in either the New York and Connecticut Leagues

1. Name: \_\_\_\_\_

2. Church: \_\_\_\_\_

3. Address: \_\_\_\_\_

4. Phone Number: \_\_\_\_\_

5. Mobile Phone Number: \_\_\_\_\_

6. E-Mail Address: \_\_\_\_\_

7. Team that you are applying to coach: \_\_\_\_\_

8. Previous coaching experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. I acknowledge that I have reviewed, understand and will abide by the D.A.D. Athletic Rules and Guidelines Manual concerning the Sport that I coach. \_\_\_\_\_

*Signature of Applicant*

\_\_\_\_\_  
Proistameno's Signature

\_\_\_\_\_  
Date

----- *Administrative Approval* -----

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*This completed form needs to be presented to the Proistameno*





## IX. D.A.D. Athletic League Accident Report

---

Date: \_\_\_\_\_

Activity: \_\_\_\_\_

Name, E-mail, Telephone Number of Person Supervising the Event: (Example: Coach)

\_\_\_\_\_  
\_\_\_\_\_

Injured Person's Name: \_\_\_\_\_ Team: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Date and Time of the Accident: \_\_\_\_\_

Exact Location of the Accident: \_\_\_\_\_

Extent of the Injury (If Known): \_\_\_\_\_

Cause of the Accident: \_\_\_\_\_

Witnesses: (Name, E-Mail, Telephone Number) *Please attach their statements to the Accident Report*

1. \_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Remarks of the Person Reporting the Accident: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Was Player's Parent Called? \_\_\_\_\_ By Whom? \_\_\_\_\_ Time: \_\_\_\_\_

First Aid Administered? \_\_\_\_\_ EMS Called? \_\_\_\_\_ Time: \_\_\_\_\_

Name, Address and Telephone Number of the Person Completing the Report:

\_\_\_\_\_

----- *To be filled out by Archdiocese Staff* -----

Date the Report Was Sent to the Insurance Company: \_\_\_\_\_

Signature: \_\_\_\_\_

## X. D.A.D. Athletic League Game Day Roster Form

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League: \_\_\_\_\_ Team Name: \_\_\_\_\_

Division: \_\_\_\_\_ Head Coach: \_\_\_\_\_

Date: \_\_\_\_\_ Assistant Coach: \_\_\_\_\_

	Player Name	Jersey Number
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		



## XII. D.A.D. Athletic League - Game Day Opening Prayer

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### Pregame Protocol

1. Both teams line up at center court/field facing each other.
2. If a priest is present, he should be asked to **address the crowd and the players** stating the following basic points. (If a priest is not present, then the site manager needs to **address the players and fans** stating the following statements before beginning the prayer):
  - A. We are here to compete to the best of our ability.
  - B. Although we represent our specific church, we are all brothers and sisters in Christ and part of the same Family of Faith.
  - C. We remind the parents and fans viewing the game that in our enthusiasm of cheering for our players, please make sure that we cheer and support each player on both teams. Screaming at the coaches, referees and other players is not tolerated; and you will be asked to leave the gymnasium/field.
  - D. Cursing in any form, will also not be tolerated.
  - E. Please let us enjoy and take pride in all the players from each Church and enjoy the game/match.
3. The Opening Prayer
  - A. In the name of the Father and the Son and the Holy Spirit, now and forever and unto the ages of ages. Amen.
  - B. Our Father, who art in heaven, hallowed be Thy name.  
Thy Kingdom come, Thy will be done, on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.
  - C. *Then the following:* Lord, Jesus Christ, through the intercession of the Holy Theotokos and all the Saints, grant each player the strength to play to the best of their ability. Protect them from any injury and allow the bonds of fellowship and love to be fostered among the players of both teams competing today. For Yours is the kingdom, the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and unto the ages of ages. Amen.
  - D. Players and Coaches shake hands and the game/match begins.



DIRECT ARCHDIOCESAN DISTRICT  
YOUTH AND YOUNG ADULT MINISTRIES

“IF ANYONE COMPETES AS AN ATHLETE, HE DOES NOT  
RECEIVE THE VICTOR’S CROWN UNLESS HE COMPETES  
ACCORDING TO THE RULES.” 2 TIMOTHY 2:5

HIS EMINENCE ARCHBISHOP DEMETRIOS OF AMERICA

HIS GRACE BISHOP ANDONIOS OF PHASIANE  
CHANCELLOR, GREEK ORTHODOX ARCHDIOCESE OF AMERICA

DEACON EVAGORAS CONSTANTINIDES  
DIRECTOR OF YOUTH AND YOUNG ADULT MINISTRIES, DIRECT ARCHDIOCESAN DISTRICT

REV. PETER ORFANAKOS  
DIRECT ARCHDIOCESAN DISTRICT YOUTH COMMISSIONER

NICHOLAS KOKINAKIS  
ATHLETIC DELEGATE, DIRECT ARCHDIOCESAN DISTRICT YOUTH COMMISSION

DISCIPLINARY, REGULATIONS, RULES AND ELIGIBILITY, SUB-COMMITTEE MEMBERS:  
ANNE ALEXANDROU, JAMES HARTOFILIS, NICHOLAS KARACOSTAS, STELLA VLAHOS KITAS,  
JAMES MAGRIPLES, GEORGE POULON, JIM SARIGIANIS, JOANNE ZBRAVOS

ELENI HOJNOWSKI

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