



Greek Orthodox Metropolis of Pittsburgh 2018 GOYA ATHLETIC MINISTRIES RULES & GUIDELINES

Final Version following Athletic Seminars – January 2018

PREFACE



"If anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules."~ II Timothy 2:5

The Metropolis Athletic Ministries Rules & Guidelines provide a general spirit and attitude in which all Participants are to realize and accept. Each situation may not be identified within these Rules & Guidelines. Considering that the intent of these Rules & Guidelines is to facilitate proper Orthodox Christian conduct, play and attitude, unspecified events or situations will be handled accordingly. Any exceptions must be approved by the Athletic Executive Committee.

Due to mandates from the Holy Eparchial Synod of the Archdiocese, included in these Rules and Guidelines are Policies and Procedures for the Safety of Children and Youth participating in Archdiocese/Metropolis Ministries, including Basketball Tournaments.

CONTENTS

Page 1	Terms		
Page 2	Declaration 1	Eligibility	
Page 3	Conduct		
Page 4	Declaration 2	Dress Code	
Page 5	Game Rules		
Page 6	Game Rules (cont.)	Discipline	
Page 7	Music During the Tournament	Online Registration & Forms	
Page 8	Advisors and Chaperones		
Page 9	Coaches		
Page 10	Tournament Registration	Fees	
Page 11	Fees (cont.)	Team Formation	
Page 12	Team Formation (cont.)	Host Parish Instructions	
Page 13	Host Parish Instructions (cont.)		
Page 14	Declaration 3	Host Tournament Committee	
Page 15	Host Athletic Committee	Host Parish Housing Committee	
Page 16	Sportsmanship	Senior Recognition	Metropolis Y ² AM Office
Page 17	Metropolis Y ² AM Office (cont.)	Contact Information	Social Media

TERMS

GOYAn	A 7 th – 12 th Grade student* who is a participant in the GOYA ministry of the Church and is active in the full life of the Church (Sacraments, Sunday School, etc.) *Minimum age of 12 and in 7 th Grade.
Applicant	An Applicant is defined as any GOYAn (Player or Non-Player), Advisor, Coach or Chaperone. All Applicants are required to register online once per season through the Metropolis website: https://pittsburgh.goarch.org/goya . Upon approval by the Parish Priest and GOYA Advisor, the Applicant will then be considered a Participant. This approval is based on meeting the Eligibility Requirements of the Metropolis and the Parish.
Participant	Any person present at the tournament: GOYA Players, Non-Players, Coaches, Advisors, Chaperones, Priests, parents, siblings, grandparents, relatives, fans, etc.
Player	Any GOYAn on a participating team.
Non-Player	Any GOYAn who attends the tournament and is not on a team. (Formerly Non Player/Participant)
Advisor	The GOYA leader(s) that the parish has given responsibility to oversee the group during the tournament weekends. See page 8.
Chaperone	As defined, page 8.
Coach	As defined, page 9.
Parish	All Participants attending from a particular church. (The GOYA group.)
Drugs	For purposes of these rules, "drugs" shall be defined as: <ol style="list-style-type: none">1. All dangerous controlled substances as so designated and prohibited by the states of OH, PA & WV.2. All alcoholic beverages.3. All tobacco/nicotine products, including electronic cigarettes. (GOYAns only)4. All chemicals which release toxic or non-toxic vapors.5. Any prescription drug not prescribed for the Participant.6. Any substance that is a "look-alike" to any of the above.7. Any product that when misused, may result in drug-like effects.

DECLARATION 1: *The Metropolis prohibits the use, possession, concealment, or distribution of any drug or any drug-related paraphernalia and weapons as the term is defined by law. Alcohol use is not permitted by any Participant during the tournament weekend.*

ELIGIBILITY

- A. ***Each Parish GOYA should have a meeting prior to the first tournament to review the Metropolis Rules with all GOYAnS and parents. Advisors, Clergy, Coaches and other Chaperones should be present. At this time, individual Parish expectations may be reviewed as well.***
- B. All Participants (GOYAnS, Advisors, Coaches and Chaperones) must be Orthodox Christians who are “active in the life of the Church.” Any exceptions must be approved by the Executive Committee of the Youth Commission before January 12, 2018. (*What is “active in the life of the Church?” Attending services, especially Divine Liturgy; receiving Holy Sacraments; participating in the ministries of the Church.*)
- C. All GOYAnS must attend Church services, have regular Sunday School attendance and must be active in the total youth program of the respective Parish for which he/she plays basketball. Any exceptions must be approved by the Executive Committee of the Youth Commission before January 12, 2018.
- D. All Participants must read and fully understand the Metropolis Athletic Rules & Guidelines for the 2018 Season. **(GOYAnS, please read pages 1 – 7.)**
- E. All GOYAnS will be required to attend a yearly “Awareness Session,” to be held during the first tournament weekend. If a Participant is unable to make this mandatory session, special arrangements must be made with the Metropolis Youth & Young Adult Ministries Youth Director. It is recommended that all Advisors, Coaches and Chaperones attend this session too.
- F. Players and Non-Player GOYAnS must be in a minimum of **Seventh Grade** (and a minimum age of 12 years old) and a maximum of Twelfth Grade. Players are eligible until graduation from high school. (The Archdiocese Guidelines for GOYA include Seventh – Twelfth and not Sixth Grade.)
- G. New Players must provide a copy of their Baptismal Certificate to their GOYA Advisor or the person designated to collect basketball information for the Parish. If no copy is provided, the Player will not be permitted to play until one is submitted and approved by Metropolis of Pittsburgh Youth Office. If you do not have your original Baptismal Certificate, please contact the Church office of the Parish in which the GOYAn was baptized to obtain a copy. These must be received no later than January 12, 2018.)
- H. Any Player that is a varsity player on a junior or senior high school athletic team should consult with his/her parents and school coach about eligibility for GOYA Athletics. The Metropolis does not approve of GOYAnS violating school eligibility requirements in order to play GOYA Basketball or GOYA Volleyball.
- I. In order for a Parish to be eligible to register to participate in the Metropolis Athletic Ministry Programs, the Parish must designate representatives to one of the mandatory Athletic Seminars. The representatives should include at least the GOYA Advisor(s), GOYA Officers, Coaches, Parish Youth Director and if possible, the Parish Priest. Also, at least one Player from each team is expected to attend. Any exceptions must be approved by the Metropolis Athletic Executive Committee. (Note: In 2019, the Seminars will be in early December as decided by the 2018 Participants.)

CONDUCT

- A. Hazing and bullying are unacceptable and grounds for immediate discipline. (GOYA Advisors and Coaches: Please review what actions are considered inappropriate with your GOYAns.)
- B. Unacceptable Conduct is prohibited by any Participant, as defined in “Terms,” page 1. This includes, but is not limited to: loss of temper, foul language, unsportsmanship-like gestures, and un-Christian- like conduct. No “nicknames” with inappropriate meaning can be used for players.
- C. Metropolis Representatives, in the presence of a Parish Priest or Chaperones, reserve the right to enter any room of any Participant where there is concern for their safety or the safety of others. In addition, bag searches of anyone who is suspected of possessing drugs or weapons may be necessary under those circumstances. These searches can and will be conducted at random.
- D. Any Participant causing damage, either personal or public property, will be held responsible and liable. Discipline may include indefinite suspension.
- E. GOYAns are permitted to enter the room of GOYAns of the opposite sex only if the door is wide open and a Chaperone is present. (There must be a minimum of two females and two males.)
- F. Single Participants (not married and/or not related Participants) of the opposite sex may not share any hotel room. Individuals of the opposite sex, who are not married to each other will not be permitted in the same room without the door open. (This includes all Participants including Coaches and Chaperones.)
- G. GOYAns of the opposite sex must not be assigned to adjoining rooms.
- H. All Participants upon registering must agree to abide by the Online Social-Networking and Blogging Policy provided by the Archdiocese.
- I. Curfew is at 12:30 a.m. All GOYAns must be in his/her assigned room at this hour. Junior Team Assistant Coaches who are 19 or 20 years old are expected to follow the curfew as well. Neither GOYAns, nor Junior Team Assistant coaches should leave the room after this hour. Curfew violation discipline may include game forfeiture or suspension from the tournament and future tournaments.
- J. All Participants may not bring inappropriate videos/adult entertainment and/or access them while in the hotel room.
- K. For any Participants not staying at the hotel and staying at a private residence, all tournament rules apply. (If Host Parish teams are staying at homes, boys & girls teams must stay at separate homes and be chaperoned throughout the night.)
- L. All Participants must attend Divine Liturgy on Sunday at the Host Church. Moreover, they must be in attendance no later than 15 minutes after Divine Liturgy is scheduled to begin. Parishes and Teams not complying are subject to discipline ranging from forfeiture of the next game to suspension from the next tournament. Players not complying are subject to discipline ranging from suspension for the Sunday game to suspension from the next tournament or remainder of the season. Discipline may also be applied to the next season, if it is the last scheduled tournament.
- M. During the Divine Liturgy and other services, participants should limit conversation and refrain from cell phone use and gum chewing. Cell phones should be turned off during the service. Disciplinary action may be taken for those texting while in Church. (If you must use your phone, leave the Church & narthex temporarily.)
- N. GOYAns may not drive vehicles to/from or during tournaments.* This is the responsibility of the Chaperones and/or Coaches. Junior Assistant Coaches are allowed to drive themselves to and from tournaments, but are not permitted to drive GOYAns at any point during the tournament. (*Exception: If the GOYAn is in a car with his immediate family only and must include a parent(s) and no one else, he/she is permitted to drive.)
- O. Incident Reports are kept at the scorekeeper’s table during each tournament. Should you witness an incident during the tournament weekend, please ask for a form to complete immediately. Upon completion, please submit to a member of the Metropolis Athletic Committee.

- P. To assist in ensuring proper game conduct, when possible, a Representative of the Metropolis will be assigned to each gym. Host Parish Representatives at each gym are encouraged to interface regularly with the Metropolis Representative during tournament play.

DECLARATION 2: *All incidents during a tournament weekend that are considered in violation of Metropolis Rules are considered matters which must be brought to the Metropolis Youth Commission and Metropolis Youth Director. No matters are considered “in-house” to the Parish. Violation of this declaration may subject a Parish to suspension for an entire season or more.*

DRESS CODE (Applicable to ALL Participants)

- A. In keeping with the Orthodox Christian family environment, our Metropolis requires modest clothing.
- B. No clothing with logos that contain profane language, reference to drugs, alcohol, tobacco and violent or anti-Christian propaganda will be permitted.
- C. Consistent with the Orthodox teaching of respect for the body as a temple of the Holy Spirit, all participants may not have any visible tattoos, brandings or body piercings. If you have a visible tattoo, you must keep it covered with a bandage or long-sleeve tee, etc.
- D. Males may not wear earrings during the tournament weekend. Females should keep ear piercings to a minimum. (No more than 2 sets of earrings.) Any other piercing which may be visible must be removed. This includes belly piercings, nose and tongue piercings.
- E. Pants or shorts with writing on one’s bottom are not permitted and pajamas may not be worn as outerwear.
- F. Female Participants’ Dress Code Notes: (This includes all Participants, Advisors, Coaches, Chaperones, GOYAns, etc.)
1. During games, it is recommended that the girls teams should wear t-shirt style jerseys. If they wear a tank top-style jersey, they must wear a t-shirt underneath if bra/sports bra is showing.
 2. Mid-section (waist & hips) must be covered at all times.
 3. Tube tops, halter, tank tops straps* or one-bare shoulder tops are not permitted. (*Straps must be at least 3-fingers wide.)
 4. No short mini-skirts, short-shorts, or spandex. (This includes during participation at Volleyball Tournaments too.)
 5. Overly tight fitting or low cut apparel is also not allowed. Yoga Pants and Leggings are permitted only if a female’s bottom is covered at all times. (No sheer cutouts with mesh placed inappropriately.)
 6. If using the hotel pool, no bikinis, tankinis, bare midriff or two-piece swimsuits are permitted.
 7. For Saturday evening Tournament events that ask for Semi-Formal attire, all of the above rules apply: no strapless dresses, halter dresses, spaghetti strap dresses, etc. unless a sweater/jacket is worn all evening. No short or tight fitting dresses either.
- G. Male Participants’ Dress Code Notes: (This includes all Participants, Advisors, Coaches, Chaperones, GOYAns, etc.)
1. No “saggy-baggy” pants to be worn below the hips.
 2. Boxers may not be worn as outerwear and may not extend above or below shorts or pants.
 3. If using the hotel pool, no Speedos are permitted.
 4. Males are not permitted to remove their jersey while in the gym unless they are wearing an appropriate undershirt underneath their jersey.
- H. The Clergy and Youth Commission Athletic Representatives reserve the right to ask any Participant to change inappropriate clothing or may provide appropriate clothing to wear.
- I. Please remember to dress appropriately and respectfully for Divine Liturgy on Sunday morning. (No jeans, shorts or tennis shoes.)

GAME RULES

- A. All Metropolis-sanctioned games will be played according to local prevailing state high school rules, with several exceptions, noted below.
- B. All jewelry should be removed during game play for safety reasons.
- C. Senior Division Teams will play two 16 minute halves.
- D. Junior Division Teams will play two 14 minute halves.
- E. All games must begin with both teams having five players on the court. A team without enough players, must forfeit.
- F. Prayer is to be offered **before** and **after** each tournament game. The two teams playing will be introduced to each other before the game begins and after the conclusion of the game, will congratulate each other. (For tournaments using one location for all courts, a group prayer is to be offered for all Participants 10 minutes prior to the start of the first game on the main court.)
- G. For the first game at each gym on Saturday morning, teams will forfeit the game if they are not ready within the 30minute grace period from the scheduled start time. For the remainder of the games, a team will forfeit the right to play if it is not ready within 15 minutes of the designated start time.
- H. If games are running behind schedule, there will only be a 5 minute warm-up time.
- I. A men's regulation basketball will be used for all Boys Games and a women's regulation basketball will be used for all Girls Games. These are provided by the Host Parish.
- J. All Player basketball uniforms must have player numbers on front and back of jersey.
- K. Only registered Players and registered Coaches for the particular team may sit on the bench. For example: a Coach registered with a Junior Boys Team only cannot sit on the bench of a Senior Boys Team. A score bookkeeper may also occupy the bench, if registered.
- L. All games (regular & championship) will employ a running clock which will only stop for the following:
 - 1. All shooting foul shots (1 shot, 2 shot and 1 & 1)
 - 2. All whistles in the last two minutes of the second half
 - 3. Timeouts
- M. There will be two minutes for halftime.
- N. Three point shots will only be recognized in gyms with appropriately marked lines (as deemed by referees).
- O. There will be one-and-one foul shooting starting on the 7th foul of the half.
- P. Starting on the 10th foul of each half, two shots will be given.
- Q. There will be 3 timeouts per team, per half –2 full timeouts & 1 half timeout. No carry over of timeouts into Overtime .
- R. Each full timeout is one minute in length and each half timeout is 30 seconds in length.
- S. Overtime is a three minute period with one full timeout per team. Overtime will repeat as needed. Clock will be a running clock except for the last minute of the overtime.
- T. Each Championship game will have 3 full one minute timeouts per half per team.
- U. Blow-outs are defined by a 25 point difference at any time during a Junior or Senior game.
- V. If a blow-out occurs during a game, the leading team is required to do the following:
 - a. Substitute available Reserve players.
 - b. Slow down the tempo of the game.
 - c. No fast breaks, no half-court or full-court presses, no 3-point shooting, and no shot blocking.

- d. Leading team will only be permitted to play zone defense (no man-to-man defense)
- e. Exhibit good sportsmanship (no taunting, showing-off, or excessive celebration).
- f. Continue to play the game (pass, shoot, play defense) in accordance with the constraints stated above.
- g. If the above constraints are employed, but the point spread does not narrow, no further action is required of the leading team.
- h. Failure to comply with blow-out rules will result in the following discipline of the leading team:
 - Team Violations – 1st violation: warning; 2nd: technical foul; 3rd: game forfeiture.
 - Coach Violations – 1st violation: warning; 2nd: technical foul; 3rd: removal from the game.
- i. When the Blow-out is in effect, all baskets made by the team with the lead will count as one point until the lead is 24 points or less.

W. The Game Officials will enforce the Mercy Rule when:

1. Senior Division - With eight or fewer minutes remaining, a Senior Division Team is up by 25+ points, the clock will run continuously (except on timeouts) until the lead is 24 points or less.
2. Junior Division - With seven or fewer minutes remaining, a Junior Division Team is up by 25+ points, the clock will run continuously (except on timeouts) until the lead is 24 points or less.

X. Unsportsmanlike conduct by a participant such as removing jersey before the conclusion of the game, kicking chairs, throwing the basketball at the wall, etc., can result in immediate ejection of that individual from the game and potential suspension from future games and tournaments.

Y. Any team that walks off the basketball court in protest during a game immediately forfeits its right to participate in the remainder of the tournament and is subject to disqualification from future tournaments.

Z. If a Parish registers two teams in the same division and one of the teams has to cancel, the Parish will play as the higher seeded team in the brackets.

DISCIPLINE

- A. Under the direction of our Hierarchy, the Youth Commission will apply a **ZERO TOLERANCE** policy for any Participant who uses illegal drugs or alcohol anytime, at any location during the tournament weekend. This policy prohibits the use of tobacco products by all GOYAns. Violation of the above will be grounds for immediate and possible indefinite suspension.
- B. Disciplinary actions will be taken immediately or within two weeks following the violation. All disciplinary action will be taken by the Executive Committee of the Metropolis Athletic Committee. Appeals to disciplinary decisions may be submitted in writing to the Metropolis Youth & Young Adult Ministry Office within ten days of the disciplinary action.
- C. All incidents which violate the Metropolis Rules & Guidelines must be immediately reported to the Metropolis Youth Director, Athletic Committee Chairman or Metropolis Representatives present.
- D. Inappropriate actions of an individual Participant may require disciplinary measures to be brought upon not only the **individual**, but may also extend to **a team** or **an entire Parish**.
- E. Participants who are in the presence of any type of “drug” use, possession, (see page 1) or action which violates Metropolis Rules & Guidelines should report it to the Metropolis Youth Director, Athletic Committee Chairman or Metropolis Representatives, or they will be subject to the same discipline.

MUSIC DURING THE TOURNAMENT

Please keep in mind that we gather first as Orthodox Christians during the weekend and second to play basketball. All music that is used for pre-game warm-ups/post-game must be appropriate and void of profanity, drug and sexual connotations. During the evening activities and dance, the DJ or Band will not be able to accept music or song requests from Participants. Music with inappropriate lyrics that has been edited (radio version/cleaned up) is not permitted. The Metropolis Youth Director will discuss specifics with each Host Parish that must be followed.

GOYAnS, please remember that you are attending a Church sponsored event in all your actions on the dance floor. Advisors and Chaperones, it is your responsibility to make sure that the manner in which the GOYAnS from your Parish choose to dance is appropriate.

ONLINE REGISTRATION AND FORMS

- A. All Registrations for the GOYA Athletic Ministries (Basketball & Volleyball) are completed online. Registration is mandatory for: GOYAnS (Players, Non-Players), Advisors, Coaches, Chaperones and Adult Participants. We do ask that our Clergy register as well, so that they will understand the registration process too. See: <http://pittsburgh.goarch.org/goya> for registration links.
- B. Each Parish is responsible to designate a GOYA Advisor(s) or person to be responsible for overseeing the online registrations from the parish. The Parish Priest and the designated person will receive updates on the status of their Parish's registration. *(Please email the Youth Office if this person is someone other than the GOYA Advisor.)*
- C. If a person is unable to register online, the Parish and/or GOYA Advisor is responsible for designating someone who will help assist with online registration. Please be aware that if you are registering someone else online, you must make sure you read each line of the Terms and Conditions to the Applicant for the Applicant to approve.
- D. With the 2018 Online Registration, fees & deadlines are:
 1. December 4 – January 8: Online Registration fee is \$20 per GOYAn (Player & Non-Player/Participants) and \$10 per Coach, Chaperone and Adult Participant. After January 8, there is a \$5 late fee for all GOYA registrations. This fee may be paid by credit card, unless a Parish/GOYA has set up a scholarship/discount code. The GOYA Advisor or Youth Director will inform the Participant if a code has been set up.
 2. After Registration has closed, all Registrations will only be accepted with special permission by the Parish Priest, GOYA Advisor, Coach and then approved by the Metropolis Athletic Executive Committee. No registrations will be accepted without special permission. Any request for exception must be submitted in writing to the Metropolis Youth & Young Adult Ministries Office, and must be signed by the Parish Priest, Coach, and the GOYA Advisor. The request will then be reviewed by the Youth Director and Executive Athletic Committee.
- E. In order for the registration to be complete for all GOYAnS, a completed 2018 Athletic Medical Release/Consent Form must be given to the designated person (Advisor). These forms must be presented for review at Registration for each tournament. If a GOYAn does not have a completed form, they will not be permitted to participate.
- F. New Players must submit a copy of their Baptismal Certificate at Registration of the First Tournament.
- G. By completing the Online Registration Process, the Applicant indicates that he/she has read and understands the 2018 Metropolis Athletic Rules and that a parent grants permission for the GOYAn to participate in the Athletic Program.
- H. All Applicants are not considered fully registered until the Parish Priest and GOYA Advisor sign off on the spreadsheets indicating that the Applicant may represent the parish.
- I. Only the 2018 standardized Metropolis Emergency Health and Consent Form may be used.

ADVISORS AND CHAPERONES

- A. Priority for Chaperone approval is to be given to the parents of the GOYA Participants. Advisors and Chaperones must be responsible adults who are active in the life of their Parish and are at least 21 years old.
- B. Advisors must complete Online Registration before the first tournament and register at each tournament. Chaperones must complete Online Registration before February 1, 2018. Chaperones will be required to pay the \$10 online fee as in previous years.
- C. Each Chaperone will be responsible for a maximum of five GOYAnS and if necessary, will sleep in the same hotel room with no more than four GOYAnS assigned to him/her.
- D. The Advisor must insure that there are no more than five staying overnight in any hotel room.
- E. An Advisor or Chaperone must never sleep in the same bed as a GOYAn, unless it is his own child or sibling.
- F. An Advisor or Chaperone must never be alone with just one other GOYAn.
- G. An Advisor or Chaperone is not permitted to change clothes in front of GOYAnS. (Use the bathroom in the hotel room.)
- H. "Best Practice" of the Archdiocese recommends no more than one to a bed and that all GOYAnS change/undress privately. (In a bathroom.)
- I. Upon check-in and check-out times, Chaperones are to inspect GOYAnS' rooms for missing items or damages. Damages should be reported immediately, especially when just checking in.
- J. Chaperones are to remain with assigned GOYAnS during the entire time the Participants are away from home.
- K. Advisors and Chaperones are not permitted to consume alcohol during the tournament weekend nor are they permitted to go into any bar, nightclub, alcoholic or gaming establishments.
- L. Advisors and/or Chaperones must check rooms at the 12:30 a.m. curfew to be sure all Participants are in their appropriate rooms.
- M. All Participants are to attend all social events. Participants, including Chaperones and Coaches, are not permitted to leave the social events. Advisors and Chaperones are responsible for the enforcement of this rule.
- N. Chaperones are encouraged to alternate attendance to the Hospitality Room (if one is offered) so that they may continue chaperoning/overseeing their GOYAnS at social events.
- O. Concussion Safety: Advisors and Coaches are required to complete a free online Concussion Safety Course offered by the Centers for Disease Control and Prevention (CDC). This course is also recommended for all Participants. Upon completion of the course, the certificate will need to be presented at each Tournament Registration by each Advisor and Coach. This awareness of Concussion Safety is very beneficial to protecting our youth. Link to free training: <https://headsap.cdc.gov/> (The CDC now offers a free app – CDC HEADS UP Concussion Safety for use by all.)
- P. Background Checks, Youth Safety Training: At the directive of Metropolitan Savas of Pittsburgh and his Metropolis Council, and due to laws in the Commonwealth of Pennsylvania, a Metropolis Youth Safety Policy has been established for our entire Metropolis. For more information on the policy, please see: pittsburgh.goarch.org/youth-safety. Your Parish Priest will advise you as well. (Advisors & Chaperones are to be compliant with the new laws and policy before participating. PA Clergy & paid Staff were to be compliant by December 31, 2015.)

COACHES

- A. Coaches must be an adult age 21 or older and must be an active, participating member of his/her local Orthodox Church.
- B. Nineteen and twenty year olds are eligible to act as Junior Team Assistant Coaches with special permission by the Executive Committee of the Metropolis Athletic Committee. This is a position of privilege and permission will be granted based on the Applicants past behavior and example in the basketball program. Permission must be requested no later than January 7, 2018.

If permission is given, the Junior Division Assistant Coach must be accompanied by a Head Coach in order to sit on the bench. In the absence of a Head Coach, the Assistant Coach may not act on his/her own. Junior Division Assistant Coaches will follow all of the same Metropolis Athletic Rules which apply to GOYAns. (For example: curfew and drug/alcohol use.)
- C. Coaches are not to be considered or counted as Chaperones for the tournaments.
- D. Coaches must complete the online Coach's Registration and must register at each tournament.
- E. All Coaches and Advisors are required to complete a free online course offered by the Centers for Disease Control and Prevention (CDC). This course is also recommended for all Participants. Upon completion of the course, the certificate will need to be presented at each Tournament Registration by each Advisor and Coach. This awareness of Concussion Safety is very beneficial to protecting our youth. Link to free training: <https://headsap.cdc.gov/> The CDC offers a free app – CDC HEADS UP Concussion Safety for use by all.
- F. Background Checks, Youth Safety Training required for Coaches: At the directive of Metropolitan Savas of Pittsburgh and his Metropolis Council, and due to laws in the Commonwealth of Pennsylvania, a Metropolis Youth Safety Policy has been established for our entire Metropolis. For more information on the policy, please see: pittsburgh.goarch.org/youth-safety. Your Parish Priest will advise you as well.
- G. Coaches must set the example for his/her players by refraining from un-sportsman-like and un-Christian-like conduct, including unacceptable language. No "code-cuss" words are to be used.
- H. Coaches are **not** permitted to consume alcohol during the tournament weekend nor are they permitted to go into any alcoholic or gaming establishments.
- I. Coaches are to attend all events and Divine Liturgy during the tournament weekend.
- J. Coaches are responsible to see that each Junior Division and Senior Division team carry a first aid kit as a condition of tournament participation. You may be asked to show your kit at registration and prior to the start of games. This is mandatory.
- K. Coaches should be provided with a copy of the Emergency Health & Consent Form for each of the Players on his/her team. These should be with the team at all times in case of need.
- L. Each Coach must play every Player during each game of the tournament. (As a Coach, you are expected to uphold this and remember that we are here first as Orthodox Christians and second as competitors.) Exceptions: injured Player or Player who does not want to play. If a Player will not be participating for some reason, the Coach must notify the Coach of the other team and the Scorekeepers of the names of the Player(s) who will not be playing that game.
- M. At Half-time, the Scorekeepers and Metropolis Representatives will review the list of Players who have not played in the game and notify the respective Coaches.
- N. A Metropolis Representative may ask a Coach to rest a Player if he/she sees signs of extreme fatigue, exhaustion or possible concussion symptoms, posing a possible health risk.

TOURNAMENT REGISTRATION

- A. All Players must register by **9:00 a.m. Saturday** to be eligible to play in games. Exceptions to the 9:00 a.m. deadline must be approved by the Athletic Executive Committee prior to the start of the games. Furthermore, the delayed Player must report to an Athletic Executive Committee Member with proper ID upon arrival at the tournament to be eligible to play in the games.
- B. Parishes or teams with more than a two hour drive, may choose to come on Saturday morning and forgo Friday evening events if: 1) It is for sole purposes of saving money for the Parish or GOYA. 2) If the “Awareness” Session* is not scheduled on that Friday. If a Parish intends to arrive on Saturday, they must notify the Host Parish with the original intent to register paperwork. Permission must be approved by the Metropolis Executive Athletic Committee at least one week prior to start of tournament.
- C. If a Player does not play in at least one preliminary game prior to a third place, consolation or championship game, he/she is then not eligible to play.
- D. All Players must register/check in with proper identification: Metropolis ID Card (if you have one already), State Issued Driver’s License, State Issued ID Card or any student ID that has both a photo and birthdate imprinted.
- E. As previously stated, all Advisors, Coaches and Chaperones must register/check in as well. *(Clergy, Metropolis Representatives who are on duty, Advisors (limit 2) and two Coaches per team of the Host Parish and as such will be admitted gratis.)*
- F. Each GOYAn (Player or Non-Player GOYAn) will submit a \$25 individual Registration Fee to each Tournament Host Parish. This registration fee will be collected when showing proper photo identification. To expedite the Registration process, it is recommended that the fee be given to the Lead Advisor to submit with all Player fees.
- G. Every visiting Parish/GOYA must submit a list of Participants* and their hotel room assignments/room number to the Front Desk at the Hotel after the Hotel Check-In process has been completed and before curfew on Friday evening. These lists will then be given to the Metropolis Representatives. (*Please remember that “Participant” is defined as all Players, Non- Players, Advisors, Coaches, Chaperones, other Participating Adults, etc.) In this case, it also refers to anyone who is in your hotel room block. If they are in the room block, they need to be registered online and agree to abide by the Metropolis Athletic Rules & Guidelines. See Hotel Rooming List Form posted in the Documents Section of the Youth & Young Adult Information & Registration Site.
- H. All Participants are required to attend all Saturday evening events (Prayer & Social) on time and may leave the event no earlier than 30 minutes prior to the ending the of event.

FEES

- A. Each Parish/GOYA who will participate during the season is required to submit a \$150.00 Metropolis Administrative Fee. (One time per year.) This fee helps offset various Athletic costs incurred by the Metropolis, including icons given to the Senior/Twelfth Grade Players, Youth Office assistance, etc. We ask that this fee is paid during the Mandatory Athletic Seminars or mailed no later than January 8, 2018. The fee after this date will be subject to an additional \$25.00.

- B. The Team Fees (below) must be mailed/postmarked to the Host Parish no later than the Saturday before the Tournament is set to begin. Failure to do so may result in forfeiture of participation. A late fee of \$25 per team may be assessed by the Host Parish.
- C. The Host Parish of each tournament may collect the following Team Fees:

First Team:	\$200.00	
Second Team:	\$185.00*	
Each Additional Team:	\$160.00*	(* \$10 Fee increase in 2018)
- D. Any team that attempts to register after the designated deadline may be accommodated at the discretion of the Host Parish with an additional fee of \$50 per team. (No previously registered team may be bumped.)
- E. At the directive of the Metropolis Youth Commission and with the approval of the Metropolis Council, in order to assist Host Parishes who are providing for meals, etc. for all Participants, a ratio and fee have been established. (Added in 2015.)
 - a. For every five GOYAnS, each parish is permitted one Chaperone/Other Adult Registered Participant free of charge. (Siblings under GOYA-age are gratis.)
 - b. For every registered Team, each parish is permitted two registered Coaches.
 - c. Registered Advisors (limit 2) and Clergy & Presvyteras/Diaconisas are gratis.
 - d. If a parish exceeds these ratios, a \$10 fee will be charged per additional Adult.
- F. In the case of an "Act of God," and there is a need to cancel/postpone a tournament, the Host Parish reserves the right to keep the team fees paid with permission of the Metropolis Athletic Executive Committee.
- G. A Parish may cancel their participation in a tournament and receive a refund if it is done no later than the Sunday prior to the start of the tournament. Any cancelations after the Sunday deadline will be at the discretion of the Host Parish.
- H. At every tournament, each GOYAn will submit a \$25 individual registration fee to the Tournament Host Parish. This registration fee will be collected when showing proper photo identification.
- I. Tournament Host Parishes will submit \$400.00 to the Youth Office (or Metropolis Representative) prior to the start of the tournament. Parishes who have not complied will be assessed an additional \$100.00 fee.* This fee will be used exclusively for Metropolis Youth activities. *New 2018
- J. This fee structure is reviewed annually by the Metropolis Athletic Committee.

TEAM FORMATION

- A. Only GOYAnS younger than age 16 (ages 12/Seventh grade through age 15) may play on Junior Division teams. Sixth Graders are ineligible to play, but may participate
- B. Senior Division teams are generally comprised of GOYAnS aged 16 and up but younger GOYAnS may play in the Senior Division at the discretion of the Parish Coaches and Advisors.
- C. A Parish registering only one boys or girls team for a given tournament will be considered a Senior Division team unless appropriate identification demonstrates otherwise.
- D. If a Parish has both Junior & Senior Teams, then a Seventh or Eighth Grader should play on the Junior Team during his/her first season of GOYA Athletics.
- E. A team must represent one Parish and no independent teams shall participate in any Metropolis-sanctioned tournament. An exception to this rule will be allowed for Parishes that do not have enough GOYAnS to form a full team. Two small Parishes may combine to form a single team if neither Parish is able to field a team on its own. The Parishes must communicate their desire to combine in writing to the Metropolis Youth Director prior to the first tournament registration deadline. The Athletic Executive Committee will then either approve or deny the request.

If the request is approved, they must provide a uniform roster to the Metropolis Youth Office by the

stated deadline. Two Parishes which choose to combine will be considered a single entity for the entire season and may not combine with any other Parish for that season, nor may they split into separate teams, unless both Parishes can field their own teams.

- F. For two neighboring Parishes who each enter a Senior Team, these two neighboring Parishes can form a combined Junior Team. The Parish must communicate their desire to combine in writing and provide a uniform roster to the Metropolis Youth Office.
- G. During a tournament, no Player may move from a Senior Division Team to a Junior Division team. This will result in forfeiture of the game in which the violation occurred. However, in a given tournament, Junior Division Players may move to a Senior Division Team if the Senior Division Team has fewer than five players available for a game.

The Junior Division Player(s) will be considered a Senior Division Team Player for the remainder of that tournament and cannot compete in Junior Division games during that tournament. The Junior Division Player(s) must be identified to an official Metropolis Representative prior to the move being made and the move must be made prior to the start of a game.
- H. Tournaments of the Metropolis of Pittsburgh should be attended before consideration is given to traveling outside of the Metropolis. Participation in tournaments outside of our Metropolis is not permitted without permission of the Metropolitan via the Metropolis Youth & Young Adult Ministries Office. (Please contact the Metropolis Youth Director for clarification on this point.)
- I. Priority should be made for the GOYAnS to attend Metropolis programs in the event that a nearby parish outside of our Metropolis is hosting a tournament on the same weekend as a Metropolis GOYA Retreat or other event.

HOST PARISH INSTRUCTIONS

- A. It is understood that the Host Parish is hosting the tournament on behalf of the Metropolis and is subject to supervision by the Metropolis Youth Commission, Athletic Committee and the Metropolis Youth Director.
- B. Any petition to host a tournament by a Parish of the Metropolis of Pittsburgh must be submitted to the Metropolis Youth & Young Adult Ministries Office prior to the designated deadline. The decision of a Parish chosen to host a tournament is based on geographic location, when the Parish previously hosted a tournament, camp and retreat participation, and if the Parish is in good standing with the Metropolis. Selection criteria for hosting will take into account the GOYAnS' participation in the Youth & Young Adult Ministries of the Metropolis.
- C. The Host Parish must submit a copy of all contracts, including hotel contracts to the Metropolis Youth Director before "signing off" on the contract.
- D. Host Parish should submit an entire schedule of activities and events (your packet) for approval to the Metropolis Youth & Young Adult Ministries Office as soon as it is available in December. Any and all subsequent changes that may be made thereafter must be approved by the Metropolis Youth Director who will confer with the Athletic Executive Committee.
- E. The Metropolis Youth & Young Adult Ministries Office will send the completed packet to all Parishes assigned to the specific tournament. Invitations and all registration materials are sent via e-mail. If a Parish specifically requests a hard copy, then one will be mailed.
- F. Invitations should be sent via email at least **four (4) weeks** prior to the tournament weekend. The invitation is to include:
 - 1. Welcome Letter from the Parish with contact info for the Tournament Chairperson
 - 2. Schedule of Tournament Activities
 - 3. Hotel Information and Rooming List
 - 4. Addresses and/or Directions to the Hotel and/or Church for Friday evening
 - 5. Information on the weekend's events (Special Events/Souper Bowl, Dance flyer, meals, etc.)
 - 6. It is recommended that Host Parishes post the tournament information on their Parish website, if

the Parish has one. The Metropolis Youth Director will post the packet on the Metropolis Registration Site: pittsburgh.goarch.org/goya) too. Updated brackets and complete directions should be posted as well.

- G. Registration provisions for Team Registration and GOYA Package Registration (\$25) deals should be made at the church of the Host Parish or at the hotel. All Players must register/check in with proper identification: Metropolis ID Card, state issued Driver's License, state issued ID Card or any student ID that has both a photo and birth date imprinted.
- H. The Host Parish must register only Parishes who have a proper number of Chaperones: One Chaperone for every five GOYAns. The Parishes who do not meet the minimum standard cannot register and therefore, cannot play in the tournament.
- I. The Host Parish must have two referees for every tournament game. For at least the Senior Boys Championship & Third Place Game, three referees are recommended. Referees must be accredited/state-licensed high school referees. If a referee is a member of a participating Parish, he/she cannot officiate a tournament game in which his/her Parish team plays.
- J. Referees must wear an official referee jersey and may only officiate for three consecutive games.
- K. For all games, the courts must have a visible score clock and buzzer. (Any exceptions must be approved by the Metropolis Athletic Executive Committee.)
- L. No team will play more than three games on any tournament day. Furthermore, no team will play back-to-back games (defined as successive games with fewer than one 45 minute hiatus) without the prior consent of the coach and the prior approval of a Metropolis Representative.
- M. All brackets are subject to the approval of the Athletic Committee Chairperson. The Chairperson and/or Metropolis Youth Director must be informed prior to any bracket changes.
- N. Sunday games (times, location) will be determined by the Athletic Committee Chairperson and/or Metropolis Youth Director with the Host Parish Tournament Committee.
- O. All Junior Division and Senior Division teams that are eligible to participate and have registered and paid the entrance fee by the designated tournament deadline of one week prior to the tournament must be accommodated.
- P. Any team that attempts to register after the designated deadline may be accommodated at the discretion of the Host Parish with an additional fee of \$25 per team. (No previously registered team may be bumped.)
- Q. Due to last minute cancellations, teams cannot be guaranteed to play two games on Saturday. The Host Parish will accommodate as best as possible, possibly even giving up one of their own games to permit an "out-of-town" team to have two games. The Host Tournament Committee along with the Metropolis Athletic Committee Representative's joint decision will be final.
- R. The Host Parish must not permit alcoholic beverages to be served at any and all activities of the tournament. Open containers, including water bottles, sports drinks, coffee cups, etc. are not permitted to be brought into any of the evening events.
- S. Though it is not required, the Host Parish may offer a Hospitality Room for the Advisors, Coaches, Chaperones and Parents in order to encourage fellowship.
- T. The Host Parish is responsible for supervising and properly chaperoning all tournament activities. Only supervised and chaperoned activities are permitted for all tournament Participants.
- U. The Host Parish Priest(s) and Parish Council President should try to be present for all the activities of the tournament.
- V. The Host Parish must order the schedule of events for Friday and Saturday night to begin by 8:30 p.m. and end by midnight. The Committee is also to be respectful of the Orthodox fasting traditions (no meat on Friday, etc.) when preparing their menus.
- X. The Host Parish is encouraged to "think outside of the box" and plan different activities that encourage fellowship and learning our Faith. The Host Parish may only schedule one dance

as an event and must look for other forms of fellowship.

- Y. The Host Parish must arrange for any food service licensing and abide by the food service laws of the State in which the tournament is held.
- Z. A brief Orthodox Prayer Service must be on the schedule to take place either Friday or Saturday night.
- AA. The musical selection at tournament events must be reviewed by the Host Committee and the Metropolis Youth Director with the DJ for appropriateness of language, profanity, and sexual suggestiveness, prior to the tournament. Music which promotes dancing in a sexual or suggestive manner is not to be played. The DJ is not permitted to accept CDs or song requests from participants during the events. Music with inappropriate lyrics that has been edited (radio version/cleaned up) are not permitted.
- BB. The Host Parish must provide trophies, icons or plaques for the first place team, second place team, winning consolation game team, and best sportsmanship parish. Trophies for team play may be the same size, but should not exceed 18" in height. (The Host Parish may offer more trophies: third or fourth place, etc.)
- CC. Host Parishes of a Metropolis-wide tournament will submit \$400 to the Youth Office at least one week prior to its tournament. Parishes who have not met this obligation by this date will be assessed an additional \$100.00 fee. The fee will be used exclusively for Metropolis Youth activities.
- DD. Within three days of the tournament, completed brackets showing full results of all tournament games should be provided to the Metropolis Youth Director who will then provide the information to the Athletic Committee Chairperson. (The results will help to determine team rankings and where a team is seeded for subsequent tournaments.)
- EE. Within three months of the tournament, the Tournament Committee is asked to present a profit and loss statement to the Metropolis Youth Director. This information will be for review by the Athletic Committee and will assist future Host Parishes. This submission is non-negotiable.

DECLARATION 3: Any parish which hosts a tournament must abide by these Metropolis Athletic Rules. Failure to do so may result in the forfeiture of hosting another tournament and/or participation in a future tournament.

HOST PARISH Tournament Committee

- A. Each parish is required to have a Host Parish Tournament Committee. The committee consists of:
 - 1. The Parish Priest(s)
 - 2. The Tournament Chairperson(s)
 - 3. Parish Athletic Committee Chairperson
 - 4. Housing Committee Advisory Chairperson
 - 5. GOYA Advisor(s) Officers (or Leaders)
- B. This committee will interface with the Metropolis Youth Director and/or the Metropolis Athletic Chairperson. In the absence of both, all questions of rule interpretations and rule infractions may be addressed by the Metropolis Representative present. (The Representative may contact either of the above to discuss the circumstance.)
- C. The Tournament Committee has the right and responsibility to uphold the Metropolis Athletic Rules and to confront any Participant(s) regarding conduct and/or issues with respect to any aspect of the tournament. The Tournament Committee shall report rule violations to the designated Metropolis Representatives for their consideration of immediate and/or subsequent disciplinary action.

HOST PARISH Athletic Committee

- A. The Athletic Advisory Committee consists of at least three adult members from the Host Parish. This committee will oversee the athletic activities of the tournament. A member of this committee will be responsible for assembling the brackets based on the team rankings provided by the Metropolis Athletic Committee Chairperson. Members of this committee are charged with securing competent scorekeeping and timekeeping personnel for each gymnasium and for providing a Gym Director for each gym to ensure that games are played according to the Metropolis rules. It is recommended that committee members themselves monitor the gyms. It is the responsibility of this committee to report any rule violations that could lead to individual or team disciplinary action to the Metropolis Representatives at the tournament.
- B. Tournament structure must abide by the following time constraints:
 - 1. Last game on Saturday must not be scheduled after 4:00 p.m.
 - 2. Last game on Sunday must not be scheduled after 3:00 p.m.
- C. The Host Parish MUST assign a scorekeeper and timekeeper from the host parish for each and every tournament game. Scorekeepers and timekeepers must be familiar with the equipment used at the gym and how to score the game. A copy of the new Metropolis Athletic Rules must be available at the scorekeeper's table and the specific rules regarding sportsmanship, game timing and blow-outs must be reviewed with the Game Officials. A scorekeeper and timekeeper meeting should be held prior to the beginning of the tournament in order to orient them to their responsibilities. It is suggested that one of the referees be in attendance. (A Metropolis Representative may sit at the scorekeeper/timekeeper's check-in table during the games.)
- D. The Host Parish will provide a cooler of ice and Ziploc bags or ice packs to be kept at the scorekeepers' table in case of injuries.
- E. It is recommended that each gym have directions to the nearest hospital/urgent care.
- F. For facilities with two or more courts like the Independence Fieldhouse, the Host Parish should arrange for medical staff to assist with health issues relating to game play that may arise during games involving GOYAns.

HOST PARISH Housing Committee

- A. The Host Parish is to have a Housing Committee. The Housing Committee consists of at least three adult members of the host parish. The responsibilities of this committee include, but are not limited to:
 - 1. Coordinate the overnight accommodations (hotel, homes) and all social events. Hotels must not have outside entrances to the hotel (guest) rooms.
 - 2. Develop a good working relationship with the hotel management to ensure the hotel understands the expectations of the Metropolis and the conduct of all tournament Participants. The relationship with the hotel may extend to the Metropolis Youth Director.
 - 3. Negotiate the lowest possible rate for the tournament rooms and arrange for complimentary rooms. (Parishes may not collect donations, commissions or the like from the hotels in which they contract. This also includes arranging for the hotel to pick up Friday or Saturday night event expenses in lieu of a lower hotel room rate.)
 - 4. Committee should arrange for inappropriate materials (adult entertainment, etc.) to be blocked from viewing in hotel rooms.
 - 5. See that all Participants who are not registered at the hotel, leave by the 12:30 a.m. curfew.
 - 6. Be present and maintain proper conduct and curfew hours (12:30 am - 6:00 am) within the hotel at all times. Members of this committee must remain on duty in the hotel throughout the night.
 - 7. Oversee all social events at the hotel. At least one member must be present at all times.

Hiring security is strongly recommended.

8. Report any rule violations that could lead to individual Participant or team disciplinary action to the Metropolis Representatives at the tournament.
- B. The Host Parish will incur the hotel expense of the Metropolis Youth Director and at least two other Metropolis Youth Commission/Athletic Committee Representatives, at least three rooms if all rooms are at one property or possibly one room per hotel used. If the Youth Director is traveling, the Parish may be responsible for Sunday night stay as well. (This is why it is suggested to request complimentary rooms in the hotel contract.)
- C. A Parish which intends on only staying one night at a tournament hotel may be asked to stay at the overflow hotel if needed, in order to allow Churches who will be staying over both nights to be in the main hotel. *For tournaments in 2018, parishes not staying both nights will be required to stay in overflow hotel. Also, due to availability, for the Third Tournament Weekend in OH, parishes will be assigned a specific hotel to book. Check with the Metropolis Youth Director for specifics.*

SPORTSMANSHIP

In an Orthodox Christian Athletic environment, Christian example on/off the court is what we strive for. Therefore, the Sportsmanship Award is to be the greatest recognition of the tournaments. This honor will be presented in the Church to the recipient Parish. The Sportsmanship Award is given to a Parish for the actions of all its Participants. The Award may be in the form of an Icon, plaque or the largest of the trophies presented. The Parish will then be dismissed first for antidoron and Sunday brunch.

SENIOR RECOGNITION

Senior Recognition Icons are presented (by His Eminence if in attendance) to high school seniors who are participating in their last GOYA Basketball Tournament Season. The recognition is meant for GOYA Players who participate in the 2018 season and not all seniors in the Parish. If a Non-Player GOYAn is a senior and will be attending the 2018 Tournaments, an Icon may be presented. *(Similar recognition is given during the GOYA Summer Camp sessions.)*

In order to receive Senior Recognition, the Participant must indicate that they are a senior/2018 Graduate during the Registration process. Each Parish Advisor will be given their Senior list for review.

METROPOLIS YOUTH & YOUNG ADULT MINISTRIES OFFICE

- A. The Metropolis Youth & Young Adult Ministries Office will keep a central file system obtained from the Online Registration Site for each Parish and maintain a Metropolis-wide database that includes all Athletic Ministry Participants.
The central file for each Parish includes:
1. Each team's roster of Players
 2. Each parish's list of Non-Player GOYAns, Advisors, Coaches, Chaperones
 3. Correspondence to/from the Parish
- B. The Youth & Young Adult Ministries Office will post the online registration site and all official forms on the Metropolis website for use. (pittsburgh.goarch.org/goya).
1. 2018 Metropolis Athletic Rules
 2. Emergency Health/Consent Form
 3. Scorer's Sheet
 4. Prayers for Athletics
 5. Incident Reports

6. Hotel Rooming List

- C. The Metropolis Youth Director will actively interface with the Host Parish Tournament Chairperson or GOYA Advisor. This may include, but is not limited to: hotel contract review/approval, schedule review/approval, meeting with Host Committee and/or facility representatives.
- D. Following the tournament, the Metropolis Youth Director may meet with Hotel Representatives, Facilities Representatives, etc. to obtain a weekend evaluation, room usages, and information to help for future tournament planning.
- E. Also following the tournament, the Metropolis Youth Director will meet with the Metropolitan and/or Youth Commission Chairperson and will update them on the events of the weekend.
- F. The Metropolis Youth Director will notify the respective Parish Priest and Parish Council about any Participant who has not complied with or supported the Metropolis Athletic Rules during the tournament.

<http://pittsburgh.goarch.org/goya>



Join our Facebook group:
Greek Orthodox Metropolis of Pittsburgh Youth &
Young Adult Ministries



Follow us on Instagram: @GOMoP_Youth

#GOMoPGOYA

Questions/Need more info?

Please contact the Metropolis Y2AM -- Youth & Young Adult Ministries Office
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