



GREEK ORTHODOX METROPOLIS OF PITTSBURGH

ATHLETIC GUIDELINES FOR VOLLEYBALL

(Look for Revised Guidelines to be posted on March 1, 2009)

PREFACE The Metropolis Athletic Rules and General Recommendations provide a general spirit and attitude which all participants are to realize and to accept. Each situation may not be identified in these Rules and General Recommendations. Considering that the intent of these Rules and General Recommendations is to facilitate proper Orthodox Christian conduct, play and attitude, unspecified events or situations will be handled accordingly.

TERMS

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| Participant – | any person present at the tournament: fans, parent parents, grandparents, siblings, priests, coaches |
| Player – | any person on the participating team |
| Non-Player Participant – | any GOYAn who is not participating on a team |
| Chaperone – | as defined |
| Coach – | as defined |

DISCIPLINES

- 1a. Individual is ejected from the current game
- 1b. Individual is ineligible for next game
- 1c. Individual is ejected from tournament
- 1d. Individual is ineligible for next tournament
- 1e. Individual is suspended for remainder of season
- 1f. Individual is suspended indefinitely
- 2a. Team forfeits current game
- 2b. Team forfeits next game
- 2c. Team suspended from tournament
- 2d. Team suspended from next tournament
- 2e. Team suspended for remainder of season
- 2f. Team suspended indefinitely
- 3a. Community forfeits any current games
- 3b. Community forfeits each team's next game
- 3c. Community suspended from tournament
- 3d. Community suspended from next tournament
- 3e. Community suspended for remainder of season
- 3f. Community suspended indefinitely

I. ELIGIBILITY

- A. Orthodox Christian
- B. Must attend church services, must attend Sunday School regularly and must be active in the total Youth program of the respective parish for which he/she plays volleyball. Any exceptions must be approved by the Executive Committee of the Youth Commission prior to the tournament or season.
- C. **Players become eligible to play once they are in the Seventh Grade and meet the minimum age of 12 years old. *On a player's 19th birthday, he or she becomes ineligible. (REVISED 1/9/2007 for the 2007 Athletic Season. Beginning in 2008, age eligibility will conform with the Archdiocese GOYA Guidelines.)***
- E. Rosters must be sent by the coach to the Metropolis along with the official roster to the host parish.

- G. 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 the GOYA athletic program. The Metropolis does not approve of GOYAns breaking school eligibility in order to play GOYA volleyball.

DISCIPLINE FOR SECTION I: 2c or 2d as necessary

II. COACHES

- A. **Must be an adult age 21 or older.** (see Metropolis Guidelines for Coaches.)
- B. Junior Division Assistant Coaches may be between the ages of 19 and 20 years old. Being that this is a position of "privilege", all young adults between the ages of 19 and 20 interested in being a Junior Division Assistant Coach will be approved by the Executive Committee of the Metropolis Athletic Committee. The Executive Committee has the privilege to grant or deny the request to coach based on the individuals prior behavior and example in the basketball program. Junior Division Assistant Coaches must be accompanied by a head coach. In the absence of a head coach, the assistant coach may not act on their own. Junior Division assistant coaches will follow all of same Metropolis Athletic Rules.
- B. Must be active, participating member of his/her local Orthodox Church.
- C. Should not be considered or counted as a chaperon at the tournament.
- D. Coaches must be listed on the official roster to be registered at the tournament.

III. CONDUCT

- A. Loss of temper, foul language, unsportsmanlike gestures, and unsportsmanlike conduct is prohibited by any participant.
- B. Participants who consume or are in possession of any type of alcoholic beverage in any form or illegal drug are subject to the following disciplines: Player - 2b through 2d inclusive; Non-player - 1c through 1f inclusive. Participants who are in the presence of any type of alcoholic beverage or any form of illegal drug should report it to one of the tournament authorities, or they will be considered accessories and subject the same discipline.
- F. Any participant causing damage, either personal or property, is held responsible and liable. Discipline: 1f (until damages are paid in full).
- G. **GOYAns may not drive vehicles during tournaments or to tournaments. This is the responsibility of the coaches and/or chaperones.**
- H. Appropriate dress attire is required during all tournaments events. Clothes deemed inappropriate include: clothes with profane language, reference to drugs alcohol or tobacco, and/or violent or anti-Christian propaganda. Midriff must be covered at all times, two piece bathing suits, tube tops, halter tops, tank tops, spaghetti straps, short/shorts, pajama bottoms, short mini-skirts, spandex (as primary clothing), overly tight fitting or low cut apparel are not allowed. Pants are not to be worn below the hips and boxers are not to be worn as outerwear. The Clergy and Youth Commission Representatives reserve the right ask participants to change clothing or to cover up if they feel that what you are wearing is inappropriate.

DISCIPLINES FOR SECTION III: Player - 1a through 1f and 2a through 2d as necessary. Non-player or coach - 1a through 1f as necessary, except where noted.

IV. CHAPERONES

- A. Priority is to be given to the parents of the GOYA participants. Chaperones must be 21 years of age or over, and a responsible adult.
- B. Each chaperone will be responsible for 5 participants.
- C. Chaperones are to remain with their assigned GOYA participants during the entire time the participants are away from home.
- D. The Tournament Committee will notify the respective parish council and parish priest of any chaperone who has not complied with or supported the Metropolis Athletic Rules and General Recommendations during a tournament in which he/she was present.
- F. Chaperones must be listed on the official roster to be registered at each tournament.

DISCIPLINE FOR SECTION IV: 1c through 1f as necessary

V. TOURNAMENTS

A. GENERAL RULES

- 1. All major tournaments MUST be Metropolis-sanctioned.
- 2. Prayer is to be offered before each tournament game. The two teams of a game can be introduced to each other before the game begins and congratulate each other at the end of the game.
- 3. Each Metropolis-sanctioned tournament MUST offer a Boy's Senior, Boy's Junior, Girl's Senior & Girl's Junior division.
- 4. Metropolis-sanctioned tournaments are restricted to parishes within the Metropolis of Pittsburgh. All parishes within the Metropolis are encouraged to participate in Metropolis-wide tournaments.
- 5. A team must represent one parish and no independent teams shall participate in any Metropolis-sanctioned tournament.
- 6. Times shown on the brackets are approximate; teams should monitor the brackets throughout the day.
- 7. All matches will be one game to 15 (must win by 2) with the exception of the championship match for a standard 8-team, double elimination bracket which will be "Best of 3".
- 8. Teams are to be mixed with both boys and girls participating.
- 9. Senior teams may be comprised of 7th graders thru 12th graders and will have 6 players on the court with no more than 3 boys at any time.
- 10. Junior teams are comprised of ages 13-15* (*or 12 year olds in 7th Grade) only and can play with 6-9 players on the court:
Teams with 6 can have 3 boys max
Teams with 7 can have 4 boys max
Teams with 8 can have 4 boys max
Teams with 9 can have 5 boys max
- 11. Players can enroll and participate for only one team for the entire tournament
- 12. Junior age players can enroll and participate for only one team and in only one division for the entire tournament.
- 13. The referees will enforce general volleyball rules: out-of-bounds, double hits, carries, 4 hits to a side, net violations, etc.

14. Servers must wait for the referee's whistle and must stay behind the line, violations will be called.
15. The referees will have the final say regarding all aspects of match play.
16. Coaches should notify the referee before making substitutions.
17. Teams should keep play moving along especially when rotating player positions and making substitutions.
18. No more than two 20 second time-outs per team per game.
19. The Sportsmanship Award will be based not only on game play but also on behavior and actions over the entire day (including registration, lunch, etc).
20. Senior division will play an 8-team, double elimination bracket, single games with a "Best of 3" championship game.
21. Junior division will play a two-group round robin with the best 2 teams from each group advancing to a single game championship round (tentative).
22. All Metropolis-sanctioned games will be played according to prevailing High School rules.
23. The host parish MUST have 1 referees for every tournament game and two line judges. All referees MUST be accredited high school referees. If such a referee is a member of the host parish he/she cannot officiate a tournament game in which his/her parish team plays.
- 24.. Any team that walks off the court in protest during a game immediately forfeits its right to participate in the balance of the tournament and is subject to disqualification from future tournaments. Protests are properly handled through the Metropolis Youth Commission Athletic subcommittee.
25. Each Junior Division and Senior Division team MUST carry a first aid kit as a condition of tournament participation.
26. If a parish registers two teams in the same division and either of the teams forfeits, the parish will play as the higher seeded team in the brackets.

B. HOST PARISH

1. Any petition to host a tournament by a parish of the Metropolis of Pittsburgh MUST be submitted to the Metropolis Youth Office prior to the designated deadline. The decisions of parishes chosen to host a tournament are based on geographic location, previously hosted tournament, camp and retreat participation, and if the parish is in good standing with the Metropolis.
2. The host parish should submit an entire schedule of activities and events to the Metropolis Youth Office *TWO MONTHS* prior to the tournament weekend. Any and all subsequent changes that may be made thereafter should also be sent to the Metropolis Youth Office.
3. The host parish is to send an invitation to the Metropolis Youth Office and all parishes, *SIX WEEKS* prior to the tournament weekend. The invitation is to include a schedule of the tournament, a copy of the complete authorized Metropolis Athletic Rules and General Recommendations, the Tournament Chairperson with his/her telephone number and the host Church's telephone number.
4. The host parish MUST register only those groups of participants who have a proper number of chaperones (Rule IV B.) Those groups who do

not meet the minimum standard cannot register and therefore cannot play in the tournament.

5. All Junior Division and Senior Division teams that are eligible for a Metropolis tournament and have registered and **paid the entrance fee** by the designated tournament deadline determined by the Host Committee must be accommodated. Any team that attempts to register after the designated deadline will be accommodated at the discretion of the host parish and without bumping a previously registered team.
10. The host parish **MUST** see to it that **NO** alcoholic beverages are served at the tournament.
11. The host parish is responsible to supervise and properly chaperon all tournament activities. Only supervised and chaperoned activities are permitted for all tournament participants.
12. The host parish **MUST** assign a scorekeeper from the host parish for each and every tournament game. Score keepers must be familiar with the equipment used at the gym and how to score the game. A copy of the Metropolis Athletic Rules must be available in the gyms if needed.
13. **Pricing Structure:** The entry fee will be **\$100.00 per team**. Roster forms should be submitted to the host parish with the registration fee. The host parish is responsible for getting a copy to the Metropolis.
14. The sportsmanship trophy is to be the largest trophy, physically. The recipients are to be recognized for exemplary behavior on and off the court by all participants from that parish.
15. Each Host Parish will provide a cooler of ice and ziploc bags or ice packs to be kept at the snack bar for the purpose of injuries.

C. TOURNAMENT COMMITTEE

1. The Host Parish Tournament Committee consists of the parish priest, the tournament general chairperson or chairpersons, the chairperson and co-chairperson of the Local Athletic Advisory Committee. This committee will interface with Metropolis representatives in all questions of rule interpretations and rule infractions. The Tournament Committee has the right and responsibility to uphold the Metropolis Athletic Rules and to confront any participant(s) regarding conduct or problems in 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.
2. The Athletic Advisory committee consists of at least three adult members of the host parish. This committee's responsibility is to oversee the athletic activities of the tournament. Members of this committee will be responsible for providing competent score keeping and timekeeping personnel for each gymnasium and for providing a coordinator for each gym to ensure that games are played according to the Metropolis rules. It is recommended that committee members themselves monitor the gym(s). 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.

3. The tentative schedule for the day's activities is as follows:

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| 8:00am - 8:45am | Registration |
| 8:45am - 9:00am | Opening remarks and Prayer |
| 9:00am - 12:00pm | Matches 1-8 |
| 12:00pm - 12:30pm | Lunch |
| 12:30pm - 4:15pm | Matches 9-14 |
| 4:15pm - 4:30pm | Trophy Presentation |
4. A snack bar (with breakfast, lunch and beverage items) should be available for players to utilize between games and at lunch (The snack bar should be Lenten, if after Meatfare Sunday.) will be provided in the cafeteria for adult chaperones, coaches and clergy. Games will stop for a minimum half-hour lunch break around 12:00 noon.
5. To assist in ensuring proper game conduct, 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. Questions of rule interpretation are to be resolved by the Metropolis representative.
6. 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 Office within ten days of the disciplinary action.
7. In each division, trophies will be awarded for 1st Place, 2nd Place, 3rd Place and Sportsmanship. Sportsmanship should be the largest trophy. Other trophies may be not larger than 18" high. Icons may be given instead. All trophies will be presented after both championship matches have completed.

DECLARATION: Any parish which hosts a tournament MUST abide by these Metropolis Athletic Rules. Failure to do so may result in their forfeiture of hosting another tournament (all athletics—basketball or volleyball).

VI. GENERAL RECOMMENDATIONS

- A. Tournaments of the Metropolis of Pittsburgh should be attended. Participation in tournaments not within our Metropolis is discouraged.
- B. The host parish may offer more trophies than those designated in RULE V.B.14.
- C. The host parish may offer an icon with each trophy presented.
- D. Completed brackets showing full results of all tournament games should be provided to the Metropolis Youth Office and to the Host Tournament Committee.
- E. A prayer may be offered at the close of each game.