

GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

JOY MANUAL 2023/2024

JOY Eligibility, Rules & Regulations

As part of the Greek Orthodox Archdiocesan District Olympics program, we make every effort to keep together our Greek Orthodox Youth. We emphasize the values of our faith and Hellenic heritage as well as follow the Olympics ideals of peace, sportsmanship, and fellowship. Every athlete/participant of our program must be a baptized Orthodox Christian and be an active member of their JOY program.

JOY- Instructions for Filling Out Index Cards

Individual events: list one athlete, on one card.

Boys 7-8: Blue

Girls 7-8: Pink

Boys 9-10: Green

Girls 9-10: Yellow

Boys 11-12: White

Girls 11-12: Purple

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

Example:

JOY ¹	Field ²	Junior Div. ³	Girls ⁴	Softball Throw ⁵
Nikoletta Markoulli ⁶				
St. Demetrios, Astoria ⁷				

Please print clearly: (see corresponding numbers on card example)

1. Name of youth group
2. Sport
3. Division: Junior or Senior
4. Boys or Girls Division
5. Event
6. Name of Athlete
7. Church and city

If you are using preprinted labels, please ensure all the above information is captured. You may write in the athlete's name.

NOTE: In individual events, athletes can only compete within their own age group. No JOY athlete may compete in any GOYA individual events. JOY athletes may compete in GOYA team events when needed to field a team, BUT MUST BE authorized by the Olympic Committee as an exception. Athletes who are younger and do not meet the age range of 7-8 are ONLY eligible to participate in JOY team events.

General Rule:

Coaches and/or spectators are not permitted on any field or court while a game is in progress unless summoned by an official/umpire/referee. Only individuals with official identification are allowed on the side of the field or court during a game, and can interact with an official/umpire/referee. Spectators are permitted ONLY in the spectator areas.

ALL PLAYERS MUST WEAR THEIR COMMUNITY SHIRT AT ALL TIMES WITH THE COMMUNITY NAME ON THE FRONT AND THEIR NUMBER PERMANENTLY AFFIXED TO THE BACK. THE NUMBER MUST BE AT LEAST 5" IN HEIGHT AND NO DUPLICATE NUMBERS ARE PERMITTED.

INDEX CARDS - YOUR INDEX CARD MUST BE HANDED INTO THE COMMITTEE MEMBER HANDLING THE EVENT PRIOR TO PARTICIPATING IN AN EVENT (INDIVIDUAL OR TEAM).

Age Break Down:

12	2011 CAN PLAY UP IN TEAM EVENTS (WITH GOYA)
11 - 12	2011 - 2012
9 - 10	2013 - 2014
7 - 8	2015 - 2016
6	2017 CAN PLAY UP IN TEAM EVENTS (7, 8, 9 TEAMS)

Team Break Down:

7, 8, 9	2014 - 2016
10, 11, 12	2011 - 2013

**** As of Dec. 31, 2023: Whatever age your child is, that is the age group they will be participating in**

JOY MANUAL 2023/2024 EVENTS

Track:

50m dash, 200m shuttle relay, 400m shuttle relay

1. Individual events: each church may enter two (2) boys and two (2) girls from each division (7 & 8, 9 & 10, 11 & 12).
2. Relay: each church may enter one (1) boy and one (1) girl relay team in each division (7 & 8, 9 & 10, 11 & 12). A relay team is composed of four (4) individuals.
3. Only boys and girls of the same age may compete on the same age division relay teams. However, you may put boys and girls of a younger age on the older age relay team if the need arises.

Field:

1. Each church may enter three (3) boys and three (3) girls from each division (7 & 8, 9 & 10, 11 & 12).
2. Softball Throw/Standing Long Jump: One warm-up and best of two throws/jump - each throw/jump will be measured and recorded. Ties will be decided by best 2nd throw/jump.
3. Only one (1) advisor will be allowed on the track during the track and field competition.

Chess, Checkers, Backgammon:

1. Two age groups 7, 8, 9 and 10, 11, 12.
2. Each church may enter four participants per game in each age group (7, 8, 9 and 10, 11, 12).
3. A participant may compete in two (2) of the four games.
4. Participants should bring their own games.
5. Single game elimination.
6. Must be present at check-in time and when their name is called to play.
7. Participants may not leave the board game area until eliminated.
8. For 7, 8, 9 only: If players are unable to checkmate their opponent, the event coordinator will give the players ten (10) minutes to finish their game. After ten (10) minutes the event coordinator will decide the match by declaring a tie or a clear winner, based on which player is in a winning position.
9. Chess: no double queening - one (1) minute time limit per move
10. Checkers: you must jump - one (1) minute time limit per move
11. Backgammon: the game played will be "portes" (doors)

Nok-Hockey:

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

Soccer Rules:

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

Kickball:

1. There will be two age groups 7, 8, 9 and 10, 11, 12.
2. There will be three separate divisions in each age group, boys, girls, and one co-ed. Each church will be allowed to enter a maximum of two teams in each division. No player can participate on both teams in the same event.
3. 10 minute forfeit time.
4. Maximum number of players is 15.
5. You must start the game with at least nine (9) players and no more than ten (10). You can finish with eight (8), but only in case of injuries.
6. For CO-ED only: There must be at least three (3) boys and three (3) girls in the line-up and in the field at all times.
7. For CO-ED only: Substitutions - boys for boys, girls for girls.
8. For 7-8-9 only: When your church is playing the field, NO coach will be allowed to stand on the field to assist your players, i.e. where to stand during the game.
9. Each team must provide a 10" in diameter, two-ply red rubber kickball.
10. Sliding is not allowed.
11. No bunting or stealing.
12. Runners must hold their base until the kicker kicks the ball.
13. Runners are not allowed to run into a fielder who is holding the ball at a base ready to make a put-out.
14. If the ball is dropped by a fielder, either during or after applying a tag on a runner, the runner is out.
15. "Pegging", the act of throwing the ball at a runner to get him/her out, is allowed.
16. There will be no pitching. Each kicker places the ball at home plate and has ONE (1) attempt to kick the ball.
17. Kicker must be within the kick line and home base to attempt the kick. (kickline will be 5' behind home plate.
18. The kicker must kick the ball to get on base. Missing the ball cleanly is an out. Kicking the ball foul is an out.
19. A half inning is over when a team has made three outs.
20. Starting with the fourth inning, once a team has a 10 run lead, the game is over, provided both teams have equal at bats.
21. All games will be five (5) innings, including the championship game. If, at the end of the fifth inning, the game is tied, an extra inning(s) will be played until the tie is broken.
22. Single game elimination... if you lose, you're out.
23. The score is to be kept by both teams and checked often during each half inning and at the end of each half inning.
24. Rubber cleats are allowed.
25. ONLY 3 coaches will be allowed on the sidelines with your players. The first and third base coaches and the head coach.

Basketball:

Free Throws: 7, 8 and 9, 10 year olds

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

Around the World: 11,12 year olds

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

3 on 3 Basketball:

1. Each church may enter one (1) Co-ed team in each division (9, 10 and 11, 12)
2. Minimum of one (1) boy and one (1) girl on the court at all times.
3. Six (6) maximum on the roster.
4. Each game will be seven (7) minutes, running time (referees will keep track of the time), or 11 points, whichever comes first (you do not have to win by two pts.).
5. Any shot made from behind or ON the three point line will count as two (2) points. All other shots made will count as one (1) point. (Loser's out.)
6. Three-second rule is in effect.
7. Any fouls committed during the act of shooting behind or ON the three point line, will result in two (2) free throws on a missed field goal attempt and one (1) free throw if the field goal is made. Any fouls committed during the act of shooting within the arc, will result in one (1) free throw.
8. On free throw attempts, players will set up to rebound for possession of the ball. The team, whose player is shooting a free throw, can rebound a missed attempt and take a shot without taking the ball "back".
9. Every change of possession must be brought "back". "Back" will be the foul line and foul line extended area only.
10. The closely guarded rule will now be in effect.
11. Each team gets one 30-second time-out per game (the clock will be stopped).
12. Subs can be made during any dead ball (the clock will be running).
13. A coin flip will determine first possession at the start of each game.
14. Single elimination...you lose you're out.
15. Any technical foul will result in one free throw and possession of the ball
16. If a game is tied as time is expiring or expired, play will continue until the tie is broken.

Table Tennis

9, 10 and 11, 12 year olds

1. Each church may enter three (3) girls and three (3) boys, per division (9, 10 and 11, 12).
2. The winner of a coin toss gets a choice of first serve or court.
3. Players will be randomly bracketed.
4. Players will be responsible to bring their own paddles.
5. Games will be single elimination, first player to reach 15 points wins, you must win by 2 points.
6. Semi-final and championship games will be single elimination, first player to reach 21 points wins, you must win by 2 points.
7. Serve will change every five points.
8. All of the rules of table tennis apply.
9. No coaching allowed.

Swimming:

25m freestyle

1. Each church may enter 3 boys and 3 girls per division (9, 10 and 11, 12).
2. Each division swims separately
3. Swimmers must complete the race in order to medal.
4. Dress Requirement for female swimmers: one-piece swimsuit.

4x 25m relay

1. Each church may enter one team per gender per division (9, 10 and 11, 12).
2. Swimmers must complete the race in order to medal.
3. Dress Requirement for female swimmers: one-piece swimsuit.

Athletic Equipment:

Soccer:

- Soccer balls #4
- Shin guards

4 Batons for track relays

Board Games

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

All athletic equipment should be labeled with either church or participant's name.

First Aid Supplies:

The following is a list of suggested first aid items which each church should bring to the Olympics with them. EMS services will also be present, in the events of an emergency or injury of an athlete.

Antiseptic, 1st aid spray.....	1 can
Adhesive strip bandages, assorted sizes.....	1 box/container
Adhesive tape, 1" wide.....	1 roll
Alcohol wipes.....	12 pack
Antibiotic skin ointment.....	1 tube
Chemical ice packs.....	4 packs
Cotton balls.....	Bag of at least 12
Disposable gloves (latex or vinyl).....	6 pair
Elastic bandages 3" & 4" widths.....	2 rolls of each
Gauze pads, 4"x4".....	12 pads
Hydrocortisone cream (.5%).....	1 tube
Non-adhering dressing (Telfa).....	6 dressings
Tylenol.....	1 small bottle
Roller, self-adhering gauze 3" & 4" widths.....	2 rolls each
Triangular bandages.....	2 bandages
Sunscreen.....	1 bottle

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