

**GREEK ORTHODOX ARCHDIOCESAN**  
**DISTRICT OLYMPICS**

**GOYA MANUAL OF EVENTS**



**2026**

# GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

## GOYA MANUAL OF EVENTS

May 22-24, 2026

### GOYA Eligibility, Rules & Regulations

The mission of the GOYA Division of the Greek Orthodox Archdiocesan District Olympics program is to promote and execute an athletic program that celebrates our Hellenic culture and our Orthodox faith. By blending faith, fellowship, and competition, we strengthen bonds within our community while inspiring our youth to embrace the values of Orthodoxy, teamwork, and cultural pride

Every athlete/participant of our program must be a baptized Orthodox Christian and be an active member of their respective GOYA program or have approval by GOADO Committee to participate.

**Age Break Down: \*\* Age groups are determined by YEAR OF BIRTH, not the current age of participant**

	18 years old	2007 (Still in High School) CAN ONLY PARTICIPATE IN TEAM EVENTS with Approval
Senior	16 – 17 years old	2008 - 2009
Junior/Senior	15 years old	2010 (15-year-old as of Dec. 31, 2025) May compete in events as a Junior <u>OR</u> a Senior. They may not compete in the same event in both divisions.
Junior	13 – 14 years old	2011 - 2012
JOY	12-year-olds	2013 - CAN PLAY UP IN TEAM EVENTS with Approval

### General Rules:

- Coaches and/or Advisors with valid official identification are allowed on the side of the field or court during a game and may interact with an official/umpire/referee.
- Coaches and/or Advisors must demonstrate leadership, sportsmanship, and respect for players, officials, and opponents, adhere to tournament rules, foster positive behavior, ensure player safety and well-being, manage disputes calmly, and maintain integrity by encouraging fellowship throughout the competition.
- Spectators are not permitted on any field or court at any point.
- Spectators are permitted ONLY in the designated spectator areas.
- **Community Shirts:** Each player must always wear matching jersey/shirt with:
  - Community name on front
  - Unique (at least 6” tall) number permanently affixed to the back.
- **A participant in the 15-year-old age group will have a different color bracelet than Junior or Senior GOYA participants. They can compete in individual events as a JUNIOR OR SENIOR, but they CANNOT compete in the same event in both divisions. Anyone competing in both divisions will be disqualified from both divisions.**

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**INDEX CARDS:** - An index card must be submitted to the official prior to the start of the respective event.

### GOYA - Instructions for Filling Out Index Cards

**Individual events:** ONE ATHLETE per card      **Team events:** ALL ATHLETES on the back of one card

Junior Girls Division	Junior Boy Division	Senior Girls	Senior Boys
Ages 13-15	Ages 13-15	Ages 15-17	Ages 15-17
PINK	BLUE	GREEN	YELLOW

**Team events & Board Games:** WHITE cards & **must** submit Roster.

Example:

<b>GOYA</b> <sup>1</sup>	<b>GIRLS</b> <sup>3</sup>	<b>Junior Div</b> <sup>4</sup>
Field <sup>2</sup>	Softball Throw <sup>5</sup>	
[First Name] [Last Name] <sup>6</sup>		
<b>ASTORIA, ST. DEMETRIOS</b>		

**Please print clearly:**

KEY:

1. GOYA
2. Sport Category
3. Boys/Girls/COED
4. Junior/Senior
5. Event Name
6. Name of Athlete
7. Community, Church

<b>GOYA</b> <sup>1</sup>	<b>BOYS</b> <sup>3</sup>	<b>Senior Div</b> <sup>4</sup>
Track <sup>2</sup>	4x200 meter Relay <sup>5</sup>	
#1 [First Name] [Last Name] <sup>6</sup>		
#2 [First Name] [Last Name]		
#3 [First Name] [Last Name]		
#4 [First Name] [Last Name]		
<b>HICKSVILLE, HOLY TRINITY</b>		

**Please print clearly:**

KEY:

1. GOYA
2. Sport Category
3. Boys/Girls/COED
4. Junior/Senior
5. Event Name
6. Name of Athlete
7. Community, Church

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

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### Swimming: Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]

#### 1. General:

- **Deadline: MONDAY MAY 19<sup>th</sup>, 2025**, Communities must submit Swimmer Participation.
- Athletes may only compete in their respective division.
- There is no limit on the number of events an athlete can participate in.
- One piece swimsuit is required for female swimmers.
- Swimmers dive from the starting block after the official signal.
- Alternate Start Options: In-Water Start: Swimmer holds the wall and pushes off at the signal.
- Swimmers may use any stroke.
- At least one part of the swimmer's body must always break the surface
  - Except during the start and turn (up to 10m underwater allowed).
- Proper wall touches are required at each turn and at the finish.
- False starts result in immediate disqualification.
- Any form of interference, blocking, or unsportsmanlike behavior will result in disqualification.

#### 2. Individual events: 25-meter, 50-meter Freestyle

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each church may enter a maximum of three (3) athletes in each division.
- A participant in the 15-year-old age group may compete in **either Junior or Senior Division**, but they **CANNOT** compete in the same event in both divisions.
  - Competing in both divisions will result in disqualification from both divisions.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

#### 3. 4x50 meter Relay

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each community may enter one (1) team (composed of four athletes) per division.
- Communities may combine to form a team with Committee Approval.
- There must be at least two (2) swimmers from that community on the relay team.
- Junior division athletes may compete on the senior division relay team.
- There must be at least one (1) senior on a senior relay team.
- Seniors cannot compete in junior division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

#### 4. 4x50 meter Coed Relay:

- Divisions [Coed Juniors; Coed Seniors]
- Each community may enter one (1) Coed team per division.
- Each team must consist of four (4) swimmers: two (2) boys and two (2) girls.
- The swimming order will be Boy, Girl, Boy, Girl
- Junior division athletes may compete on the senior division relay team.
- There must be at least one (1) senior on a senior relay team.
- Seniors cannot compete in junior division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

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### **Basketball Free Throws: Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]**

#### **1. Participation & Format**

- Each community may enter two (2) athletes per division.
- Each participant competes individually in his/her respective division.
- The goal is to score as many points as possible within the given time and attempt limits.

#### **2. Shooting Rules**

- Each participant will be given 1 warm-up shot that will not count.
- Each participant has up to 10 free throw attempts within a 45-second time limit.
- Shots must be taken from the designated free throw line.
- Any shot taken after time expires will not count.

#### **3. Equipment & Ball Specifications**

- Boys will use a standard size basketball (29.5").
- Girls will use a 28.5" basketball.
- There will be two balls in play to ensure smooth transitions between shots.

#### **4. Scoring & Awards**

- Each successful free throw is worth 1 point.
- The top three participants in each division will receive medals.

#### **5. Tie-Breaker Procedure**

- If there is a tie for any of the top three positions:
  - Tied participants will take 5 additional free throws within 20 seconds.
  - If still tied, participants will take 1 shot each until a winner is determined (sudden death).

#### **6. General Rules & Conduct**

- Participants must wait for the official's signal before shooting.
  - Standard basketball rules apply (e.g., no stepping over the free throw line).
  - Unsportsmanlike conduct may result in disqualification.
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### 3-on-3 Basketball: Divisions [Coed Junior & Coed Senior]

#### 1. Team Composition

- Each community may enter **one (1) Coed team** in each division.
- A minimum of one (1) boy and one (1) girl must always be on the court.
- A team may have a maximum of six (6) players on the roster. No substitutions regardless of injury.
- A junior participant may “play up” on senior team but cannot be rostered on both teams.

#### 2. Game Duration

- **Single Elimination Tournament.** Games will be played on a half-court with a single basket.
- Possession is determined by a coin toss or another fair method before the game.
- Games will end at 21 points (No win by 2 points) or 15 minutes of running time kept by referees.
- In the final minute of the game, the clock will stop for all fouls.
- If tied at the end of regulation:
  - Game will continue until first team to score 2 points wins, **no time limit**
  - Last team to have possession in regulation will retain it.

#### 3. Scoring

- 1 point for a basket made inside the arc (traditional 2-point range).
- 2 points for a basket made beyond the arc (traditional 3-point range).
  - To count as a 2-point shot, the shooter’s feet must be completely behind the three-point line. If any part of the foot is touching the line, the shot will count as 1 point.
- 1 point for each free throw made

#### 4. Possession & Ball Movement

- After a made basket: The opposing team checks the ball at the top of the key.
- After any change in possession (defensive rebound, steal, airball), the ball must be cleared beyond the foul line or foul line extended before attempting a shot.
- “Jump balls” will alternate possession between teams.

#### 5. Offensive 3-second violation:

- An offensive player cannot stay in the paint (key) for more than 3 consecutive seconds without actively trying to score or without the ball.
- When a referee calls a 3-second violation the opposing team will gain possession of the ball.

#### 6. Fouls, Violations & Free Throws

- Individual fouls are not recorded; Officials discretion excessive fouling can result in disqualification.
- Offensive fouls result in a turnover, and the defense gains possession.
- Free throws players will set up to rebound for possession.:
  - 1 free throw for a shooting foul inside the arc.
  - 2 free throws for a shooting foul beyond the arc.
- On a missed a free throw attempt, the shooting team may rebound and attempt another shot without clearing the ball. If the opposing team gains the rebound, they must clear the ball beyond the foul line or extended before attempting to score.
- A technical foul will result in 1 free throw and possession of the ball.
- In the last minute of regulation play any foul will result in 1 free throw.

#### 7. Time-Outs & Substitutions

- Each team gets one (1) 30-second time-out per game. The clock will stop during time-outs.
- Substitutions can only be made during “dead balls”, the clock will keep running.

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### Soccer: Divisions [GOYA Boys & GOYA Girls]

#### 1. Team Composition

- Each Community may enter **one (1) GOYA Boys team and one (1) GOYA Girls team.**
- Single Elimination. The winner advances to the next round.
- A team may have a maximum of Fifteen (15) players on the roster.
  - No substitutions regardless of injury.
- Each player must wear:
  - matching jersey/shirt with a unique (at least 6" tall) number permanently affixed to the back.
  - Shin guards required must be covered by socks
  - Soccer cleats (No football, baseball, etc.) or turf shoes. No metal cleats/spikes
- Teams must have a distinctly different color or wear pinnies if needed.
  - Goalkeeper must wear a different color than both teams
- Each team will have a maximum of eight players and one (1) goalie on the field.
- A game may begin with a minimum of five (5) players and (1) goalie.
- An opposing team may have a maximum of 2 player differential. Any other concession is at the discretion of opposing coach.

#### 2. Game Field & Equipment

- Games will be played on a full field with (7' x 21') goals.
- The penalty area will be 12 yards from the goal line and 25 yards wide.
- Penalty kicks will be taken at 10 yards.
- Boys & Girls will play with #5 Size ball;
- A team has 10 minutes from the scheduled game start time to field the minimum number of players before forfeiting. The decision is at the discretion of the GOADO Committee.
- Game duration will be two (2) - 20-minute halves of running time kept by referees.
- Possession is determined by a coin toss or another fair method before the game.
  - Winner will choose either ball possession or field position
  - Second Half will begin with teams switch sides and possession alternates
- Halftime: Five (5) minutes.
- If tied at the end of regulation:
  - Each team will take a three (3) penalty shootout.
  - If still tied, a sudden death penalty shootout will follow until a winner is determined.
  - Only players on the field at the end of regulation may shoot penalties.
  - Possession for penalty kicks determined by a coin toss or another fair method.

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### 3. Gameplay Rules

- Standard US Youth Soccer rules will apply.
- Offside: Indirect free kick according to USYS rules
- Out of Bounds:
  - Sideline: Throw-in
  - Defensive Goal line: Goal Kick
  - Offensive Goal line: Corner Kick
- Goalkeeper cannot punt the ball. Throws are allowed.

### 4. Mercy Rule:

- If the goal difference reaches **5 goals** or more at any point during the second half, the game will end immediately by the referee, resulting in a mercy rule victory for the leading team.

### 5. Fouls & Discipline

- Fouls:
  - Outside Penalty Area: Indirect free kick.
  - Inside Penalty Area: Penalty kick.
- NO SLIDE TACKLING: (1st offense: Foul; 2nd Offense Yellow Card; 3rd Offense: Red Card)
- Yellow Card: Player must be substituted for 2 minutes with another player.
- Second Yellow Card (Red Card): Player is ejected from game and team must play short.
  - Second Yellow Card of Tournament and player will be suspended from next game.
- Straight Red Card: Player is ejected from game and suspended from the rest of tournament.

### 6. Time-Outs

- No time-outs. The clock may stop due to injury at referees' discretion.

### 7. Substitutions

- Substitutions may only be made on the referee's whistle.
- Players must enter and exit the field at the halfway line when the substitution is approved.
- Substitutions are unlimited during stoppages in play, but the clock will keep running.

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### Track Events:

#### 1. General:

- Sneakers or flat-running shoes on indoor track only.
- Appropriately sized spikes are allowed on the outdoor track.
- Any form of interference, blocking, or unsportsmanlike behavior will result in disqualification.
- A false start will result in one warning; a second false start will lead to disqualification.

#### 2. Individual events: 50-meter, 200-meter & 400-meter dashes / 800-meter & 1500-meter runs

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each church may enter three (3) athletes in each division
- Athletes may only compete in their respective division.
- There is no limit on the number of track events an athlete can participate in.
- The top five (5) fastest runners from the preliminary heats will advance to the final race.

#### 3. 4x200 meter Relay

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each community may enter one (1) team (composed of four athletes) per division.
- Junior division athletes may compete on the senior division relay team.
- There must be at least one (1) senior on a senior relay team.
- Seniors cannot compete in junior division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

#### 4. 4x200 meter Coed Relay:

- Divisions [Coed Juniors; Coed Seniors]
- Each community may enter one (1) Coed team per division.
- Teams must consist of two (2) boys and two (2) girls.
- The running order will be Boy, Girl, Boy, Girl
- Junior division athletes may compete on the senior division relay team.
- There must be at least one (1) senior on a senior relay team.
- Seniors cannot compete in junior division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

#### 5. 5K run (3.1miles):

- Divisions: [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Athletes may only compete in their respective division.
- Medals will be awarded based on the fastest overall times.
- Runners must follow the marked course and complete the full 5K distance.
- No pacing by non-competitors (e.g., bikes, unregistered runners).
- No physical assistance is allowed, runners must complete the race under their own effort.
- No cutting the course; any runner found deviating from the official route will be disqualified.
- If there are three or less runners in a division, a qualifying time must be met to receive a medal:
- Boys (Juniors/Seniors) 26 minutes
- Girls (Juniors/Seniors) 35 minutes
- All runners must be present at the starting line before the race begins.
- Runners must cross the designated finish line to record an official time.

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### Field Events:

#### 1. General:

- Sneakers or flat-running shoes on indoor track only.
- Appropriately sized spikes are allowed on the outdoor track.
- Any form of interference, blocking, or unsportsmanlike behavior will result in disqualification.
- A false start will result in one warning; a second false start will lead to disqualification.
- Participants must report to officials at the designated time or risk forfeiting attempts.
- Unsportsmanlike conduct, such as arguing with officials or obstructing other competitors, will result in disqualification and suspension from other Olympic events.

#### 2. Shot put:

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each church may enter three (3) athletes in each division
- Participants will use 8-pound Shotput. Senior Boys will use 12-pound Shotput.
- Each participant is allowed (1) warm up throw.
- Each participant will have two (2) throws. Both throws will be measured and recorded.
- In case of a tie: The second throw will determine placement.
- A throw is fouled if the athlete:
  1. Steps outside the circle before the shot lands.
  2. Fails to start the throw from a stationary position inside the circle.
  3. Touches the ground outside the ring.
  4. Leaves the circle before the shot touches the ground.

#### 3. Softball Throw:

- Divisions [Junior Girls; Senior Girls;]
- Each church may enter three (3) athletes in each division
- Participants will use a standard sized Clincher softball provided.
- Each participant is allowed (1) warm up throw.
- Each participant will have two (2) throws. Both throws will be measured and recorded.
- Distance is measured from the closest point where the ball first lands to the inside edge of start line.
- In case of a tie: The second throw will determine placement.
- A throw is fouled if the athlete:
  1. Steps past the start line before the ball lands.
  2. Fails to start the throw from a stationary position

#### 4. Long Jump:

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each church may enter three (3) athletes in each division
- Each participant will receive two (2) attempts.
- The longest valid jump out of the three attempts will be recorded as the final result.
- A jump will be considered invalid (fault) if:
  1. The athlete steps beyond the take-off board.
  2. The athlete fails to initiate the jump before the foul line.
  3. The athlete does not land in the designated landing area.
- Measurement will be taken from the nearest break in the sand made by any part of the body, perpendicular to the take-off line.

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### 5. High Jump:

- Divisions [Junior Girls; Junior Boys; Senior Girls; Senior Boys]
- Each church may enter three (3) athletes in each division
- Each participant will receive two (2) attempts.
- The highest successful jump out of the will be recorded as the final result.
- A jump will be considered invalid (fault) if:
  1. The athlete fails to clear the bar after two consecutive attempts.
  2. The bar falls due to contact with the jumper before they have landed.
  3. The athlete steps outside the designated takeoff area.
  4. The jumper does not initiate an attempt within the allotted time after being called.
- The bar will be raised in pre-set increments.

### Tic-Tac-Toe Relay: Division [Junior Coed & Senior Coed]

#### 1. Team Composition

- Each Community may enter **two (2) Coed teams in each Division**
- Teams may consist of a minimum of three (3) players and a maximum of 5 players.
- There must be at least 1 Boy and 1 Girl on each team.
- Players cannot be rostered on more than one team.
- Single Elimination. The winner advances to the next round.
- Teams will be randomly bracketed. No entries if the first round has completed.

#### 2. Setup

- There will be a 3x3 grid and Teams will lineup 20ft. away.
- Two Teams will compete simultaneously.
- Markers 6 total (3 per team).

#### 3. Gameplay

- On official's signal, a player from each team will run to the board and place one (1) marker.
- Player returns to line and tags the next player, who places another marker until all three (3) markers have been placed.
- After all markers are placed the next player must move one of their markers to an empty grid spot.
- Only one player per team may move beyond the line
- Only one marker per turn.
- You may not touch the other teams' markers.

### Board Games: Chess, Checkers, Backgammon, Connect Four (NEW)

#### 1. General:

- No Divisions. - Each church may enter three (3) participants per Event.
- A participant may compete in two (2) of the four (4) Events.
- Participants must be present and report to officials at the designated check-in time.
- Each event will be a single elimination tournament. No 3<sup>rd</sup> place consolation game.
- Participants must be present when their name is called to play or risk forfeit.
- First move is determined by a coin toss or another fair method before the game
- Participants may not leave the board game area until they are eliminated.

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- Unsportsmanlike conduct, such as arguing with officials, distracting their opponent, excessive talking, or attempting to manipulate the board will result in disqualification and possible suspension from other Olympic events.
- No coaching or outside assistance is allowed during matches.

### 2. Chess:

- Standard chess rules apply (as per FIDE regulations).
- No double queening.
- Each match will have a 12-minute total time limit per participant.
- Players must use a clock, pressing it after each move.
- If a player runs out of time, they lose the match.

### 3. Checkers:

- American Checkers rules apply
- Captures are Mandatory: If a player can jump an opponent's piece, they must take the jump.
- **Double & Triple Jumps:** Allowed and must be completed if possible.
- **Kings:** A piece that reaches the opponent's back row is "Kinged" can move forward and backward.
- One minute time limit per move.
- Fifteen (15) minute match limit.
- A player wins by:
  5. Capturing all the opponent's pieces.
  6. Blocking the opponent so they cannot make a legal move (stalemate win).
  7. Having the most pieces if time runs out.
- If tied (same number of pieces) when time runs out: winner will be chosen by coin toss.
- **Final:** No time limit. If GOADO official declares the match a draw by, players will restart match.

### 4. Backgammon:

- "Portes" Backgammon Rules will apply.
- Determine who goes first by rolling one die each.
- The player with the highest roll goes first, using the roll for their initial move.
- The first player to bear off all their checkers wins the game.

### 5. Connect -Four

- Use a standard 7-column, 6-row Connect Four board that will be provided.
- Matches are one-vs-one.
- Players take turns dropping one disc per turn into any of the open columns.
- Once a disc is placed, it cannot be moved.
- The disc falls to the lowest available spot in that column.
- A player wins by connecting four of their discs before their opponent does.
- If the board is completely full or with no possibility of four-in-a-row, the game is a draw.
- Best of 3 games per match.
- Players have thirty (30) seconds to make a move.
- Failure to move in time = forfeit of that turn (skip your move).
- Repeated slow play can result in a match forfeit if warned. (Keep it moving, people.)
- No advancing on a draw.
- No coaching, shouting, or distracting your opponent mid-turn.
- Participants may not leave the board game area until they are eliminated.

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### Volleyball: Division [GOYA Boys & GOYA Girls]

#### 1. Team Composition

- Each Community may enter **one (1) GOYA Boys team** and **one (1) GOYA Girls team**.
- Single Elimination. The winner advances to the next round.
- A team may have a maximum of Fifteen (15) players on the roster.
  - No substitutions regardless of injury.
- Each player must wear:
  - matching jersey/shirt with a unique (at least 6" tall) number permanently affixed to the back.
- Each team will have six players on the court.
- In the event of an injury and no available substitutions, teams may play with min four (4) players.
- A team has 10 minutes from the scheduled game start time to field the minimum number of players before forfeiting. The decision is at the discretion of the GOADO Committee.

#### 2. Scoring

- Each match will be "**Best-of-3**" with **Rally Scoring**.
- All Games will start with the Score 4-4 [NEW 2026]
- Teams will switch sides at the end of each set.
- First two sets play to **twenty-one (21) points**, win by **two (2)** with **twenty-four (24) cap**.
- Set #3, if necessary, will be to **fifteen (15) points** win by **two (2)** with **eighteen (18) cap**.
  - **Teams will switch court sides at 8 points.**
- If both teams reach cap point (e.g. 23-23), the next point will win set.
- No Point cap set during the Final Medal Match. Teams will switch only at the 8 points.

#### 3. Gameplay Rules

- Matches will follow USA Volleyball rules & regulations for carries, double hits, reaching over the net, net touches, and foot faults will apply.
- Players will have one (1) attempt per serve.
- Substitutions: Players must substitute for the same player. Example: Player #1 substitutes for Player #2, those two players may only substitute for each other for the rest of the match.

#### 4. Time-Outs

- Two (2) Thirty (30) second time-outs per set.

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### **Table Tennis: Division [GOYA Boys & GOYA Girls]**

#### **1. Player Entry & Bracketing Composition**

- Each Community may enter **three (3) GOYA Boys** and **three (3) GOYA Girls**.
- Single Elimination. The winner advances to the next round.
- Players will be randomly bracketed. No entries if the first round has completed.
- Each match will be fifteen (15) points, win by two (2) points with a eighteen (18) cap.
- Semi-Final & Finals will be to eighteen (18) points, win by two (2) points with no cap.

#### **2. Gameplay Rules**

- Standard ITTF (International Table Tennis Federation) standard rules will apply.
- A player has five (5) minutes from the announcement of match to start before forfeiting.
  - The decision is at the discretion of the GOADO Committee.
- Possession is determined by a coin toss or another fair method before the game.
  - Winner will choose either ball possession or court side.
- Rally Scoring
- The serve alternates every five (5) points.
- The ball must be tossed at least 6 inches (16 cm) straight up before striking.
- The serve must be behind the end line and above the playing surface.
- The ball must bounce once on the server's side, then the opponent's side.
- If a serve hits the net but lands correctly, it is a let and is replayed.
- Players cannot receive coaching during matches.

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### **“Trinity Challenge”: Division [Junior Coed; Senior Coed]**

#### **2. Team Composition**

- Each Community may enter **two (2) Coed teams in each Division**
- Teams may consist of a minimum of three (3) players and a maximum of 5 players.
- There must be at least 1 boy and 1 girl on each team.
- Players cannot be rostered on more than one team.
- Each team will compete in three events and must complete all three to qualify:
  - Team Relay Event – TBD
  - Skill Game – TBD
  - Solve a Puzzle - TBD

#### **3. Gameplay Rules**

- Players cannot receive coaching during matches

### **Cornhole Tournament: Division [Junior Coed & Senior Coed]**

#### **1. Player Entry & Bracketing Composition**

- Each Community may enter **two (2) Junior Coed** and **two (2) Senior Coed Teams**.
- Single Elimination. The winner advances to the next round.
- Teams will be randomly bracketed. No entries if the first round has completed.
- Each match will be fifteen (15) points, win by two (2) points with an eighteen (18) cap.
- Finals will be to eighteen (18) points, win by two (2) points with no cap.

#### **2. Setup**

- Boards: 2 boards placed 27 feet apart (front edge to front edge)
- Bags: 8 total (4 per team), standard weight (~16 oz)
- Teams: 2 players per team, Teammates stand at opposite boards
- Teammates face each other across boards
- Possession is determined by a coin toss or another fair method before the game.
  - Winner will choose either to throw first or second,

#### **3. Gameplay**

- Players alternate throws, one bag at a time, each player throws 4 bags per round.
- Each player throws from the same side during a round.
- Must use underhand throw. Foot cannot cross front of board before release.
- Bag cannot hit the ground before the board.
- Players cannot receive coaching during matches.

#### **4. Scoring (Cancellation Scoring)**

- Bag in hole: 3 points
- Bag on board: 1 point
- Bag off board: 0 points
- Only the difference in score counts each round

#### **5. Sportsmanship & Conduct**

- No profanity, taunting, or unsportsmanlike conduct.
- Ejections may result in suspension from other Olympics events.

# GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

## GOYA MANUAL OF EVENTS

May 22-24, 2026

### Softball: Division [COED GOYA]

#### 1. Team Composition

- Each Community may enter **one (1) GOYA COED team**.
- A team may have a maximum of Fifteen (15) players on the roster.
  - No substitutions regardless of injury.
- Teams must start with **at least 9 players (max line up 10)** but may finish with **8 only due to injury**.
- Teams must have always at least 3 boys and 3 girls in the lineup and on the field.
- Each player must wear:
  - matching jersey/shirt with a unique (at least 6" tall) number permanently affixed to the back.
- Teams must have a distinctly different color or wear pinnies if needed.
- Coaches/Advisors must submit Lineup Card prior to the start of every game.
- All teams should have a minimum of two new "Clincher Softballs" per game.
- No metal cleats are allowed.
- Catcher must wear a mask
- Only three (3) coaches (head coach, first base coach, third base coach) are allowed on the sidelines

#### 2. Game Format & Timing

- Single Elimination. The winner advances to the next round.
- All games will be five (5) innings, including the final medal game.
- There will be a minimum of three (3) innings.
- No inning will start after the 1-hour mark.
- Home team is determined by a coin toss or another fair method before the game
- A team has ten (10) minutes from the scheduled game start time to field the minimum number of players before forfeiting. The decision is at the discretion of the GOADO Committee.
- A player will bat only once during each inning. If the team goes through the lineup, "Bats Around" their inning is over and the opposing team will become the batters.

#### 3. Mercy Rule:

- After 3 innings of play, A team leading by 10 runs at the end of a full inning, the game will end immediately by the umpire, resulting in a mercy rule victory for the leading team.

#### 4. Gameplay Rules

- Standard ASA/USA Softball rules will apply.
- Batting lineup must be maintained throughout the game.
- No bunting or stealing bases.
- Courtesy runners are allowed for an injured player but must be the last recorded out.
- Sliding is allowed, but no intentional collisions.
- Runners must hold their base until the batter makes contact with the ball.
- **Infield Fly Rule:** Batter is out if a pop-up is hit with runners on base and less than 2 outs.
- No intentional dropping of fly balls to force double plays.
- Underhand Slow pitch format.
- Pitchers will be a designated person from their own team (coach, player, priest, or parent).
- If a player is the designated pitcher, they cannot be in the lineup or play in that game.
- The pitcher may not field a batted ball — if hit, the ball remains live.
- Batter is out if they throw their bat.
- The batter must hit the ball to get on base — missing the third strike cleanly is an out.
- Four (4) fouls are an out.

# **GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS**

## **GOYA MANUAL OF EVENTS**

**May 22-24, 2026**

### **5. Sportsmanship & Conduct**

- No arguing with umpires—all calls are final.
- No profanity, taunting, or unsportsmanlike conduct.
- Ejections may result in suspension from other Olympics events.

### **6. Time-Outs**

- No time-outs.

### **7. Substitutions**

- Girls for girls, boys for boys.
- Only players listed on the lineup card at the start of the game may re-enter by substituting for the same player who replaced them.
- Substitutions are unlimited during stoppages in play, but the clock will keep running.

# GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

## GOYA MANUAL OF EVENTS

May 22-24, 2026

### Athletic Equipment:

- Each Coach/Team should have immediate access to first aid kit & supplies.

#### **Volleyball:**

- Mandatory:
  - Volleyballs - for competition purposes: white only
- Recommended:
  - Knee Pads

#### **Soccer:**

- Mandatory:
  - Soccer balls – Size #5 for Boys & Size #4 for Girls
  - Shin Guards
  - Soccer Cleats
  - Goalie Gloves
- Recommended:
  - Pinnys (Different color)

#### **Softball:**

- Mandatory:
  - Softballs – Clinchers at least six (6)
  - Bats
  - Softball Gloves
  - Catcher's mask
- Recommended:
  - Bases

#### **Board Games:**

- Recommended:
  - Chess, Checkers Board

#### **Track:**

- Mandatory:
  - Four (4) Batons for track relays

#### **Basketball:**

- Recommended:
  - Boys (29.5 size); Girls (28.5 size)

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

# GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

## GOYA MANUAL OF EVENTS

May 22-24, 2026

### **First Aid Supplies:**

The following is a list of first aid items which each team should have accessible at all times.

EMS services will also be present, in the events of an emergency or injury of an athlete.

SUNSCREEN.....I.	1 bottle
ICE PACKS.....	6 packs
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
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

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