

GREEK ORTHODOX ARCHDIOCESAN DISTRICT OLYMPICS

JOY MANUAL OF EVENTS



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JOY MANUAL OF EVENTS
May 22-24, 2026

JOY Eligibility, Rules & Regulations

The mission of the JOY 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:

11 - 12	2013 – 2014 [2013 CAN PLAY UP IN GOYA TEAM EVENTS With Approval]
9 - 10	2015 - 2016
7 - 8	2017 - 2018
6	2019 CAN PLAY IN TEAM EVENTS (7- 9 TEAMS) With Approval

Soccer & Kickball Team Break Down:

10, 11, 12	2013 - 2015
7, 8, 9	2016 - 2018
6	2019 CAN PLAY IN TEAM EVENTS (7, 8, 9 TEAMS) With Approval

**** Age groups are determined by YEAR OF BIRTH, not the current age of participant.**

General Rules:

- Athletes may only compete in individual events within their own age group.
- JOY athletes are NOT allowed to compete in GOYA individual events.
- JOY athletes born in 2013 only may compete in GOYA team events if necessary to field a team, with GOADO Committee approval.
- JOY athletes born in 2019 may compete in JOY (7-9) team events with GOADO Committee approval.
- Coaches and/or Advisors with 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 community jersey/shirt with:
 - Community name on front
 - Unique (at least 6” tall) number permanently affixed to the back.

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JOY - Instructions for Filling Out Index Cards

- Individual events: ONE ATHLETE per card.
- Team Events: WHITE cards & Rosters/Lineup sheets before each game.

7- 8 (2017-18)	9-10 (2015-16)	11-12 (2013-2014)	All Team Events
BOYS: BLUE	BOYS: GREEN	BOYS: WHITE	WHITE
GIRLS: PINK	GIRLS: YELLOW	GIRLS: PURPLE	

○ Example

JOY ¹	Girls ³	7-8 Div ⁴
Basketball ²	Free-Throws ⁵	
[First Name] [Last Name] ⁶		
New Rochelle, Holy Trinity		

Please print clearly:

KEY:

1. Youth Program
2. Sport
3. Boys/Girls/COED
4. DIVISION
5. Event
6. Name of Athlete
7. Community, Church

JOY ¹	BOYS ³	11-12 Div ⁴
Track ²	4x50 meter Relay ⁵	
#1 [First Name] [Last Name] ⁶		
#2 [First Name] [Last Name]		
#3 [First Name] [Last Name]		
#4 [First Name] [Last Name]		
Brooklyn, HOLY CROSS		

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

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Swimming: Divisions [9-10 Girls; 9-10 Boys; 11-12 Girls; 11-12 Boys]

1. General:

- **Deadline: MONDAY MAY 18th, 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.
- Dress Requirement for female swimmers: one-piece swimsuit.
- 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.
- Swimmers must complete the race in order to medal.

2. Individual events: 25-meter Freestyle

- Divisions [9-10 Girls; 9-10 Boys; 11-12 Girls; 11-12 Boys]
- Each church may enter a maximum of three (3) athletes in each division.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final

3. 4 x 25-meter Relay

- Divisions [9-10 Girls; 9-10 Boys; 11-12 Girls; 11-12 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.
- Younger division athletes may compete on the older division relay team.
- There must be at least one (1) older participant 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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Track Events: Divisions [7-8 Boys/Girls/Coed; 9-10 Boys/Girls/Coed; 11-12 Boys/Girls/Coed]

1. General:

- Sneakers or flat-running shoes on indoor track only.
- 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 dash

- Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & Girls]
- 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.

• **4x50 meter Shuttle Relay**

- Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & Girls]
- Each community may enter one (1) Boys & one (1) Girls team in each division
- Younger division athletes may compete on older division relay teams.
- There must be at least one (1) athlete within that age group on the relay team.
- Older division athletes cannot compete in younger division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final Heat
- All four participants on the team must wear the same community t-shirt.

3. 4x50 meter Coed Relay:

- Divisions [Coed 7-8; Coed 9-10; Coed 11-12]
- 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
- Younger division athletes may compete on older division relay team.
- There must be at least one (1) athlete within that age group on the relay team.
- Older division athletes cannot compete in younger division relays.
- This is a timed event; Medals will be awarded based on the fastest overall times. No Final
- All four participants on the team must wear the same community t-shirt.

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Field Events: Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & Girls]

1. General:

- Sneakers or flat-running shoes on indoor track only.
- 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.
- Unsportsmanlike conduct, such as arguing with officials or obstructing other competitors, will result in disqualification and suspension from other Olympic events.

2. Softball Throw:

- Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & 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

3. Standing Long Jump:

- Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & Girls]
- Each church may enter three (3) athletes in each division
- Each participant will receive two (2) attempts.
- The longest valid jump out of the two (2) attempts will be recorded as the final result.
- A jump will be considered invalid (fault) if:
 1. The athlete steps beyond the take-off line.
 2. The athlete does not start from a stationary position.
- Measurement will be taken from the nearest point by any part of the body to the take-off line.

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Board Games: Chess, Checkers, Backgammon, Nok-Hockey, Connect Four

1. General:

- Divisions: [COED 7/8; COED 9/10; COED 11/12]
- Each church may enter four (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 3rd 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.
- Unsportsmanlike conduct, arguing with officials, distracting their opponent, excessive talking, or attempting to manipulate the board will result in disqualification & 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 10-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" and can move forward and backward.
- One minute time limit per move.
- Fifteen (15) minute match limit.
- A player wins by:
 1. Capturing all the opponent's pieces.
 2. Blocking the opponent so they cannot make a legal move (stalemate win).
 3. 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.

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5. Nok-Hockey:

- Boards, sticks, and pucks will be provided.
- Players will alternate possession throughout the game.
- No hands allowed to move the puck. All shots must be taken with sticks.
- Players cannot lift or tilt the board.
- The puck must be struck from the player's side of the board; reaching over is not allowed.
- If the puck leaves the board, the opposing player gets possession.
- Winner is first player to reach 7 goals, must win by 2. Cap 11.
- Championship game winner is the first player to 11 goals must win by 2 (no Cap).
- Participants may not leave the board game area until they are eliminated.

6. 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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Soccer: Divisions [7,8,9 Boys & Girls; 10,11,12 Boys & Girls]

1. Team Composition

- Each Community may enter **one (1) Boys team** and **one (1) Girls team per Division**
- 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 will play with #4 Size ball; Girls will play with a #4 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.

Continued....

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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.
- If a player deliberately heads the ball, the referee will stop play. The game will resume with a dropped ball unless the infraction occurs within the 18-yard box, in which case an indirect free kick will be awarded to the opposing team from the spot of the infraction. If a deliberate header results in a goal, the goal will be disallowed, and an indirect free kick will be awarded to the opposing team. Accidental headers will not result in a stoppage of play."

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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Kickball: Divisions [7,8,9 Boys & Girls, COED ; 10,11,12 Boys, Girls, COED]

1. Team Composition

- Each Community may enter **one (1) Boys team, Girls team & COED team per Division**
 - Players may only play on one (1) 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 10)** but may finish with **8 only due to injury**.
 - COED 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.
 - No metal cleats
- Coaches/Advisors must submit Lineup Card prior to the start of every game.
- Only three (3) coaches (head coach, first base coach, third base coach) are allowed on the sidelines
- Each team must provide a 10" in diameter, two-ply red rubber kickball.

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 and a team is 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 kickball rules will apply.
- Kicking 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 not allowed and no intentional collisions.
- Runners must hold their base until the kicker 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.
- The batter must hit the ball to get on base—missing the third strike cleanly is an out.
- No pitching. Each kicker will place the ball at home plate and have one (1) attempt to kick.
- All kicking attempts must be made between the kick line (5 feet behind home plate) and home base.
- A missed kick or a foul ball results in an out. The kicker must make contact with the ball.
- "Pegging", throwing the ball at a runner **below the neck** to get them out, is allowed.

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Basketball Free Throws: Divisions [7-8 Boys & Girls; 9-10 Boys & Girls; 11-12 Boys & Girls]

1. Participation & Format

- Each community may enter three (3) 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 (7-8 Div & 9-10 Div)

- Each participant will be given 1 warm-up shot that will not count.
- Each participant has up to 10 free throw attempts within a 60-second time limit.
- Shots must be taken from the designated free throw line.
 - 7-8 Div will shoot from 6ft from backboard
 - 9-10 Div will shoot from 10ft. from the backboard
- Any shot taken after time expires will not count.

3. 11-12 Div will shoot “Around the World”

- Each participant has up to 10 free throw attempts within a 90-second time limit
- Each participant will shoot from five (5) designated spots
- Spots will be at a distance of 15ft from the backboard along the baseline right & left, the right and left wings, and straight out.
- Spots will rotate counterclockwise starting from the baseline left.

4. Equipment & Ball Specifications

- All participants will use a 28.5" basketball.
- There will be two balls in play to ensure smooth transitions between shots.
- Balls will be rebounded and retrieved by officials.

5. Scoring & Awards

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

6. Tie-Breaker Procedure

- If there is a tie for any of the top three positions:
 - Tied participants will take 5 additional throws within 30 seconds.
 - If still tied, participants will take 1 shot each until a winner is determined (sudden death).

7. 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 9-10; & Coed 11-12]

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 younger participant may “play up” on an older division 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 11 points (No win by 2 points) or 8 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 scores 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 free throw

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.

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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Table Tennis: Division [9-10 COED & 11-12 COED]

1. Player Entry & Bracketing Composition

- Each Community may enter **three (3) Boys and three (3) Girls per Division**
- 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 twenty-one (21) cap.
- Semi-Final & Finals will be to twenty-one (21) 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.

Tic-Tac-Toe Relay: Division [7-8-9 Coed; 10-11-12 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.

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Athletic Equipment:

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

Soccer:

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

Board Games:

- Recommended:
 - Chess, Checkers Board

Track:

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

Basketball:

- Recommended:
Boys (29.5 size); Girls (28.5 size) 7-8yo (27.5)

Kick Ball:

- Mandatory:
 - 10” 2-ply red rubber kickball
 - Bases

Different color Pinnies

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

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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.