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

Participant any person present at the tournament: GOYAns, fans, parents, grandparents, siblings, priests, coaches
Player any GOYAn on the participating team
Non-Player/Participant any GOYAn who is not participating on a team
Chaperone as defined
Coach as defined
Drugs For purposes of these rules, "drugs" shall be defined as:
1. All dangerous controlled substances as so designated and prohibited by the states of PA, OH & WV.
2. All alcoholic beverages.
3. All tobacco products (for all GOYAns).
4. All chemicals which release toxic vapors.
5. Any prescription drug not prescribed for the Participant.
6. Any substance that is a "look-alike" to any of the above.
7. Any product that when misused, may result in drug-like effects.

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

I. ELIGIBILITY
A. Participants must be Orthodox Christians who are active in the life of the Church. (Players & Non-Player/Participants, Coaches, Advisors, Chaperones)
B. All Players & Non-Player/Participants must attend church services, have regular Sunday School attendance and must be active in the total youth program of the respective parish for which he/she will represent. Any exceptions must be approved by the Executive Committee of the Youth Commission during the Volleyball Registration process.
C. Players and Non-Player Participants must be in seventh grade (minimum age of 12 years old) through twelfth grade. Player is eligible until graduating from high school.
D. 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.

II. COACHES
A. Must be an adult age 21 or older.
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 athletic 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.

C. Must be active, participating member of his/her local Orthodox Church.

D. Should not be considered or counted as a chaperone at the tournament.

D. Coaches must be listed on the official roster to be registered at the tournament.

III. CONDUCT

A. Under the direction of His Eminence Metropolitan Savas, the Youth Commission will apply a ZERO TOLERANCE policy for any Participant who uses illegal drugs or alcohol anytime, at any location during the tournament weekend. This policy prohibits the use of tobacco products by all GOYAns. Violation of the above will be grounds for immediate and possible indefinite suspension. Loss of temper, foul language, unsportsmanlike gestures, and unsportsmanlike conduct is prohibited by any participant.

B. All incidents which violate the Metropolis Rules & Guidelines must be immediately reported to the Metropolis Youth & Young Adult Ministries Director, Athletic Committee Chairman or Metropolis Representatives present.

C. The actions of an individual Participant that require disciplinary measures to be taken, could affect not only the individual, but may extend to a team or an entire parish.

D. Participants who are in the presence of any type of “drug” use (see page 1) or action which violates Metropolis Rules & Guidelines should report it to the Metropolis Youth & Young Adult Ministries Director, Athletic Committee Chairman or Metropolis Representatives, or they will be subject to the same discipline.

F. Any participant causing damage, either personal or property, is held responsible and liable.

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. Mid-drift 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. Leggings are permitted as long as bottom is fully covered at all times. 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.

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. Chaperones must refrain from alcohol use during the Tournament day or weekend hours.
C. Each Chaperone will be responsible for 5 participants.

D. Chaperones are to remain with their assigned GOYA participants during the entire time the participants are away from home.

E. 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 register at the tournaments.

V. TOURNAMENTS

A. GENERAL RULES

1. All Volleyball Tournaments must be Metropolis-sanctioned.

2. At the Tournament Registration, every Participant (GOYAn, Advisors, Coaches, Chaperones, adults and others will be asked to pay a $5 fee that will cover lunch. (Wristbands will be given for each $5 collected.)

3. The GOYA Advisor will be asked to register their parish and show proof of Emergency Health and Consent Forms for all GOYAns.

4. Prayer is to be offered to start the day and then at the conclusion of the day. The two teams of a game may be introduced to each other before the game begins and congratulate each other at the end of the game.

5. Each Volleyball Tournament must offer both a Junior and Senior Co-Ed Division.

6. **Teams are to be Co-Ed** -- mixed with both boys and girls participating in each Division.

7. Metropolis-sanctioned tournaments are restricted to parishes within the Metropolis of Pittsburgh unless special permission is given. All parishes within the Metropolis are encouraged to participate in Metropolis-wide tournaments.

8. A team* must represent one parish and no independent teams shall participate in the tournament. *A team may be comprised of more than one parish with prior approval.

9. Times shown on the brackets are approximate; teams should monitor the brackets throughout the day.

10. All matches will be one game to 25 with the exception of the Championship match, which will be “Best of 3”. (25 points – 25 points – 15 points).

11. 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.

12. 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:
   - Junior Teams with 6 players can have 3 boys max
   - Junior Teams with 7 players can have 4 boys max
   - Junior Teams with 8 players can have 4 boys max
   - Junior Teams with 9 players can have 5 boys max

12. Registered Players may participate with only one team 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. All Metropolis-sanctioned games will be played according to prevailing High School rules. **(Metropolis Rules may override these.)**

21. The host parish MUST have at least one referee 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.

22. 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 Athletic Committee.

23. Each Junior Division and Senior Division team must carry a first aid kit as a condition of tournament participation.

24. 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 six weeks prior to the tournament weekend for review/approval. 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.

13. The host parish must see to it that no alcoholic beverages are served at the tournament.

14. The host parish is responsible to supervise and properly chaperone all tournament activities. Only supervised and chaperoned activities are permitted for all tournament participants.

15. The host parish MUST assign a scorekeeper from the host parish for each and every tournament game. Scorekeepers must be familiar with the equipment used at the gym and how to score the game. A copy of the Metropolis Volleyball Rules must be available in the gyms if needed.

16. Pricing Structure: The entry fee will be $140.00 per team. Roster forms should be submitted to the host parish with the registration fee. The host parish is responsible for giving a copy to the Metropolis.

17. 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 pre-made ice packs in case of injuries. (Freezer quart-size Ziploc bags are best.)

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 Volleyball 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:
   8:00 - 8:45 am  Registration
   8:45 - 9:00 am  Prayer and Introductions
   9:00 am - 12:00 pm  Matches
   12:00 - 12:30 pm  Lunch
   12:30 - 4:15 pm  Matches
   4:15 - 4:30 pm  Trophy or Icon Presentation

4. A snack bar (with breakfast, lunch and beverage items) should be available for
   players to utilize between games and a lunch will be provided in the cafeteria
   for adult chaperones, coaches and clergy. (The snack bar should be Lenten, if
   after Meatfare Sunday or during Lent) Games may stop for a minimum half-
   hour lunch break at 12:00 noon.

5. Host parishes will provide lunch for the GOYAns and the clergy, adult
   chaperones, coaches, other guests. There will be a $5 lunch fee for all
   participants.

6. 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.

7. 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.

8. In each division, icons or trophies will be awarded for 1st Place, 2nd Place, 3rd
   Place and Sportsmanship. Sportsmanship should be the largest icon or trophy. If
   trophies are presented, they may be not larger than 18” high. All awards will be
   presented after both championship matches have completed.

VI. GENERAL RECOMMENDATIONS
   A. Completed brackets showing full results of all tournament games should be provided to
      the Metropolis Youth Office and to the Host Tournament Committee.
   B. A prayer may be offered at the conclusion of Championship, Third Place games and
      other games when possible.
   C. A donation should be given to the Metropolis Youth Office and placed in the general
      Youth Budget for use of future youth ministry programs. The donation should at least be
      10% (tithe) of the gross receipts.

Questions or comments?
Please contact the Metropolis Youth & Young Adult Ministries (Y²AM) Office:
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