



Greek Orthodox Metropolis of Pittsburgh

2025 GOYA BASKETBALL RULES & GUIDELINES

y2am.pittsburgh.goarch.org/basketball

“If anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” ~ II Timothy 2:5

PREFACE

The Metropolis GOYA Basketball Rules & Guidelines provide a general spirit and attitude in which all participants are to recognize and accept. Each situation may not be identified within these Rules & Guidelines. Considering that the intent of these Rules & Guidelines is to facilitate proper Orthodox Christian conduct, play and attitude, unspecified events or situations will be handled accordingly. Any exceptions must be approved by the Metropolis Athletic Executive Committee.

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TERMS

GOYAn	A 7 th – 12 th Grade student* who is a participant in the GOYA ministry of the Church and is active in the full life of the Church (Sacraments, Sunday School, etc.) *Minimum age of 12 and in 7 th Grade. If your parish permits 6 th Graders to participate, they may attend the tournaments, but not play on a team until in 7 th Grade.
Applicant	An Applicant is defined as any GOYAn (Player or Non-Player), Advisor, Coach, Chaperone or any Adult. All Participants are required to register online once per season. See the Metropolis Youth & Young Adult Ministries (Y ² AM) website: y2am.pittsburgh.goarch.org/basketball . Upon approval by the Parish Priest and GOYA Advisor, the Applicant will then be considered a Participant. This approval is based on meeting the eligibility requirements of the Metropolis and the Parish.
Participant	Any person present at the tournament: GOYA Players, Non-Players, Coaches, Advisors, Chaperones, Priests, parents, siblings, grandparents, relatives, fans, etc.
Player	Any GOYAn on a participating team.
Non-Player	Any GOYAn who attends the tournament and is not on a team.
Advisor	The GOYA leader(s) that the parish (Priest and in some cases, Parish Council) has given responsibility to oversee the group during the tournament weekends. Page 9.
Chaperone	As defined, page 9.
Coach	As defined, pages 10.
Parish	All Participants attending from a particular church. (The GOYA group.)
Drugs	For purposes of these rules, "drugs" shall be defined as: <ol style="list-style-type: none">1. All dangerous controlled substances as so designated and prohibited by the states of OH, PA & WV.2. All alcoholic beverages.3. All tobacco/nicotine products, including electronic cigarettes. (GOYAn only)4. All chemicals which release toxic or non-toxic vapors. (Vaping & Juuling)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.
Blow-Out	A 25 point difference at any time during a Boy's game and 20 point difference in a Girl's game

DECLARATION 1: 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 and these Metropolis Rules and Guidelines. Alcohol use is not permitted by any Participant during the tournament weekend, even if you are of age.

COVID REGULATIONS

- A. We will not require testing prior to the event.
- B. We will not require COVID Waivers.
- C. We ask that you remain home and not travel if you have been recently diagnosed with, are currently experiencing symptoms or have been in close contact with someone who has tested positive for COVID-19 5 days or less prior to the tournament.

ELIGIBILITY

- A. Each Parish GOYA should have a meeting prior to the first tournament to review the Metropolis Rules with all GOYAns and parents. Advisors, Clergy, Coaches and other Chaperones should be present. At this time, individual Parish expectations may be reviewed as well.
- B. All Participants (GOYAns, Advisors, Coaches and Chaperones) must be Orthodox Christians who are “active in the life of the Church.” Any exceptions must be approved by the Athletic Committee of the Youth Advisory Council before January 5, 2025. (*What is “active in the life of the Church?” Attending services, especially Divine Liturgy; receiving Holy Sacraments; participating in the ministries of the Church.*)
- C. All GOYAns 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 plays basketball. Any exceptions must be approved by the Metropolis Athletics Committee before January 5, 2025.
- D. All Participants must read and fully understand the Metropolis Athletic Rules & Guidelines for the 2025 Season, which are available on our website at pittsburgh.goarch.org/basketball.
- E. Player and Non-Player GOYAns must be in a minimum of **Seventh Grade** (and a minimum age of 12 years old) and a maximum of Twelfth Grade. Players are eligible until graduation from high school. (The Archdiocese Guidelines for GOYA include Seventh – Twelfth and not Sixth Grade.)
- F. New Players must provide a copy of their Baptismal Certificate to their GOYA Advisor or the person designated to collect basketball information for the Parish. If no copy is provided, the Player will not be permitted to play until one is submitted and approved by the Metropolis of Pittsburgh Y2AM Office. If a New Player does not have their original Baptismal Certificate, please contact the Church office of the Parish in which they were baptized to obtain a copy. These must be received no later than Registration at the First Tournament Weekend, January 17, 2025.
- G. Any Player that is a varsity player on a junior or senior high school athletic team **must** consult with his/her parents and school coach about eligibility for GOYA Athletics. The Metropolis does not approve of GOYAns violating local state and school eligibility requirements in order to play GOYA Basketball or GOYA Volleyball. This is solely the responsibility of the Player to determine edibility to participate based on the rules of their other programs. The Metropolis is not responsible for violations.
- H. In order for a Parish to be eligible to register to participate in the Metropolis Athletic Ministry Programs, the Parish must designate representatives to one of the mandatory Athletic Seminars. The representatives should include at least the GOYA Advisor(s), GOYA Officers, Coaches, Parish Youth Director and if possible, the Parish Priest. Any exceptions must be approved by the Metropolis Athletic Executive Committee. This year, seminars are a month earlier and will be held December 7 and 8, 2024 on Microsoft Teams. Registration can be found on our website.
- I. In order for a Parish to participate during the 2025 Season, they must be able to show compliance of both the Archdiocese & Metropolis Youth Safety Policies for all chaperones, advisors, coaches and clergy. (See y2am.pittsburgh.goarch.org/safety for latest updates) Youth Safety Completion Forms are due by January 10, 2025.

CONDUCT

- A. Hazing and bullying, both in person AND online, are unacceptable and grounds for immediate discipline. (GOYA Advisors and Coaches: Please review what actions are considered inappropriate with your GOYAns.)
- B. Unacceptable Conduct is prohibited by any Participant, as defined in "Terms," page 1. This includes, but is not limited to: loss of temper, foul language, unsportsman-like gestures, and un-Christian-like conduct. No "nicknames" with inappropriate meaning can be used for players.
- C. Metropolis Representatives, in the presence of a Parish Priest or Chaperones, reserve the right to enter any room of any Participant where there is concern for their safety or the safety of others. In addition, bag searches of anyone who is suspected of possessing alcohol, drugs or weapons may be necessary under those circumstances. These searches can and will be conducted at random.
- D. Any Participant causing damage, of either personal or public property, will be held responsible and liable.
- E. GOYAns are only permitted to enter the room of GOYAns of the opposite sex if the door is wide open and a Chaperone is present. (There must be a minimum of two females and two males.)
- F. Single Participants (not married and/or not related Participants) of the opposite sex may not share any hotel room. Individuals of the opposite sex, who are not married to each other will not be permitted in the same room without the door open. (This includes all Participants including Coaches and Chaperones.)
- G. GOYAns of the opposite sex must not be assigned to adjoining rooms.
- H. Curfew is at 12:00 a.m. on Friday and 12:30 a.m. on Saturday. All GOYAns must be in his/her assigned room at this hour. **Junior Team Assistant Coaches who are 19 or 20 years old** are expected to follow the curfew as well. Neither GOYAns, nor Junior Team Assistant coaches should leave the room after this hour.
 - *If GOYAns or Assistant Coaches need anything throughout the night, they can call their chaperones who would be permitted to travel to the GOYAns/Assistant Coach's room past curfew.*
- I. All Participants may not bring inappropriate videos/adult entertainment and/or access them while in the hotel room.
- J. For any Participants not staying at the hotel and staying at a private residence, all tournament rules apply. (If Host Parish teams are staying at homes, Boys & Girls teams must stay at separate homes and be chaperoned throughout the night.)
- K. All Participants must attend Divine Liturgy on Sunday at the Host Church and will be required to sign-in with a Metropolis Representative in the Narthex. Moreover, they must be in attendance no later than 15 minutes after Divine Liturgy is scheduled to begin.
- L. GOYAns may not drive vehicles to/from or during tournaments.*This is the responsibility of the Chaperones and/or Coaches (those who are Youth Safety Certified/Compliant). Junior Assistant Coaches are allowed to drive themselves to and from tournaments but are not permitted to drive GOYAns at any point during the tournament due to Archdiocese Insurance requirements. (*Exception: If the GOYAn is in a car with his/her immediate family only and must include a parent(s) and no one else, he/she is permitted to drive.)
- M. Incident Reports are kept at the scorekeeper's table or with yellow vested Metropolis Representatives during each tournament or can be accessed on our website. Should you witness an incident during the tournament weekend, please ask for a form to complete immediately. Upon completion, please submit to a member of the Metropolis Athletic Committee.
- N. Participants are not to damage or take any center pieces, tablecloths, photo props or

decorations from any parish events throughout the weekend. This includes bringing and using items that could cause damage, such as stink bombs or confetti poppers. Please be mindful that a lot of time, effort and finances go into these tournaments! We are to respect their property.

- O. During Friday and Saturday evenings, there will be designated tables for chaperones. Parishes are required to have 2-3 chaperones sit at those tables during meals so the GOYAns are not unattended. We also remind parishes that during the dance, they must have chaperones/advisors present with the GOYAns.
- P. To assist in ensuring proper game conduct, when possible, 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. Metropolis Representatives will be in a designated a bright yellow vest for the 2025 Season.

DECLARATION 2: *All incidents during a tournament weekend that are considered in violation of Metropolis Rules are considered matters which must be brought to the Metropolis Athletic Committee and/or Metropolis Y2AM Director where proper disciplinary actions will be taken. No matters are considered "in-house" to the Parish. Violation of this declaration may subject a Parish to suspension. (Incident Report is found on the Metropolis Y2AM website: y2am.pittsburgh.goarch.org/basketball)*

DRESS CODE (Applicable to ALL Participants)

- A. In keeping with the Orthodox Christian family environment, our Metropolis requires modest clothing.
- B. No clothing with logos that contain profane language, reference to drugs, alcohol, tobacco and violent or anti-Christian propaganda will be permitted. Pants or shorts with writing on one's bottom are not permitted and pajamas may not be worn as outerwear.
- C. Consistent with the Orthodox teaching of respect for the body as a temple of the Holy Spirit, all participants may not have any visible tattoos, brandings or body piercings, other than earrings. If you have a visible tattoo, you must keep it covered with a bandage or long-sleeve tee, etc.
- D. Ear piercings should be kept to a minimum. (No more than 2 sets of earrings.) Any other piercing which may be visible must be removed. This includes belly piercings, nose and tongue piercings.
- E. Female Participants' Dress Code Notes: **(This includes all Participants, Advisors, Coaches, Chaperones, GOYAns, etc.)**
 - a. Girls' teams are not permitted to have bra/sports bra showing through their uniforms on and off the court. If your GOYAns need to change, please have them do so in the locker room or restroom.
 - b. Mid-section (waist & hips) must be covered at all times.
 - c. Overly tight fitting or low cut apparel is also not allowed. Yoga Pants and Leggings are now permitted. (No sheer cutouts or mesh.)
 - d. Tube tops, halter, spaghetti straps or one-bare shoulder tops are not permitted. No short mini-skirts, short-shorts, or spandex.
 - e. If using the hotel pool, no bikinis, tankinis, bare midriff or two-piece swimsuits are permitted.
 - f. For Saturday evening Tournament events that ask for Semi-Formal attire, all of the above rules apply: no strapless dresses, halter dresses, spaghetti strap dresses, off of the shoulder, etc. unless a sweater/jacket is worn all evening. **No short or overly tight fitting dresses**

- F. Male Participants' Dress Code Notes: **(This includes all Participants, Advisors, Coaches, Chaperones, GOYAns, etc.)**
- No overly baggy pants to be worn below the hips.
 - Boxers may not be worn as outerwear and may not extend above or below shorts or pants.
 - If using the hotel pool, no Speedos or overly short swim trunks are permitted.
 - Males are not permitted to remove their jersey while in the gym unless they are wearing an appropriate undershirt underneath their jersey. **If your GOYAns need to change, please have them do so in the locker room or restroom.**
- G. The Clergy and Metropolis Representatives reserve the right to ask any Participant to change inappropriate clothing or may provide appropriate clothing to wear.
- H. Please remember to dress appropriately and respectfully for Divine Liturgy on Sunday morning. (No jeans, shorts or tennis shoes.)

GAME RULES

- All Metropolis-sanctioned games will be played according to local prevailing state high school rules, with several exceptions, noted below.
- The Game Officials must be licensed and have a minimum of one year experience.
- All jewelry and wristbands should be removed during game play for safety reasons.
- All Junior and Senior Division Teams will play four 8-minute quarters.
- All games must begin with both teams having five players* on the court. A team without enough players, must forfeit. (An exception may be granted if a player is hurt, and the game must be played with four players or if the opposing team is willing to play with 4 players from the start.)
- Prayer is to be offered **before** and **after** each tournament game. The two teams playing will be introduced to each other before the game begins and after the conclusion of the game, will congratulate each other.
- Icons will be located at each scoring table, will be utilized for opening and closing prayer, and will be there for the participants to reverence.
- For the first game at each gym on Saturday morning, teams will forfeit the game if they are not ready within the 20-minute grace period from the scheduled start time. For the remainder of the games, a team will forfeit the right to play if it is not ready within 15 minutes of the designated start time.
- If games are running behind schedule, there will only be a 5-minute warm-up time.
- A men's regulation basketball will be used for all Boys' Games and a women's regulation basketball will be used for all Girls' Games. These are provided by the Host Parish. (All Boys Teams: 29.5" ball – Size 7, 22 oz. and all Girls Teams: 28.5" ball – Size 6, 20 oz.)
- All Player basketball uniforms must have player numbers on front and back of jersey.
- Only registered Players and registered Coaches for the particular team may sit on the bench. For example: a Coach registered with a Junior Boys Team can't sit on the bench of a Senior Boys Team. A score bookkeeper may also occupy the bench, if registered.
 - This also means that a senior player cannot occupy the bench during their parish's junior game or a parent not registered as a coach for that team, for example.
- All games (regular & championship) will employ a running clock which will only stop for the following:
 - All shooting foul shots
 - All whistles in the last two minutes of the fourth quarter.
 - Timeouts
- There will be one minute and thirty seconds for halftime, 30 seconds between the first and second quarter and 30 seconds between the third and fourth quarter.

- O. Three point shots will only be recognized in gyms with appropriately marked lines (as deemed by referees).
- P. Starting on the 5th foul of each quarter, two shots will be given. This count resets at each quarter.
- Q. There will be 2 full timeouts per team, per half (2 quarters) and one 30 second timeout in the second half (last two quarters). No carryover of timeouts into Overtime. Full timeouts are one minute in length.
- R. Overtime is a three-minute period with one full timeout per team. Overtime will repeat as needed. Clock will be a running clock except for the last minute of the overtime.
- S. If a blow-out (defined page 1) occurs during a game, the leading team is required to do the following:
 - a. Substitute available Reserve players.
 - b. Slow down the tempo of the game.
 - c. No fast breaks, no half-court or full-court presses, no 3-point shooting, and no shot blocking.
 - d. Leading team will only be permitted to play zone defense (no man-to-man defense)
 - e. Exhibit good sportsmanship (no taunting, showing-off, or excessive celebration).
 - f. Continue to play the game (pass, shoot, play defense) in accordance with the constraints stated above.
 - g. If the above constraints are employed, but the point spread does not narrow, no further action is required of the leading team.
 - h. Failure to comply with blow-out rules will result in the following discipline of the leading team: Violations – 1st violation: warning; 2nd: technical foul; 3rd: game forfeiture.
 - i. When the Blow-out is in effect, all baskets made by the team with the lead will count as one point until the lead is 24 points or less.
- V. The Game Officials will enforce the Mercy Rule when:
 - 1. Boys Division - With eight or fewer minutes remaining, a Team is up by 25+ points, the clock will run continuously (except on timeouts) until the lead is 24 points or less.
 - 2. Girls Division - With eight or fewer minutes remaining, a Team is up by 20+ points, the clock will run continuously (except on timeouts) until the lead is 19 points or less.
- W. Each Coach must play every Player during each game of the tournament. (As a Coach, you are expected to uphold this and remember that we are here first as Orthodox Christians and second as competitors.) Exceptions: injured Player or Player who does not want to play. If a Player will not be participating for some reason, the Coach must notify the Coach of the other team, Metropolis Representative and the Scorekeepers of the names of the Player(s) who will not be playing that game.
- X. Unsportsmanlike conduct by a participant such as removing jersey before the conclusion of the game, kicking chairs, throwing the basketball at the wall, etc., can result in immediate ejection of that individual from the game and potential suspension from future games and tournaments.
- Y. Any team that walks off the basketball court in protest during a game immediately forfeits its right to participate in the remainder of the tournament and is subject to disqualification from future tournaments.
- Y. If a Parish registers two teams in the same division and one of the teams must cancel, the Parish will play as the higher seeded team in the brackets.
- Z. During game play, no one is permitted to step onto the court unless they are tending to an injury or a coach is seeking a timeout. This includes spectators, players and coaches. Failure to comply can result in your dismissal from the game.
- AA. If a Player receives a technical during game play, their coach must sit them out for one full minute of game play. If they receive a second technical foul, the Player will be disqualified from the remainder of the game.

- AB. If a Coach receives 2 technical fouls during a single game, this Coach will not be allowed to coach the rest of the game and must vacate the gymnasium. If this is a repeated offense, their ability to coach for future tournaments will be reviewed by the Metropolis Athletics Committee.
- AC, ***NEW*** During game play, we ask that girls keep their nails to a safe length and shape to not injure any other players.

DISCIPLINE

- A. Under the direction of our Hierarchy, the Y2AM 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.
- B. All disciplinary action will be taken by the Metropolis Athletic Committee with the approval of the Metropolitan and Chancellor. Appeals to disciplinary decisions may be submitted in writing to the Metropolis Youth & Young Adult Ministry Office within ten days of the disciplinary action.
- C. All incidents which violate the Metropolis Rules & Guidelines must be immediately reported to the Metropolis Representatives present. The Chair will consult with the Metropolis Y2AM Director and the Metropolis Y2AM Commission Chair. If necessary, the Metropolis Chancellor will be notified.
- D. Inappropriate actions of an individual Participant may require disciplinary measures to be brought upon not only the **individual** but may also extend to **a team and/or parish**.
- E. Participants who are in the presence of any type of “drug” use, possession, (page 1) or action which violates Metropolis Rules & Guidelines should remove themselves from the situation and report it to the Metropolis Y2AM Director, Athletic Committee Chair or Metropolis Representatives, or be subject to the same discipline.

MUSIC DURING THE TOURNAMENT

Please keep in mind that we gather first as Orthodox Christians during the weekend and second to play basketball. All music that is used for pre-game warm-ups/post-game must be appropriate and void of profanity, drug, and sexual connotations. During the evening activities and dance, the DJ or Band will not be able to accept music or song requests from Participants. Music with inappropriate lyrics that has been edited (radio version/cleaned up) is not permitted. The Metropolis Y2AM Director will discuss specifics with each Host Parish that must be followed.

GOYAns, please remember that you are attending a Church sponsored event in all your actions on the dance floor. Advisors and Chaperones, it is your responsibility to make sure that the manner in which the GOYAns from your Parish choose to dance is appropriate.

METROPOLIS ONLINE REGISTRATION AND FORMS

- A. All Registrations through the Metropolis for the GOYA Athletic Ministries (Basketball, Volleyball) are completed online. Registration is mandatory for: GOYAns (Players, Non-Players), Clergy, Advisors, Coaches, Chaperones and Adult Participants. See: y2am.pittsburgh.goarch.org/basketball for registration links. This must occur in addition to specific tournament registrations.
- B. Each Parish is responsible for designating a GOYA Advisor(s) or person to be responsible for overseeing the online registrations from the parish. The Parish Priest and the designated person will receive updates on the status of their Parish’s registration.
- C. If a person is unable to register online, the Parish and/or GOYA Advisor is responsible for designating someone who will help assist with online registration. Please be aware that if you are registering someone else online, you must make sure you read each line of the Terms and Conditions to the Applicant for the Applicant to approve.

- D. With the 2025 Season Online Registration, fees & deadlines are:
1. November 15 – December 31: Metropolis Online Registration fee is \$30 per GOYAn (Player & Non- Player/Participants) and \$0 per Coach, Chaperone, and Adult Participant. January 1- January 10, late fees are applied. GOYAns are \$40 and Adults are \$15. The fee may be paid by credit card unless a Parish/GOYA has set up a scholarship/discount code. The GOYA Advisor or Youth Director will inform the Participant if a code has been set up.
 2. AFTER JANUARY 10: After Registration has closed, all Registrations will only be accepted with written or spoken permission by the Parish Priest, GOYA Advisor, and Coach. No registrations will be accepted without special permission. ***NEW*** An extra \$5 fee will apply.
- E. All GOYAns must submit a completed 2024-2025 Medical Release/Consent Form which must be given to the designated person (Advisor). These forms must be presented for review at Registration for each tournament. If a GOYAn does not have a completed form, they will not be permitted to participate. *Only the 2024-2025 standardized Metropolis Emergency Health and Consent Form may be used.*
- F. GOYA Advisors must submit a copy of the Baptismal Certificates of all First Year Players at Registration during the First Tournament.
- G. All Applicants are not considered fully registered until the Parish Priest and GOYA Advisor sign off on the spreadsheets indicating that the Applicant may represent the parish. These sheets should be presented to the Metropolis Y2AM Director prior to the first tournament.

ADVISORS, CHAPERONES & ALL ADULTS

- A. Advisors and Chaperones must be responsible adults who are active in the life of their Parish and are at least 21 years old. Priority for Chaperone approval is to be given to the parents of the GOYA Participants.
- B. Advisors must complete Metropolis Online Registration before the first tournament and register at each tournament.
- C. Each Chaperone will be responsible for a maximum of five GOYAns. (1:5 Ratio)
- D. The Advisor must ensure that there are no more than five GOYAns staying overnight in any hotel room.
- E. An Advisor or Chaperone must never sleep in the same bed as a GOYAn, unless it is their own child or sibling.
- F. An Advisor or Chaperone must never be alone with just one other GOYAn.
- G. An Advisor or Chaperone is not permitted to change clothes in front of GOYAns.
- H. Upon check-in and check-out times, Chaperones are to inspect GOYAns' rooms for missing items or damages. Damages should be reported immediately, especially when just checking in.
- I. Chaperones are to remain with assigned GOYAns during the entire time the Participants are away from home.
- J. Advisors and Chaperones are not permitted to consume alcohol during the tournament weekend, nor are they permitted to go into any bar, nightclub, alcoholic or gaming establishments.
- K. Advisors and/or Chaperones must check rooms at the 12:00 a.m. curfew for Friday and 12:30 am curfew for Saturday to be sure all Participants are in their appropriate rooms.
- L. All Participants are to attend all social events. Participants, including Chaperones and Coaches, are not permitted to leave the social events. Advisors and Chaperones are responsible for the enforcement of this rule.
- M. Chaperones are encouraged to alternate attendance to the Hospitality Room (if one is offered) so that they may continue chaperoning/overseeing their GOYAns at social events. During meals, however, 2-3 chaperones per parish are required to sit in their designated tables within the GOYAn tables.

- N. Concussion Safety: Advisors and Coaches are required to complete a free online Concussion Safety Course offered by the Centers for Disease Control and Prevention (CDC). This course is also recommended for all Participants. Upon completion of the course, the certificate will need to be presented at each Tournament Registration by each Advisor and Coach. This awareness of Concussion Safety is very beneficial to protecting our youth. Link to free training: headsup.cdc.gov/ (The CDC offers a free app – CDC HEADS UP Concussion Safety for use by all.) The course certificate is valid for five years.
- O. Background Checks, Youth Safety Training: At the directive of Metropolitan Savas of Pittsburgh and his Metropolis Council, and due to laws in the Commonwealth of Pennsylvania, a Metropolis Youth Safety Policy has been established for our entire Metropolis. For more information on the policy, please see: y2am.pittsburgh.goarch.org/safety. Advisors & Chaperones are to be compliant with the laws and policy before participating. In addition to the Metropolis Youth Safety Policy, chaperones must be 100% compliant with the Archdiocese Youth Safety Policies which include: registering, screening (every 2 years) and training (every year). For more info, please see your Parish Youth Safety Administrator. Forms are required to be submitted prior to the first tournament which indicate all youth workers attending the tournament, including their dates of completion.

COACHES

- A. Coaches must be an adult age 21 or older and must be an active, participating member of his/her local Orthodox Church.
- B. Nineteen- and twenty-year-olds are eligible to act as **Junior Team Assistant Coaches** with special permission by the Executive Committee of the Metropolis Athletic Committee. This is a position of privilege and permission will be granted based on the Applicant’s past behavior and example in the basketball program. Permission must be requested no later than January 1, 2025. If approved, the Junior Division Assistant Coach must complete the Youth Safety requirements.
 - 1. If permission is given, the Junior Division Assistant Coach must be accompanied by a Head Coach in order to sit on the bench. In the absence of a Head Coach, the Junior Division Assistant Coach may not act on his/her own. Junior Division Assistant Coaches will follow all of the same Metropolis Athletic Rules which apply to GOYAns. (For example: curfew and drug/alcohol use.)
 - 2. Junior Coaches are not eligible to serve as Assistant Coaches to Senior Teams.
- C. Coaches are not to be considered or counted as Chaperones for the tournaments and therefore will not count toward the ratio.
- D. Coaches must complete the Metropolis Online Coach’s Registration and must register at each tournament.
- E. All Coaches and Advisors are required to complete a free online course offered by the Centers for Disease Control and Prevention (CDC). This course is also recommended for all Participants. Upon completion of the course, the certificate will need to be presented at each Tournament Registration by each Advisor and Coach. This awareness of Concussion Safety is very beneficial to protecting our youth. Link to free training: headsup.cdc.gov/. The CDC offers a free app, CDC HEADS UP Concussion Safety. The certificate is valid for 5 years.
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- which indicate all youth workers attending the tournament, including their dates of completion.
- G. Coaches must set the example for his/her players by refraining from un-sportsman-like and un-Christian-like conduct, including unacceptable language.
 - H. Coaches are **not** permitted to consume alcohol or illegal drugs during the tournament weekend, nor are they permitted to go into any alcoholic or gaming establishments.
 - I. Coaches are to attend all events and Divine Liturgy during the tournament weekend.
 - J. Coaches are responsible to see that each Junior Division and Senior Division team carry a first aid kit as a condition of tournament participation. Please label the kits with your church/team name. This is mandatory.
 - K. Coaches should be provided with a copy of the Emergency Health & Consent Form for each of the Players on his/her team. These should always be with the team in case of need.
 - L. Each Coach must play every Player during each game of the tournament. (As a Coach, you are expected to uphold this and remember that we are here first as Orthodox Christians and second as competitors.) Exceptions: injured Player or Player who does not want to play. If a Player will not be participating for some reason, the Coach must notify the Coach of the other team, Metropolis Representative and the Scorekeepers of the names of the Player(s) who will not be playing that game.
 - M. At Half-time, the Scorekeepers and Metropolis Representatives will review the list of Players who have not played in the game and notify the respective Coaches.
 - N. A Metropolis Representative may ask a Coach to rest a Player if he/she sees signs of extreme fatigue, exhaustion or possible concussion symptoms, posing a possible health risk.
 - O. Only the two registered coaches are permitted to be on the bench during game play for their specific team. During game play, only the head coach is permitted to stand. The assistant must remain seated on the bench. These roles are permitted to alternate, as long as everyone is over 21 years of age.
 - P. A third person may sit on the bench as the official team manager who can keep track of the score book. They must be at least 21 and youth safety certified.

TOURNAMENT REGISTRATION AT PARISHES

- A. The Parish GOYA Advisor (or designated person) shall pay for all Participants at one time for all GOYAns and additional Chaperones, Adults and Children, and will be required to submit an Official Sign-In Sheet of 1) Each Team 2) Extra GOYAns 3) Advisors, Coaches, Junior Assistant Coaches 4) Chaperones, Drivers, Adults and Children. (This is a requirement of new Archdiocese Youth Safety Policy). They will also need to submit a list of completed youth safety requirements for all chaperones, coaches, advisors and clergy which is due by January 10, 2025.
- B. All Players must register by **9:00 a.m. Saturday** to be eligible to play in games. Exceptions to the 9:00 a.m. deadline must be approved by the Athletic Executive Committee prior to the start of the tournament (akyritis@pittsburgh.goarch.org). Furthermore, the delayed Player must report to a Metropolis Representative (wearing neon yellow vest) upon arrival at the tournament to be eligible to play in the games.
- C. Though not preferred, parishes who have to register Saturday morning must make arrangements with the Host Parish and Metropolis Y2AM Director.
- D. If a Player does not play in at least one preliminary game prior to a third place, consolation, or championship game, he/she is then not eligible to play.
- E. All Players must register/check in with proper identification: Metropolis ID Card (Template on website), State Issued Driver's License, State Issued ID Card or any student ID that has both a photo

and birthdate imprinted.

- F. As previously stated, all Advisors, Coaches and Chaperones must register/check in as well. *(Clergy, Metropolis Representatives who are on duty and 2 Advisors will be admitted gratis.)*
- G. Every Parish/GOYA must submit a list of Participants* and their hotel room assignments/room number to the Front Desk at the Hotel after the Hotel Check-In process has been completed and before curfew on Friday evening. These lists will then be given to the Metropolis Representatives. (*Please remember that "Participant" is defined as all Players, Non- Players, Advisors, Coaches, Chaperones, other Participating Adults, etc.) In this case, it also refers to anyone who is in your hotel room block. If they are in the room block, they need to be registered online and agree to abide by the Metropolis Athletic Rules & Guidelines. See Hotel Rooming List Form posted in the Documents Section of the Youth & Young Adult Information & Registration Site.
- H. All Participants are required to attend all Saturday evening events (Prayer & Social) on time and may leave the event no earlier than 30 minutes prior to the ending of the event.

FEES

- A. At the directive of the Metropolis YAM Commission, in order to assist Host Parishes in acquired costs for the weekend, a ratio and fee have been established.
 - a. **UPDATED:** For the 2025 Season, every person will be required to pay a fee at tournament registration: \$15 all Adult Participants and children who are not GOYAns (Age 12 and under) and \$35 for all GOYAns.
 - b. Clergy, Metropolis Representatives and 2 Advisors per parish are free.
 - c. **UPDATED:** Each tournament may collect \$290 per Team. (Same price for additional teams.)
- B. Any team that attempts to register after the designated deadline may be accommodated at the discretion of the Host Parish with an additional fee of \$50 per team. (No previously registered team may be bumped.)
- C. In the case of an "Act of God," and there is a need to cancel/postpone a tournament, the Host Parish reserves the right to keep the team fees paid with permission of the Metropolis Athletic Executive Committee.
- C. It is recommend that Tournament Host Parishes offer a donation to the Metropolis if they are financially able to.

TEAM FORMATION

- A. Only GOYAns younger than age 16 (ages 12/Seventh grade through age 15) may play on Junior Division teams.
- B. Senior Division teams are generally comprised of GOYAns aged 16 and up but younger GOYAns may play in the Senior Division at the discretion of the Parish Coaches and Advisors.
- C. A Parish registering only one Boys or Girls team for a given tournament will be considered a Senior Division team unless appropriate identification demonstrates otherwise.
- D. If a Parish has both Junior & Senior Teams, then a Seventh or Eighth Grader should play on the Junior Team during his/her first season of GOYA Athletics.
- E. A team must represent one Parish and no independent teams shall participate in any Metropolis-sanctioned tournament. An exception to this rule will be allowed for Parishes that do not have enough GOYAns to form a full team. Two small Parishes may combine to form a single team if neither Parish is able to field a team on its own. The Parishes must communicate their desire to combine in writing to the Metropolis Youth Director prior to the first tournament registration deadline.

- F. The Athletic Executive Committee will then either approve or deny the request. If the request is approved, they must provide a uniform roster to the Metropolis Youth Office by the stated deadline. Two Parishes which choose to combine will be considered a single entity for the entire season and may not combine with any other Parish for that season, nor may they split into separate teams, unless both Parishes can field their own teams.
- G. During a tournament, all players must remain on one team for the entirety of that tournament. There will be no floaters for the 2025 Season. This will result in forfeiture of the game in which the violation occurred.
- H. Tournaments of the Metropolis of Pittsburgh should be attended before consideration is given to traveling outside of the Metropolis. Participation in tournaments outside of our Metropolis is not permitted without permission of the Metropolitan via the Metropolis Youth & Young Adult Ministries Office. (Please contact the Metropolis Youth Director for clarification on this point.)
- I. Priority should be made for the GOYAnS to attend Metropolis programs in the event that a nearby parish outside of our Metropolis is hosting a tournament on the same weekend as a Metropolis GOYA Retreat or other event.

SPORTSMANSHIP

In an Orthodox Christian Athletic environment, Christian example on/off the court is what we strive for. Therefore, the Sportsmanship Award is to be the greatest recognition of the tournaments. This honor will be presented in the Church following Divine Liturgy to the recipient Parish. The Sportsmanship Award is given to a Parish for the actions of all its Participants. A large icon may be given and a trophy may be presented as well. The Parish will then be dismissed first for antidoron and Sunday brunch.

SENIOR RECOGNITION

Senior Recognition Icons are presented to high school seniors who are participating in their last GOYA Basketball Tournament Season. The recognition is meant for GOYA Players who participate in the 2025 season and not all seniors in the Parish. If a Non-Player GOYAn is a senior and will be attending the 2025 Tournaments, an Icon may be presented.

In order to receive Senior Recognition, the Participant must indicate that they are a senior/2025 Graduate during the Registration process. Each Parish Advisor will be given their Senior list for review. **Lists are due by December 31, 2024.**

METROPOLIS YOUTH & YOUNG ADULT MINISTRIES OFFICE

- A. The Metropolis Youth & Young Adult Ministries Office will keep a central file system obtained from the Online Registration Site for each Parish and maintain a Metropolis-wide database that includes all Athletic Ministry Participants. The central file for each Parish includes:
 - 1. Each team's roster of Players
 - 2. Each parish's list of Non-Player GOYAns, Advisors, Coaches, Chaperones
 - 3. Correspondence to/from the Parish
- B. The Youth & Young Adult Ministries Office will post the online registration site and all official forms on the Metropolis website for use. <https://y2am.pittsburgh.goarch.org/basketball>.
 - 1. 2025 Metropolis Athletic Rules & Guidelines
 - 2. 2024-2025 Emergency Health/Consent Form
 - 3. Scorer's Sheet
 - 4. Incident Report
 - 5. Youth Safety Completion forms for OH, PA and WV
 - 6. Hotel Rooming List
 - 7. GOYA ID Template
- C. The Metropolis Y²AM Director will actively interface with the Host Parish Tournament Chairperson or GOYA Advisor. This may include but is not limited to: hotel contract review/approval, schedule review/approval, meeting with Host Committee and/or facility representatives.
- D. Following the tournament, the Metropolis Y²AM Director may meet with Hotel Representatives, Facilities Representatives, etc. to obtain a weekend evaluation, room usages, and information to help for future tournament planning.
- E. Also following the tournament, the Metropolis Y²AM Director will meet with the Metropolitan and/or Youth Commission Chairperson and will update them on the events of the weekend.
- F. The Metropolis Y²AM Director will notify the respective Parish Priest about any Participant who has not complied with or supported the Metropolis Athletic Rules.

y2am.pittsburgh.goarch.org/basketball

Questions/Need more info?

Please contact Alyssa Kyritsis and the
Metropolis Athletics Committee

E-mail: akyritsis@pittsburgh.goarch.org

Phone: 412-621-8543

5201 Ellsworth Avenue, Pittsburgh, PA 15232

Follow our Athletics Ministry on Instagram:

@gomopathletics