



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ

2024-25 GOVERNING RULES AND REGULATIONS

THE GOVERNING BOARD of the GOAL will be the Director of Ministries and Programs, Spiritual Advisor and the committee/board. All matters of concern regarding issues, schedules, games, conduct, etc. should be conducted with the BOARD of the GOAL: goalball@gmail.com.

2024-25 GOAL Divisions & FEES:

Churches with Three (3) Teams	\$3,250
Churches with Two (2) Teams	\$2,250
Churches with One (1) Team	\$1,000
Men's Team	\$1,000
5 th /6 th Grade Boys Team	\$650
3 rd -6 th Grade Girls Team	\$650
3 rd /4 th Grade Boys Team	\$325

THANKSGIVING TOURNAMENT FEES:

4 Teams	\$700
3 Teams	\$500
2 Teams	\$350
1 Team	\$250



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Referees

Two (2) Illinois High School Association Referees will be provided for each game for the 7th/8th Grade, Girls and High School Boys Division. Therefore, the Church hosting the game must have an adult present to run the clock and take score for as many games as will be played that day. Games must be played if only One referee is present. If no referee is present, the game will be played with both teams agreeing to substitute(s) filling-in as referee(s). These games will be counted as OFFICIAL, if played or FORFEITED if not. There will be Two (2) Officials for the Men's League and games will be played on Wednesday's and/or Sunday's unless otherwise noted in the schedule.

ELIGIBILITY AND OPERATIONS RULES

1. Junior GOYA Division

- a. Junior G.O.Y.A. Teams are defined to include any boy or girl from the age of 14 and under and is still in Grade School/Junior High.
- b. Any boy or girl who reaches his/her 15th birth date on or prior to February 24, 2024, or is in High School is ineligible for further Junior G.O.Y.A. competition, but may matriculate to the Senior G.O.Y.A. Team and play to its season's conclusion.
- c. Girls will only be allowed on the Junior G.O.Y.A. roster if they comply with the eligibility rules for Junior G.O.Y.A.
- d. Girls playing on the Junior G.O.Y.A. Team will be eligible to play on the Senior Girls G.O.Y.A. Team.
- e. Boys playing on a Junior G.O.Y.A. Team will be eligible to play on the Senior Boys G.O.Y.A. Team only if the Senior Boys team has 6 players or less at the start of the game. You can bring a Junior Boy up to the Senior Boys team to make it 8 players for the roster at the start of the game. No more Junior Boys players will be allowed up to play once the team roster for that day's game has hit 8 players. This rule is in order only to prevent forfeits and/or to alleviate excessive playing of younger players during the game.
- f. Players MUST be involved and active members in their home parish's youth programs, including but not limited to Junior G.O.Y.A. or J.O.Y. throughout the year and must regularly attend Church (the Divine Services) faithfully.

2. SENIOR G.O.Y.A. DIVISION

- a. A player reaching his or her 19th birthday on or prior to February 24, 2024 or has graduated from his/her High School is ineligible to compete in the Senior G.O.Y.A. Divisions, but a male may matriculate to the Men's Division.
- b. Players must be in an accredited High School/Junior High School for participation in the Junior and/or Senior G.O.Y.A. Divisions.
- c. Players MUST be involved and active members (in good standing) of their home parish's G.O.Y.A. program throughout the year and must attend Church



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(the Divine Services) faithfully and on a regular basis. If the players home parish is lacking additional youth ministries, the player is encouraged to seek ministries at other parishes within the Metropolis to be active with.

- d. Boys playing on a Junior G.O.Y.A team will be eligible to play on the Senior Boys G.O.Y.A. team only if the Senior Boys team has 6 or less players at the start of the game. You can bring a Junior G.O.Y.A Boy(s) up to the Senior Boys team to make it 8 players. No more Junior G.O.Y.A Boy players will be allowed up once the team roster for that day's game has hit 8 players. This rule is in order only to prevent forfeits and/or to alleviate excessive playing of younger players.
 - e. Any player who will be (a) trying out for; or (b) is playing on his or her High School or College Basketball Team (at ANY scholastic level, i.e., Freshman, Sophomore, JV, or Varsity) is not eligible to (i) play in the G.O.A.L. Basketball League (even after IHSA eligibility is completed); (ii) be listed on an official G.O.A.L. Basketball Roster. If a player does not make their school team or quits their school team, they are eligible to play for the G.O.A.L., provided they are added to the official G.O.A.L. Roster on or before December 1, of the GOAL League year.
3. **RULES COMMON TO THE GRADE SCHOOL DIVISIONS, GIRLS & HIGH SCHOOL BOYS DIVISIONS, MEN'S DIVISION, AND COACHES.**
- a. Each Parish or combination of parishes can field a team in each of the following divisions; High School Boys, 7th/8th Grade Boys, 5th/6th Grade Boys, 3rd/4th Grade Boys, 7th-12th Grade Girls and 3rd-6th Grade Girls. A Parish can consider entering 2 teams in any division provided that each team will have a minimum of 10 players.
 - b. Each team must submit an Official Roster of Eligible Players, signed by the Proistamenos to and Athletic Director to: goalbball@gmail.com
 - c. All rostered players must also be registered via QuickScores
 - d. The OFFICIAL PLAYER REGISTRATION FORM will be facilitated by the GOAL Board via QuickScores
 - e. The OFFICIAL ROSTER will include:
 - Players Full Name (Last Name and First Name)
 - DOB
 - Age
 - Parent Email
 - Jersey #.
 - f. At least one of the player's parents/guardians or the player himself/herself, must be a member in good standing of the sponsoring parish. For the Men's Division, individuals 25 and under are allowed to be under their parent's



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stewardship. If they are over 25 years of age, they must be stewards themselves.

- g. To be eligible, a player must be on his/her team roster. A player not on the official team roster may not participate in the League. Final additions or subtractions to the roster must be made by December 1 of the GOAL League year.
- h. A player must play in a minimum of a third of their team's regular season games to qualify to play in the playoffs and championship game. The Thanksgiving Tournament does not qualify as part of this.
- i. A player cannot change teams unless there is a geographical move into a new parish area [for example: a family leaving a south side parish and attending a north side parish without making a geographical move is ineligible to play in the G.O.A.L.; also, if a family wishes to change from one parish to another in the same geographical area, a player is ineligible to play on the new parish team.] Should a player wish to change teams without a geographical move, he/she must sit out one year or basketball season. A player can play for another parish if his/her parish does not have a team in the league. He or She must be a steward of their current parish and does not need to become stewards of the church they play for, unless told so by the parish priest and the parish council of said parish. If a parish comes into the League after a brief hiatus, its players are eligible to play for this parish even if they have been playing for another parish. However, these players must show proof they have been active stewards in good standing of said parish for at least a full year. If a player would like to switch teams due to legitimate circumstances, (this will be judged by the commissioner and the G.O.A.L. Board in talking with the player and his family) both Athletic Directors and Priests must be notified and the Athletic Director and Priest of the team that the player formerly played on, must agree, and give a written release from that team. The G.O.A.L Board shall render a final determination at its sole and absolute discretion prior to allowing such a change in participation.
- j. To be eligible to play in a game, players and coaches must attend the Divine Liturgy on the day of the game or the day after a game (if the game is played on a Saturday). A Wedding or Baptism does not count. It is also highly recommended that each player attends Sunday School. Sunday School is an important part of the catechesis of the Church and all youth should participate and learn about their faith and the Church. However, Sunday School CANNOT REPLACE worship in the Divine Liturgy. It shall be the responsibility of the Coach(s) and Athletic Directors of each Parish to monitor the attendance of players to ensure their participation in the G.O.A.L. The G.O.A.L is in place to complement ministries of the Metropolis and is not meant to be a standalone basketball league.
- k. Additions to a roster, after the date of submission, may be made in writing only (via email) and presented to the G.O.A.L. Board for review and approval



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by December 1, of the GOAL League year. Please send all additions to the Commissioner at goalball@gmail.com

- l. In the event of ineligible player(s) in a game, his/her team will automatically forfeit the game(s) in which he/she has participated.
- m. Each parish is required to have a Mandatory Parents/Coaches/Athletes Meeting before the season begins to discuss the G.O.A.L. Basketball Season in its entirety with those will be participating, especially parents, players and coaches, with the clergy of the parish present. A copy of the sign-in sheet from the Parent/Coaches/Athletes meeting must be submitted to their Parish Priest prior to the first regular season
- n. Any questions relating to eligibility are to be resolved by the G.O.A.L. Board.

4. GAME RULES

- a. Unless specified below, G.O.A.L. will abide by the rules of the Illinois High School Association.
- b. A prayer will be offered before each game by the home team or by any clergyman present. During the prayer, a player from each team will hold an icon (provided by the home parish) while the rest of the team and spectators will recite the prayer. At the conclusion of the prayer and game, teams will shake hands at half court. There will be no player introductions prior to games.
- c. Before every game, a Code of Conduct for all presents will be read to everyone in the gymnasium by one of the players.
- d. All players, who are present at a game will have their full name and jersey number entered the Official Score book. A game will not begin until this has been accomplished and both coaches and the referees have signed the score book, making it official.
- e. The G.O.A.L. is a Competitive League, however, requires every player present at a game on every team has an opportunity to play unless there is a disciplinary issue.
- f. Running Up the Score is a gross neglect of Sportsmanship. Every effort must be made to keep this from happening. It is not only detrimental to the team that is being beaten, but also goes against any sense of Christian brotherly love. If a pattern is detected because of complaints or Game Reports, an initial warning will be given followed by game suspensions or forfeitures of the coach and team. (To be determined by the Board)
- g. Abusive behavior of any type by members of the crowd, parent(s), fan(s), player(s), Coaches and/or cheerleaders from a given parish or parishes must be reported IN WRITING to the G.O.A.L. Board immediately following the incident. Complaints submitted in writing will be sufficient cause for review by the G.O.A.L. Board of Directors, resulting in possible forfeiture of game(s)



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and/or suspension of the Parish from the League and/or other sanctions to individuals that are disruptive to the program.

Only the Head Coach and two Assistant Coaches will be allowed on the bench with the players. No other adults, clergy or children will be allowed on the bench. The Head Coach is the only one allowed to stand. Assistant Coaches will sit on the bench along with the players during the game.

- h. Bench and Stand Decorum is of the utmost importance. No Coach, player, parent or fan shall use profanity before, during, or after the game. Coaches, players, parents and fans will conduct themselves with the highest integrity, knowing that this is a Church League and that behavior unbecoming the love, respect, dignity, and discipline expected of those associated or connected with G.O.A.L. will not be tolerated. Any form of abuse, verbal, physical or psychological toward anyone in the gym will also not be tolerated. The Athletic Director, along with the person in charge of the gym, will be responsible for stand decorum, along with the head coaches of the teams that are participating with the assistance of the referees.

7th/8th GRADE DIVISION, GIRLS AND HIGH SCHOOL BOYS' DIVISIONS

1. The Game – will consist of four (4), eight (8) minute quarters, with one (1) minute intermission after the first (1st) and third (3rd) quarters and five (5) minutes in between halves. The clock will stop on free throws and time-outs, except in the LAST ONE (1) MINUTE OF EACH QUARTER, where the clock stops on all whistles. There will be a five (5) minute warm up and/or five (5) minutes between games immediately starting after the teams from the previous game have shaken hands. Every player's full name and uniform number must be entered in the scorebook. Only THREE (3) FULL TIME-OUTS (60 Seconds) and TWO (2) 30 SECOND TIME-OUTS are allowed per game. A 30 Second charged Time-Out will not exceed 30 seconds and teams shall remain standing within the time-out area. A warning signal for teams to prepare to resume play is sounded with 15 seconds remaining. A 60 second charged Time-Out shall not exceed one minute (60 seconds) and shall be conducted within the confines of the time-out area. A warning signal for teams to prepare to resume play is sounded with 15 seconds remaining.
2. 7th/8th Grade. and Girls* games will not allow press until the last two (2) minutes of each *quarter. **However, if a team is up by 20 or more points, NO PRESSING, FULL COURT or even HALF COURT will be allowed for the team that is ahead. * A warning shall be issued by the referee to a team that is deliberately pressing before the last two minutes of each quarter. If this persists, a bench technical will assessed to the offending team.
3. EVERY child on the roster and at the games must allowed to play in the game unless there is a disciplinary reason. The AD will inform the person keeping the book prior to the game



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4. A set of G.O.A.L. Basketball Rules (This Document) must be provided by the HOST CHURCH and present at the Score's Table for each game played during the season and during the year end Playoff and Championship Tournament, as well as all Tournaments.
5. An assigned Referee, responsible for the SCORE BOOK, and a responsible ADULT, versed in the operation of the TIME CLOCK, must be present (and working all games played) at the SCORE'S TABLE. THE OFFICIAL SCORER will be the designated Referee at the Score's Table for the game being played. (NOTE: at "neutral site games", the HOME TEAM will be the last number on the schedule.)
6. OVERTIME – will consist of a THREE (3) minute period (clock to stop at free throws and time outs), with the clock stopping at every whistle during the LAST MINUTE. Conclusion of game will be determined by OVERTIME PERIOD(S). RECORDING OF SCORES AND STANDINGS – The HOST TEAM must E-MAIL to text in ALL the scores of ALL DIVISION GAMES by the MONDAY of the week the game is played, or enter them into the Quick Scores App directly
7. Playoff and Tournament Games will be conducted at the end of the season. A Tournament will ensue during the end of the season with all participants from all the Churches and all Divisions participating. There will be a Gold Division and Silver Division based off the teams record for the year. This means that there will be two separate brackets created. One for the Gold Division and one for the Silver Division. Teams in each division (based off the season record) will only play those teams in their division, to a championship game. In case a similar or close record within the standings occurs, the following guidelines will help determine Tournament seeding as determined by the G.O.A.L. Board. There will also be a Thanksgiving Tournament for the Youth Divisions.
8. Best Example of Sportsmanship, attendance at the Divine Liturgy, Sunday Church School attendance, Youth Group involvement (including retreat participation and overall behavior). This information is to be supplied by the Parish Priest or lay youth minister.
9. Adherence to the G.O.A.L. Rules during the season and overall conduct reflected on the court.
10. Overall Record of Games Played for the Season. (It should be noted that a "1st Place" won/loss record does not guarantee a number 1 seed).
11. The G.O.A.L. Tournament will be a single elimination playoff during a two weekend tournament format, which is sanctioned by the G.O.A.L. during the course of the year. No other tournaments will be sanctioned or blessed by the G.O.A.L. or the Metropolis of Chicago.
12. The Sanctioned G.O.A.L. Tournament will follow the rules provided in this document without exception or the host parish will risk losing sponsorship of any future tournaments.
13. The G.O.A.L. Tournament seeding will take place in this manner and in this order:
 - a. Win/Loss Record
 - b. Head-to-Head



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- c. Point differential between the head-to-head game
 - d. Coin Flip
14. Church Teams and/or Coaches participating in other outside tournaments or leagues from the 1st of September through the G.O.A.L. Basketball Season is strongly discouraged if they interfere with Metropolis programs, either educational, liturgical, spiritual, or athletic. As requested by His Eminence, Church teams should not participate in athletic events outside of Metropolis sponsored programs if they conflict with Metropolis programs and if they at all impede the spiritual and religious development or education of the young people involved, in being absent from their Church's Divine Services, Sunday School, Altar Service, or Choir.
15. **POSTPONEMENTS AND/OR RESCHUDELING OF GAMES:**
- a. The Priests, Pastoral Assistants, Athletic Directors, Youth Directors, and/or Coaches must ALL agree and must notify Fr. Kosmas Kallis by email (y2am@chicagometropolis.org) on the Friday prior to a Sunday Game and 12:00 NOON on the Thursday prior to a Saturday Game, if postponement and/or rescheduling of games is desired. If this is not done, any team failing to appear for a game will automatically forfeit and will be financially responsible for payment of referees not used for the game(s). Athletic Directors, Youth Directors, and/or Parish Priests will be held responsible for any communication regarding any cancellations pertaining to Postponements and/or Rescheduling of Games.
 - b. Any proposed forfeiture of games by a Parish must be submitted by the Athletic Director AND the Parish Priest (jointly) to the Commissioner on behalf of the G.O.A.L. Board for review no later than noon the Wednesday before the games to be forfeited. The reason for the forfeiture must be provided in detail and the Commissioner on behalf of the G.O.A.L. Board shall review and respond to any such requests by noon the following day.
 - c. Exceptions will be made in cases of severe weather conditions, in which case the team which is unable to attend must notify the host facility of schedule changes or cancellations immediately. To find out if games are to be played because of weather contact via text / voice to Frank Korbos: 708 691 8500.
 - d. Cancellations due to inclement weather on a league wide basis will be made no later than 12:00 p.m. Noon on the day of the game. The A.D. will be notified by phone and e-mail.
 - e. There will be a 15-minute grace period after the original starting time of a game for team's who do not have five players to start. After 15 minutes if a fifth player has not arrived, the game will be forfeited. However, if a fifth player arrives, the game will be played with two 16-minute halves and a running clock. **This rule only pertains to games played on days with inclement weather when games have not been canceled. **



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16. DISCIPLINE

- a. PLEASE NOTE: All areas of disciplinary action will be dealt with by G.O.A.L. Disciplinary Committee and communicated to the G.O.A.L. Board, or in its stay, the commissioner and youth director of the Metropolis. All incidents are to be sent to the G.O.A.L. Board by your Parish Priest or Athletic Director.
 - b. Each team will furnish at least one responsible adult in the gymnasium for the duration of each game and said adult will be in charge of keeping the conduct of fans in order and assisting in maintaining cleanliness.
 - c. Any Player(s), Coach(s), and Spectators found and proven responsible for vandalism, theft, or damage of property will be suspended for the rest of the season and will be subject to further disciplinary action by the G.O.A.L. Board. THIS MUST BE SUBMITTED IN WRITING within one week of the matter in question by those wishing to bring it to the attention of the Commissioner and the Metropolis Youth Director.
 - d. Any Player(s), Coach(s), and Spectators found and proven committing physical abuse to persons or fighting will be suspended for the rest of the season and will be subject to further disciplinary action by the G.O.A.L. Board.
17. RULES OF CONDUCT for Church Leaders, Athletic Directors, Coaches, Youth Directors and Advisors, Players, Cheerleaders, Parents, and fans in attendance at games:

- a. Profanity and/or Taunting will NOT be Tolerated. Referees will be advised prior to the game of this rule. No warning is required prior to being expelled from the game and gymnasium for violation of this rule. ANYONE ejected from the game for profanity will be suspended for a minimum of one game and during the suspension. This includes Coaches, AD's, anyone sitting on the bench, Cheerleaders and Spectators.
- b. Players receiving a FLAGRANT TECHNICAL FOUL (intent to injure an opponent, fighting, et. al.) will be automatically ejected from the game and suspended for the rest of the season. PLEASE NOTE: A "flagrant foul" on a lay-up (for example), with no intent to injure, even though considered a "technical", will not count as a RULES OF CONDUCT violation.
- c. AN EJECTION from a game (i.e., unsportsmanlike conduct, fighting, flagrant fouls, et.al. of players, coaches, spectators and or anyone present at a game) will result in a minimum of a four-game suspension from the League with the possibility of a longer suspension.
- d. **SUSPENSION** - Anyone who has been suspended will have the right to appeal the suspension to the G.O.A.L. Board. If the appeal is successful, the suspended player/coach/spectator may be reinstated with the following provisions:
 - i. A meeting with the Offender, the Parish Priest(s), and the G.O.A.L. Board to discuss "in house service work" by the offender in the local



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- parish, length of time and duties to be determined under the guidance of the Parish Priest. Depending on the infraction, the Board/Commissioner may require a certain number of games that the player/coach/spectator will be unable to participate in following the initial suspension.
- ii. A letter of apology written and sent to the G.O.A.L. Board, the Parish Priest, and anyone else the Board considers as necessary of receiving a letter.
 - iii. Intimidation “Tactics” of any kind by those people mentioned in Section VII, Article D, - RULES OF CONDUCT, whether they are on the court or not, constituting behavior unbecoming the love, respect, the dignity, and discipline expected of those associated or connected with G.O.A.L. WILL NOT BE TOLERATED. Foot stomping in the stands, taunting, throwing of objects, profanity and/or disruptive behavior, negative cheers or booing is strictly prohibited. Noncompliance with a request to stop may result in a technical foul or ejection from the gym and a suspension from all G.O.A.L. activities.
 - iv. (Documented written reports from the Referee(s) and/or Church Official(s) must be submitted to the G.O.A.L. Board proving and detailing such “tactics” where upon appropriate disciplinary measures will be taken)
 - v. Problems or incidents involving the use of alcohol and/or drug abuse within any Church Team must come to the attention of the G.O.A.L. Board as a matter of courtesy and point of information. Disciplinary measures for those infractions will be discussed privately among the Clergy and principal characters involved (offenders, coaches, athletic directors, lay assistants, parents, et. al.)
 - vi. All participants must stand, listen attentively, and participate in the opening prayer.
 - vii. Any participant who uses social media, of any type, to disparage a player, team or church will not be tolerated and will result in game suspensions and/or total suspension from the league.
 - viii. THE EXECUTION OF ALL DISCIPLINARY MATTERS REGARDING THE G.O.A.L. WILL BE HANDLED THROUGH THE G.O.A.L. BOARD.
 - ix. This document shall serve as the official Rules and Regulations surrounding participation in the G.O.A.L. Metropolis of Chicago Basketball League. Any supplemental guidelines to be imposed by a participating Parish must be submitted to the G.O.A.L Board for review, consideration, and approval prior to the adaptation and/or circulation to the players and their families.



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3rd/4th GRADE BOYS DIVISION

1. Each parish may have one (1) team.
2. Ages: Players should be in 3rd or 4th grade. However, no child shall be above the 4th grade to be eligible to participate. NOTE: **A participant may play in both the 3rd/4th Grade Division and 5th/6th Grade Division if necessary to field a team or to make the roster 8 players**
3. EVERY child on the roster and at the games must allowed to play in the game unless there is a disciplinary reason. The AD will inform the person keeping the book prior to the game
4. Teams must have NUMBERED JERSEYS.
5. RULES OF PLAY:
 - a. Games will consist of four 8-minute quarters with a running clock.
 - b. Clock will stop every 4 minutes for mandatory substitutions. If there are 10 or more players, 5 new players must enter the game to replace the 5 players that were on the court. If there are less that 10 players, substitutions must still be made. At the next 4-minute break than the rest of the remaining players must be substitutes for. No player can play more than 8 consecutive minutes. No substitutions need to be made at the last 4 minutes of the game.
 - c. There will be no break for after each quarter and no break at half-time
 - d. Five (5) fouls and the player is out of the game.
 - e. One (1) Full and One (1) 30 second time outs per game.
 - f. DEFENSE shall be played at the Three Point Line or within.
 - g. There is NO PRESS until the last minute of the game. A warning shall be issued by the referee to a team that is deliberately pressing. If this persists, a bench technical will assessed to the offending team. Within the last minute of the game, the defense can extend to half court if you are within 10 points
 - h. No trapping outside the three-point line for the entire game
 - i. THREE second lane violations result in loss of possession.
 - j. Clock stops the last minute of each quarter, as well as time outs and free throws.
 - k. Alternate possession rule will be used.
 - l. Overtime will be Three minutes (clock to stop at free throws and time outs), with the clock stopping at every whistle during the LAST MINUTE.
 - m. FLAGRANT FOULS, at any time, will result in 2 free throws along with possession, as well as penalties found in the Rules and Regulations Packet, Section IV. Discipline, Articles 2 & 3.
 - n. BENCH TECHNICALS will result in 2 free throws along with possession, as well as penalties found in the Rules and Regulations Packet, Section IV. Discipline, Article 3.
 - o. Baskets will be set at 10 feet. Basketballs will be 3/4 size.



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- p. Illinois High School Association rules and G.O.A.L. 7th/8th Grade rules will apply where not specifically covered above.

5th/6th GRADE BOYS DIVISION

1. Each parish may have one (1) team.
2. Ages: Players should be in 5th or 6th grade. However, no child shall be above the 6th grade to be eligible to participate. NOTE: **A participant may play in both the 5th/6th Grade Division and the 7th/8th Grade Division if necessary to field a team**
3. EVERY child on the roster and at the games must be allowed to play in the game unless there is a disciplinary reason. The AD will inform the person keeping the book prior to the game
4. Teams must have NUMBERED JERSEYS.
5. RULES OF PLAY:
 - a. Games will consist of four 8-minute quarters with a running clock.
 - b. Five (5) fouls and the player is out of the game.
 - c. Three (3) Full and Two (2) 30 second time outs per game.
 - d. DEFENSE shall be played at half court but no trapping outside the three-point line.
 - e. If a team is winning by more than 10 points, the defense must be pulled back to the Three Point Line or within.
 - f. There is no press until the last two minutes of the 4th quarter when pressing is allowed. FULL COURT pressing is allowed only during the last two minutes of the 4th quarter. Teams ahead by more than twenty points may not press at all. A warning shall be issued by the referee to a team that is deliberately pressing before the last two minutes of the 4th quarter. If this persists, a bench technical will be assessed to the offending team.
 - g. THREE second lane violations result in loss of possession.
 - h. Clock stops the last minute of each quarter, as well as time outs and free throws.
 - i. Alternate possession rule will be used.
 - j. Overtime will be three minutes (clock to stop at free throws and time outs), with the clock stopping at every whistle during the last minute.
 - k. FLAGRANT FOULS, at any time, will result in 2 free throws along with possession, as well as penalties found in the Rules & Regulations Packet, Section IV. Discipline, Articles 2 & 3.
 - l. BENCH TECHNICALS will result in two free throws along with possession, as well as penalties found in the Rules & Regulations Packet, Section IV. Discipline, Article 3.
 - m. Baskets will be set at 10 feet; basketballs will be at 3/4 size.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ

- n. IHSA rules and GOAL Jr GOYA rules will apply where not specifically covered above.

3rd-6th GRADE GIRLS DIVISION

1. Each parish may have one (1) team.
2. Girls can play on the grade 7-12 Girls team to fill a roster or to get a roster to 8 players
3. EVERY child on the roster and at the games must allowed to play in the game unless there is a disciplinary reason. The AD will inform the person keeping the book prior to the game
4. Teams must have NUMBERED JERSEYS.
5. RULES OF PLAY:
 - a. Games will consist of four 8-minute quarters with a running clock.
 - b. Clock will stop every 4 minutes for mandatory substitutions. If there are 10 or more players, 5 new players must enter the game to replace the 5 players that were on the court. If there are less that 10 players, substitutions must still be made. At the next 4-minute break, then the rest of the remaining players must be substitutes for. No player can play more than 8 consecutive minutes. No substitutions need to be made at the last 4 minutes of the game.
 - c. There will be no break for after each quarter and no break at half-time.
 - d. Five (5) fouls and the player is out of the game.
 - e. One (1) Full and One (1) 30 second time outs per game.
 - f. DEFENSE shall be played at the Three Point Line or within.
 - g. There is NO PRESS until the last minute of the game. A warning shall be issued by the referee to a team that is deliberately pressing. If this persists, a bench technical will assessed to the offending team. Within the last minute of the game, the defense can extend to half court if you are within 10 points
 - h. No trapping outside the three-point line for the entire game
 - i. THREE second lane violations result in loss of possession.
 - j. Clock stops the last minute of each quarter, as well as time outs and free throws.
 - k. Alternate possession rule will be used.
 - l. Overtime will be Three minutes (clock to stop at free throws and time outs), with the clock stopping at every whistle during the LAST MINUTE.
 - m. FLAGRANT FOULS, at any time, will result in 2 free throws along with possession, as well as penalties found in the Rules and Regulations Packet, Section IV. Discipline, Articles 2 & 3.
 - n. BENCH TECHNICALS will result in 2 free throws along with possession, as well as penalties found in the Rules and Regulations Packet, Section IV. Discipline, Article 3.



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ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ

- o. Baskets will be set at 10 feet. Basketballs will be 3/4 size.
- p. Illinois High School Association rules and G.O.A.L. 7th/8th Grade rules will apply where not specifically covered above.

END OF RULES AND REGULATIONS