



GREEK ORTHODOX METROPOLIS OF CHICAGO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



2026 Greek Orthodox Metropolis of Chicago | 45th Annual Junior Olympics

SS. Constantine & Helen Greek Orthodox Church
11025 South Roberts Road, Palos Hills, ILL 60465
<https://chicago.goarch.org/junior-olympics/>

Dear Reverend Father/Parish Junior Olympic Director,

We are excited that you and your community will be joining us at the Metropolis of Chicago Junior Olympics May 22-24 as we celebrate our 45th year of Orthodox Christian Athletic Fellowship.

We are presenting you this packet in which you will find the following material:

- **Schedule of events (subject to change)**
- **Link to Athletic Registration Form/Insurance Waiver/Code of Conduct:**
This form is completed online at: <https://chicago.goarch.org/junior-olympics> Parish Junior Olympics Representatives will receive weekly reports of registration levels. **Registration Forms are due Friday, April 10, 2026 and all Rosters due, Monday May 11, 2026.**
- **Specific Rules for Each Event & “Working Rosters” For Each Event**
- **Rosters:**
The Track & Field Roster represents only the track and field events in the Jr. Olympics; this will be sent to you by Bob Geiger, our operator, who will send links to the Parish Representatives. There are separate rosters for: (1)Tennis; (2) Table Tennis; (3) Board Games; (4) Basketball; (5)Soccer; (6) Softball; (7) Volleyball; and (8) Swimming. **All rosters are due Monday, May 11th at 12 noon (email is fine); if changes are made after the deadline, the signed hard copy must be brought to the Jr. Olympic committee before the event begins.**
- **All roster forms must be completed, including signatures, and emailed to: jrolympics@ssch.us by Monday, May 11th, 2026 at noon.**

Yours in Christ,

2026 Junior Olympics Committee



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



2026 Greek Orthodox Metropolis of Chicago | 45th Annual Junior Olympics | Schedule of Events

Friday, May 22, 2026

6:00pm Bowling - Bowlero, Woodridge, IL (1555 W. 75th Street, Woodridge, IL 60517)

Saturday, May 23, 2026

6:30am Stagg High School Gates Open

7:00am Registration/Check-in for Track & Field

8:00am 45th Annual Opening Ceremonies

- March of Athletes
- Prayer
- Anthems
- Scriptural Charge to Athletes
- Lighting of Torch
- 10K Run begins

9:00am Track & Field Events Begin
(50m Run for Special Olympics participants first)

9:30am Hospitality Area "Olympic Village Café" Opens @ SS. Constantine & Helen

9:30am 13-18 Boys & Girls Volleyball Tournament Begins (at Stagg North Gym [Boys & Girls] and South Gym [Girls])

9:30am Check-in begins for the following activities: Must check in to participate.

- Tennis (at Stagg HS Tennis Courts)
- Table Tennis (at SSCH Church – East Room)
- Chess/Checkers/Backgammon (at Stagg HS Rug Room)

10:00am Tournament begins for the following activities: Must check in to participate.

- Tennis Singles/Doubles | 13–15-year-olds (at Stagg HS Tennis Courts)
- Table Tennis Singles/Doubles (at SSCH Church – East Room)
- Chess/Checkers/Backgammon 8-10/11-12/13-15/16-18 (at Stagg HS Rug Room)

Tournament begins for the following activities:

10:30am 7-9 Coed Soccer (at Stagg HS Back Fields)

11:00am 10-12 Coed Soccer (at Stagg HS Back Fields)

11:00am 13-18 Coed Softball (at SSCH Softball Fields)

11:00am 7-10 Coed Basketball (at SSCH Gym)

12:00pm 11-13 Coed Basketball (at Stagg Charger Gym)

12:00pm 13-15 Coed Soccer (at Stagg HS Back Fields)

12:30pm Swimming: Pool Opens - Coaches Scratch Meeting/Warm Up (at Stagg Pool Office)



GREEK ORTHODOX METROPOLIS OF CHICAGO
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- 1:30pm Swimming Scratch Meeting (at Stagg Pool)
- 2:00pm Swimming Begins All Ages (at Stagg Pool)
- 3:00pm 16-18 Coed Soccer Tournament Begins (at Stagg Stadium Field)
- 9:00pm Conclusion of Saturday's events

Sunday, May 24, 2026

- 8:15am Orthros & Divine Liturgy, followed by Scholarship Presentation (at SSCH Church)
- After Liturgy Hospitality Area "Olympic Village Café" Opens @ SS. Constantine & Helen
- 1:00pm Tournament continues for the following activities:
- 7-10 Coed Basketball (at SSCH Gym)
 - 11-13 Coed Basketball (at Stagg Charger Gym)
 - 13-18 Girls Volleyball (at Stagg North Gym)
- 1:30pm 13-18 Coed Softball Continues Medal Games (at SSCH Softball Fields)
- 2:00pm Tournament continues/begins for the following activities:
- 7-9 Coed Soccer Continues (at Stagg HS Back Fields)
 - 10-12 Coed Soccer Continues (at Stagg HS Back Fields)
 - 13-15 Coed Soccer Continues (at Stagg HS Back Fields)
 - 16-18 Coed Soccer Tournament Continues (at Stagg Stadium Field)
- 4:00pm 13-18 Boys Volleyball Tournament Continues (at Stagg North [Boys])
- 8:00pm Approximate end of all events

Game Times subject to change according to final brackets and number of teams in each age group.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



2026 Greek Orthodox Metropolis of Chicago | 45th Annual Junior Olympics | Rules & Regulations

- **Team Uniform Requirements**
 - Athletes may not have names, nicknames, or slogans on uniforms
 - Team sport athletes must have a number printed on the back of their uniform
 - Coaches, advisors, and chaperone's may not have "staff" printed on their uniform
- **Age Requirements**
 - Players must play in the age group as indicated for the activity
 - A player's age is determined by their birth date as of the first day of the Junior Olympics,
 - If a player is 19 years old, but still in High School, they can play in the Junior Olympics
 - If a player is 18 years old, but has graduated from high school and has completed their first year of college/university, is ineligible to participate in all events except for the 10K.
 - Younger athletes can 'play up' as needed based on the discretion of the Parish Representative and Director of the Event.
- **Event Rules and Regulations**
 - Track and Field
 - Athletes may not participate in Chess, Checkers, Tavli or Table Tennis
 - No athlete may compete in more than three track and two field events
 - Athletes may not wear spikes in any events; track shoes with metal spikes may be used if the spikes are removed
 - Starting Blocks will not be used
 - Only coaches are allowed in the competition area
 - The 10K will take place with the breakdowns listed below
 - Track & Field Events are listed at the end of this packet with age group, gender and participation restrictions.
 - Swimming
 - All Rosters and entries will be due no later than May 11, 2026. Please forward to Sherrie at sherriev@ymail.com and Fr. Chris Avramopoulos at jrolympics@ssch.us.
 - It is critical that each team review the meet sheets that will be sent out no later than Friday, May 22nd. Please ensure that your entire team is entered and is entered into their correct events. Please email all scratches and changes prior to 10pm, Friday May 22nd.
 - We strongly encourage changes to be made before Sunday and will accept any email with changes provided by 8:00am. Any changes made after 8am will need to be taken care of during the check-in process at the pool.
 - **Pool instructions**
 - Please have your head coach proceed to the check in table to confirm your team has arrived. All check in must take place by 1pm. We will take any changes to your races no later than 1:30pm. At that time, all



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



paperwork involved with running the meet will be printed and the meet will be set to run. All coaches will need a photo id to verify identity.

- Only 2 coaches per team are allowed on the pool deck
- Coaches will be given name tags that must be worn throughout the meet
- All volunteers will be given name tags that must be worn throughout the meet
- Any unauthorized people on the pool deck will be asked to move to the upstairs bleachers
- **Timeline**
 - Entries due May 11th
 - Scratches and changes are due by 10pm May 22nd.
 - Coaches arrive and check in at the pool May 23rd 12:30pm
 - Swimmers arrive for warm ups at 1pm
 - All changes are due (Scratch Meet) by 1:30pm
 - Meet will begin at 2:00pm
- **Volunteers**
 - We will need to following volunteers:
 - 13 timers
 - 4 relief volunteers
 - 2 award volunteers
 - 4 deck marshals
 - 1 bull pen volunteer
 - Please ask your parents with swim experience to volunteer, they are our greatest asset. Please sign up to help via the google doc that will be sent out prior to the meet.
- **The following rules and schedule shall be adhered to. Any deviation of these rules will disqualify those involved.**
 - **Rule #1:** Only 2 coaches will be allowed on the pool deck per team. They must be registered prior to the Olympic tournament and be assigned an identification tag. This tag shall and **MUST** be worn at all times while on deck.
 - **Rule #2:** Each parish shall be allowed to scratch or add a maximum of 3 swimmers total. (This means, if someone is sick or injured on your team, you can replace that individual with another swimmer providing that swimmer is qualified under the additional Olympic rules attached).
 - Please make sure that you have put enough alternates on the Master Roster form to cover you team in case one of your swimmers is ill or absent due to another event.
 - **Rule #3:** The Parishes shall submit their rosters by May 11, 2026. (see Master Roster info)
 - **Rule #4:** The Swim Coordinator and Head Official have the final say on any questionable decisions!



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- **Rule #5:** All swimming events will be held on Sunday
- **Rule #6:** All participants must be experienced swimmers. They must be able to swim 25 yards unassisted in order to participate. Any swimmer that is noticed unable to swim during warmups will be asked to be removed from the competition.
- **Rule #7:** Dress requirements: One-piece swimsuits will be required. Anyone wearing inappropriate or multiple pieces will be asked to change prior to arrival on deck.
- **Rule #8:** Each participating parish is allowed one entry per event.
- **Rule #9:** Swimmers will be eligible to participate in a **maximum of 2 individual events and 2 relay events, or 3 individual and 1 relay event.**
- **Rule #10:** Swimmers cannot participate in the same event (distance and stroke) on two age levels.
- **Rule #11:** All qualified swimmers are eligible to participate in and 18 and under event
- **Rule #12:** Swimmers may swim up in an age group but never down
- **Rule #13:** Relay events consist of four swimmers:
 - 100 yard relay - each swimmer will swim 1 length of the pool 25 yards each
 - 200 yard relay - each swimmer will swim 2 lengths of the pool 50 yards each
 - Order of strokes in the Medley Relay: Back, Breast, Fly, Freestyle
- **Rule #14:** Only one relay team per age and gender group. Four athletes per relay team. Only junior age athletes are allowed on your junior relay team. However, you may put junior age athletes on your junior and senior relay teams
- **Rule #15:** The Olympic Committee reserves the right to scratch any event that is not sufficiently filled. All participants will be notified through their parish representative and be allowed to swim those athletes affected in a higher age level. This would be the only time a single parish would be allowed to have two entries in any single event.
- **Rule #16:** Make sure you enter Name, Gender, Event & Age information on the Master Roster
- **Rule #17:** Scratch meeting, if a scratch meeting is necessary, all scratches and replacements are allowed in only the case of sickness or injury, with a limit of three.
- **Rule #18:** There will be no unauthorized individuals allowed on the pool deck.
- **Rule #19:** Locker rooms are only to be used by the swimmers. There are no parents allowed in the locker rooms for any reason. Athletes are expected to be ready to swim, in the case of young children they have to be able to change by themselves in the locker rooms. If they are unable to please have them arrive in the suits ready to swim. There will be common bathrooms outside of the pool area that are available for parent assistance. There is also no deck changing allowed.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- **Rule #20:** No flash photography during the meet. There will be no photographs taken behind the blocks. No drone usage inside the building for any reason. There will be no smoking allowed inside the building.
- **Tennis**
 - Tennis matches will be one (1) pro set. First one to win eight (8) games in the set wins the match (assuming at two (2) game margin, e.g., 8-6). No AD Scoring.
 - If the set becomes 7-7, a 9-point tiebreaker takes place. The person who serves first in the tiebreaker serves points 1, 2, 5 and 6. The other person serves points 3, 4, 7, 8, and 9. The first one to get 5 points in the tiebreaker wins the match. Each single and doubles team is required to bring a new can of balls. Winners will be given a can to move on.
 - The players are responsible for making all out calls. (NO ARGUMENTS).
 - All other USTA rulings apply.
 - Events:
 - BOYS 13-15 and 16-18 Single and Doubles.
 - GIRLS 13-15 and 16-18 Singles and Doubles.
 - Up to 2 entries per church for singles male/female and 1 team for doubles male/female.
 - Players must provide their own racket and balls.
 - No AD Scoring.
 - 5 Minute Warm Up Before Batches Begin.
- **Table Tennis**
 - Track and Field Participants may not participate in Table Tennis.
 - Once the Tournament begins, no late registrations are allowed.
 - Table Tennis matches will consist of the best 2 out of 3 games.
 - Games will be played to 21, first player to reach 21 wins the game. Player must win by two (2) points.
 - Players will switch sides every five points.
 - Events:
 - BOYS 13-15 and 16-18, Singles and Doubles.
 - GIRLS 13-15 and 16-18, Singles and Doubles.
 - As many entries per church, per event male/female as needed.
- **Chess, Checkers, and Backgammon (Tavli)**
 - Track and Field Participants may not participate in Chess, Checkers, or Backgammon
 - Chess, Checkers, or Backgammon players can only participate in one of the three activities
 - General chess and checker and Backgammon/Tavli game rules will be followed.
 - Events
 - Chess 8-10; 11-12; 13-15 and 16-18, Coed.
 - Checkers 8-10; 11-12; 13-15 and 16-18, Coed.
 - Backgammon/Tavli; 8-10; 11-12; 13-15 and 16-18, Coed.
 - As many entries per church, per event male/female as needed.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- **7-10 Basketball**
 - Parishes can have up to two teams, so long as there are at least 10 players per team.
 - Each Roster must be signed by the Parish Priest, Junior Olympic Representative, and Team Coach.
 - Maximum players per roster is 15, with at least two girls.
 - At least one girl must be always in the game; if a team does not have a girl on the court for any reason, the team can continue with 4 players.
 - Every player on the roster must play in at least one game.
 - Rules of Play
 - Games will consist of four 8-minute quarters with a running clock.
 - Coin flip determines possession at the beginning of game and any overtime period.
 - Six fouls and a player is out of the game.
 - Four 30-second timeouts per game.
 - Substitutions may be made without a timeout.
 - Pressing is allowed only during the last two minutes of the 4th quarter; teams leading by 20+ points may not press.
 - Five seconds in the lane results in loss of possession.
 - Clock stops at the last two minutes of the 4th quarter only, as well as timeouts and free throws.
 - Alternate possession rule will be used.
 - Overtime will be three minutes with clock stoppage in the final two minutes.
 - Flagrant fouls, at any time, will result in two free throws awarded and possession.
 - Bench technical will result in two free throws awarded and possession.
 - Baskets are set at nine feet.
 - Basketballs will be at $\frac{3}{4}$ size.
 - IHSA rules apply where not specifically covered above.
 - Failure to have five eligible players present 15 minutes after scheduled start time will result in a forfeit.
- **11-13 Basketball**
 - Parishes can have up to two teams, so long as there are at least 10 players per team.
 - Each Roster must be signed by the Parish Priest, Junior Olympic Representative, and Team Coach.
 - Maximum players per roster is 15, with at least two girls.
 - At least one girl must be always in the game; if a team does not have a girl on the court for any reason, the team can continue with 4 players.
 - Every player on the roster must play in at least one game.
 - Rules of Play
 - Games will consist of four 8-minute quarters with a running clock.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- Coin flip determines possession at the beginning of game and any overtime period.
- Five fouls and a player is out of the game.
- Four 30-second timeouts per game.
- Substitutions may be made without a timeout.
- Pressing is allowed only during the last two minutes of the 4th quarter; teams leading by 20+ points may not press.
- Three seconds in the lane results in loss of possession.
- Clock stops at the last two minutes of the 4th quarter only, as well as timeouts and free throws.
- Alternate possession rule will be used.
- Overtime will be three minutes with clock stoppage in the final two minutes.
- Flagrant fouls, at any time, will result in two free throws awarded and possession.
- Bench technical will result in two free throws awarded and possession.
- Baskets are set at ten feet.
- Basketballs will be at regulation size.
- IHSA rules apply where not specifically covered above.
- Failure to have five eligible players present 15 minutes after scheduled start time will result in a forfeit.
-
- **Soccer**
 - There will be four age divisions, based on age at the time of the Junior Olympics
 - 7-9
 - 10-12
 - 13-15
 - 16-18
 - Roster Rules:
 - Parishes can have up to two teams, so long as there are at least 15 players per team.
 - Rosters can have a maximum of 20 players.
 - Game play is as follows for each division:
 - 7-9: 7 players including goalie (roster minimum 5 players)
 - 10-12: 9 players (roster minimum 6 players)
 - 13-15: 11 players (roster minimum 8 players)
 - 16-18: 11 players (roster minimum 8 players)
 - Gameplay Rules:
 - Unless otherwise provided, the FIFA “Laws of the Game” shall apply to competition.
 - Substitutions:



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- Substitutions are unlimited and may be made, with consent of the referee at the following times:
 - Prior to a throw-in in substituting team's favor
 - Prior to a goal-kick
 - After a goal, by either team
 - After an injury, by either team, when the referee stops play
 - At half-time
- Headers are not permitted for 7-9 and 10-12 Soccer
- Game length is subject to change (based on number of total teams) but will be two 30-minute halves (time and weather permitting).
- Overtime will be one 10-minute sudden death session
- Ball Size is as follows:
 - 7-9: #3 Ball
 - 10-12: #4 Ball
 - 13-15: #5 Ball
 - 16-18: #5 Ball
- Each team is responsible for the actions of its players, coaches, and spectators. A coach will be warned if a spectator from their team is violating the Code of Conduct for the Junior Olympics. If the disturbance persists, the coach will be ejected from the game and the assistant coach will take over. If the conduct continues, the team will forfeit.
- **Volleyball**
 - The rules listed here have been taken from the National Federation of High School Volleyball Rule Book. A copy of this book is available at the tournament. All tournament rules work in conjunction with the federation rulebook and have been developed to make this tournament enjoyable for all involved. It is the sole responsibility of the coaches, captains, and players of each team to fully understand all rules. Please exercise and exhibit good judgment, good sportsmanship, and good Christian values during this tournament.
 - Gameplay:
 - Each Church may enter up to two teams in each division (Boys and Girls) with mixed age group of 13 to 18. If a Church has two teams in any division, each roster must have at least 12 players.
 - The rosters of each team with player's assigned numbers shall be handed to the referee prior to the start of those teams' first match.
 - All game times listed on the schedule are ***approximate***. Each team should be represented in gym ***fifteen minutes before*** the scheduled match. If in doubt, check with tournament coordinator/
 - ***Game time is forfeit time. NO EXCEPTIONS.***
 - ***Single Elimination*** tournament
 - ***Best two out of three*** games will constitute a match. First two games played to 25 point or fifteen minutes. Must win by two points. *****If a***



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



third game is necessary, game is played to 15 points or fifteen minutes.

Team must win by two points. Rally scoring applies. **

- **“Let Serve”** is a playable live ball that when served hits the net without touching the net boundary tape or antenna and continues across the net into the opponent’s court.
- There will be **two, sixty second, time-outs** allowed per game. Time outs may be called by coaches only.
- A team may start the match with **no less than four players.**
- Coin toss will take place **five minutes** before start of match.
- **All matches will be timed** with the **exception** of the finals. **No time limit for the finals.** (At option of Tournament coordinator and depending on schedule - semi-finals may also be without time limit).
- **The Court**
 - Each referee will explain court markings prior to start of each match.
 - Overhead obstructions can be played by the same team provided the ball does break the plane of the net.
 - Due to space limitations, restricted play will be enforced to prevent player injury. No players will be allowed to enter into the other courts to play a ball. The referee’s discretion and call will be final.
 - Each team will be responsible for keeping the sidelines clear of team players and non-team persons. Failure to observe this rule may result in a side-out awarded to the opponent.
 - No casts or hard surfaced coverings will be allowed on finger, hands, wrists, forearms or elbows.
 - Supports will be allowed on parts of the body provided they are soft and yielding.
 - Hair devices may be worn if made of soft material.
 - Players shall not wear jewelry except for religious or medical medals. If such medals are worn, they shall be taped to the body and always kept under the uniform.
 - Appropriate playing shoes with non-marking soles shall be worn.
- **Rotations:**
 - Rotation will be allowed by the referee on a game-by-game basis. The coaches will be responsible for informing the referee prior to the start of the match. Failure to do so will result in a point and/or a side-out awarded to the opponent once the infraction is observed by the referee.
 - Both teams may wish to rotate players. This decision is solely the responsibility of the individual team.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- If a team elects to rotate players into a game, they must do so at the “serve position”. When a side-out occurs, the team will rotate out the right front player and a player from the bench will come in and serve. Each team is asked to rotate fairly and honestly. Do not stack players to gain an unfair advantage. The referee must observe all infractions. Once a player serves out of rotation, the game will be stopped, the rotation reversed and a point or side-out will be awarded to the opponent.
- **Substitutions:**
 - Substitution will be strictly enforced by the referees.
 - No substitutions will be allowed during time-outs.
 - Substitution will be allowed only if requested during a dead ball.
 - The incoming player(s) must play the same position as the player(s) leaving.
 - The referee must be notified for the substitution to take place. Failure to do so will result in a point or side-out awarded to the opponent.
 - Any one player will be limited to three entries per game.
 - **All decisions of referee and tournament coordinator will be final!**
- A pre-game conference will be conducted with each coach and team captain five minutes prior to each match. The referee will then go over any additional ground rules for tournament play at that time.
- All participants, including spectators shall abide by an ethical and fair code of conduct. Unsportsmanlike behavior by any persons in attendance in or around the Volleyball venue shall not be tolerated. This includes actions that are unbecoming to an ethical fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity. Penalties will be handed out by the referee and/or tournament coordinator depending on the severity of the ejections, persons may be required to leave the building and property.
- **Softball**
 - Tournament will be played under the Amateur Softball Association (ASA) rules, unless otherwise noted below
 - All participants, including spectators shall abide by an ethical and fair code of conduct. Unsportsmanlike behavior by any persons in attendance in or around the Softball venue shall not be tolerated. This includes actions that are unbecoming to an ethical fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity. Penalties will be handed out by the referee and/or tournament coordinator depending on the severity of the ejections, persons may be required to leave the building and property
 - Bats cannot be brought to the tournament



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- Players must wear either gym shoes or rubber spikes; metal spikes are not allowed
- Players cannot bring any other equipment (outside of footwear and a glove) to the tournament
- A 16" ball will be used with bases separated by 60 feet; pitcher's mound will be 40 feet from home plate
- Teams will have a maximum of 20 players. There will be no alternate players permitted. Event Supervisor's Roster copies will be the official copy and no additions or changes can be made after the tournament begins
- The Coach must be an over 21 years of age; only two coaches permitted per team
- It is the responsibility of the coaches to maintain contact with the Event Supervisor in case of schedule/weather changes; the Event Supervisor reserves the right to alter the format as needed to complete the tournament
- It shall be the responsibility of the winning team coach to give the final score to the Event Supervisor
- The Tournament is single elimination
- In case of a tie, the International Tiebreaker will be utilized:
 - The team player making the last out will start at second base with no outs
 - The opposing team will start in the same manner when it's their turn to bat
 - Both teams will use the same format until a winner is declared
- Coed Rules:
 - 9 players must be present to start the game, including 3 girls
 - At least 3 girls must be on the roster, batting order, and field always
 - Forfeiture will take place if these gameplay rules are not met; it is the responsibility of opposing coaches to make sure compliance with this rule is adhered to. Team will consist of 10 players, including a short center. All substitutions must be boy for boy or girl for girl, with no exceptions
 - Batting order can be determined by the coach indiscriminately of boy or girl
 - If, during a game, a boy is walked with a girl next in the lineup, the boy will be awarded second base, the girl will be awarded first base, all other runners will advance, and the next batter in the lineup will bat
- Gameplay Rules
 - A coach can substitute a player for another player only once and then the original player may come back into the game and the substitute is out for the remainder of the game
 - Pitchers get three warmup pitches between innings.
 - No infield warmup is permitted, additionally, the ball will not be thrown around the infield after an out. Ball will return to pitcher.



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



- Batter starts with a 1-1 count (1 ball, 1 strike).
- A pitcher can fake-throw twice to the batter, then must pitch the next to the plate; if runners leave their base during a fake pitch, they will be called out.
- A strike mat will be used; a strike is counted if a batter swings and misses or the ball pitched on an arc and lands on the strike mat
- A foul ball with 2 strikes constitutes an automatic 3rd strike (out)
- Games will consist of the lesser of seven innings or 1 hour; time begins when the first pitch is thrown
- A new inning can't start after time has expired; the team up, if losing, can finish their at-bat; each team will get an equal amount of at-bats
- If a team is losing by 10 or more runs after a complete 5 innings, the game will be considered a slaughter and the game is over
- Teams must be ready to play a half hour before game time
- Tournament will be played on a no-protest basis; all umpire decisions are final; only coaches may consult with the umpire; if a player or spectator approaches the umpire, the game could be forfeited.
- Official line-up cards will be filled out by the coaches and exchanged at the coin toss, prior to the start of the game; coaches will also give a copy to the umpire
- Home Team will be determined by a coin flip by the umpire at the line-up exchange prior to the start of the game
- Each team will be given a scorebook prior to the start of the game and must have a scorekeeper
- Team scorekeepers should check with each other frequently to avoid scoring discrepancies; this is the coach's responsibility
- Changes in a line up during a game must be done through the umpire and shown in the scorebook
- Scorebooks must be returned to the Event Supervisor at the end of each game
- Players and personnel must stay in their designated area (dugout) and not wander around
- A runner must avoid contact with the fielder; if contact is made, the runner will be automatically out, enforced by the umpire
- No courtesy runners are allowed
- If a batter throws their bat, an automatic out will be assessed by the umpire
- Catchers must wear a mask while catching (masks provided by the Junior Olympics)
- A Runner must maintain foot contact with the base until the pitcher has released the ball. If the Runner leaves the base prior to the release of the ball, the runner is out



GREEK ORTHODOX METROPOLIS OF CHICAGO

ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΣΙΚΑΓΟΥ



○ Bowling

- Each Church can have four **(4)** Co-ed teams, any combination. (G.O.Y.A. 13-18 yrs. of age) Must be at least 12 and no older than 18 by **May 22, 2026** and in **High School**. (*Winter graduates may participate within the current academic year of scheduled graduation with proof of December graduation*) Please, no one younger than ages stated here.
- There will be a Fee for 2 Games, Shoe Rental, Food, Drink and a \$10.00 Arcade Card of \$25.00 per bowler, which **will be paid by individuals or Teams** at the Bowling Alley. The Jr. Olympics does not pay for the games, shoe rental, food, drink or arcade card nor does your parish in its registration packet. These fees should and will be paid by the individual bowlers or teams on the night of the competition. **CASH ONLY - NO CHECKS OR CREDIT CARDS PLEASE!!!**
- **Your team Bowling can begin as early as 6:00 p.m. Bowling will begin after you check in.** Check in at the registration table. One person to check in the team. At that time, you will be given a slip to obtain your bowling shoes if needed.
- All Games will be played as scratch games (meaning no handicap)
- Make sure the exact line-up in the exact order you want the team to bowl appears on the registration sheet. Final changes to be submitted upon checking in and registering. Once you have registered you cannot keep coming back for changes.
- Every team bowls on the "Honor System". Any suspicion of behavior contrary to this will result in appropriate action taken by event supervisor.
- No one, other than event supervisor, is allowed to change the alley display of line up at the lanes.
- Each bowler must stay in his or her lanes. No swapping lanes and no one is to bowl out of turn or bowl for someone else. **Each bowler must wear a team shirt with a number on it.**
- Medals to be awarded to the top three (3) teams overall AND to three (3) high score girls and three (3) high score boys based on scratch scores.
- Winners will be announced after the Opening Ceremonies and medals can be picked up thereafter at the medal tent.
- **Make sure you enter Name, Gender, Event, Age information on the enclosed Registration form and Master Roster.**
- At the Jr. Olympics, **Only** scratches and substitutions are permitted. **NO NEW ADDITIONS.**
- **Rosters due May 11, 2026.**

Please Note: **ALL TEAMS ARE CO-ED:**

1 BOY - 3 GIRLS / 1 GIRL - 3 BOYS / 2 BOYS - 2 GIRLS / 2 GIRLS - 2 BOYS