

2018 Greek Orthodox Metropolis of Chicago Jr. Olympics Official Rules and Regulations

AGE REQUIREMENTS:

The following requirements apply to all events except TEAM SPORTS. See Separate Team

1. ***J.O.Y. (Junior Orthodox Youth/Pre-Teen):***

- a. 8-10 years old (must be at least 8 and no older than 10 before May 25, 2018).
- b. 11-12 years old (must be at least 11 and no older than 12 before May 25, 2018).

2. ***G.O.Y.A. (Teens):***

- a. **Junior Division** - 13-15 years old (must be at least 13 and older than 15 before May 25, 2018).
- b. **Senior Division** - 16-18 years old (must be at least 16 and no older than 18 before May 25, 2018) and **in High School**. (Winter graduates may participate within the current academic year of scheduled graduation with proof of December graduation).

EVENT RULES AND REGULATIONS

I. ***TRACK AND FIELD:***

PLEASE NOTE: TRACK AND FIELD PARTICIPANTS MAY NOT PARTICIPATE IN CHESS / CHECKERS / TABLE TENNIS

A. ***J.O.Y. (Saturday / 9:30 a.m. / Track Area)***

1. **TRACK EVENTS:** 8-10 and 11-12 BOY'S and GIRL'S DIVISION 50 yd. Dash; 200 shuttle relay.
 - a. One (1) participant per church, age and gender.
 - b. One (1) relay team per church, age and gender.
2. **FIELD EVENTS:**
 - a. 8-10: Softball Throw / As many participants male/female per church as needed.
 - b. 11-12: Softball Throw / As many participants male/female per church as needed.
 - c. 11-12; 13-15; 16-18: Long Jump / Only two participants per age division male/female. (Only two boys and two girls per parish for each age division.)
3. ***Make sure you enter Name, Gender, Event, Age Information on the enclosed Master Roster.***

B. ***G.O.Y.A. (Saturday / 12 noon / at Track Area).***

1. The following are the track and field events for 13-15 and 16-18 BOY'S and GIRL'S DIVISIONS: 100; 400; 800; 400 Relay; 1 Mile Run; Long Jump; and Shot Put.
2. Only one (1) participant per age and gender in the individual events, **except** two (2) per age and gender for the 1 Mile Run.
3. Only one (1) relay team per age and gender. Four (4) athletes per relay team. Only junior-age athlete on your relay teams. However, you may put junior-age athletes on your senior relay teams. No junior athlete may compete on both your junior 400 and senior 400 relays.
4. No athlete may compete in more than three (3) track and two (2) field events.
5. Athletes may NOT wear spikes in any events. Track shoes with the metal portions removed may be used; otherwise flat running shoes only will be allowed.
6. (Starting blocks will not be used).
7. ***Make sure you enter Name, Gender, Event, Age information on the enclosed Master Roster.***

SPECIAL NOTE FOR J.O.Y. and G.O.Y.A. Track and Field:

Coaches only will be allowed. No substitutions permitted the day of the competition - NO NEW ADDITIONS.

II. 10 Kilometer Run (10,000 Meter) (Saturday / 8:30 a.m. / Begins On Track)

- A. Route will take runners through the neighborhoods of Palos Hills.
- B. Runners will be divided by gender and by the following age brackets 13-15; 16-18; 19-29; 30-39; 40-49; 50-59; 60 and over. (Supervisor of this event may need to alter bracketing depending on number of runners.)
- C. ***Make sure you enter Name, Gender, Event and Age information on the enclosed Master Roster.***
- D. At Olympics, no substitutions are permitted. **NO NEW ADDITIONS.**