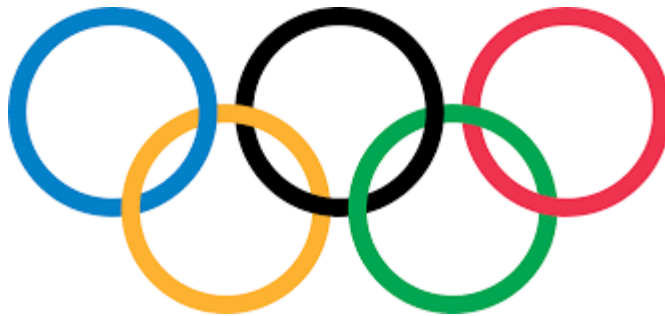




GREEK ORTHODOX
METROPOLIS OF NEW JERSEY

GOYA OLYMPICS 2025



Memorial Day Weekend May 24-25, 2025
Monmouth University, West Long Branch, New Jersey



Events Include:
Swimming, Track and Field,
Volleyball and 5K Run

For registration information or questions, contact:
Andy Hios, Chairman (201) 538-1975 Arch Deacon Konstantinos Loukas (443) 813-1731

GREEK ORTHODOX METROPOLIS OF NEW JERSEY

2025 GOYA OLYMPICS

PARISH LISTING

Parish	City	Code	Bib #'s	Colors
St. George	Asbury Park/Ocean	AP	1-100	Maroon/Gold letters
St. George	Clifton	CLIF	801-900	Navy/Orange letters
Church of the Ascension	Fairview	FAIR	201-300	Light blue/White letters
St. Anna	Flemington	FL	2001-2100	Navy/White letters
Kimisis Tis Theotokou	Holmdel	HOLM	1601-1700	Red/Gold letters
Evangelismos Tis Theodokou	Jersey City	JCE	301-400	Teal/Black letters
St. Athanasios	Paramus	PAR	901-1000	Gold/Royal blue letters
St. Demetrios	Perth Amboy	PA	1001-1100	Green/White letters
St. George	Piscataway	PISC	701-800	Purple/Gold letters
St. Andrew	Randolph	RAN	101-200	Black/White letters
St. Nicholas, Constantine & Helen	Roseland	ROSE	1801-1900	Gray/Blue letters
St. John the Theologian	Tenafly	TEN	1101-1200	Red/Black & white letters
St. Barbara	Toms River	TR	1301-1400	Black/Gold letters
St. George	Trenton	TREN	1201-1300	White/Dark green letters
St. Demetrios	Union	UN	1701-1800	White/Red letters
Holy Trinity	Westfield	WEST	1401-1500	Royal blue/White letters
St. Nicholas	Wyckoff	WYCK	1501-1600	White/Navy letters
St. Thomas	Cherry Hill	CH	2101-2200	Gray/Maroon letters
St. George	Bethesda, MD	MD	1901-2000	Red/White letters

Note: Olympic games are open to all 55 parishes of the Greek Orthodox Metropolis of New Jersey which includes New Jersey, Philadelphia area, Delaware, Maryland, and Virginia.

GREEK ORTHODOX METROPOLIS OF NEW JERSEY

2025 GOYA OLYMPICS

The Olympics are open to registered GOYANS from all 55 parishes of the Greek Orthodox Metropolis of New Jersey which includes New Jersey, Philadelphia area, Delaware, Maryland, and Virginia.

SCHEDULE

Saturday, May 24, 2025

8:00 - 9:00 am	Arrival/Check-In Pick-up dorm keys/wrist bands at check-in tables in parking lots 1 and 3 Luggage drop-off at assigned residence halls.
9:00 – 9:30am	Arrive at Kessler Stadium. Mandatory Coaches meeting
9:30am	Opening Ceremony/Parish Parade
10:00am	Track events begin at Kessler Stadium
12:00 -3:00pm	Lunch available at Samuel Hays Magill Commons
3:00pm	Volleyball and swimming begin at Boylan Gym
7:00 -9:00pm	Dinner available at Samuel Hays Magill Commons
9:00 – 11:00pm	GOYANS Outdoor Activity Hangout
11:00pm – 11:30am	Everyone returns to residence halls/lights out.

Sunday, May 25, 2025

8:30 – 10:00am	Divine Liturgy at the Pollak Theater – mandatory attendance for all
10:00 – 11:30am	Churches will be staggered to brunch based on what time they arrived at liturgy and Breakfast at Samuel Hays Magill Commons Breakfast at Samuel Hays Magill Commons
10:45-12noon	Churches will switch, those that ate brunch will Check out of Residence Halls, those that have already checked out will eat breakfast.
12:30 noon	Track events begin at Kessler Stadium
2:00 – 3:00pm	Return all room keys to MU staff at Boylan Gym
3:00 – 4:00pm	Chris Gacos Memorial 5K run at Kessler Stadium
4:00 – 6:00pm	Father Dean Martin Award Ceremony

PROGRAM INFORMATION

Kessler Stadium/Opening Ceremony

Communities should arrive at Kessler Stadium with church banners and proceed to line-up for parade. All GOYANS should be dressed in their community's corresponding colors and uniform. No ripped shirts, shorts, cutoffs, baseball hats, bandannas, etc., are allowed. There will be a mandatory, coaches meeting prior to the start of the track events/kick-off. Please listen to announcements for exact time and place. All scratches should be given to Andy Hios.

Open Ceremony Program

Invocation

Parish Parade

Olympic Torch Run

American/Greek National Anthems

Introduction of Field Marshall

Greetings from Mr./Miss GOYA

GOYANS must stay at Kessler Field until all events for the day have been completed.

GOYANS must be always escorted by an Advisor or a chaperone including traveling to/from dining and residence halls. Communities must ensure their stadium seating areas are cleaned and no garbage is left behind.

Ann Haviaris Memorial Volleyball Tournament

Volleyball will start at 3:00pm on the two Boylan Gym basketball courts and one on the OFBC court.

Swimming

Swimming events will begin in the Boylan Gym after track events conclude at approximately 3:00pm.

NOTE: GOYANS cannot participate in both swimming and volleyball, they must choose 1 event.

JOY 100M Run

On Sunday morning before the running events begin we will have the JOY 100M Run and each parish is welcome to have kids of the ages 8 to 12 participate in the run. After the run each kid will receive a medal from His Eminence and the Clergy. **By April 28th we will need each Parish to provide us the number of kids that will be doing it from their Parish.**

Outdoor Gathering

An outdoor gathering will take place from 9:00-11:00pm for all registered Olympic participants. Before leaving the gathering at 11pm all advisors must checkout with Archdeacon Konstantinos.

Attire will be casual. Jeans, shorts, and sneakers are allowed. Metropolis dress code rules below apply.

1. The wearing of clothing bearing obscene words or suggesting indecent and unacceptable behavior will not be permitted.
2. The length of all shorts, skirts, skorts, etc., will apply to the "fingertip rule". The length of the garment must be to be at or lower than the level of the person's finger tips when arms are parallel to the body.
3. Garments will always cover midribs and underwear.
4. Halter or low-cut or strapless tops are not permitted.
5. Pants or other garments with holes or tears are not permitted.
6. Longer tops must be worn over leggings (leggings are not pants)

7. Parental approval of clothing which contradicts these guidelines, will not over-ride this policy or the Advisor's decision of inappropriate dress.

Divine Liturgy – Pollak Theater

Divine Liturgy will begin promptly at 8:30 a.m. Attendance at Liturgy is mandatory and will be taken for all communities. Sweatsuits may be worn, no shorts. Breakfast at Samuel Hays Magill will follow the Divine Liturgy. Communities will be dismissed for breakfast in the order they arrived for Liturgy.

Dorm Check-out

Advisors should check all rooms for damages, and anything left behind. Checkout by 11:30am.

Chris Gacos Memorial 5K Run at Kessler Stadium

The 5K run will start at approximately 3:00 p.m. or as soon as the last track event has concluded. At least (3) spotters from each community will be needed (one may be a coach). Run will be against the person and not the clock. Participating churches will be limited to 6 athletes, boys, or girls. Pull off tag numbers and pins will be given to each parish. GOYAN number and gender should be placed on pull off tag. Number must be pinned on the FRONT of the shirt. DO NOT pin the pull off tag to the shirt, this will be pulled at the end of the race when the runners are in the chute. When runners finish the race, they will be directed into a chute where pull off tags will be collected. They must stay in order when in the chute.

Fr. Dean Martin Memorial Award Ceremony @ Kessler Stadium

GOYANS should sit with their teams. Both individual and team medals will be awarded. Extinguishing of the Olympic flame by the Metropolis Youth Director will signify the conclusion of the ceremony.

GENERAL INFORMATION AND RULES

Housing/Residence Halls

Pick-up dorm keys/wrist bands at check-in tables in parking lots 1 and 3. Wrist bands must be always worn and needed for admittance to dining halls. Lost wrist bands will NOT be replaced. Luggage drop-off at assigned residence hall. All luggage should be tagged with GOYANS name, church, and city. GOYANS are responsible for bringing their own bed sheets, blankets, pillow, bath towels, and personal hygiene items.

Advisors should inspect all rooms for any damages before GOYANS move in. Any damages found by the MU staff and initially not reported to the General Conduct/Grievance Committee will be the responsibility of the church assigned to that room. GOYANS will be responsible for damages occurring in their respective room or for any other damage caused by them. Each community must always have an Advisor on the floor when youth are present. Advisors must have the contact information for their GOYA parents.

Any GOYAN found to be throwing articles out of the windows or “ledge hopping” from room to room, will be sent home immediately. GOYANS found tampering, damaging, or destroying fire emergency equipment will be sent home. Advisors, chaperones, and GOYANS must become familiar with fire evacuation procedures.

GOYANS are limited to Olympic event areas and their assigned residence hall. All other areas are strictly off limits! Any youth found off campus or in areas that are not occupied by the New Jersey Metropolis event will be subject to disciplinary action as determined by the General Conduct and Grievance Committee.

No jewelry or other valuables should be taken to Olympics. The Metropolis of New Jersey is not responsible for any valuables taken or lost. Advisors should check all rooms for damages, and anything left behind. Checkout by 11:30am.

Drinking/Smoking/Vaping/Energy Drinks

No smoking, drinking or substance abuse is permitted at any time throughout the weekend. In addition, vaping, electronic cigarettes energy drinks/energy shots are not permitted.

Any infraction will result in the immediate disqualification of the GOYAn(s) from the Olympics. In addition, the parish of the GOYAn(s) who commit any infractions will be subject to disqualification from the Olympics.

Off-Campus Housing

Parents assume responsibility for GOYANS who have opted out of on-campus housing. This includes all transportation and promptly adhering to event meeting times and schedules.

Cafeteria/Dining Hall

A wristband must be shown to enter the dining hall. GOYANS, Advisors/Chaperones must clean their tables and place the silverware and dinnerware at the appropriate places. Any church that does not properly clean their tables will be subject to disciplinary action, including but not limited to disqualification from the remaining events.

Insurance

All Church youth groups participating in the Olympics must have current athletic insurance coverage for all individual athletic injuries for participating in indoor and outdoor events. A copy of the policy must be submitted to the Olympic Committee at registration time.

Please have the **CERTIFICATE HOLDER** to read:

Greek Orthodox Metropolis of New Jersey
215 East Grove Street, Westfield, NJ 07090.

The Metropolis of New Jersey has procured Liability Insurance coverage for all occurrences of bodily injury and property damage relating to physical facilities at Monmouth University Campus in West Long Branch, NJ.

Advisors

Each church must have a minimum of one Adult for every seven GOYANS. One of the Advisors in each participating community must be a rostered Advisor.

General Conduct /Grievance Committee

General Conduct/Grievance Committees are responsible for reviewing and deliberating all non-athletic issues. These include all aspects of discipline, both "on and off" the field. The Committee will work very closely with the Security Force at the Student Residences and with the Monmouth University Police in handling all related problems. Decisions of the Committee will be final.

Scheduling

All events, religious, athletic, and social, will begin promptly. When you are at the field, please do not wander beyond the range of the loudspeakers in case of time change announcements. Schedule is subject to change at the discretion of the Olympic Committee if deemed necessary. Schedule changes will be properly announced.

Uniforms

Each parish shall have uniforms (shorts and shirts/jerseys), complying with the assigned Olympic colors and bib number range. Sneakers, tennis shoes or track shoes without metal spikes are required. Each church must furnish each of its participants a number to be always worn on the field. Patches of 8 x 8 inches are required for the numbers.

Qualification of Athletes

Athletes must be registered GOYANS 12 years of age and in at least 7th grade to and including athletes who were 18 and still in high school as of September 1, 2023. GOYANS must enter at least one field/track or swimming event as an active participant.

Age Groupings **Juniors:** 7th, 8th and 9th grade **Seniors:** 10th, 11th, and 12th grade.

Junior Participation in a Senior Event

Juniors may participate only in senior relays. They may not run in both junior and senior relays of the same distance.

Substitutions

All entries and substitutions will be controlled by a new form sheet system. Every entry for every event must have a new form sheet printed and submitted to Andy Hios prior to the Olympic Games.

Awards/ Scoring

Medals will be given for first, second and third place winners, for all outdoor events. Ties - If two persons are involved in a tie, duplicate medals will be awarded, and the next place will be omitted.

ATHLETIC EVENT INFORMATION

Maximum Number of Events for an Individual

CATEGORY A - Individual Run/Swim Events

1. 100 Meter Run
2. 400 Meter Run
3. 800 Meter Run
4. 1 Mile Run
5. 5K Run
6. 50 Yard Freestyle Swim
7. 50 Yard Backstroke Swim
8. 50 Yard Breaststroke Swim

CATEGORY B - Individual Field Events

1. Boys Long Jump/Boys Shot Put/ Boys Softball Throw
2. Girls Long Jump/Girls Softball Throw/Girls Shot Put

CATEGORY C - Relay Events

1. 4x100 Meter Run
2. Boys 4x400 Meter Relay Run/Girls 4x200 Meter Relay Run
3. Mixed Relay 4x200 Meter Run
4. 4x50 Yard Freestyle Relay Swim
5. 4x50 Yard Medley Relay Swim

An athlete can enter a **MAXIMUM** of **FIVE Individual** events & **MAXIMUM** of **TWO** relay events.

The athlete must choose from the following combinations:

Four (4) from Category A and One (1) from Category B **OR**

Three (3) from Category A and Two (2) from Category B

Note: Athletes **CANNOT** choose five (5) individual Run/Swim Events (Category A)

The athlete can be entered in only 2 of the 4 choices in the Relay Events (Category C)

Penalties

The Field Grievance Committee and the Executive Committee members will review all penalties before they are enacted. Any church not complying with the rules will be disqualified. Changes of the Rules & Regulations are at the discretion of the Field Grievance Committee.

TRACK & FIELD RULES AND REGULATIONS

<u>Number of Participants Per Parish per event</u>	<u>PARTICIPANTS</u>	<u>ALTERNATES</u>
100M	7	0
400M Run	1	0
800M Run	2 (only 1 if indoors)	0
Mile Run	2 (only 1 if indoors)	0
5K Run	6 above states 6	0
4X100M Relay	4	1
Boys 4X400M Relay Finals	4	1
Girls 4X200M Relay Finals	4	1
Sr. Boy, Sr. Girl, Jr. Boy, Jr. Girl 4x200M Mixed Relay	4	4
50 Yard Freestyle (may be any combo of Jr. or Sr.)	4	0
50 Yard Backstroke (may be any combo of Jr. or Sr.)	4	0
50 Yard Breaststroke (may be any combo of Jr. or Sr.)	4	0
50 Yard Butterfly (may be any combo of Jr. or Sr.)	4	0
Mixed 200 Yard Freestyle Relay (may be any combo of Jr. or Sr., 2 boys 2 girls)	4	4
Mixed 200 Yard Medley Relay (may be any combo of Jr. or Sr., 2 boys 2 girls)	4	4
Long Jump	5	0
Softball throw	7	0
Sr. Boys & Jr. Boys Shot-put (12 lbs & 8 lbs)	5	0
Sr. Girls & Jr. Girls Shot put (8 lbs & 6 lbs)	5	0

Running Events

No starting blocks are allowed. Third false start disqualifies a runner or relay team. Runners must stay in lanes (see exceptions for the long distance runs and relays).

Pacing of the runners will NOT be allowed. If a violation occurs, the runner being paced will be disqualified. If this individual is part of a relay, the team will be disqualified. All contestants must report to the official starter or other assigned official at the scheduled time or forfeit the right to participate.

EVENT	STARTING	LANE RUNNING
400m Run	Stagger Start	Stay in lane during full race.
800m Run	Line Start	May cross lane after first turn.
Mile Run	Line Start	May cross lane after first turn.
400m Relay (4X100M)	Stagger Start	Stay in lane during full race.
800m Relay (4X200M)	Stagger Start	May cross lane after second hand-off.
Mile Relay (4X400M)	Stagger Start	May cross lane after first hand-off.

Decision of the officials is FINAL.

Field Events: Long Jump and Shot-Put

Each athlete 3 jumps or throws.

In case of a tie, the second-best jump or throw will determine the placing.

Fouls count as 1 jump or throw.

In case of rain, the field events for that day will be eliminated.

Long Jump - All measuring is done from the front of the take-off line or board to the nearest point where any part of your body touches the ground.

Shot-Put - Competitors may not cross the restraining line or board. Distance will be measured from the line.

Softball Throw - Three throws will be allowed. The best of the three throws will be counted.

Co-Ed Volleyball

- The net will be at the girl's height – 7 feet 4 ½ inches.
- Teams will consist of 3 boys and 3 girls.
- Substitutions are allowed as long as 3 boys and 3 girls are always on the court.
- Boys are only allowed to spike from behind the 10-foot attack line.
- Boys cannot jump to block in front of the 10-foot attack line.
- All jewelry (of any kind) must be removed before the game is to begin.
- No liquids permitted on the court at any time during the game.
- Only coaches are permitted at the score table.
- Players will report to the scorekeeper only when entering the game as a substitute.
- All substitutes who are to enter the game must be lined-up and ready to enter the court.
- Rule for substitutions, a boy may substitute for a boy and a girl for a girl and the substitutions are unlimited.
- Male GOYAns cannot use one-hand forward motions when in the front row. Bumping and setting with two hands is required.
 - Note: Referees must look for attempts to push the ball and use one-hand forward motions.
- Male GOYAns are welcome to spike/attack/hit but may only do so from behind the ten foot line. Jumping is permitted as long as the jump begins behind the ten-foot line.
- All other high school volleyball regulations apply, as they do during the regular Fall seasons.

Tournament Format

1st and 2nd round games: one game, (21) points must win by 2 points, rally-point scoring, switch at 11 points, NO CAP.

3rd round games and 3rd place game: best 2 out of 3 games, (15) points with (19) point cap, rally scoring.

Championship match: best 2 out of 3 games to (15) points with (19) point cap, rally scoring.

Format subject to change due to time restrictions.