



The Connecticut Eastern Orthodox Basketball and Volleyball League Athletic Guidelines & Regulations

Revised June 2007

INTRODUCTION

The objective of the Connecticut Eastern Orthodox Basketball League is to promote a Christ-centered experience. As a component of Youth Ministry, the Connecticut Eastern Orthodox Basketball League introduces young people into a viable relationship with Christ and His Church. The League is meant to foster knowledge of Christian values, fellowship and sportsmanship in conjunction with athleticism. By modeling Christian conduct, a coach, an athletic director and a parent can help the athletes reflect on the action of God in the events of their lives. We are directed by Saint Paul, that “every athlete exercise self-control in all things.” (I Corinthians 9:24)

PREAMBLE

The fundamental characteristics of Youth and Young Adult Ministry are Diakonia (Service), Martyria (Witness), Liturgia (Worship) and Koinonia (Fellowship). Youth and Young Adult Ministry is concerned with the Christ-centered experience of the total person. Therefore, athletics are an important component of Youth Ministry.

The purpose of Connecticut Eastern Orthodox Basketball League is to provide and promote recreational activity that will lead toward the development of Orthodox Christian ideals in the youth and young adults served. The Connecticut Eastern Orthodox Basketball League not only promotes good manners and sportsmanship, but also reaches for spiritual ideals through these sports.

Athletics can be an opportunity for young people’s participation in the Church through fellowship, witness, worship and service. It can be an effective influence in the formation of a young person’s Orthodox Christian value system and lifestyle.

The Connecticut Eastern Orthodox Basketball League consists of All Eastern Orthodox Churches in the State of Connecticut, under the auspices of the Standing Conference of Canonical Orthodox Bishops in the Americas (SCOBA). An exception has been made to include the Midget, Junior and Intermediate Level teams from the Holy Trinity parish in New Rochelle and Church of Our Savior in Rye.

These guidelines and regulations constitute the official governing rules of the Connecticut Eastern Orthodox Basketball League.

CLERGY LIASONS

Two Clergy liasons shall be appointed each year by the Connecticut Clergy Fellowship to represent the parishes and clergy of the CEOBL, under whose auspices the CEOBL functions.

Clergy Liason A - will attend all meetings of the CEOBL, provide guidance to the League, its officers and members in order to maintain an Orthodox Christian understanding and perspective. He will also be responsible to collect the rosters for the participating teams and give update reports on the CEOBL to the Connecticut Clergy at their regularly scheduled meetings.

Clergy Liason B - will chair the “Protest, Grievance and Disciplinary Committee.” Any grievances, disputes or protests must be reported to Clergy Liaison B by the League Commissioner within 24 hours of the occurrence.

LEAGUE OFFICERS

The officers of the C.E.O.B.L. shall be **Commissioner, Assistant Commissioner, Secretary and Treasurer**. They shall be elected by the league representatives at the first meeting in September on a biannual basis. The duties of the officers are as follows:

The **commissioner** shall preside at all meetings of the CEOBL, shall be an ex officio member of all other committees. The commissioner and secretary shall execute all correspondence on behalf of the CEOBL. The commissioner shall appoint any committees deemed necessary.

The **assistant commissioner**, in the absence of the commissioner, shall exercise all the functions of the commissioner.

The **secretary** shall keep the minutes of the representatives and executive meetings and send correspondence and meeting notices to all participating churches.

The **treasurer** shall collect, disburse, care and account for the monies of the C.E.O.B.L. which shall be deposited in such banks as the executive committee may from time to time direct and shall have authority to sign checks and drafts thereon. The treasurer shall render a financial report annually.

LEAGUE MEETINGS

There are three scheduled meetings for all coaches and athletic directors that will take place on the following days:

The 3rd Thursday in September (Elections will take place)

The 3rd Thursday in October

The 2nd Thursday in December

Other meetings may be convened if deemed necessary. A majority of the participating churches shall constitute a quorum for official meetings. Each church shall have 2 or more lay representatives appointed by their church. Each church shall have one vote.

MANDATORY COACHES SEMINARS

A mandatory coaches seminar will be held twice prior to the start of each season. In order to be eligible to be a coach (head or assistant) in the league a coach must participate in one of these seminars. A coach must renew their training and eligibility by participating in these seminars every two years.

AMENDMENTS

Amendments to the by-laws and rules shall be made by a majority of all churches participating in the league with a quorum of at least 5. Such proposals must be submitted to the C.E.O.B.L. commissioner or secretary in writing at least 20 days in advance of the next scheduled meeting and 10 days written notice must be given to all churches regarding amendments or changes. All additional amendments and by-laws will be in effect upon final approval by the Orthodox Clergy of Connecticut.

LEAGUE RULES AND REGULATIONS

Eligibility: Participating members should be in good standing with their respective churches. All players (**male or female**) on college and high school (grades 9 through 12) Junior Varsity and Varsity **Basketball** Teams are excluded from participation in the league, because of State of Connecticut Board of Education Regulations. Exclusion includes any player while trying out for a team. If a player quits their College or High School Junior Varsity or Varsity team, they can participate in the CEOBL after their respective College or High School coach has stated this in writing.

Marriage Eligibility: In the Senior Division only, a player can participate if they have been married in the Orthodox Church, their children are being raised in the faith, and they are active members of the Church.

Playoff Eligibility: A player must play in at least 5 games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption.

Player Bench: Only those with names that appear on the team roster may sit on the bench during a game.

Age Limits:

Midgets: Boys must be 10 years or younger on July 31st. If a boy turns 11 August 1st or later, he is eligible for Midget Division competition. Girls must be 11 years or younger on July 31st. If a girl turns 12 August 1st or later, she is eligible for Midget Division competition.

Juniors: Boys must be 13 years or younger on July 31st. If a boy turns 14 August 1st or later, he is eligible for Junior Division competition. Girls must be 14 years or younger on July 31st. If a girl turns 15 August 1st or later, she is eligible for Junior Division competition.

Intermediates: Players must be 18 years or younger on July 31st. If a player turns 19 August 1st or later, he or she is eligible for Intermediate Division competition.

Seniors: Players over the age of 19.

Volleyball: Players must be 18 years or younger on July 31st. If a player turns 19 August 1st or later, she is eligible for Girls Volleyball Division competition.

Rosters: All basketball team rosters must be sent to a designate of the League by November 1. (Volleyball Rosters due on January 2.) Each roster must be typed and include the player's full Name and Age, Date of Birth and Phone Number. A signed copy of the Player's Oath of Conduct and Signed Parent's Pledge must accompany the roster.

All players in the Midget, Junior and Intermediate Divisions must provide a copy of their Birth Certificate that will be held by their Parish's Athletic Director – these must be kept on file in the parish office. The roster must also contain the name and phone number of the coach as well as his/her signed copy of the Oath of Conduct Pledge.

Additions to the roster may be made up to the third game of the season – all changes must fulfill the above criteria.

Teams who have not submitted rosters, signed by the Parish Priest, shall forfeit their games until a completed roster has been submitted.

Basketball Rules: The CEOBL follows the most current National High School Basketball Rule Book. The only exception to these rules are as follows:

Midget Division:

- A. No full court pressure defense will be permitted until the last minute of the 4th quarter.
Full court pressure defense is permitted during any overtime session.
- B. Foul shots will be taken at the 12 foot line.
- C. A five second lane violation is used instead of a three second lane violation.

All Divisions: During a foul shot attempt, entering the foul lane is permitted upon the release of the basketball by the foul shooter.

Length of Games:

Midgets	Two 15 Minute Halves
Juniors	Two 15 Minute Halves
Intermediates	Four 8 Minute Quarters
Seniors	Four 8 Minute Quarters

All Divisions: All overtime periods are three minutes each.

Volleyball Rules: The CEOBL follows the most current Volleyball Federation Rules for High School. The only exception to these rules are as follows:

- A. Unlimited Substitutions per Game
- B. Libero use is optional
- C. 25 point games - win by two
- D. Play with 5 players is allowed if no other players are available

Volleyball League:

- A. Will have Two Divisions (Division I & Division II) with the top four teams in each division making the playoffs.
- B. Players can only be on one Division Roster – they may not play on both teams
- C. Starting line ups & positions are to be submitted to Referee at start of match
- D. Birth certificate and oath of conduct with roster (including coaches) must be submitted prior to January 2nd (Failure to do so will result in the forfeiture of the team's first match)
- E. Coaches are requested to E-mail match results to Saint Barbara within two days
- F. Playoff tie-breaker will be record against next higher seeded team
- G. Players from neighboring churches who do not have a team may play by the agreement of both parish priests and the league
- H. Certified Connecticut Federation Referees will be used.

Volleyball Playoff Eligibility: A player must see action in 50% of their teams games to be eligible for the playoffs. The only exclusion to this playoff eligibility rule is a medical exemption. Coaches must provide the League Office with a list of all playoff eligible players prior to the start of playoffs. The Team coach must sign this Roster.

C.E.O.B.L. and C.E.O.V.L. Rules

Postponements: There will be no postponements unless previous arrangements have been made prior to the making of the league schedule. If a schedule change is required after the league schedule has been sent out, the parish requesting the change will be charged a \$25.00 late change fee. Postponements due to weather conditions will be at the discretion of the CEOBL Commissioner.

Forfeits: A team will forfeit their game if they are not present or able to begin the game 15 minutes after the regular starting time. The forfeit will be counted as a loss for that team. In all other other instances a forfeit may be decided only after consultation by Clergy Liaison B, the Commissioner, Assistant Commissioner. Once a decision is made the Coaches will be notified and the decision will be final.

Playoff Seeding Tie-Breaker Procedures:

1) Head-to-head competition during the regular season. Head-to-head competition for three or more team ties can only be applied, if the three or more teams tied played each other in similar amount of a games. If three teams or more played each other once, head-to-head competition is the first tie-breaker. Similarly, if three teams or more played each other twice, head-to-head competition is the first tie-breaker. If three teams or more tied and did not play each other the same amount of games between each other, head-to-head competition can not be used. Instead the 2nd tie-breaker rule is applied.

2) The team who defeats the higher ranked team will be ranked the higher seed.

For example:

	Regular Season Record
Team A	11 Wins, 1 Loss
Team B	9 Wins, 3 Losses
Team C	9 Wins, 3 Losses

Assuming Team B and Team C split their regular season competition at 1-1, the second tie-breaker would be applied. If Team B defeated Team A in the regular season, Team B would be ranked as the #2 seed in the playoffs and Team C would be ranked as the #3 seed in the playoffs. If neither Team B or Team C defeated Team A in the regular season, the 3rd tie-breaker rule would be applied.

3) Flip of a coin. If necessary, and to facilitate the difficult process of scheduling, the coin flip can be held prior to the conclusion of the season at the discretion of the League Commissioner. A League Officer shall flip a coin in the presence of the coaches of the two involved teams. The call of heads or tails shall be made prior to the toss.

Protest, Grievance and Disciplinary Committee: There shall be a standing protest and disciplinary committee, comprised of two individuals from two different Communities who are involved in the CEOBL and chaired by Clergy Liaison B. The League Commissioner shall serve as an Alternate Official of this group.

The protest fee of \$25.00 must accompany all protests and will be refunded if the protest is upheld. A protest will be addressed to the CEOBL Commissioner and mailed to the League Office at Holy Trinity Greek Orthodox Church, 4070 Park Avenue, Bridgeport, Connecticut 06604 and must be postmarked within 48 hours after the game in question. A coach who is planning on issuing a protest is asked to please contact the League Commissioner by phone to alert them of the impending protest. The League Commissioner must report all such incidents to Clergy Liaison B within 24 hours of the occurrence.

Conduct: Fighting, abusive language or any disruptive behavior, by players, coaches or spectators will cause the ejection of this person from the gym.

Disciplinary Procedures

A. The local athletic director shall notify the C.E.O.B.L. Commissioner of any game ejection. They shall specify the name of the person ejected, the date and the reason for the ejection.

B. Any player or coach that is placed on probation or suspension will be notified with letters sent to their respective Athletic Director and Parish Priest.

C. A player or coach, who is ejected from a game while on probation is suspended from the league for the next three regular season or playoff games..

Disciplinary Penalties for Abuse of Conduct Rule:

A. A single ejection from a game by a player or coach during the season will be considered as an ejection from the gym for that game. The player or coach, who was ejected for unsportsmanlike behavior, will have in addition a subsequent game suspension, for the next scheduled game (regular season or playoff) after their game ejection.

- B. If a player or coach receives a second game ejection, during the same season, he or she will receive a suspension of the next three scheduled games (regular season or playoff) from the date of the second game ejection.
- C. If a player or coach receives a third game ejection, in the same season, he or she will be suspended for 12 consecutive months from the date of the third ejection.
- D. Ejection from a game by a player, coach or spectator for physically fighting with another player, coach or spectator will result in an immediate three game suspension. A second career ejection for a player, coach or spectator for physically fighting with another player, coach or spectator will result in that person being suspended for 12 consecutive months from the date of the infraction.
- E. Ejection from a game by a player, coach or spectator for physically fighting with a referee will result in an immediate one calendar year suspension. Prior to reinstatement, the affected player or coach must request reinstatement from the Disciplinary Committee. A second career ejection for a player, coach or spectator for physically fighting with a referee will be a lifetime CEOBL suspension.

Definition of Probation: Probation is considered to be a period of time in which said player or coach will be closely watched by league officials for the purpose of monitoring that player's or coach's behavior on the court.

Reasons for Being Placed on Probation:

- A. A player or coach can be placed on probation for violating the league disciplinary rules.
- B. The Disciplinary Committee of the C.E.O.B.L. reserves the right to place any player or coach on probation whose behavior is unsportsmanlike and detrimental to the league.

CRITERIA FOR REFEREES

1. It is the responsibility of the host parish to obtain referees for all games scheduled at their site.
2. Referees should preferably be individuals who are not CEOBL officers, athletic directors, coaches, or parents of players.
3. In extreme circumstances, when outside referees are unavailable, CEOBL officers, athletic directors, coaches, or parents of players can referee games. In such situations, all coaches involved will be notified about this in advance of the game.
4. It is appropriate and acceptable that all referees, including CEOBL officers, be entitled to remuneration for their services if they are certified referees.

CRITERIA FOR SELECTING COACHES

The following criteria are set forth for the selection of coaches for the parish.

1. Coaches must be mature people of the Orthodox Christian faith. Coaches should be actively seeking a closer relationship with Christ and a better understanding of His teachings.
2. Coaches must be willing to share his/her faith at appropriate times with the participants through the spoken word, good example, loving actions and prayer.
3. Coaches must have a deep commitment to the Church, Her leaders and people.
4. Coaches must be active stewards of the Eastern Orthodox Churches under the auspices of SCOBA.
5. Coaches must promote an attitude that extends beyond victories and defeats. He/she must be able to see success as something more than a final score or team record.
6. Head Coaches must be at least 21 years of age. All positions are to be approved by the Parish Priest.
7. Coaches must be knowledgeable about the Connecticut Eastern Orthodox Basketball League Athletic Guidelines and Regulations. They must make sure that all rules and policies are followed and sign an Oath of Conduct.
8. Coaches must attend a mandatory League Coaches Seminar once every two years in order to be eligible to coach for the season.

COACHES' GUIDELINES

1. The coach must be aware that he/she has a tremendous influence, either good or bad, in the education of the student athlete, and thus shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. The coach shall take an active role in the prevention of drug and alcohol abuse and under no circumstances should authorize their use.
3. The coach shall promote all youth programs of the Parish.
4. The coach shall be thoroughly acquainted with the CEOBL Rules and Regulations and is responsible for communicating them to team members. The spirit and letter of the rules should be regarded as mutual agreements. The coach shall not attempt to circumvent the spirit or letter of the rules.
5. Head Coaches must be at least 21 years of age. All positions are approved by the Parish Priest
6. Coaches must respect and support the officials. The coach shall not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or players is unacceptable.
7. Before the game begins the two teams, led by their coaches should pray and recite – The Lord's Prayer at Center Court.
8. Coaches and Athletic Directors are expected to attend all league meetings.
9. Coaches must determine the eligibility of each player on their roster in compliance with the Connecticut Eastern Orthodox Basketball League rules.

OATH OF CONDUCT

As a participant in this event, whether as an athlete, spectator or coach, I, _____, pledge to uphold the teaching, tradition and mission of the Orthodox Church. I pledge to comply with all by-laws, guidelines, rules and regulations and to be respectful to all people. Furthermore, for the good of the Church and any athletic event, I will:

- Behave in a manner befitting an Orthodox Christian
- Maintain self-control, refrain from using profanity or profane gestures
- Show respect in defeat and modesty in victory
- Show courtesy to all sports officials, authorities and teammates
- Show respect for all opponents
- Play the game fairly to the best of my ability, and accept the outcome graciously

I acknowledge that I am not a member of my High School or College Junior Varsity or Varsity Basketball Team. I understand that the purpose of the program is to give me the opportunity to participate in athletic events, experience Orthodox fellowship, have fun and grow in my relationship with Jesus Christ.

Signature of Participant (Player or Coach)

Print Name

Parish Name and Location

Date

This form to accompany all rosters

PARENTS' PLEDGE

CODE OF CONDUCT FOR ATHLETIC EVENTS

This form to accompany all rosters

Adapted from the National Youth Sports Safety Foundation

1. I acknowledge that children participate to have fun, and the game is for the youth, not adults
2. I (and my guests) will be positive Orthodox Christian role models for our children, and I will encourage good sportsmanship by showing respect and courtesy.
3. I will not encourage any behaviors or practices that would be considered unsportsmanlike.
4. I will teach my child(ren) to play by the rules and to resolve conflict without resorting to violence and hostility.
5. I will encourage my child(ren) to treat other players, coaches, officials and spectators with respect, regardless of race, creed, color or ability.
6. I will teach my child(ren) that doing one's best is more important than winning.
7. I will praise my child(ren) for competing fairly.
8. I will never ridicule or yell at my child(ren) or others for making a mistake or losing a competition.
9. I will emphasize to my child(ren) skill development and practice over winning.
10. I will promote the spiritual, emotional and physical well-being of the participants ahead of any personal desire I may have for my child(ren) to win.

Child(ren)'s Name

Signature of Parent/Guardian

Print Name

Date