

GOVL Rules

Greek Orthodox Volleyball League (GOVL) Rules & Procedures.
Updated May 2026.
Effective January 2027.

Changes are highlighted in yellow.

1. GENERAL

- a. To ensure a successful and meaningful Volleyball season, the following guidelines have been established. It is imperative that the rules, policies, and procedures of the Greek Orthodox Volleyball League (GOVL) are adhered to without exception. The GOVL is currently composed of one boy's division and two girl's divisions, ages 12-17, (7th – 12th grade).
- b. The GOVL website is www.dadgovl.com.
- c. The GOVL currently runs an Instagram account, Facebook account and live streams on YouTube.
- d. The GOVL currently works with the National Herald, a Greek American Newspaper, that frequently prints the GOVL results, photos and messages throughout the season.

2. PURPOSE

- a. The purpose of the League is to teach the Orthodox Christian Youth the meaning of good Christian sportsmanship and fellowship; to provide an avenue for teens to participate in an environment with their Orthodox Christian peers; to interact with youth of other churches; to respect your teammates, coaches and other league coaches and players; To learn how to play the game of Volleyball as individuals and as members of a team.

3. ORGANIZATION

- a. Children must be between the ages of 12 through 17 to be eligible to play in the League. Exceptions may be made with League approval. The League is organized into divisions for boys and girls ages 12-17. The players/parents must be members of their respective community, or the players must be members of their respective community's athletic program or GOYA to participate.

Junior Division* Boys/Girls Ages 12-14 (7th-9th Grade)
Senior Division Boys/ Girls Ages 13-17 (7th-12th Grade)

**Junior Divisions are evaluated based on how many teams are submitted each season. Currently we only have 1 Junior Girl's Division. Churches with one team, and players in 7th-12th grade will be placed in the Senior Division.*

- b. Coaches are chosen by each community but are subject to approval and/or dismissal by the League Coordinators with oversight from the DAD Youth Coordinator. All Coaches are required to have completed the required DAD trainings and **always have an ID badge when coaching.**

4. SCHEDULING

- a. There is presently one season, the Winter/Spring regular season plus the playoffs. The league schedule will be distributed at the beginning of the season pending all communities meet the proper deadlines for submitting paperwork and rosters. The number of games per season will be decided once the number of teams has been determined.
- b. Games postponed by the GOVL for any reason will be re-scheduled by the League Coordinators and posted on the website, Instagram, Facebook, and communication will go out via email.
- c. Regardless of the weather conditions, unless otherwise notified by a league official, coaches and their teams are expected to appear on the court ready to play on the scheduled date/time of the game. A team will have 15 minutes to show up after the scheduled game time, or they will be issued a forfeit.
- d. The referee is authorized to cancel the game once he/she steps onto the court.
- e. No game will be re-scheduled without the permission of the League Coordinators.
- f. Teams attempting to re-schedule their games must communicate with each other first and a new date must be selected prior to the start date and time of the original game. The only exception will be games canceled by the GOVL.

5. SITES

1. At the beginning of every season each participating community shall provide the League Coordinators with gymnasium and equipment availability.
2. The Hosting Church, as designated on the League schedule, will provide the game ball.
3. The referee shall have the option of selecting another ball.

6. GAME PROCEDURES

- a. Each game will be officiated by an experienced referee secured by the League.
- b. All games will begin with the Lord's Prayer and a handshake between all team players and their coaches.
- c. Coaches will require team members to be at the gym site 20 minutes prior to the game to ensure all games start on time.
- d. The home site is responsible for providing a first aid kit. The responsibility is no longer on each team; however, the league strongly encourages each team to bring a first aid kit. **If a site is found not to have a proper first aid kit the League Coordinators can levy penalties up to and including forfeiture of all future home games.**

e. Each team must have a minimum of 4 uniformed players on the court at the scheduled game time, prepared to begin the game. If a team has 3 or less uniformed players, 15 minutes after the scheduled game time, the Referee must declare a forfeit and award the victory to the opposing team.

f. Coaches should designate a team captain prior to each game. **The team captains will conduct the opening prayer.** The coaches will have their players proceed to center court for the prayer, quick handshake and group photo. After the game, at the Referees signal, each team must proceed to center court led by their coaches and exchange handshakes.

g. Team members and the Referee are the only people allowed on the court. In the event of an injury, only the coach may assist the Referee on the court. The Referee is to stop the game until the injured player is ready to play, or until the player is removed from the gym if medical treatment is necessary. Under no circumstances is the game to restart until both Coaches have consented. One parent may be asked by the coach to step onto the court to assist if needed.

h. If a game must be stopped while in progress for any reason other than a forfeit, the League Coordinators will decide the status of the game, and if it will be continued or declared final.

i. The Volleyball size will be 65-67 centimeters in circumference and weigh 260-280 grams (9-10 oz). The balls inside pressure should be 0.30-0.325 kg/cm² (4.26-4.61 psi).

j. A coin flip will determine who serves first and which side of the court each team will be on for the duration of the evening.

k. **Each team will have 5 minutes to warm up** prior to the start of the game. If girls are warming up only the girl's team is allowed on the court, same goes for the boys. No other players should be on the court at this time. Violation of this will result in a point penalty.

l. The team must line up 5 feet from the court boundary (Basketball court boundary).

m. The team must line up perpendicular to the 10-foot line when on the sidelines, not passing the 10-foot line. Giving the referee room to move and adjust to make the correct call.

n. Unsportsmanlike behavior by a player, coach or spectator will not be tolerated and may result in the removal of that person from the gym led by an official referee or site/league representative.

o. Taunting will not be tolerated. A player/ parent/ coach that violates the League Conduct Guidelines will be reprimanded by the referee and a point will be deducted from their church. Yellow card for first offense, red card for second offense.

- **Yellow card – Point deduction from the violating team.**

- **Red card – Point deduction from the violating team and removal from location.**

p. Teams will be assigned evenings based on location and availability. It is customary that if girls and boys are playing on the same evening, girls will play first followed by the boys. If two boys or two girls teams are playing on the same evening, the team traveling the farthest will play first followed by the second match up. Coaches are encouraged to be flexible and communicate with each other at least 48 hours in advance prior to making changes to this guideline.

7. PROTESTS/ COMPLAINTS

- a. Protests/ complaints will be entertained by the League Coordinator's Designee.
- b. The protest/ complaint is to be sent by the Head Coach, Community Representative or Athletic Director and received by the League Coordinators within three days of the incident. Otherwise, protests will not be heard.
- c. The League Coordinators will decide on an outcome for the protest/ complaint and forward their decision to all involved parties, as well as the Director of Youth and Young Adult Ministries.

8. LEAGUE STANDINGS

- a. At the end of the season, in the event of a tie, league standings will be determined as follows:
 - The team with the higher point differential will have the higher seed.
 - If two teams have a true tie, a coin flip will determine which team takes the higher seed.
- b. The League Coordinators reserves the right to adjust seeding for playoffs.
- c. Forfeits or "BYE"s will be scored as follows: 25-15.

9. PLAYOFFS

- a. The number of teams making the playoffs will vary from year to year in all divisions.
- b. The same rules during the regular season will apply to the playoffs unless otherwise stated in this section.
- c. All playoff rounds will be best 2 of 3 games.
- d. Finals will be best 3 of 5 games.
- e. All games will start at 0 and go to 25 points with a cap of 28 points.
- f. Finals will have no point cap.
- g. Players must have played in at least **two Tournaments** or **at least 2 Regular Season games to be eligible for playoffs**.

Eligible Tournaments:

- The Annual Harry Lascarides Memorial Tournament, Archangel Michael, Port Washington
 - The Annual Michael Baritis Memorial Tournament, St. Nicholas, Babylon
 - The Cathedral Cup Tournament, The Cathedral of St. Paul, Hempstead
 - **(Junior Girls) The Junior Girls Tournament, St. Nicholas, Flushing**
 - The Silver Cross Tournament, Greek Orthodox Church of the Assumption, Port Jefferson
- Tournaments only qualify if held prior to the start of playoffs.*

10. ROSTERS

- a. Each Team is allowed to have a maximum of 15 players, exceptions can be made on a case-by-case basis. The minimum number of players for two teams of the same division is 8 players.
- b. If a Church decides to have an A Team or B Team those teams cannot share players.
- c. The League Coordinators **and Coaches** reserve the right to spot check rosters during games and if it is determined that a player is on the court that is not on the roster, it will result in the team forfeiting that game and further disciplinary action will be considered by the League Coordinators.
- d. The minimum number of players required to play a game is 4.

11. COURTS AND EQUIPMENT

- a. The Host Gym will provide the scorekeeper for each game. The home team will make its best efforts to provide a mature/experienced person to maintain the Rosters, Substitutions and Score.
- b. The Score table is the ultimate authority on all statistical aspects of the game.
- c. All teams are responsible for ensuring the gym is left clean. All coaches are encouraged to monitor their players and spectators on the issues of garbage disposal, respect for gym property and equipment, crowd behavior and bathroom cleanliness.

12. UNIFORMS

- a. The proper uniform in the League for each team is a matching, numbered, Jersey. Players without uniforms will result in a 1-point penalty per infraction.

SAFETY EQUIPMENT: Players who normally wear glasses have two options a) not wearing glasses while playing b) must use safety (sport) goggles while playing.

- b. Players may not wear hats, earrings, necklaces, other jewelry, or anything that may injure any player. Long hair should be either tied back, or a headband should be used. Players with casts of any type are not permitted to play. (At discretion of Referee on site).
- c. Players will not be allowed to play if they don't have the proper safety equipment.
- d. Coaches must ensure that their players who choose to wear shorts must be an appropriate length and color. **Please remember this is a church league, shorts should be longer than the player's uniform shirt.**

13. REFEREES

- a. The referee has discretionary power from the time he/she enters the court to the time he/she leaves the court.

- b. The referee must check that the team bench is occupied by the coaches and players.
- c. Referees will caution players, coaches, parents, or spectators if there are unsportsmanlike outbursts. There will be one warning to the coach of the violating team, then a point penalty, then the offender(s) will be asked to leave the gym. The League Coordinators are to be immediately notified of this.
- d. The referee has the power to evict players, coaches, parents or spectators from the premises.
- e. Conduct by spectators of any age, which is considered unsportsmanlike, may result in eviction from the spectator's area including the gym and the game being forfeited by one or both teams.
- f. The referee has the final word in all situations on the court.

14. EMERGENCY MEDICAL CARE PROCEDURES**

- a. First Aid Kit. See Section 6 (d).
- b. Use common sense when rendering first aid. For trauma, use a cold pack to the affected area. Any player bleeding must be removed from the court and cannot re-enter the game until the referee inspects said player.
- c. If Emergency Medical Services must be called the game is to be stopped. The game is only to be resumed once all EMS personnel have exited the location and both coaches agree to resume gameplay.
- d. If Emergency Medical Services is needed the "Agency Response Form" must be filled out and submitted to the League Coordinators.

15. LAW ENFORCEMENT PROCEDURE**

- a. If Law Enforcement needs to be contacted and responds to an issue within the gym a "Agency Response Form" must be filled out and submitted to the League Coordinators within 24 hours. Follow the directions of the Police Department.

16. FIRE RESPONSE PROCEDURE**

- a. If the Fire Department needs to be contacted and responds to an issue within the gym a "Agency Response Form" must be filled out and submitted to the League Coordinators within 24 hours. Follow the directions of the Fire Department.

17. COACHES RESPONSIBILITIES TO THE LEAGUE

- a. A Coach shall be a non-player and be at least 25 years of age.
- b. An Assistant Coach shall be a non-player who is at least 19 years of age or older.

c. All coaches must attend a pre-season training session and meeting organized by the League and the Office of Youth and Young Adult Ministries. Failure to attend a pre-season meeting may result in disqualification to coach. Coaches are required to have their DAD Safety Course and Background check completed prior to the start of the season. This will then generate an ID Badge which will be required to be worn at games and events.

d. Exceptions to the age requirements can be made by application through the League Coordinators.

e. It is the coach's responsibility to present to the League Coordinators:

- All player rosters.
- A letter from the President/Priest of the community or a copy of the policy declaratory page that an insurance liability policy is in effect for the respective community.
- Coaches are expected to dress in a manner respectful to the league and the churches they represent.
- First Aid Kit.
- Emergency Contact Information for Players.

f. All coaches must attend at least one of the preseason meetings or they will not be allowed to coach. This includes both head coaches and assistant coaches. All coaches must also consent to a background check to be part of the league.

g. Any coach that knowingly submits false information on a roster shall be suspended from the League for at least one year.

h. Any coach that plays a player that has been deemed ineligible by the League Coordinators, even if an appeal is pending, shall be suspended for at least four games but not more than a year.

i. Any coach who fails to uphold the code of conduct set forth by the League Officials will be subject to disciplinary actions:

1st offense: 1 game suspension.

2nd offense: 3 game suspension & meeting with respective Parish Priest.

3rd offense: Season Suspension & final meetings with respective Parish Priest.

4th offense: Ban from coaching within the DADGOVL for 1 year.

18. PARENT/ SPECTATOR/ ADVISORS COMMITMENT TO LEAGUE

a. Encourage good sportsmanship and maintain Christian fellowship amongst other parents/ spectators/ advisors.

b. Uphold the League Code of Conduct.

c. Ensure players are brought to the games on time and ready to play.

d. Any parent/ spectator/ advisor who fails to uphold the code of conduct set forth by the League Officials will be subject to disciplinary actions:

1st offense: 1 game suspension.

2nd offense: 3 game suspension & meeting with respective Parish Priest.

3rd offense: Season Suspension & final meetings with respective Parish Priest.

4th offense: 1 year suspension.

19. LEAGUE COORDINATORS AND LEAGUE BOARD'S COMMITMENT TO LEAGUE

a. The League Coordinators and League Board must uphold the code of conduct set forth and approved by DAD.

b. The league Coordinators and League Board must be up to date on all DAD requirements for adults involved with Youth Programs.

c. The league Coordinators and League Board must work with each church to uphold the following strategies:

- Collaboration
- Innovation
- Ethics
- Inclusion
- Growth

d. The league Coordinators and League Board MUST uphold the code of conduct.

e. The league Coordinators and League Board has a zero-tolerance policy of any violations to the Code of Conduct or League Rules. The failure of a member of the league Coordinators and League Board to uphold the Code of Conduct or League Rules will result in that member's immediate removal of their position.

20. GOVERNING RULES

Rules for the DADGOVL will be governed by USA Volleyball <https://usavolleyball.org/resources-for-officials/rulebooks-and-interpretations/>

a. Special adjustments and considerations are based on a church-by-church basis.

b. Games will start at 0 and end at 25. There will be a 28-point cap. Exceptions to this would be for playoffs and tournaments.

c. Regular season games will be 3 sets, each set counting on their own for the standings. The net heights will be set for the respective division prior to the start of the games.

21. TOURNAMENT GUIDELINES

Parishes who host their own tournaments are encouraged but not required to follow these guidelines. Gameplay rules for the tournaments will follow regular season rules. Tournaments are double elimination.

- a. Tournament limited to the first 8 registered teams (minimum of 6 boys and 6 girls).
- b. Maximum of 15 boys and 15 girls will be permitted on each team's roster.
- c. Seeding will be determined by the Wednesday prior to the tournament and shared with participating teams the evening before the tournament. All teams should arrive ready to play. 5-minute forfeit time strictly enforced.
- d. All games (except for Championship games) will start at 4 points. Games will be played to 25 points, rally scoring (Must win by 2 points).
- e. Point System
- First round games are not awarded any points. First round games are for placement in Bracket one or Bracket two.
 - Win in Bracket one: 2 Points Awarded.
 - Win in Bracket two: 1 Point Awarded.
 - 3 Points for winning the Championship.
 - Most Points (both boys' and girls' teams) wins the Tournament.
- f. Tie Breaker Points
- 1 – CHAMPIONSHIP WIN
 - 2 – MOST WINNERS BRACKET WINS
 - 3 – HEAD TO HEAD WINS
 - 4 – COMMON OPPONENTS
 - 5 – TOTAL POINTS SCORED
 - 6 – TOTAL POINTS AGAINST
- g. Exceptions can be made to these tournament rules by the host church up to and including tournament structure.