

2019 - 2020

HOMENETMEN WESTERN
U.S. REGION ATHLETIC RULE
BOOK

REGIONAL ATHLETIC COUNCIL



[ATHLETIC RULE BOOK]

Introduction

This booklet is designed to aid in the orientation of athletic directors and coaches. It is the responsibility of the Athletic Directors to distribute this information within their chapter.

Every precaution has been taken to make sure information contained in this booklet is accurate and updated. If errors or changes occur, the Regional Athletic Council and the Regional Executive Committee will make sure that the needed modifications are made quickly. In case of a dispute, decisions made by the Regional Executive Committee will be final. Modifications to this booklet will be distributed during monthly general meetings or via email to all Chapter Athletic Directors. It is the responsibility of chapter representatives to update their files and distribute any changes within their chapter. The Regional Athletic Council will not take any responsibility for advertising changes to the Athletic Rule book to anyone other than Chapter Athletic Directors.

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HOMENETMEN WESTERN UNITED STATES REGION – ROLES AND RESPONSIBILITIES

Homenetmen Western U.S. Regional Athletic Council

Regional Athletic Council (RAC) members are appointed by the Western U.S. Regional Executive Committee (REC). Their term is for two years, and it ends at the same time as the REC. The RAC meets weekly with quarterly meetings being held with chapter representatives. The RAC's responsibilities are to oversee all athletic activities in the region based on the conditions and the bylaws of the organization and within the limits set forth by the General Convention Delegates and by the Regional Representatives meeting resolutions.

Chapters' Athletic Directors

A Chapter's Athletic Director (AD) is appointed by the Chapter's Executive Committee. The AD is one of the elected Chapter Executive Committee members. Their term is for one year. Their athletic responsibilities are to oversee the chapters athletic activities based on the conditions set forth in the constitution and the bylaws of the organization and within the limits set forth by the Chapter's annual General Meeting. They participate in their chapters athletic council meetings, attend monthly regional meetings, and oversee daily or weekly athletic activities in the chapter. The AD's are also the liaison between the chapter and the RAC.

Chapter Athletic Directors Duties Prior to the Start of a Tournament

- Collecting rosters from teams.
- Making sure all members of the teams are:
 - active members of Homenetmen
 - Are I.D. verified
 - Have a current picture (no older than 2 years)
 - Ensure the correct coaches, assistant coaches, team leaders, and players are on the correct roster.
- Inputting rosters into the database (homenetmen.net) by each tournament's roster submission deadline.
- Making sure all rosters are correct prior to the roster change deadline set forth for each tournament.
- Assure that all members of a team have proper uniforms that follow the guidelines set forth in the RAC Rule Book (All jerseys must match, have the "Vahan" shield on the upper left chest of each player's uniform in the form of a patch or silk screen, and all shorts are the same color with minimal piping or paneling).
- Have a correct copy of the insurance claim form in case of injury during practice or tournaments.

Chapter Athletic Directors Duties During a Tournament on the Field/Court

- Check that all members of the team are in their proper uniforms.
- Check that all coaches are wearing the proper coaching attire (must be wearing a chapter coaching shirt; no sandals; no team uniforms).

- Remove all nonessential persons (fans, friends, parents, family members, and significant others) from the team's bench.
- Make sure the team is playing under control, both physically and emotionally.
- Control spectators as necessary to promote sportsmanship and eliminate unruly conduct.

Chapters' Athletic Council members

Chapters' Athletic Council members are appointed by their chapters' executive committee. Their term is for one year. Their responsibilities include the oversight of daily or weekly athletic activities/events of the chapter.

Any of the duties of the Chapter Athletic Director can be delegated to members of the Chapter Athletic Council. Please see above for more details.

Chapter Athletic Council (CAC) members are also considered an official representative of the chapter, but do not represent the chapter in an official capacity unless appointed to do so by the Chapter Athletic Director in their absence (i.e., CAC members do not represent the Chapter if the Chapter's AD is present or if the Chapter's AD has not asked them to do so and notified the RAC).

NAVASARTIAN GAMES

Membership Deadline

- The REC has upgraded the membership database by going “online.” As a result, all new members that wish to participate in a tournament must be created, have a photo I.D. submitted, a picture uploaded, and have their application submitted no later than TWO (2) weeks prior to the roster submission deadline. All information must be submitted to the Regional Office (Homenetmen Western U.S.A., 2324 Colorado, Los Angeles, CA 90041, or via email to the Regional Administrative Staff: office.wusa@homenetmen.org).
- Deadlines for membership applications for all other tournaments are listed on the Athletic Calendar. If they are not noted, they will be due two weeks prior to the day the rosters are due for that tournament.
- The membership list in the online database at homenetmen.net is the official list. Only athletes on this list that are **Active, I.D. Verified**, and have a **Current Picture**, are eligible to participate in a tournament.

Application Form Deadlines

- Team and individual sport application forms will be available **Online Only**. Absolutely **No Paper** applications will be accepted. Those chapters that do not have the capability of for online submissions can request assistance from the RAC where they will be provided with the necessary instructions. Chapters may be charged for this service at the discretion of the REC.
- All membership applications for any tournament are due by **4:00PM** on the date listed on the Athletic Calendar.
- All rosters for any event are due on the date listed on the Athletic Calendar. The database system is scheduled to close at midnight on the deadline.

GENERAL RULES

General Participation Rules

- A. All participants representing Homenetmen Western U.S. Region Chapters must have been members of their respective chapters on or before specified deadlines. Names filed with the Homenetmen REC shall be used to check membership records of the members in the Western U.S. Region. All other participation rules announced by the REC via bulletins to the chapters shall also apply.
- B. The following sporting events are part of the Homenetmen Western Regional Athletic Calendar:

Basketball	Team Event
Soccer	Team Event
Volleyball	Team Event
Softball	Team Event (Open to all Members)
Swimming	Individual Event
Table Tennis	Individual Event
Tennis	Individual Event
Track & Field	Individual Event
Chess	Individual Event (Open to all Members)

- C. Age and gender division breakdowns for each sporting event shall be listed on the corresponding event participation roster.
- D. An athlete qualifying in any age and gender division may compete in a higher division (a player may play up two years only. This applies to U16 and lower). Conversely, no athlete qualifying in an age and gender division may compete in a lower division of play; No Exceptions.
- E. Once a team application or an individual roster application is submitted, that team or individual roster application fee becomes due and payable. Under no circumstances will this fee be reimbursed, especially if that team or individual withdraws from the tournament.
- F. Once a player's name is officially listed on a roster, they shall be considered as part of the team regardless of playing time or attendance during a game/tournament. Players listed as team members may not be replaced during the entire tournament.
- G. For all individual events, chapters will be charged (via invoice) for the number of participants registered at the time of the deadline and not the number of participants that attend and participate on the date of the event.

Note: A chapter may not submit a member's name on the final roster without prior consent from the player and/or parent or legal guardian.

- H. An athlete may only compete on one team per sport per event. However, he/she may participate in as many sporting events as desired.
- I. In TEAM events, for each age and gender division, a minimum of three (3) teams from a minimum of three (3) Homenetmen Western U.S. Region Chapters shall be required to effect

the sports overall scoring system. Should this condition NOT be met, competition may be scheduled with no effect on the scoring system.

- J. A **FORFEIT** in a team event shall result in a deduction of **ONE (-1) point for each forfeit** from the **chapter's cumulative total**.
- K. In **INDIVIDUAL** events, for each age and gender division, a minimum of three athletes from a minimum of two Homenetmen Western U.S. Region Chapters, shall be required to affect the scoring system. Should this condition NOT be met, competition may be scheduled with no effect on the scoring system. If for any reason only one athlete is present after registration, during competition, he/she will win first place and shall receive first place points. For track & field and swimming, the lone athlete must compete in his/her event for timing purposes.
- L. All participating athletes must present **Photo Identification** to the official(s) governing that event upon request. Failure to do so shall result in automatic disqualification of that athlete from that event.

Note: Only a valid state, government, or Homenetmen issued document (e.g. I.D. Card) with a picture and date of birth will be accepted. School I.D. cards or other types of documents will not be accepted.

- M. Only members of the RAC or its subcommittees are allowed to supervise/spectate a game from the scorer's table, official's tent, or any area governing a tournament. All other persons are subject to the same rules as spectators.

Event Rules

- A. Refer to rules governing each team and individual sporting event for specific information

Rules Committee

- A. In order to enforce participation rules and to preserve the integrity and fairness of competition, a "JUDICIARY COMMITTEE" shall be appointed by the REC of the organizing body prior to the start of a tournament.
- B. The main function of this committee shall be to sit in judgment of appeals. The committee's decisions are final subject to the REC's approval.

Coaching

- A. All coaches, assistant coaches, and team leaders representing a Homenetmen Chapter of the Western U.S. Region must be certified by the REC. Conditions for certification are set by the latter:
 - a. All coaches/volunteers **MUST** have their background checked and certified in order to participate in any Homenetmen sanctioned event.
 - b. All participating teams shall have designated non-playing coaches. The conduct of the team during the tournament shall be the responsibility of the designated coach.
 - c. All teams must identify one player as the team captain.

- d. In the event that “Coaching Badges” are issued to all designated coaches and assistant coaches, they must be worn visibly during play.
- e. **Only three non-playing personnel (Coach, Assistant Coach, and Team Leader or Chapter Executive member) may sit on the bench of any team. All three must follow the guidelines set forth for coaches and their appropriate coaching attire.**
- f. **The coaching staff must wear a coaching shirt that has been provided by their chapter or the REC/RAC. Coaching shirts must have the Homenetmen Shield (“Vahan”) on the top left chest. In the event that the coach(es) is/are not wearing their coaching shirt(s), the game will not begin. A grace period of ten (10) minutes will be given for the coach to obtain a coaching shirt. Once the grace period is over and the coach has not found a coaching shirt, the game will be considered a forfeit and the team shall not play. If an executive member chooses to sit on the bench, the coach(es) will not be allowed to coach from the bench or the sidelines.**
- g. At all times during the tournament, the presence of a designated (certified) coach is required for the team to start and continue in a game. Should the designated coach not be available, another designated (certified) coach or the Athletic Director of that chapter shall take his/her place. If neither is available, the game shall be considered a forfeit. No player-coaches will be allowed.
 - i. In the event that a coach, assistant coach, or team leader is not available to coach a game, a player listed on the roster will not be allowed to coach even if he/she agrees not to play. If a coaching conflict is anticipated, the RAC must be notified no later than 48 hours prior to the start of the game.
- h. Coaches must meet the following age requirements in order for them to be considered the official coach of the team:
 - i. Divisions 40+, 30+, Open Age, U21, U18, and U16 Men’s and Women’s – **The coach must be 18 years or older**
 - ii. Divisions U7 – U5, Boys and Girls – **The coach must be 16 years or older**

Appeal Procedures

- The Judiciary Committee may accept an appeal protesting the outcome of a contest whenever an event or tournament rule governing that particular contest has been violated. An appeal shall not be accepted when the judgmental decision of the game officials or that of the RAC is in dispute.
- An official protest document, signed by the team coach or the athletic director, shall be submitted along with a \$50.00 (Fifty Dollars) fee within TWO hours after the end of the disputed game and no later than the start of the subsequent game affecting the protester or the protested. The protest document and the fee shall be delivered to a member of the Judiciary Committee via the RAC. Fees may be submitted in cash or check, payable to Homenetmen. In the event that an appeal is won, the fee shall be returned in full.
- The Judiciary Committee will notify the Athletic Director of its decision (as soon as one is made) via the RAC.

Conduct

- Athletes, coaches and managers ejected from a game by a game official due to unsportsmanlike conduct shall be suspended from participating in the team's next scheduled game (One Game). Should the same infraction be repeated by the same individual, he/she shall be automatically suspended from that particular sporting event for the remainder of the Games.

Note: In the event that an individual is coaching/managing more than one team and the infraction calls for more than a one game suspension, the coach/manager will be suspended for their **next scheduled** game(s), regardless of which teams are participating.

- An athlete, coach, or manager ejected from the final game of a particular event in a given tournament by a game official due to unsportsmanlike conduct shall be suspended from participating in his or her next game in any other event as well, should they be participating in another event.
- Disruptive behavior on the part of any spectator may result in their removal from the premises, prevention of attendance to future Homenetmen events, and suspension of the game including a forfeit if necessary (at the discretion of the officials, field supervisors, tournament organizers and/or sanctioned security).

Disciplinary Actions

The following acts, in addition to those not listed below, will result in the following disciplinary actions which are **minimum standards** set forth by the RAC. These minimum disciplinary actions are not eligible for review and or protest.

1. Ejection from a game by the game official – Suspension from the following game
 2. Vulgar display of gestures during, or after a game – Suspension from the following game
 3. Vulgar use of language towards another player – Suspension from the following game
 4. Vulgar use of language towards an official, attempts to intimidate an official, or malicious behavior towards an official – A minimum of a four (4) game suspension. Further disciplinary action may be taken pending review of the incident.
 5. Fighting – A minimum of a four (4) game suspension. Further disciplinary action may be taken pending review of the incident.
- Should either team's bench clear during a fight, those individuals who left the bench will automatically be suspended from their following game. This may result in the team forfeiting their following game due to the low number of team members left eligible to play the game.
 - Should a fight break out and the game is stopped, the score becomes the final standing. If it is discovered that the fight was caused by the winning team, the game results in a forfeit. Should the fight be caused by the losing team, the score stands as is.

- In the event a fight ensues after the official has blown the final whistle of the game, all disciplinary actions will be taken for the remainder of the tournament, or in the case of the championship game, the following tournament.
- Disciplinary actions that result in a suspension of a player are not limited to the sport they were participating in when the suspension occurred. The player will also be suspended from **all Homenetmen athletic activities**, until the disciplinary action's time is completed.

Note: The acts of misconduct listed above are common to all sports and tournaments. There are other behaviors of misconduct that fall in a certain level on the list given above. Such infractions will have their proportionate disciplinary actions as well.

NAVASARTIAN GAMES EVENT SCORING SYSTEM

The scoring system described in this section applies only to the Navasartian Games. All other tournaments will not have an event champion.

Scoring for each of these categories shall be tallied as follows:

A. Event Championship

All points scored in the "Upper Divisional Championships" for the same sporting event, first through third places, are tallied to determine total points scored by a chapter in that event. The chapter that has the highest total points in an event shall become the "Overall Champion" in that particular event (one for each of the seven sporting events, chess is excluded).

- a. **Upper** Divisions are considered to be the following:
 - i. **Men's** – 30+, 1-A, 2-A, U21, U18 Upper, U16 – U7 Upper. This is across any and all sports that these divisions apply.
 - ii. **Women's** – A Upper, U18 Upper, U16 – U7 Upper. This is across any and all sports that these divisions apply.
- b. Upper divisions must meet the requirements listed below to qualify them for the event championship:
 - i. For team sporting events, there has to be a minimum of four teams, from three different chapters, participating in a given division, so that the standings are taken into consideration for the Event Championship.
 - ii. For individual sporting events, there has to be a minimum of three participants from two different chapters registered in a given division, so that the standings for that division and event are taken into consideration for the Event Championship.
 - iii. Each forfeit recorded by a chapter in ALL team events (Upper or Lower) will result in the deduction of one point (-1) per forfeit from the chapter's event total. Forfeits in individual events will not be considered into the chapter's event point total.
 - iv. Track & Field and Swimming have multiple events for each division. Each one of these events, in each division, must meet the qualifications listed above so that the final standings are taken into consideration in the Event Championship.
 - v. The word "EVENT" in the title Event Championship refers to one of the 7 sporting events that take place during the Navasartian Games (Basketball, Volleyball, Soccer, Track & Field, Swimming, Tennis, and Table Tennis).

LIST OF AWARDS

The following is a list of medals and trophies that may be awarded upon completion of a tournament.

- A. **Medals** (To all winning participants)
 - a. Gold Medals may be awarded to first place athletes in individual events and to the members of teams finishing first in their division.
 - b. Silver medals may be awarded to second place athletes in individual events and to the members of teams finishing second in their division.
 - c. Bronze medals may be awarded to third place athletes in individual events and to the members of teams finishing third in their division.
 - d. In all divisions **below** U10, participants will receive a participation medal and or memorabilia.
- B. **Team Trophies** (To all winning participants)
 - a. First place trophies may be awarded to teams finishing first in their division in team events only.
 - b. Second place trophies may be awarded to teams finishing second in their division in team events only.
 - c. Third place trophies may be awarded to teams finishing third in their division in team events only.
 - d. In all divisions **below** U10, teams will receive a participation trophy and or memorabilia.

Note: In all team events U16 and older, a 3rd place trophy will not be awarded to each team, however, medals will still be given.
- C. **Event Trophies** (Navasartian Games Only)
 - a. Three (3) trophies may be awarded; one for first place, one for second place, and one for third place to the chapters which have scored the three highest points in each of the seven sporting events of the Games.

GENERAL BASKETBALL RULES

These rules may have variations for a given tournament

California Interscholastic Federation (CIF) Basketball rules shall govern this event. The following exceptions shall be observed at all times:

- A. There shall be a maximum of a ten-minute grace period, after which a late arriving team shall forfeit the game. The grace period shall start at the time the court supervisor calls for the start of the game. Extension of the grace period is at the discretion of the court supervisor.

Note: In the event the games are delayed, teams must still be present in the gym at the scheduled time of the game and wait for the preceding game to end.

- B. Each game shall be officiated by referees approved by a sanctioned sporting body. An official scorekeeper shall be provided.
- C. All games shall be played as follows:

40+, 30+, 1-A, 2-A, 3-A, and U21 Divisions	Boys and Girls	Two 20-minute halves
U18 to U14 Divisions	Boys and Girls	Two 18-minute halves
U13 to U7 Divisions	Boys and Girls	Four 8-minute quarters

- D. A 30-second shot clock will be used for Divisions 1-A and A Girls Upper (does not apply to A Girls Lower) whenever possible (depending on the venue).
- E. All games shall be played in running time except in the last two minutes of the second half, during which the clock shall stop whenever an official blows the whistle.
 - a. **For all 1-A, 2-A, U21, and A Girls (Upper and Lower) division teams, stop time will be the last one minute of the first half and the final two minutes of the second half.**

Note: If the point differential is 10 points or greater, the game clock shall not stop in either half if the game has entered stop time minutes.

Note: For all 1-A, 2-A, U21, and A Girls (Upper and Lower) divisions, during the last two minutes of the game (if stop time applies), a team may advance the ball to half court if their team called the time out.

- F. The game clock shall stop as soon as the referee calls a technical foul. It shall resume as soon as the ball comes into play.
- G. A team shall consist of a minimum of seven (7) players and a maximum of fourteen (14) players.
- H. A team must consist of five players to start a game. Violation of this rule shall result in the FORFEIT of the team.
- I. A team shall have a minimum of two players to continue playing in a game. Violation of this rule shall result in a LOSS regardless of the score. No team is allowed to play with less than five players, unless players are fouled out.

- J. Each team shall be allotted four time-outs per game, three of which can be carried over to the second half. One time-out may be carried over into overtime. One time-out shall be allotted per overtime period. A time-out shall be sixty seconds in length, during which the clock shall stop running.
- K. Each overtime period shall be three minutes in duration, with the last two minutes being stop time. There shall be as many overtime periods as required to have a game winner.
- L. A player shall be fouled out upon committing his/her fifth personal foul and shall be ejected from the game upon committing his/her second technical foul. An ejected player shall be automatically suspended from the team's next scheduled game.
- M. In round robin group competition, a team shall score as follows towards its standing at the end of that round:

- Win	2 points
- Loss	1 point
- Forfeit	-2 points

N. Tie Breaker Rules

- a. In the case of a two or three way tie in the group standings, the following system shall be used in the order listed below to determine the teams advancing to the next round:
 - i. The winner of the game between the tied teams
 - ii. The point differential computed by the points scored less the points allowed for the game played between the tied teams in that round.

Note: In the event of a three way tie, the point differential will be used to determine the first team to advance. After the tied number of teams are back to two, the winner of the game between the two remaining tied teams will determine the next place.

- iii. The point differential computed by the total points scored less the total points allowed for all games played in that group.
- iv. Random draw

Note: in divisions U14 – U10, point differential in a game exceeding twenty (20) points shall be recorded as twenty (20) points.

- O. Players may wear T-shirts under the jersey. T-shirts worn by the same team members shall match in color. T-shirt color is limited to white, black, or the chapter's official color (e.g. all undershirt wearers on the team must all wear white, all wear black, or all wear the chapter's official color). Violators will be asked to change or will not be allowed to play.
- P. A player who commits a technical foul will be required to sit on the bench for two minutes of the game time for a "cooling-off" period and may be replaced by another player.
- Q. A coach who commits a technical foul may be required to remain seated for the remainder of the game. No other individuals on the bench may stand in place of the coach for the remainder of the game. This shall be left to the discretion of the Field Supervisor and the Referee(s) officiating the game.

- R. After a player is disqualified from the game for his/her fifth personal foul, the game clock shall stop for 20 seconds to allow the coach time for substitution. **The substitution time will end as soon as the substitute leaves the bench. The remaining four players must remain on the court.**

Note: A technical foul is considered both a personal and a team foul. A technical foul on the coach or bench is to be marked as a team foul AND the coach shall be required to sit for the remainder of the game after receiving his/her first direct technical foul.

- S. In divisions U14 – U12, if a team has a lead of twenty (20) or more points, they are NOT allowed to play full or half-court trap defense. If the winning team continues to play such defense, the referee must warn the coach of the “trapping” team to discontinue the style of play. If the pressure or trap defense continues, the referee must penalize the team with a technical foul against the coach. If the play happens again, the referee must stop the game. In this situation, the “trapping” team will be penalized with a forfeit loss. If the referee fails to take the necessary action properly, the RAC field supervisor has the right to take similar measures. All warnings and technical fouls must be noted in the official score book.
- T. In the **U11 to U7 divisions**, teams are **NOT allowed to play full or half-court trap or press defense until the last two minutes of the final quarter when the point differential is 19 points or less.**
- a. If the winning team has a lead of twenty (20) points or more, they must continue play **WITHOUT full or half-court trap or press defense.**
 - b. If the winning team continues to play such defense, the referee must warn the coach of the “trapping” team to discontinue the style of play. If the pressure or trap defense continues, the referee must penalize the team with a technical foul against the coach. If the play happens again, the referee must stop the game. In this situation, the “trapping” team will be penalized with a forfeit loss. If the referee fails to take the necessary action properly, the RAC field supervisor has the right to take similar measures. All warnings and technical fouls must be noted in the official score book.
- U. In divisions U14 and below, there will be a mercy rule for the well-being of the losing team. Should the game turn into a blow-out, meaning there is a difference of twenty (20) or more points, the score shall not be displayed on the scoreboard (the official scorebook will still be kept). At the end of the game, the final score, as it appears in the official scorebook, will be posted.
- V. Every U12 division and below, the athlete on the team participating in a Homenetmen organized tournament, must play a minimum of 1 quarter (8 continuous minutes).
- a. By the beginning of the fourth quarter, those players who have not fulfilled the quarter requirement must play the entire fourth quarter, or the game will be forfeited.
 - b. Substitutions will not be allowed for those players who have not met the quarter requirement.
 - c. Players arriving before the start of the second half must fulfill the quarter requirement.
 - d. Injured players may be substituted. If the injured player stays in the game they must fulfill the quarter requirement.

- e. If there are more than five players not meeting the quarter requirement by the start of the fourth quarter, 4 points will be added to the opponents score at the beginning of the fourth quarter for each player who will not meet the quarter requirement.
- W. Prior to the start of the fourth quarter, four points will be awarded to the team for each absence the **opposing team** has over three (3). **Each team is allowed to miss no more than three (3) players for each game.**

Note: absences may affect the game's final result. The RAC and its staff are not liable for such an outcome. It is the coach's responsibility to inform all of their team members to be present at each game. Furthermore, it is the parent's responsibility to make sure that their child is present at each game.

- X. Free throws:
- a. For **U18 – U7** divisions, during free throws, entrance into the key will be played when the ball **hits the RIM**.
 - b. For **40+, 30+, A Divisions and U21**, entrance into the key during free throws shall be upon the **RELEASE**.
- Y. All U11 and below division games shall be played with a women's 28.5 size basketball.
- Z. All other divisions and genders must play with the official ball noted in the CIF rules.
- AA. Score will not be kept for U9 and lower divisions. Fouls and time outs will be kept track of. All participants will be awarded a participation medal or memento.
- BB. Any player who receives two ejections in the tournament shall be automatically suspended from the remainder of the tournament altogether.

SOCCKER RULES

Fédération Internationale de Football Association (FIFA) rules shall govern this event at all times. The following exceptions and conditions shall be observed.

- A. In round robin competition, a team shall score as follows towards its' standing at the end of that round:

Win	3 points
Tie	1 point
Loss	0 points
Forfeit	-3 points (from the round robin) (-1 point from the event trophy count)

- B. There shall be a maximum of a ten-minute grace period, after which a late arriving team shall forfeit the match. The grace period shall start at the time the match officials call for the start of the match.
- C. Length of Games / Overtime / Tie Breaker Rules
- a. All matches shall be played as follows:

Division	Game Length
A (11 vs. 11)	Two 45-minute halves, 10-minute half-time
A, U18, and U16	Two 25-minute halves, 5-minute half-time
U14	Two 20-minute halves, 5-minute half-time
U12, U10	Four 10-minute quarters, 2-minute water break between quarters (SIZE 4 BALL) (No Heading)
U8, and U7	Four 8-minute quarters, 2-minute water break between quarters (SIZE 4 BALL) (No Heading)

- b. There shall be no overtime in the preliminary round.
- c. The following procedure shall be used in the playoffs only when a match is tied following the regulation period.
- Teams shall play the full overtime periods
 - For all 7 vs. 7 divisions – Two extra periods of 5 minutes each shall be played with a 2-minute water break in between.
 - For all 11 vs. 11 divisions – Two extra periods of 10 minutes each shall be played with a 2-minute water break in between.
- d. If the score remains tied after the overtime period(s) in the playoffs, the winner shall be determined by a penalty –kick tie-breaker, as follows:
- Coins toss by the referee shall be used to determine which team kicks first, with the winner electing to go first or second. Each team shall alternate taking an initial series of five penalty kicks. The team scoring the greater number of goals shall be declared the winner. The penalty kicks shall end at the point where a winner has been determined.

- I. Intervals
 - a. The half-time interval shall not exceed 10 minutes except by consent of the referee and both coaches. The interval between the end of regulation play and the beginning of overtime shall not exceed five minutes, and the interval between overtime periods shall not exceed two minutes.
- J. Non-Participants on the Field
 - a. No person other than players shall be allowed on the field of play without permission from the referee. Trainers and coaches may enter the field only if called to do so by the referee.
- K. Coaching from the Sidelines
 - a. Coaching from the sidelines is restricted to verbal communication, without the use of aids, with one's own team, and is confined to the coaching and team areas.
 - b. If an infraction occurs, the referee shall advise the offending coach that on recurrence, an indirect free kick shall be awarded against his team. The ball will be spotted at the point the ball was when the infraction occurred.
- L. Tie Breaker Rules
 - a. In case of a two-way or three-way tie in the standings at the end of round robin play, the following tie breaker system shall be used in the order listed below to determine the teams advancing to the next round:
 - i. The winner of the game between the tied teams (head to head).
 - ii. The team with the highest goal differential in the games played among the tied teams (Total goals scored "for," minus the total goals scored "against").
 - iii. The team with the highest goal differential in the games played among all the group teams (Total goals scored "for," minus the total goals scored "against").
 - iv. Least amount of goals allowed between the tied teams.
 - v. Least amount of goals allowed between all of the teams in the group.
 - vi. Random draw.
- M. Ejections
 - a. The referee shall eject from the game, without previous caution, a player who cannot be replaced, a coach or any team representative if that individual:
 - i. Is guilty of violent conduct or serious foul play
 - ii. Is abusive in language or gesture
 - iii. Persists in misconduct after receiving a caution
- N. Ejections and Suspensions
 - a. An ejected player cannot be replaced and shall not compete in the team's next scheduled game.
 - b. A player with two ejections in the tournament shall be automatically suspended from the Games altogether.
 - c. A player who has received a total of two cautions during the tournament shall not compete in the team's next scheduled game.
 - d. If a suspended player participates in a game without being detected, the player's team will be forfeited.
- O. Mandatory Minimum Playing Time Rules

- a. All participants in divisions U12 and below must play a minimum of one continuous quarter. At the end of each quarter, a new set of players must enter the game. This will go on until all players have met their quarter requirement.
 - b. Substitutions will be allowed for all those players that have already played a quarter and not for those players who are in the process of meeting their quarter requirement.
 - c. Teams shall play all their players by the end of third quarter.
 - d. The athlete playing in the goalie position in the first quarter, can continue to play in the following quarters and is the only player on the team that does not get removed. In the event that the goal keeper is injured, they can be replaced with another player that has met the requirement. If they are replaced by a player who has not met the requirement, then the substitute must be in the game for a minimum of 1 quarter's time consecutively without breaks.
- P. U12 and under matches will be played with a Size 4 Ball.
- Q. Score will not be kept for the U8 division.

Ejections for Unsportsmanlike Conduct

- A. Any player in an **11 vs. 11** game who receives a yellow card shall be ejected from the game for five minutes. The player may be replaced.
 - a. If the yellow card is received by the goal keeper, the five-minute penalty shall be served by another player at the coach's discretion, selected by the coach of the team.
- B. Any player in a **7 vs. 7** game who receives a yellow card shall be ejected from the game for two minutes, but the team will not play shorthanded, a substitution will be allowed.
 - a. If the yellow card is received by the goal keeper the two-minute penalty shall be served by another player at the coach's discretion, selected by the coach of the team.

VOLLEYBALL RULES

California Interscholastic Federation (CIF) rules shall govern this event at all times.

The following exceptions and conditions shall be observed at all times:

- A. There shall be a maximum of a five-minute grace period for the first game, after which a late arriving team shall FORFEIT the first game. There will then be another five-minute grace period for the second game, after which the late team shall FORFEIT the Match. The grace period shall start at the scheduled game time, or when the court supervisor calls for the start of the game. Extension of the grace period is at the discretion of the court supervisor (teams should be at the court at their scheduled game time, regardless of whether the games are running late or not).
- B. Each match shall be officiated by at least one referee approved by a sanctioned sporting body. An official score keeper shall be provided.
- C. Each team shall provide one linesman for the match.
- D. Participating teams shall have at least 6 players and no more than 14 players on their rosters.
 - a. A minimum of 6-players is required to start the match
- E. **All uniforms are required to have numbers on the front of their jerseys and the Homenetmen “Vahan” patch.**
- F. **Uniform shorts must have an inseam of no less than 4-inches. Each team/Chapter is responsible for enforcing this rule on their own members/players only.**
- G. A copy of the CIF rule book shall be available at the court for review by the coaches. This review shall not be allowed during the course of the game unless requested by the referee.
- H. Players may not warm up with the ball in the gym, except for the designated warm up period on the court immediately prior to the start of their match.
- I. Game Cap Rule: All volleyball games will be rally scoring up to 21 with a cap of 25. The 3rd set of the match will be up to 15 with a cap of 21.
- J. In case of a tie, to determine the first-place team the following method will be followed:
 - a. Head to head
 - b. Win minus losses between the tied teams
 - c. Points between the tied teams
 - d. Coin toss

TRACK & FIELD RULES

- A. No attendant or competitor who is not actually taking part in an event shall accompany any competitor on the track or field during competition. **NO PACING**
- B. Any competitor, after leaving the track or course shall not be allowed to rejoin a race, either for the purpose of gaining a place or to pace or to assist another competitor.
- C. Any competitor competing to lose or to coach another competitor shall forfeit his or her right to be in the competition and shall be disqualified.
- D. Disqualification shall be ruled by the referee, when a competitor has been aided by a coach or teammate, who is not in the event, or by any non-competitor connected with the competitor's team directly or indirectly and who is on the track or within the infield track area.
- E. Any action by a competitor, which unfairly changes the course or natural running rhythm of a runner during a race; this may include bumping, tripping or running across the runners' path.
 - a. Penalty: Disqualification from that event.
- F. Any competitor who shall refuse to obey the directions of any official or any organizing committee member, or who shall conduct himself in an unsportsmanlike manner, or who is offensive by action or language to the officials, may be disqualified from further competition in the games at the discretion of the referee or the organizing committee.

PERMISSION TO PLAY FOR ANOTHER CHAPTER

An athlete can play for another chapter, only in a team event, if and only if his/her chapter does not have a participating team in his/her division. The following procedure will apply:

- A. The chapter of which the athlete is a member of should write a letter/email addressed to the RAC. The letter or email should give permission to the member allowing them to play for another chapter. This letter is called Khentrakir (Permission).
- B. The chapter that the athlete wants to play with must write a letter addressed to the RAC requesting that the athlete play for one of its teams. The letter is called Khentrakir.
- C. An athlete who has requested a transfer is not eligible for a Khentrakir.
- D. Khentrakir from both chapters must be turned in to the REC when the tournaments rosters are due.
- E. A Khentrakir cannot be withdrawn for a specific tournament once a chapter agrees for their player to play for another chapter for that given tournament.

NOTE: Upper and Lower in a division is considered the same division. If a chapter has a lower team in a member's division, but a member would like a "khentrakir" to play upper for another chapter, they will not receive one.

CONCURRENT MEMBERSHIP IN ANOTHER ATHLETIC ORGANIZATION

Article 308 of the Constitution and the bylaws of Homenetmen states:

A member of Homenetmen cannot concurrently hold membership in another athletic organization. Exceptions are for members of Homenetmen who in their place of employment are members of an athletic group therein.

Homenetmen Western Region Executive Committee will strictly follow this article of the bylaws and issue harsh punishment to those who violate it.

In the case of the exception in Article 308, an athlete is obligated to consult with the RAC before he/she could participate in any other organization.

TRANSFERS

Article 309 of Constitution and the bylaws of Homenetmen states:

A member who transfers from one region to another, or from one chapter to another, should secure a letter of transfer and present it to the new region or chapter to maintain his/her full rights of membership.

In order to receive a transfer, an athlete should approach his/her current chapter and request a transfer to another chapter. An athlete may also fill out a transfer application at the chapter they would like to transfer to. Furthermore, an athlete may complete the transfer form themselves and submit it to the Regional Office (Homenetmen Western U.S.A., 2324 Colorado, Los Angeles, CA 90041) ***(Per the decision of the Homenetmen Western U.S. Region General Meeting in 2006).***

Upon notification to the current chapter an athlete is a member of, the paperwork will be processed, the membership status must be changed to “transfer request” and the transfer form must be sent to the Regional Office (Homenetmen Western U.S.A., 2324 Colorado, Los Angeles, CA 90041), where the form is reviewed and processed. A successful processing of the form is indicated by the member’s status as “transferring.” A copy of the transfer is mailed to the new chapter ***(Per the decision of the Homenetmen Western U.S. Region General Meeting in 2006).***

The date of the transfer is the day the application arrives at the Regional Office. This date may not be altered, back-dated, or changed.

Per the decision of the Homenetmen Western U.S. Region General Meeting in 2010 – If an athlete has not been active in a chapter for a period of 1 year or longer, he or she does not need to wait 6 months to transfer. Rather, the member can play for the chapter he or she is transferring to, so long as the member has no outstanding balance with his or her previous chapter AND all of the necessary paperwork has been completed prior to the roster deadline. INACTIVE is defined as the member was not on a team roster for a period of 1 year or longer.

Example 1: A member played in the San Diego Games in 2014. The member has not played in any other tournament since then. It is now time for San Diego Games 2015. If the member wants a transfer, he/she needs to wait six months BECAUSE he/she has not been inactive for a period of year.

Example 2: A member played in the San Diego Games in 2014. The member has not played in any other tournament since then. It is now time for the Navasartian Games 2015. If the member wants a transfer, he/she DOES NOT need to wait six months BECAUSE he/she has been inactive for a period of year.

According to Homenetmen bylaws, chapters are obligated to grant transfers to their members within a reasonable period of time.

Any athlete transferring from one chapter to another cannot represent his/her new chapter in any Inter-chapter competition for six months. The Regional Office will keep records of all transfers.

Any athlete that has moved to another chapter without receiving a transfer, in any case of dispute his/her obligations are towards his/her original chapter.

An athlete who is transferring from one chapter to another can be added to a team if their active data (the end of its' waiting period) is before the first day of the tournament (first game of the tournament, NOT the first game of that team).

For Divisions U14 and lower, athletes must submit their transfers by the membership deadline for the tournament. By this time, the membership status must also be changed from "Active" to "Transferring." These athletes will not be required to sit out six months if the transfer is completed within this window.

EXCEPTION – U14 athletes must play at least 1 tournament in U14 division prior to moving up to U16 and older Divisions. U14 division athletes must sit out 6 months when the next tournament he or she can participate in is a U15 or older division, because of the organization's age division breakdown.

IDENTIFICATION CARDS

All athletes participating in Homenetmen Tournaments, regardless of age, shall present a valid identification card for scanning and uploading in the Homenetmen database whenever asked.

The only forms of identification accepted are the following documents:

- State Identification Cards
- Drivers Licenses
- Birth Certificates (In English Only) accompanied by a Valid Picture I.D.
- Valid Passport

There will be absolutely no substitutions for the above list.

These IDs will be asked of an individual ONLY ONCE, and after it has been uploaded in the database and verified and their picture taken, he/she will be issued a Homenetmen ID card.

UNIFORMS

- A. All participants, in team or individual events, shall wear the same designated color uniform to include jerseys as well as shorts, subject to limitations set by that event.
- B. The inscription "HOMENETMEN," either in English or Armenian, is optional (at the chapter's discretion) on all jerseys, applicable to Homenetmen members only. Under no circumstances shall the initials "H.M.E.M." be allowed on uniforms. Chapter names may also be inscribed.
- C. All jerseys must have the Homenetmen "Vahan" on the front left chest of the jersey. Under no circumstances will stickers be accepted. The shield may be in the form of a patch, embroidery, or silk screen. It must be in full color and must be at least 3 inches in height.
- D. Players may wear bike shorts (tights) under their shorts; tights worn by team members shall match in color.
- E. Players not conforming to any of the regulations set above, shall NOT be allowed to participate in that game or event.
- F. Every chapter has its own designated color for their uniforms. As a reminder, these are the designated colors of each chapter:

CHAPTER	DESIGNATED COLOR
LOS ANGELES	PURPLE
SAN FRANCISCO	BLACK
FRESNO "SASSOON"	GREEN
MONTEBELLO	MAROON
PASADENA "AZADAMARD"	YELLOW/GOLD
GLENDALE "ARARAT"	ROYAL BLUE
ORANGE COUNTY "SRADARABAD"	ORANGE
SAN FERNANDO VALLEY "MASSIS"	RED
SAN DIEGO "SEVAN"	WHITE
SANTA CLARA "ANI"	TEAL
INLAND EMPIRE "ARAZ"	SILVER/LIGHT GREY
SOUTH BAY "ARAKATZ"	LIME GREEN
LA CRESCENTA VALLEY "SHANT"	METALLIC GREY
BURBANK "SIPAN"	BABY BLUE
LAS VEGAS "ARTSAKH"	METALLIC GOLD (VEGAS GOLD)
PHOENIX	RED, BLUE, ORANGE
WALNUT CREEK	NAVY
NORTH HOLLYWOOD "JAVAKHK"	DARK GREY

- G. Every chapter must have a second uniform, which must be white. In the case of Sevan chapter, their second uniform color is black.
- H. In all tournaments sanctioned by the RAC, it is **mandatory that Homenetmen teams and athletes participate in their designated uniform colors**, unless there is a conflict of colors between the two teams. In this case, the organizing committee will decide which team will use their white uniforms.

- I. Refer to the examples on the following pages for sample uniform codes. Uniforms for sporting events not shown shall be adopted accordingly for the specific sport without any major modifications to the overall design concepts.
- J. Any modifications on the uniforms, such as commercial advertisements and change of design should first be approved by the Regional Athletic Council.
- K. The second uniform color can only be worn in the event that there is too close a resemblance in team uniform colors between the playing teams. **Under no circumstance will the second uniform become the primary uniform in a tournament for any team or chapter.** Failure to have a set of uniforms with the official color of the chapter will result in the team forfeiting their game because they will not be allowed to play.
- L. Sponsorship logos on uniforms are limited to the back side underneath the numbers of the uniforms. Contents of the sponsorship must first be verified by the RAC.
- M. If the word "Homenetmen" is written on the front of a team's uniform, it must be above all other writing and must be large enough to be legible from anywhere on a basketball court or volleyball court. For soccer, the writing must span the length of the chest of the jersey.
- N. The key items to remember when designing new jerseys are "Homenetmen," if written, must be on the front, on top, and the shield on the front left chest. This cannot be moved around.
- O. There must be numbers no smaller than 4 inches on the front and no smaller than 6 inches on the back.
- P. **All alternate jerseys must also have the Homenetmen "Vahan" on the left chest.**
- Q. **Reversible jerseys do not need to have the Homenetmen "Vahan" on the left chest of the alternate color side of the uniform. It is highly preferred however, that they do have it.**
- R. The following pictures show the only way that a uniform can be set up. All other variations shall be considered void and cannot be worn during games unless the team has prior approval of the RAC.
- S. Chapter Logos are not permitted on team or individual uniforms.
- T. **All coaches must wear a Coaching Polo** (no t-shirts) with the "Vahan" on the left chest and it must say Coach. Polo shirts must be the official Chapter color (refer to p.28 for official Chapter colors).

Sample Uniforms

Option 1—Front



Option 1— Back



Option 2— Front



Option 2— Back



DIVISIONS

Divisions are set according to an athlete's year of birth, regardless of his/her exact birth date.

- Athletes participating in the U18 division and below may participate in higher divisions with chapters' permission.
- An athlete may not participate in a division which is more than one division higher than their age division without the permission of the RAC.

Age Breakdown Chart

Effective as of 9/10/18

2018 – 2019 DIVISIONS	
AAA Division Over 40	12/31/1979 or OLDER (Players must be 40 years of age or older on the first day of the scheduled start of the tournament)
AA Division Over 30	12/31/1989 or OLDER (Players must be 30 years of age or older on the first day of the scheduled start of the tournament)
1-A Division	1/1/1918 – 12/31/2001 Based on Tournament Results, Space, and RAC Approval
2-A Division	1/1/1918 – 12/31/2001 Based on Tournament Results, Space, and RAC Approval
3-A Division	12/31/1998 or OLDER – 21 and Older
U21	1/1/1998 – 8/31/2002 – 21 Years Old and Younger
U18	9/1/2000 – 12/31/2003 – 18 Years Old or Younger
U16	9/1/2002 – 12/31/2006 – 16 Years Old or Younger
U15	9/1/2003 – 12/31/2007 – 15 Years Old or Younger
U14	9/1/2004 – 12/31/2008 – 14 Years Old or Younger
U13	9/1/2005 – 12/31/2009 – 13 Years Old or Younger
U12	9/1/2006 – 12/31/2010 – 12 Years Old or Younger
U11	9/1/2007 – 12/31/2011 – 11 Years Old or Younger
U10*	9/1/2008 – 12/31/2012 – 10 Years Old or Younger PARTICIPANTS CANNOT BE BORN AFTER 12/31/2013
U9*	9/1/2009 – 12/31/2012 – 9 Years Old or Younger PARTICIPANTS CANNOT BE BORN AFTER 12/31/2013
U8**	9/1/2010 – 12/31/2011 – 8 Years Old or Younger PARTICIPANTS CANNOT BE BORN AFTER 12/31/2013
U7**	9/1/2011 – 12/31/2012 – 7 Years Old or Younger PARTICIPANTS CANNOT BE BORN AFTER 12/31/2013
*U10/U9	Women’s Size 28.5-inch Basketball – Size 4 Soccer Ball
**U8/U7	Junior’s Size 27.5-inch Basketball – Size 4 Soccer Ball