

**Հ.Մ.Ը.Մ.**

Արեւելեան Միացեալ Նահանգներու  
Շրջան

**HOMENETMEN**

**Eastern USA Region**



Ներքին

**Մարզական Կանոնագիր**

“Անգլերէն”

**Internal**

**Athletic By-Laws**

2015

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## A. Regional Athletic Committee

**Article 1:** The Regional Athletic Committee (RAC) is appointed by the Regional Executive (RE). RAC reports to the Regional Executive.

**Article 2:** RAC supervises and coordinates the chapters' athletic activities, through the chapters' executive or athletic committees.

**Article 3:** The RAC is comprised of five, seven or nine Homenetmen members, who hold the following positions and responsibilities:

**a. Chairperson:** Organizes the committee members' activities. Oversees the committee meetings and implements the decisions of meetings. The chairperson is the official spokesperson of the committee.

**b. Secretary:** Keeps the minutes of the meetings. Organizes the agenda for the meetings. Transfers decisions made at meetings to respective parties. Handles all correspondence.

**c. Materials Manager:** Maintains all goods owned by the committee. Keeps an up-to-date inventory of all goods.

## B. Activities

**Article 4:** The RAC at its first meeting prepares a plan of action, which, after approval from the Regional Executive, is executed. The RAC keeps regular meeting minutes, of which a copy is sent to the Regional Executive.

**Article 5:** The Regional Executive's representative is required to be present all of the RAC's meetings.

**Article 6:** The Regional Executive has final ruling on all decisions taken by the RAC.

**Article 7:** The RAC can organize sub-committees on a needed basis.

**Article 8:** Each sub-committee is headed by a member of the RAC.

**Article 9:** Each sub-committee prepares an activities plan, which, after approval by the RAC is executed.

**Article 10:** RAC encourages chapter executives to create committees for each athletic category.

**Article 11:** The RAC directs chapter athletic committees to maximize athletic activities within their chapters.

**Article 12:** The RAC can organize Inter-chapter meets with all chapters, preferably in a systematic rotation after studying the conditions and possibilities which exist within each chapter.

**Article 13:** The RAC encourages chapter executives to create athletic teams for both genders, in all categories, in accordance to the regions internal by-laws.

**Article 14:** Chapters are obligated to make their athletes, who are not under disciplinary action, available to the RAC for Homenetmen Eastern US representative teams to participate in Pan-Homenetmen Games and other Homenetmen regions games.

The RAC can divide the region into three districts:

- New England: Boston, Providence, & Albany
- Mid Atlantic: Washington DC, Florida, Philadelphia, New York, & New Jersey
- Midwest: Chicago & Detroit

There will be open tryouts in each district and then the regional tryouts will be done via invitation. The RAC will also look at special individual cases in determining a representative team. The Regional Executive must approve all selections.

**Article 15:** The RAC is obligated to report on its activities to the Regional Executive every six months.

**Article 16:** To send a team out of the Region, or to invite teams from other Regions, the RAC must first obtain the approval from the Regional Executive prior to implementing such decision. Chapter executives likewise must first obtain the Regional Executive's approval prior to proceeding.

**Article 17:** The RAC can organize consultative sessions with Chapter Athletic Committees.

**Article 18:** A member of the RAC, who without any reason is absent consecutively three times from RAC's meetings, is considered resigned. The Regional Executive will then appoint a new member to the committee.

**Article 19:** The RAC in cooperation with the Regional Executive decides the events and categories to be held at Inter- Chapter and other athletic meets.

## C. Age Brackets

**Article 20:** All athletes must be ranked as amateurs in accordance to the rules set by the International Olympic Committee and the International Athletic Federation.

**Article 21:** Male and female athletic teams are comprised in accordance to the following age brackets:

Pee-Wee	12 & under
Bantam (Midgets)	13-15
Juniors	16-18
Seniors	19 & over
Veterans	35& over

**NOTE:** The age is determined by the age before the game date.

**Article 22:** An athlete can advance to an immediately older age bracket from his or hers, except to the veteran age bracket.

**NOTE:** Athletes cannot advance more than one age bracket above his or hers.

**Article 23:** Once an athlete has advanced (has been recorded in a scorebook / line-up sheet, and the game has started) to a higher age bracket, the athlete cannot regress to his/her age bracket in the same event category. However, the athlete may regress to his/her age bracket for other event categories

**NOTE:** Veterans are allowed to regress to a lower age bracket

**Article 24:** Chapters must present an official roster for each team category and sport, which cannot be changed once submitted, to the RAC prior to the start of the games. A roster of athletes who will advance from their age brackets is also required at this time.

## **D. Homenetmen Membership**

**Article 25:** Athletes participating in Homenetmen competition must be members of Homenetmen (for a minimum of three months) and carry a Homenetmen ID which lists the chapter the athlete belongs to, the athlete's name and date of birth and age bracket.

## **E. Participation in Navasartian Games**

**Article 26:** All chapters of Homenetmen Eastern US Region can participate in athletic functions organized by the RAC.

**Article 27:** A deposit of \$500.00 is required from each chapter at the Tivan meeting. This amount may be used towards registration/roster deadline violations, team forfeits, or property damage caused by a member of the chapter. Absent of these violations and fees, the deposit will be refunded to the chapter after the Navasartian Games.

**Article 28:** A chapter must have a minimum of X athletes to register a second team to an event in the same category and age bracket of competition:

<b>X</b>	<b>Event</b>
8	Volleyball
8	Basketball
15	Soccer

**Article 29:** If a participant does not fulfill the requirements of Article 25, he/she will not be permitted to participate. In events where he/she has had individualized participation, he/she is considered disqualified. In the event that the individual has participated in team competition, than the team is considered disqualified.

**Article 30:** With the consultation of the RAC, and the approval of the Regional Executive, athletic teams from other regions can participate with special invitation.

## F. Location, Date, & Time of Athletic Competitions

**Article 31:** The Regional Executive decides the location, date and time of Navasartian Games and any other athletic competition.

**NOTE:**

1. The Regional Executive develops a 3 year plan for upcoming host cities
2. The RAC, after consulting with the host chapter's athletic committee, constructs a schedule for the tournament

**Article 32:** The host chapter organizing the athletic meet disperses applications to all chapters which contain information about the types of athletic events, age brackets, date of the athletic meet, location and time and other technical information. Once the participating chapters fill out their applications and submit them back to the host chapter by the designated deadline, the participating chapter is then considered officially registered and the number of participants is clarified.

## G. Disqualification or Forfeit due to Absenteeism

**Article 33:** An athlete or a team is considered as disqualified due to absenteeism if they:

- a. Do not appear at the Athletic event.
- b. Appear to the Athletic event more than 15 minutes after the scheduled time.
- c. Have fewer athletes than the minimum required for the specific athletic event to begin.

**Article 34:** A team, which reports to the event, must have a minimum of X athletes to begin the event:

<b>Event</b>	<b>X</b>
Soccer	7 athletes
Basketball	4 athletes
Volleyball	5 athletes
Table- Tennis	2 athletes (team)

**Article 35:** Any team that forfeits any of their scheduled games must pay a \$250.00 fine. The Regional Executive will examine the circumstances before fining the team. Their decision will be final.

**Article 36:** If the point system is used to determine the winners of an athletic event and if a team is disqualified twice from participating due to non-appearance, the team is eliminated from the schedule. Under these circumstances the disqualified teams' previous standings are also eliminated. The following point system shall be used:

1st place	7 points/team
2nd place	5 points/team
3rd place	4 points/team

Point system shall be awarded for team categories with 2 teams or more.

## H. Athletic Uniforms

**Article 37:** Athletes participating in athletic competition must have in their possession, for each athletic event, uniforms designated/approved by their chapter executive. These uniforms must carry the Homenetmen badge on their chest.

**Article 38:** If an athlete does not conform to Article 37, then the athlete is forbidden from participating in athletic competition.

**Article 39:** If two competing teams have the same color uniforms, the host team must wear their secondary color uniforms. If the game is played on a neutral field, the team which is geographically closer to the field, which the game is being played on must change their uniforms to the secondary color. All teams participating in Athletic Competition must carry with them a secondary color uniform.

## I. Athletic Facilities & Athletic Equipment

**Article 40:** The host chapter shall secure only fields/courts and equipment, which are approved by the RAC.

**Article 41:** The RAC will provide game balls for basketball; volleyball and soccer for all RAC sponsored events.

**Article 42:** The host chapter must reserve/provide licensed referees.

**Article 43:** All chapters are obligated, after athletic competition, to create a social atmosphere to strengthen bonds between athletes.

**Article 44:** All chapters are required to submit to the RAC, their league competition schedules.

**Article 45:** All chapters must have insurance coverage for their athletes.

## J. Rules of Competition

### **Soccer**

#### **Article 46:**

- a) A soccer team shall consist of a maximum of 18 players, one coach and one manager.
- b) A soccer team roster may list a maximum of 22 athletes including 4 alternate players. At the start of each game, the coach will determine which 18 athletes may be uniformed and ready to play the game. The remaining roster athletes cannot be “game ready” and cannot be substituted once the game clock has started.
- c) A soccer team whose player receives a red card (or two yellow cards) is allowed a maximum of 17 “game ready” players for the following game.

**Article 47:** Each game shall be officiated by one referee and two linesmen approved by a sanctioned sporting body in the host city.

**Article 48:** All games shall be played in two 45-minute halves. Except for the PEEWEE games, this will be played in two 30-minute halves.

**NOTE:** In extreme weather conditions, the soccer game may be paused for water breaks, at the discretion of the game official.

**Article 49:** In the event of a tie, the competition shall continue by playing two overtime periods, each period lasting 15 minutes. Unless one of the team score in which case the game will end. If no team scores during the overtime period, each team is awarded 5 penalty shots, by 5 different athletes per team. In the event of a tie, each team is awarded 3 penalty shots. If a tie still persists, each team is awarded 1 penalty shot until the tie is broken.

**NOTE:** In a round robin tournament, a game ending in a tie will be allowed. No overtime periods will be played.

**Article 50:** If the game is suddenly concluded by the referees due to an inclement in the weather or for any substantiated reasons, the result of the game is decided by the RAC.

**Article 51:** Each team has the right to make unlimited substitutions.

**NOTE:** Except for the above exceptions and conditions, FIFA rules shall govern the soccer event at all times.

## **Track & Field**

**Article 52:** An athlete shall participate in a maximum of three events plus the relay.

**Article 53:** The following is a detailed breakdown of events per gender and age group. For technical information, please refer to the National Federation of High School rules.

**Article 54:** Two false starts shall disqualify an athlete from that particular event.

**Article 55:** Each athlete shall have a total of three throws/jumps per field event.

**Article 56:** All athletes shall be assigned numbers prior to a track and field meet.

**Article 57:** Athletes must have their assigned numbers pinned to the front of their shirts.



## MALE

### SENIOR

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
Triple Jump  
High Jump  
Shot Put 5.44 kg  
Discus 1.6 kg  
Javelin 0.8 kg

### JUNIOR

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
Triple Jump  
High Jump  
Shot Put 4 kg  
Discus 1.6 kg  
Javelin 0.6 kg

### BANTAM

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race

4x 100 relay  
Long Jump

Softball throw

### PEE-WEE

60 Meter race  
100 Meter race  
200 Meter race

4x 100 relay  
Long Jump

Softball throw

### VETERAN

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
Triple Jump  
High Jump  
Shot Put 5.44 kg  
Discus 1.6 kg  
Javelin 0.6 kg

## FEMALE

### SENIOR

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
High Jump  
Shot Put 4 kg  
Discus 1.0 kg  
Javelin 0.6 kg

### JUNIOR

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
High Jump  
Shot Put 4 kg  
Discus 1.0 kg  
Javelin 0.6 kg

### BANTAM

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race

4x 100 relay  
Long Jump

Softball throw

### PEE-WEE

60 Meter race  
100 Meter race  
200 Meter race

4x 100 relay  
Long Jump

Softball throw

### VETERAN

100 Meter race  
200 Meter race  
400 Meter race  
800 Meter race  
1500 Meter race  
4x 100 relay  
Long Jump  
High Jump  
Shot Put 5.44 kg  
Discus 1.6 kg  
Javelin 0.6 kg

**Article 58:** The Homenetmen point system is utilized to maintain records.

#### **NOTE:**

- a. The best athlete award is given to the athlete who accumulates the most points in his/her division.
- b. The best team award is given to the team, which accumulates the most point in their division.
- c. To determine team results the following point system is utilized:
  - 1<sup>st</sup> place athlete receives 7 points
  - 2<sup>nd</sup> place athlete receives 5 points
  - 3<sup>rd</sup> place athlete receives 4 points
  - 4<sup>th</sup> place athlete receives 3 points
  - 5<sup>th</sup> place athlete receives 2 points
  - 6<sup>th</sup> place athlete receives 1 point

d. At the conclusion of the tournament if the points result into a tie between individuals or teams, both are awarded the same ranking.

**NOTE:** Except for the above exceptions and conditions, A.A.U. rules shall govern the track and field event at all times.

## **Basketball**

### **Article 59:**

- a) A basketball team shall consist of a maximum of 12 players, one coach and one manager.
- b) A basketball team roster may list a maximum of 14 athletes including 2 alternate players. At the start of each game, the coach will determine which 12 athletes may be uniformed and ready to play the game. The remaining roster athletes cannot be “game ready” and cannot be substituted once the game clock has started.
- c) A basketball team whose player receives two technical fouls is allowed a maximum of 11 “game ready” players for the following game.

**Article 60:** Each game shall be officiated by two referees, approved by a sanctioned sporting body in the host ci

**Article 61:** All games shall be played in two 20-minute halves, with the clock running except in the last two minutes of each half.

**Article 62:** The results of the games shall be recorded on official basketball forms and signed by the officiating referee at the conclusion of the game.

**Article 63:** 30/45-second shot clock shall not be used.

**Article 64:** Three-point shots shall be allowed.

**Article 65:** Three free throws shall be awarded on a foul committed on a 3-point shot that is not made.

**Article 66:** A team shall consist of four players to start a game. Three players are required for a team to continue playing a basketball game.

**Article 67:** Each team shall be allowed four time-outs per game. One time-out may be carried into overtime. One additional time-out shall be allowed per overtime period. A time-out shall be sixty seconds in duration during which the clock shall stop running.

**Article 68:** Each overtime period shall be five minutes and played in running time, except the last two minutes in stop time. There shall be as many overtime periods as required for the game to provide a winner

**Article 69:** A player shall be fouled out upon committing his/her fifth personal foul. A player also shall be ejected from the game upon committing his/her second technical foul. An ejected player shall be automatically suspended from his/her next scheduled basketball game.

**Article 70:** Bonus free-throws shall be awarded starting with the seventh team foul in each half.

**NOTE:** Except for the above exceptions and conditions, I.C.B.O. (high school) rules shall govern the basketball event at all times.

## **Volleyball**

### **Article 71:**

- a) A volleyball team shall consist of a maximum of 12 players, one coach and one manager.
- b) A volleyball team roster may list a maximum of 14 athletes including 2 alternate players. At the start of each game, the coach will determine which 12 athletes may be uniformed and ready to play the game. The remaining roster athletes cannot be “game ready” and cannot be substituted once the game clock has started.

**Article 72:** A team shall consist of a minimum of five players to start a game. Three players are required for a team to continue playing the game.

**Article 73:** Each game shall be officiated by a minimum of one referee approved by a sanctioned sporting body in the host city. Two volunteer line judges shall be found to assist the referees in each game.

**Article 74:** Each match is comprised of three games. Each game has 25 points. A match is defined when a team has won two out of three games; except for the men's final when a match is defined when a team wins three out of five games.

**Article 75:** A game shall be won by the team first scoring 25 points unless both teams have scored 24 points; then the winner shall be the team first scoring 2 points more than the opposing team.

**Article 76:** The results of the games shall be recorded on official volleyball forms and signed by the officiating referee at the conclusion of the game.

**Article 77:** When a team reaches 13 points in the final (third or fifth) game of a match, the teams shall be directed to change playing areas. In case the change is not made at the proper time, it shall take place as soon as it is brought to the attention of the referee. The score shall remain unchanged and shall not be grounds for appeal.

**Article 78:** A player shall be limited to three entries during a game. Starting a match shall count as an entry.

**Article 79:** Each team shall be limited to two time-outs per game; additional time-outs shall be permitted when both teams have scored 24 points. Charged time-outs shall not exceed sixty seconds.

**Article 80:** Yellow and red card procedures shall be followed in dealing with conduct fouls. All such fouls shall be documented by the referee and forwarded to the judicial committee for review and possible action. An ejected player shall be suspended from his/her next scheduled volleyball game.

**NOTE:** Except for the above exceptions and conditions, U.S.V.B.A. rules shall govern the volleyball event at all times.

## **Table Tennis**

**Article 81:** A table tennis team shall consist of a maximum of 5 players, one coach and one manager.

**Article 82:** A game is officiated by one referee appointed by the RAC and the host chapter.

**Article 83:** Each match is comprised of three games. Each game has 21 points. A match is defined when an athlete has won two out of three games.

**Article 84:** A game shall be won by the player first scoring 21 points unless both players have scored 20 points, then the winner shall be the player first scoring two points more than the opposing player or 25 points.

**Article 85:** Service shall begin with the ball resting on the palm of the free hand, which shall be stationary, open and flat with the fingers together and the thumb free.

**Article 86:** When the ball is struck in service, it shall be behind the end line of the server's court, but not farther back than the part of the server's body, other than arm, or head, which is farthest from the net.

**Article 87:** In the last game of a match, the players shall change ends when the first player reaches the score of 10.

**Article 88:** A playing shirt, shorts shall be mainly of one or two colors (solid) other than white.

**Article 89:** Each team match is comprised of three games with the following format:

Game A - Individual

Game B - Double

Game C - Individual

**NOTE:** A team match is defined when a team has won two out of three games.

**NOTE:** Except for the above exceptions and conditions, U.S.T.T.A. rules shall govern the table tennis event at all times.

## **Tennis**

**Article 90:** USTA Rules will apply for tennis competition

**Article 91:** Players will be seeded based on past performance, the tournament director and the RAC.

**Article 92:** First round will be 10 games pro-set. (First to win 10 games is deemed the winner).

**Article 93:** All remaining rounds will be 2 out of 3 sets.

**Article 94:** There will be medals for first, second and third.

## **Swimming**

**Article 95:** USA Swimming rules will apply for swimming competition

**Article 96:**

Male/Female events are 25yd free,25 yd fly,25yd breast, 25yd back ,50yd free,4x25yd free relay

## **K. Awards**

**Article 97:** Trophies and medals are awarded to teams and individuals in the following format:

- a) In each event/division, trophies shall be awarded to first place teams.
- b) "Gold" medals shall be awarded to all the athletes of first place teams
- c) "Silver" medals shall be awarded to all the athletes of second place teams
- d) "For individual competition first, second and third place athletes receive "gold", "silver" and "bronze" medals respectively.

## **L. Attendance & Promptness To Competition**

**Article 98:** An athlete who is scheduled to participate for both track and field events at the same time, he/she shall participate in the track events first.

## **M. Disciplinary**

**Article 99:** During the game, disciplinary actions are taken by the referee in accordance to the rules sanctioning the game.

**Article 100:** A three person judicial committee shall be appointed before the start of the games. The judicial committee shall be comprised of:

- A member from the Regional Executive
- A member of the RAC
- A member from the host chapter

**Article 101:** The following actions shall be taken in order to prevent unsportsmanlike conduct: A referee shall eject from a game without previous caution, a coach or team representative or player if he/she:

- A. Is guilty of violent conduct or serious foul play.
- B. Is abusive in language or gesture.
- C. Persists in misconduct after receiving a caution.

**Article 102:** Each athlete, team, coach and/or chapter is also subjected to disciplinary action by the Regional Executive in accordance to the Homenetmen "Disciplinary" By-Laws.

**Article 103:** Any athlete who receives two yellow cards/technical fouls during the tournament is suspended from his/her next game of the same event. A red card/ejection will result in the same. If the suspended athlete participates illegally in an individual event, he/she will be disqualified. If the athlete participates illegally in a team event, the entire team will be disqualified.

**Article 104:** A player with two ejections during the tournament shall automatically be disqualified from further participation.

## **N. Appeal Procedures**

**Article 105:** The Judicial Committee may accept an appeal protesting the outcome of a contest, whenever an event or tournament rule governing that particular game has been allegedly violated. However an appeal shall not be accepted when the judgmental decision of the game officials or that of the judicial committee is in dispute.

**Article 106:** The official protest document, signed by the team coach shall be submitted along with a non-refundable \$50.00 fee within a half hour after the end of the disputed game.

**Article 107:** The protest document and the fee, together, shall be hand-delivered to a member of the judicial committee or a member of the RAC.

**Article 108:** The judicial committee shall notify the team coach of its decision as soon as possible, but no later than the start of the game affecting the protestant or protester. This decision shall be final, non-reversible and not subject to further appeal.

## **O. Praises**

**Article 109:** The RAC, with the recommendation of the host chapter's athletic committee, can praise the athletes in the following format:

- A. Region's Best Athlete in Track & Field events (most points).
- B. Region's Best Chapter in Track & Field events (most points).
- C. Region's most Dedicated Athlete in all categories.
- D. Region's Best Chapter trophy for most points in all team competition.

## **P. Referees**

**Article 110:** All events shall have official referees.

**NOTE:** The following is a list of officials:

- A. Meet Director
- B. Judge for "Jumping" Events
- C. Judge for "Throwing" Events
- D. Head Timer
- E. Clerk of the Course
- F. Technical Coordinator
- G. Schedule Coordinator

## **Q. Transfers of Athletes**

**Article 111:** 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 bracket. The following procedure will apply:

- a) The chapter, of which the athlete is a member, should write a letter/email addressed to the RE. The letter/email should give permission to the member allowing them to play for another chapter.
- b) The chapter that the athlete wants to play with must write a letter/email addressed to the RE requesting the athlete to play for one of its teams.
- c) Transfer requests from both chapters must be submitted to the RE when the tournament rosters are due. RE will notify both chapters if the transfer is approved.
- d) If the chapter has a team in the athlete's eligible bracket, the athlete cannot submit a transfer to play in a higher bracket for another chapter in the same sport.
- e) A team will forfeit their tournament points only if:
  - a. A basketball or volleyball team has more than 2 players who are on transfer
  - b. A soccer team has more than 4 players who are on transfer

**Article 112:** An athlete from other Homenetmen Regions can play in Eastern US Region Navasartian Games, only in a team event. The two chapters, through Regional Executives, must follow the same procedures as outlined in Article 111.