

**Հ.Մ.Ը.Մ.**  
Արեւելեան Միացեալ Նահանգներ

**HOMENETMEN**  
**Eastern USA Region**



Ներքին  
**Մարզական Կանոնագիր**  
“Անգլերէն”

**Internal**  
**Athletic By-Laws**  
2007

# Table of Contents

<b>A. Regional Athletic committee</b>	<b>Pg. 1</b>
<b>B. Activities</b>	<b>1</b>
<b>C. Age Brackets</b>	<b>2</b>
<b>D. HOMENETMEN Membership</b>	<b>3</b>
<b>E. Participation in Athletic Events</b>	<b>3</b>
<b>F. Location, Date &amp; Time of Athletic Competition</b>	<b>3</b>
<b>G. Disqualification due to Absenteeism</b>	<b>4</b>
<b>H. Athletic Uniforms</b>	<b>4</b>
<b>I. Athletic Facilities &amp; Athletic Equipment</b>	<b>4</b>
<b>J. Rules of Competition</b>	<b>5</b>
<b>Soccer</b>	<b>5</b>
<b>Track &amp; Field</b>	<b>5</b>
<b>Basketball</b>	<b>7</b>
<b>Volleyball</b>	<b>7</b>
<b>Table Tennis</b>	<b>8</b>
<b>K. Awards</b>	<b>9</b>
<b>L. Attendance &amp; Promptness to Competition</b>	<b>9</b>
<b>M. Disciplinary</b>	<b>9</b>
<b>N. Appeal Procedures</b>	<b>10</b>
<b>O. Praises</b>	<b>10</b>
<b>P. Referees</b>	<b>10</b>

## **A. REGIONAL ATHLETIC COMMITTEE**

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

**Art. 2** RAC supervises and coordinates the chapters' activities, through the chapter.

**Art. 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. Treasure: Is responsible for the committee's receivable and payable accounts. Payments are made only after approved by the RAC meeting.

d. Accountant: Maintains the committee's financial records in a specified book on a day to day basis. Keeps the committee's receipt book, and issues receipts as necessary to the appropriate parties. Keeps track of payments due, submits them to the committee meeting, which after approval, is paid by the treasurer. The accountant is mandated to submit quarterly financial reports to the Regional Executive.

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

## **B. ACTIVITIES**

**Art. 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.

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

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

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

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

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

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

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

**Art.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.

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

**Art.14** Chapters are obligated to make their athletes, who are not under disciplinary action, available to the RAC for a HOMENETMEN representative team

The RAC will divide the region into three districts: New England (Boston, Providence, Albany and New York), Mid-Atlantic (Washington DC, Florida, Philadelphia and New Jersey) and Midwest (Chicago and 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.

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

**Art.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 like wise must first obtain the Regional Executive's approval prior to proceeding.

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

**Art.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.

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

## C. AGE BRACKETS

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

**Art. 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.

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

**Art. 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 can not 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

**Art. 24** Chapters must present a roster of athletes who have advanced from their age brackets to the RAC prior to any athletic competition.

## **D. HOMENETMEN MEMBERSHIP**

**Art. 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. Participation for transferred members from other chapters or regions shall be three months after the transfer date.

## **E. PARTICIPATION IN ATHLETIC EVENTS**

**Art. 26** All chapters of HOMENETMEN can participate in athletic functions organized by the RAC. All participants shall be treated equally. Registration fee for each athlete shall be \$5.00 and \$15.00 for late registration. A deposit of \$300.00 is required from each chapter at the Tivan meeting, to be refunded if there are no roster deadline violations or roster cancellations after the games.

**NOTE:** With the consultation of the RAC, and with the approval of the Regional Executive, athletic teams from other regions can participate as guests with special invitation at athletic meets organized by the RAC.

**Art.27** 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:

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

**Art.28** If a participant does not fulfill the requirements of Art. 26, 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.

## **F. LOCATION, DATE and TIME OF ATHLETIC COMPETITIONS**

**Art.29** The RAC decides the location, date and time of athletic competition.

**NOTE:** 1. The RAC 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.

**Art.30** 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 official registered and the number of participants are clarified.

## G. DISQUALIFICATION or FORFEIT DO TO ABSENTEEISM

**Art.31** 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 less athletes than the minimum required for the specific athletic event to begin.

**Art. 32** A team, which reports to the event, must have a minimum of X athletes to begin the event:

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

**Art. 33** Any team that Forfeits any of their scheduled games must pay a \$250.00 fine. The RAC will examine the circumstances before fining the team. Their decision Will be final

**Art. 34** 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

**Art. 35** 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.

**Art. 36** If an athlete do not conform to Art. 36, then the athlete is forbidden from Participating in athletic competition.

**Art. 37** 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 and ATHLETIC EQUIPMENT

**Art. 38** The host chapter shall secure only fields/courts and equipment, which are approved by the RAC.

**Art. 39** The RAC will provide game balls for basketball, volleyball and soccer for all RAC sponsored events.

**Art.40** The host chapter must reserve/provide licensed referees.

**Art.41** All chapters are obligated, after athletic competition, to create a social atmosphere to strengthen bonds between athletes.

**Art.42** All chapters are required to submit to the RAC, their league competition schedules.

**Art.43** All chapters must have insurance coverage for their athletes.

## **J. RULES OF COMPETITION**

### **SOCCER:**

**Art. 44** A soccer team shall consist of a maximum of 18 players, one coach and one manager.

**Art. 45** Each game shall be officiated by one referee and two linesmen approved by a sanctioned sporting body in the host city.

**Art. 46** All games shall be played in two 45-minute halves. Except for the PEEWEE games, which will be played in two 30-minute halves.

**Art. 47** 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.

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

**Art. 48** 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.

**Art. 49** Each team has the right to make 7 substitutions per game except Peewee and Midget categories which have unlimited substitution.

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

### **TRACK AND FIELD:**

**Art. 50** For each track and field event, a chapter shall be awarded points for the 1<sup>st</sup> 3 athletes.

**Art. 51** An athlete shall participate in a maximum of three events plus the relay.

**Art. 52** 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.

**Art. 53** Two false starts shall disqualify an athlete from that particular event.

**Art. 54** Each athlete shall have a total of three throws/jumps per field event.

**Art. 55** All athletes shall be assigned numbers prior to a track and field meet.

**Art. 56** Athletes must have their assigned numbers pinned to the front of their shirts.

## **MALE**

<b><u>SENIOR</u></b>	<b><u>JUNIOR</u></b>	<b><u>BANTAM</u></b>	<b><u>PEE-WEE</u></b>	<b><u>VETERAN</u></b>
100 Meter race	100 Meter race	100 Meter race	60 Meter race	100 Meter race
200 Meter race	200 Meter race	200 Meter race	100 Meter race	200 Meter race
400 Meter race	400 Meter race	400 Meter race	200 Meter race	400 Meter race
800 Meter race	800 Meter race	800 Meter race		800 Meter race
1500 Meter race	1500 Meter race			1500 Meter race
4x 100 relay	4x 100 relay	4x 100 relay	4x 100 relay	4x 100 relay
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump			Triple Jump
High Jump	High Jump			High Jump
Shot Put 5.44 kg	Shot Put 4 kg	Softball throw	Softball throw	Shot Put 5.44 kg
Discus 1.6 kg	Discus 1.6 kg			Discus 1.6 kg
Javelin 0.8 kg	Javelin 0.6 kg			Javelin 0.6 kg

## **FEMALE**

<b><u>SENIOR</u></b>	<b><u>JUNIOR</u></b>	<b><u>BANTAM</u></b>	<b><u>PEE-WEE</u></b>	<b><u>VETERAN</u></b>
100 Meter race	100 Meter race	100 Meter race	60 Meter race	100 Meter race
200 Meter race	200 Meter race	200 Meter race	100 Meter race	200 Meter race
400 Meter race	400 Meter race	400 Meter race	200 Meter race	400 Meter race
800 Meter race	800 Meter race	800 Meter race		800 Meter race
1500 Meter race	1500 Meter race			1500 Meter race
4x 100 relay	4x 100 relay	4x 100 relay	4x 100 relay	4x 100 relay
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump			High Jump
Shot Put 4 kg	Shot Put 4 kg	Softball throw	Softball throw	Shot Put 5.44 kg
Discus 1.0 kg	Discus 1.0 kg			Discus 1.6 kg
Javelin 0.6 kg	Javelin 0.6 kg			Javelin 0.6 kg

**Art. 57** 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 give to the team, which accumulates the most point in their division.  
 c. To determine team results the following point system is utilized:
- 1st place athlete receives 7 points
  - 2nd place athlete receives 5 points
  - 3rd place athlete receives 4 points
  - 4th place athlete receives 3 points
  - 5th place athlete receives 2 points
  - 6th 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:**

**Art. 58** A basketball team shall consist of a maximum of 12 players, one coach and one manager.

**Art. 59** Each game shall be officiated by two referees approved by sanctioned sporting body in the host city.

**Art. 60** All games shall be played in two 20-minute halves, with the clock running except in the last two minutes of each half.

**Art. 61** The results of the games shall be recorded on official basketball forms and signed by the officiating referee at the conclusion of the game.

**Art. 62** 30/45-second shot clock shall not be used.

**Art. 63** Three-point shots shall be allowed.

**Art. 64** Three free throws shall be awarded on a foul committed on a 3-point shot that is not made.

**Art. 65** A team shall consist of four players to start a game. Three players are required for a team to continue playing a basketball game.

**Art. 66** 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.

**Art. 67** 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

**Art. 68** 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.

**Art. 69** 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:**

**Art.70** A volleyball team shall consist of a maximum of 12 players, one coach and one manager.

**Art.71** 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.

- Art.72** 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.
- Art.73** 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.
- Art.74** A game shall be won by the team first scoring 25 points unless both teams have scored 24 points; than the winner shall be the team first scoring 2 points more than the opposing team.
- Art.75** The results of the games shall be recorded on official volleyball forms and signed by the officiating referee at the conclusion of the game.
- Art.76** 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.
- Art.77** A player shall be limited to three entries during a game. Starting a match shall count as an entry.
- Art.78** Each team shall be limited to two time-outs per game, an additional time-outs shall be permitted when both teams have scored 24 points. Charged time-outs shall not exceed sixty seconds.
- Art.79** 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:**

- Art. 80** A table tennis team shall consist of a maximum of 5 players, one coach and one manager.
- Art. 81** A game is officiated by one referee appointed by the RAC and the host chapter.
- Art. 82** 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.
- Art. 83** A game shall be won by the player first scoring 21 points unless both players have scored 20 points, than the winner shall be the player first scoring two points more than the opposing player or 25 points.
- Art. 84** 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.
- Art. 85** 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.
- Art. 86** In the last game of a match, the players shall change ends when the first player reaches the score of 10.
- Art. 87** A playing shirt, shorts shall be mainly of one or two colors (solid) other than white.

**Art. 88** 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.

## K. AWARDS

**Art. 89** 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. In individual competition for each event/division, trophies shall be awarded to First place athlete.

E. For individual competition first, second and third place athletes receive "gold", "silver" and "bronze" medals respectively.

## L. ATTENDANCE AND PROMPTNESS TO COMPETITION

**Art.90** All athletes and teams shall honor the comprised schedule.

**Art.91** After the second announcement if the athlete or team does not present themselves, they are considered forfeited.

**Art.92** 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

**Art.93** During the game, disciplinary actions are taken by the referee in accordance to the rules sanctioning the game.

**Art.94** 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

**Art.95** 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.

**Art. 96** 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.

**Art. 97** 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.

**Art. 98** A player with two ejections during the tournament shall automatically be disqualified from further participation.

## N. APPEAL PROCEDURES

**Art. 99** 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.

**Art. 100** 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.

**Art. 101** The protest document and the fee, together, shall be hand-delivered to a member of the judicial committee or a member of the RAC.

**Art. 102** 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 protestee. This decision shall be final, non-reversible and not subject to further appeal.

## O. PRAISES

**Art. 103** 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

**Art.104** 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