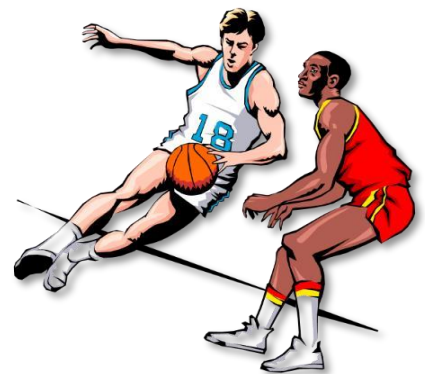




Annual

**Southeastern Regional Youth for Christ Conference
Valdosta State University
Valdosta, Georgia**

Athletics



**John W. Iverson, Sr.
Director**

Athletic Registration Information:

1. All congregations must register for athletic activities during conference registration on Monday, **during the conference**.
2. All athletic participants: 1) Must be registered with the Southeastern Youth Conference, 2) must be faithful Christian, 3) and must be subject to their chaperones.
3. Basketball and volleyball teams must wear the same uniforms. They can be t-shirts or jerseys, but must be the same color.
4. If your team brings practice balls, please be sure they are appropriately marked and kept by a member of your congregation. The conference will not be responsible for lost or stolen athletic items.
5. Only spike track shoes and tennis shoes will be allowed on the track. All basketball and volleyball participants must wear tennis shoes.
6. If a congregation does not have enough players to make a complete basketball or volleyball team, they may combine with another congregation, but there **must** be at least three players from the same congregation on the team. The team must still be under the leadership of one of the congregations. If the team receives a trophy, the trophy will be awarded to the congregation with the most players and special recognition will be given to team members from other congregations.
A person can only represent one congregation or team in each division. A younger player can play in an older division.
7. All teams need to make every effort to arrive to athletic activities on time.
8. Trophies will be awarded to the 1st and 2nd place teams in all basketball and volleyball divisions. 1st, 2nd, and 3rd place winner in track will receive medals.
9. There should only be one coach who serves as the spokesperson for a team.
10. The ruling of an official is final. Arguing with an official may result in the expulsion from a game or forfeiting of a game, and may occur without an issued warning.
11. All athletic participants must attend Bible classes and general assemblies unless they have been officially excused by conference leadership.
12. Congregations are entrusted to use participants of the required age groups only. If there are any discrepancies, the age of participants, which will be verified through registration forms. If there is a discrepancy, the congregation may be eliminated from competing in any of the Youth Conference's competitions.
13. The attitude, conduct, and sportsmanship of all athletic participants should be representative of a Christian spirit. Anyone whose behavior is unbecoming for a Christian may cause his or her entire team to be eliminated from that particular sporting event. If a player is ejected, he or she cannot participate in any other activity. Unbecoming behavior includes, but is not limited to: fighting, cursing, unsportsmanlike conduct, and arguing with officials. A player neither may nor may not receive a warning for such behavior.
14. We need to know what sports your congregation will be participating in. So, to help us, please find the age groups as well as the rules and regulations at this link: www.serlcoc.org/about-youth-conference. This information needs to be in by June 30th. You can email us at: YouthforChrist82@yahoo.com.
15. THE DEADLINE FOR SUBMITTING INFORMATION IS JUNE 30th.

Basketball:

1. Basketball team must consist of at least 5 players.
2. Competition will be divided into the following age groups:

FEMALE:	MALE:
Youth: 6-8	Youth: 6-8
Junior: 9-11	Junior: 9-11
Junior High: 12-14	Junior High: 12-14
Senior: 15-21	Senior: 15-21

3. Each game will have two referees.
4. Scoring will include three points shot.
5. Each team will receive one 2-minute time out per half.
6. Midget and junior division will play two 10-minute halves. Senior division will play two 15-minute halves. In case of a tie at the end of regulation, there will be 5-minute overtime. Each team will receive one 2minute time out in overtime play. The clock will stop for timeouts, foul shooting, and during the last two minutes of a period.
7. All regulation basketball violations will be called. Free throws will only be shot after the eighth foul has been called in the half. The ball will be taken out-of-bounds after every called foul.
8. Substitutions can be made during any stop in play as long as an official initiate it.
9. A coin will be tossed by an official to determine which team will take the ball out of bounds to start the game and also in the case of overtime.
10. There will be one exception to the rule for the Junior Girls division. It will be a violation for an opposing team to disrupt the controlled dribble for a player.
11. Coaches are asked to emphasize this rule in order to maintain a fair and more exciting game.

ALL GAMES ARE SINGLE ELIMINATION!

Track:

1. Track competition will take place at 6:00 a.m. at the track on Thursday morning.
2. Competition will be divided into the following categories.

Ages:

6-8 Years Old
60 meters
100 meters
200 meters

Ages:

9-10 Years Old	11-12 Years Old	13-14 Years Old	15-21 Years Old
60 meters	60 meters	60 meters	60 meters
100 meters	100 meters	100 meters	100 meters
200 meters	200 meters	200 meters	200 meters
400 meters	400 meters	400 meters	400 meters
800 meters	800 meters	800 meters	800 meters
1600 meters	1600 meters	1600 meters	1600 meters

Relays Ages:

9-10 Years Old	11-12 Years Old
400-meter	400-meter

Relays Ages:

13-14 Years Old	15-21 Years Old
400-meter	400-meter
1600-meter	1600-meter

3. For safety and health of all track participants, runners are reminded to stretch out, warm-up, and drink a **PLENTY** of fluids (**preferably water**) before competing.

Volleyball:

1. Volleyball teams must consist of at least 6 players. There must be exactly 6 players for each team on the court during regulation play.
2. Competition will be divided into the following age groups:

Males: Ages

Juniors: 9-14	Seniors: 15-21
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Females: Ages

Juniors: 9-14	Seniors: 15-21
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Ages:

Men	15 & Up
Women	Co-Ed

3. The men and women divisions must have at least three men or women OVER the age of 18 playing on the court at all times.
All Co-ed members must be over the age of 18 and there must be three males and three females on the court during regulation play.

A point will be scored after every serve. The first team to reach 15 points and wins by two points is the victor.

All games are single elimination.

The ball cannot be hit more than three times before crossing the net. No player can hit the ball two consecutive times with any part of the body.

The ceiling, lights, poles or any other object is considered out of bounds and a point will be rewarded to the opposing team who had it last.

4. Substitutions can be made during any side out. A player cannot have a turn to serve more than once before the five other players on their team has served (**i.e.- illegal substituting**).

EACH TEAM IS AWARDED ON TWO-MINUTE TIMEOUT PER GAME.

If the server crosses the back line, it is considered a side out and the opposing team receives a point.

The opposing team will be awarded a point if a player is guilty of palming, lifting, carrying, or throwing the ball or touching the net at any time.