



RecSports Participant Handbook



Table of Contents

WELCOME TO THE UNIVERSITY OF NORTH DAKOTA RECSPORTS	2
CONTACT INFORMATION	3
RECSPORTS STAFF	3
UPDATES FOR 2023-24	4
STATEMENT OF LIABILITY	5
HEALTH, INJURIES AND BLOOD POLICY	5
CODE OF STUDENT LIFE	6
PARTICIPANT ELIGIBILITY.....	7
ELIGIBILITY LIABILITY	7
TEAM CAPTAINS.....	10
DIVISIONS & LEVELS OF COMPETITION.....	11
SPORT RULES	12
Team Names	12
Free Agents.....	13
ONLINE REGISTRATION & PAYMENT	14
Refund Policy	14
SCHEDULING	15
DEFAULTS/FORFEITS.....	17
ROSTERS	18
EQUIPMENT AND ATTIRE	19
TEAM/PARTICIPANT CONDUCT	21
Sportsmanship Ratings	21
EXTRAMURAL TOURNAMENTS	27
STUDENT EMPLOYMENT	28

Welcome to the University of North Dakota RecSports

To the students, faculty, and staff of the University of North Dakota,

Thank you for participating in the long history of the RecSports program at the University of North Dakota. The mission of the RecSports program is to provide a variety of opportunities for the UND community to recreate and play. We do this by offering numerous sports and events throughout the semester and by emphasizing fair play and sportsmanship.

Our goal for the program is to become the best extracurricular program on campus as well as the best RecSports program in North Dakota and NIRSA Region 5. Only with your help can we achieve these goals.

The strong tradition of RecSports sports guides our department today. Therefore, policies, procedures, and sports rules have been developed and are reviewed each year to provide participants a safe, fair, and fun environment. We ask that you learn these guidelines and respect the rules of participation, as RecSports participation is a privilege to the campus community.

Our pledge is to continue improving with new ideas as well as honoring the rich history of the University of North Dakota RecSports program. We hope you appreciate our enthusiasm as much as we appreciate yours. Together we will create a great experience and lasting memories.

Sincerely,

The Wellness & Health Promotion Department

Contact Information

RECSPORTS STAFF

Assistant Director of Programsstephanie.r.hoffman@UND.edu
Campus Recreation Coordinator braeden.mueller@UND.edu
RecSports Program Manager kevin.bowe@UND.edu

Important Phone Numbers

Wellness Center Front Desk.....701-777-9355
RecSports Program Manager701-777-2719
Campus Recreation Coordinator701-777-3256

<http://und.edu/RecSports/>

Updates for 2023-24

Scheduling

Reschedules of contests will not be permitted.

- Teams not able to play at their scheduled time must follow the forfeit/default procedure on page 17

Playoff schedules will be created by the RecSports staff.

- Playoff scheduling may have your team play at a time and day that you did not sign up for
 - We recommend that you have more members on your roster for playoffs
 - There will be no reschedules if your team can not play on the day/time assigned

Championship Amendment

Championship Amendment- To maintain competitive integrity when a team wins a championship in Division 2 or the competitive division of that sport, the team must stay in that division for the following season and through the following year. If there is a desire/need to move down a division, teams may submit an appeal in writing/email to the Campus Recreation Coordinator prior to the close of registration period for that sport.

Penalties for Championship Amendment

If a team/players are found to be playing down a level or trying circumvent the “Championship Amendment”, the entire roster will be removed from RecSports competition and given a semester ban from competing. Registration fees will not be refunded.

Health, Injury and Blood Policy

If a player gets injured and requires ice to be administered for their injury, they will sit out the remainder of the RecSports contest

Equipment and Attire

Jewelry is now allowed to be worn at YOUR OWN RISK unless deemed by sport rules or a RecSports employee to be dangerous

- Allowed Jewelry includes: stud earrings, bracelets, necklaces, rings, nose rings (studs)
- Illegal Jewelry IN ALL SPORTS: Hoop earrings, watches (Apple watches included), Fitbits or activity trackers, or anything deemed dangerous by RecSports staff.

- Religious jewelry is allowed to be worn once cleared with the Campus Recreation Coordinator and Assistant Director of Programs

Statement of Liability

There are certain risks of injury that are inherent to participation in sports. These types of injuries may be minor or serious and may result from the actions or inactions of the participant or others. Maintenance of good physical health and appropriate financial planning in the form of insurance in the event of a physical mishap can give you more peace of mind while participating. Each participant will be required to sign an Assumption of Risk Waiver prior to participating in any RecSports event.

Health, Injuries and Blood Policy

The RecSports Sports Program will provide initial emergency care, such as provision of bandages, ice or immobilization to any participant injured during their contest. **THE RECSPORTS PROGRAM WILL NOT PROVIDE SERVICES TO PREPARE OR MAINTAIN A PLAYER'S READINESS TO PARTICIPATE** (i.e. taping ankles, providing tape for personal items, etc.). Participants need to bring their own tape, etc. and prepare themselves to play.

All participants are strongly urged to have a yearly medical examination and to carry medical insurance coverage. UND Student Health Services has information and availability regarding appointments and insurance.

Participation in sporting activities may cause injury and exposure to blood borne pathogens. Blood borne pathogens are pathogenic microorganisms that are present in human blood and can cause diseases in humans. These pathogens include, but are not limited to, Hepatitis B virus (HBV) and Human Immunodeficiency Virus (HIV). The RecSports program will make every effort to minimize exposure to its employees and participants. Because the RecSports staff is trained and certified to respond to emergency and blood exposure situations, we ask that they be contacted immediately to respond to any injury.

Whenever a RecSports sports participant suffers a laceration or wound where oozing or bleeding occurs, the competition shall be stopped at the earliest possible time, and the participant will be required to leave the field of play. The participant will not be allowed to return to the competition until the wound has been covered and the oozing or bleeding has stopped. Additionally, any participant with blood or other bodily fluids on their clothing will not be allowed to continue participation until the stained clothing has been removed and replaced.

The University and its staff are not held responsible for any injuries incurred while participating or as a spectator in the RecSports program. The RecSports staff should be notified of ALL INJURIES sustained during RecSports competition. If needed, the participant will be given first aid and referred to their physician or Student Health Services. An ambulance may be dispatched TO ASSESS AN INJURY (PARTICULARLY IN THE EVENT OF HEAD, NECK AND BACK OR MAJOR JOINT TRAUMA). COST FOR

AMBULANCE TREATMENT/TRANSPORTATION IS THE PARTICIPANT'S RESPONSIBILITY. An Injury/Illness report will be completed for all injuries and a copy will be sent to the UND Safety Office

Code of Student Life

University of North Dakota students and their actions are subject to the University of North Dakota: Code of Student Life. The Wellness Center and the RecSports program will vigorously enforce all sections of the code to ensure that participants feel welcome and enjoy the benefits of a recreational activity. The entire Code of Student Life is contained in the Student Handbook or available online at the Division of Student Affairs. (<http://und.edu/code-of-student-life/index.cfm>).

Alcohol, Tobacco, and Illegal Drugs

The Wellness Center believes that participation in recreational sports is a positive, healthy experience that provides enjoyment to our participants. To foster health benefits and maximize enjoyment for participants and student staff, consuming alcoholic beverages before, during, or after participation on site is a violation of University policy. Individuals or teams who violate this policy will not be eligible to participate.

No individual will be allowed to participate in any activity if it is suspected that they are under the influence of drugs or alcohol. Spectators and players are prohibited from bringing to and/or consuming alcohol/tobacco at an activity site. Individuals violating this rule shall be removed immediately.

Any participant removed from a RecSports activity due to a violation of the alcohol/tobacco policy shall be suspended from that team's next scheduled contest much like the penalty for an ejected player. The Office of Community Standards will also be notified.

Any team that has a participant removed for a violation of the alcohol/tobacco policy, does not cooperate fully with RecSports employees in resolving alcohol violations by spectators associated with their team, is found possessing or consuming alcohol/tobacco, or leaves evidence of alcohol/tobacco usage at an activity site shall automatically receive a "0" sportsmanship rating for that contest and will be placed on probation or suspension for the remainder of the season.

PARTICIPANT ELIGIBILITY

Eligibility Liability

Each participant is responsible for understanding their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protests. The RecSports program will check the eligibility of players if an opposing captain lodges a protest or the RecSports program has reason to believe the person in question is not eligible. The RecSports office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The RecSports program reserves the right to handle eligibility violations without a formal protest. **IGNORANCE OF ANY RECSPORTS RULE IS NOT AN EXCUSE!**

Who is Eligible?

The following are eligible to enjoy all RecSports privileges and will retain that status until they withdraw, graduate, or fail to comply with eligibility rules or other guidelines:

- All regularly enrolled UND Students
- Faculty/Staff Members working in any department or college of the University
 - Must be a Wellness Center Member
- Players must be on the official roster before playing any contest.

Identification Cards

All participants must present a valid UND ID, Wellness Center membership card, or State/Federal photo ID prior to playing in ALL RecSports contest. Individuals failing to present a valid ID card will not be allowed to participate.

Assumed Name

Anyone who participates under an assumed name or uses someone else's ID shall be declared ineligible for all RecSports programs for the entire school year. A team guilty of using such a player will forfeit all contests in which the ineligible player participated and may be dropped from the league for the remainder of the season.

Intercollegiate Team Members, Junior/Community College and Former College Varsity Athletes

Intercollegiate Team Members: “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team.

- “ACTIVE” members shall be defined as any athlete who is on an intercollegiate team roster within one week of the intercollegiate team’s first scheduled contest.

Junior College/Community College: Athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.

Former College Varsity: Athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.

Professional/Semi Pro Athletes

Any student, faculty or staff member who is or has been a professional player or athlete is ineligible for two (2) years from the date of the last professional participation in that sport or a related sport. A professional/semi pro player or athlete is defined as one who has received monetary remuneration for their athletic services.

Sport Club Members

Sport club members are eligible to participate in RecSports team activities. There will be a limit of two (2) club athletes per team in the same or equivalent sport in which they participate. Club members are those persons who have participated in practices/games with club during the current academic year, paid membership dues to club or are listed as a member of club on the sport club roster.

High School Players

High School students enrolled in UND classes are not eligible to participate in RecSports sport programs. Non-UND students are not allowed to participate in the RecSports program, except faculty/staff that are Wellness Center Members

RecSports Staff RecSports Participation (Staff)

All RecSports staff members are eligible to participate in RecSports activities. The participating officials are required to clock out during their game and exemplify good sportsmanship and the values of the RecSports program. At no time may a staff member play in and officiate the same game.

An official interested in playing in any RecSports event must abide by the same rules and guidelines as other participants, as well as all facility/employee policies.

RecSports Staff are not permitted to wear their work uniform while competing in any RecSports activity; this includes being on a team's sideline or bench or wearing the uniform inside out.

RecSports Staff are expected to exhibit the best possible sportsmanship and are held to a higher standard.

Playoff Player Eligibility

Participants must be added to the roster during the regular season. Players must have played at least one regular season game to be eligible for the playoffs (i.e. no players may be added during the playoffs without the permission of the Campus Recreation Coordinator).

Penalties for Eligibility Infractions

The following penalties will be assessed if a team is found guilty of using an ineligible player:

- Any team found guilty of using an ineligible player will receive a default for each game that player participated in.
- If the ineligible player is on another roster in the same sport, they will be suspended for one game from that team.
- A second violation in a season by the same ineligible player will result in that player being suspended from RecSports participation for the duration of the semester and will not be allowed to participate until a meeting with the RecSports Director is completed.
- All ineligibility decisions are up to the discretion of the RecSports staff and their decisions are final.

TEAM CAPTAINS

Each team entering a RecSports activity must have a captain. The Team Captain must be invested in the RecSports program, as well as their team. They will serve as the liaison between the RecSports program and the team. The Team Captain is held to a higher standard than other team members.

The captain's responsibilities:

1. Be a member of the team.
2. Complete the MANDATORY Captain's quiz and/or meeting for each registered sport.
3. Attend the Team Captains meeting prior to the start of the season
 - a. If the captain can't make the meeting, it must be made up prior to the teams first contest
 - i. If the team does not make it up in time or attend the meeting, that team will be forfeited until the meeting is made up
4. Keeping contact information up to date by contacting the Campus Recreation Coordinator's office with any changes.
5. Be familiar with all RecSports eligibility rules and ensure their roster consists of only eligible players. The RecSports office will check any player that the captain is concerned about.
6. Notify team of scheduled games. Any schedule changes in terms of date, time, and location of a contest will be posted in the registration portal. Teams directly affected will be contacted by email of any changes.
7. Check with the Wellness Center for potential weather cancellations and pass that information along to the team.
8. Be familiar with the RecSports handbook rules, regulations, policies, and procedures and ensure they are followed, and communicating this information to the team.
9. Ensure that those representing your team, including players, fans, etc. play according to the rules of the game and conduct themselves as good sports before, during, and after a contest.
10. Promptly responding to RecSports staff concerning schedule changes, eligibility inquiries, protests, and player ejections.
11. Check your UND email and the RecSports website regularly for updates and/or changes from the RecSports staff. A daily check is recommended, especially within 3 hours of your upcoming contest to see if there was a default.
12. Notifying the RecSports office via the registration portal if their team will not be showing for a scheduled contest.
13. Completing an end of season evaluation/survey.

Divisions & Levels of Competition

Team Captains are responsible for selecting the appropriate level of competition. However, the RecSports program reserves the right to move individuals/teams up or down in competition level or tournament placement when prior RecSports play reflects skill level that warrants such action.

Divisions

Per [North Dakota Century Code 15-10.6](#), participants are allowed to participate in the following divisions as described below:

Men - Open to all participants that are indicated as male sex on their birth certificate-

Women - Open to all participants that are indicated as female sex on their birth certificate-

Open/Coed - The open/coed division has no gender requirements for participation.

Levels of Competition

Championship Amendment- To maintain competitive integrity when a team wins a championship in Division 2 or the competitive division of that sport, the team must stay in that division for the following season and through the following year. If there is a desire/need to move down a division, teams may submit an appeal in writing/email to the Campus Recreation Coordinator prior to the close of registration period for that sport.

Penalties for Championship Amendment

If a team/players are found to be playing down a level or trying circumvent the “Championship Amendment”, the entire roster will be removed from RecSports competition and given a semester ban from competing. Registration fees will not be refunded.

D2/Competitive - This level is for those who desire a more competitive experience. Team players’ abilities range from beginner to intermediate skill level.

D3/Recreational - This level is designated for participants who are interested in an atmosphere where emphasis is placed on participation and fun rather than competition. **D3 leagues require teams to accept Free Agent participants if their roster is not filled.**

Sport Rules

Rules and regulations are designed for the safety and protection of participants. By participating in RecSports contests, everyone has agreed to abide by all rules and regulations and are responsible for their behavior.

All contests shall be governed by RecSports rules adopted from NCAA, NIRSA, NFHS or amateur rules. Modifications will be made to adjust for risk, space, time, and player number constraints. The rules for each sport will be made available to all participants before the competition in that sport begins. The RecSports program reserves the right to institute any rule change and will notify team captains within one week of the changes. Please review all rules at UND.edu/RecSports prior to start of your season.

Team Names

It is the responsibility of the captain to submit a proper team name for their RecSports sports team. The following are guidelines for team names:

- No vulgar language
- No reference to alcohol or other drugs
- No innuendos
- No reference to sexually explicit, invasive, or violent activities
- No discriminatory reference (race, religion, color, national origin, age, sex, sexual orientation, height, weight, marital status, handicapped, veteran)
- No names designed to appear as if the opponent would not have a game scheduled (i.e., No Game Scheduled, Bye Week, etc.)

If a questionable team name is found, the Campus Recreation Coordinator will notify the captain, and will replace the questionable name with "Team (CAPTAIN LAST NAME)" for the remainder of the season.

Sponsorships

Teams are allowed to have a sponsor. The sponsor cannot advertise alcoholic beverages or illegal products. Teams are allowed to purchase their own t-shirts for uniforms; however, t-shirts cannot display any profanity or anything that would be considered vulgar to the University of North Dakota community and follow the same guidelines for team names.

Any questionable sponsors will need to be approved by the Campus Recreation Coordinator before the team will be allowed to play.

Free Agents

The Free Agent list is for individuals seeking to play on teams. Individuals are encouraged to register for their desired league as a Free Agent. If your team is short of players, please check the list found in the registration portal.

Communicating with Other Teams

You have the ability to communicate with other teams via the registration portal. Any communication must be respectful and show good sportsmanship. Any communications brought to the attention of RecSports staff that are in violation of this policy will be subject to disciplinary action, up to and including indefinite removal of that individual or team from the RecSports program and may also be reported to the Office of Community Standards.

Communicating with RecSports Staff

Before, during, and after contests, the ONLY person permitted to talk to the officials regarding calls is the captain. Therefore, the captain should introduce himself to the officials during the meeting before the game. Questions from other players on the team may be entertained if they are asked in a calm and respectful manner, at the discretion of the officials. **Any comments directed towards the official personally will result in a penalty/card/foul.**

Online Registration & Payment

1. Information regarding dates of registration, entry fees, etc. for each sport is available at und.edu/RecSports. All activities are subject to change.
2. All teams must be registered through the RecSports registration page.
3. Registration opens approximately two weeks prior to the registration deadline for most sports. All registrations and payments must be completed online by 11:55 PM on the registration deadline day.
4. Players must also individually register, sign the online waiver, pay, and join their team in the registration system. This must be done BEFORE THEIR FIRST CONTEST.
5. If the league you are looking for is filled, you will be automatically put onto a waiting list. Payment will NOT be required to be placed on the waiting list.
6. If the registration deadline has passed for an event, please contact the Campus Recreation Coordinator. There is a possibility that extra teams may be added if there are open slots in that sport/league.
7. Any applicable registration fees must be paid online at the time of registration.
8. Captains & players must complete the mandatory quiz for their sport before registration can be completed.

Refund Policy

- 100% Refund if a team withdraws BEFORE the end of registration.
- 50% Refund if a team withdraws AFTER the end of registration and BEFORE the schedule is posted online.
- No Refund will be given once schedules have been posted.
- In the unfortunate event of cancellation due to inclement weather or other reasons, all efforts will be made to reschedule the contest. However, there will not be a refund if games cannot be rescheduled.
- Medical conditions & injuries which prohibit the safe conduct of RecSports participation may be eligible for a prorated refund of the registration fee if taking place during the season. Written documentation from a medical provider indicating the physical limitations of the condition or injury must be submitted to the supervisor within 30 days of the injury taking place during the current RecSports season.

SCHEDULING

Leagues/Divisions

Major team sports are scheduled into leagues/divisions based on level of competition/skill level. Sports consist of a five-game season, unless otherwise stated, in a round robin format, and a single elimination post-season tournament consisting of all teams that qualify. The availability of leagues/divisions will be based on the number of teams entered and desired level of competition.

In the event there are not enough entries to form a specific league/division, some leagues may be combined.

All RecSports schedules will be posted online on the RecSports registration page. Schedules are subject to change, so be sure to regularly check the website for updates.

Playoffs – Post Season Tournaments

The following guidelines will apply to the scheduling of postseason tournaments for league sports:

- A team must **not** have one forfeit or two defaults on their record and must have a cumulative average of “3” or above sportsmanship rating to be eligible for the postseason tournament.

- The number of teams registered in each league will determine how many teams make the playoffs. The guidelines are:
 - 4-7 teams registered = 4 teams make playoffs
 - 8-14 teams registered = 8 teams make playoffs
 - 15-18 teams registered = 12 teams make playoffs
 - 19-26 teams registered = 16 teams make playoffs
 - 27-35 teams registered = 24 teams make playoffs
 - >36 teams registered = 32 teams make playoffs

- Tiebreakers will be:
 - Overall record
 - Sportsmanship rating
 - Head-to-head
 - Score differential

- Playoff games cancelled due to inclement weather will be rescheduled at the earliest time available to the RecSports program, pending time constraints.

- Playoff schedules will be created by the RecSports staff. Playoff scheduling may have your team play at a time and day that you did not sign up for
 - We recommend that you have more members on your roster for playoffs
 - There will be no reschedules if your team can not play on the day/time assigned
- Teams **WILL** play on different nights and times during playoffs than during the regular season. Therefore, it is recommended that teams carry additional substitutes.
- During the playoffs, a “1” or “0” sportsmanship rating results in forfeiture of the game and all players on the team being suspended for the first game of the next season, regardless of their new team or involvement in the forfeited game.

Rescheduling

Once the league and/or playoff schedule has been posted, **no games shall be rescheduled unless by the RecSports staff based on weather or facility closures.**

Weather Postponement/Cancellations

In some cases, postponement and/or cancellations may be necessary due to inclement weather, facility scheduling concerns or an unforeseeable situation. For weather concerns, call the Campus Recreation Coordinator at **701-777-3256** before your scheduled game time for an update on the game schedule. Follow @UNDWellness on social media to stay up to date on weather announcements.

Cancelled/postponed games (by the RecSports staff) will be rescheduled if space and time permits. The RecSports program makes decisions regarding inclement weather as early as possible. The RecSports program and Wellness Center will always follow UND closures.

The sport supervisor has the authority to postpone and/or cancel a contest in the event the field or weather conditions make it hazardous to continue (per the Wellness & Health Promotion Outdoor Safety Protocol). Cancellations will be shared via email and the registration page.

DEFAULTS/FORFEITS

Grace Period

Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to have the minimum number of players required to start a game at the scheduled game time. However, the opposing team captain will be offered the option of taking the win by forfeit or default or waiting 5 minutes for the minimum number of players to show. In the event the captain decides to wait, that decision is irreversible. The minimum number of players for each sport will be listed on sport rules.

Forfeits

A forfeit is given to a team if:

- No players are on site by the end of the grace period.
- A team uses a player who is ineligible or participates under an assumed name.
- A team attempts to default inside of the 3-hour window prior to game time.
- Unsportsmanlike conduct

Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.

- One forfeit will result in that team being ineligible for the playoffs.
- Two forfeits will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

Defaults

A default is given to a team if:

- A team has players present to participate but does not meet the minimum requirement of players to play.
- The team captain defaults their game on registration website (must be completed within **3 hours** of game time)

Each default will result in a loss for that team. Defaulted games will not be rescheduled.

- One default will result in team receiving a “3” sportsmanship rating for that game.
- Two defaults will result in that team being ineligible for the playoffs in their sport but left on the schedule.
- Three defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

ROSTERS

Adding Players to Roster

Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added through the registration website and added to the team roster before they can participate.

Team Participation Limits

Any individual whose name appears on more than one team roster is considered to be an official member of that team which they FIRST play for and is ineligible to play on any additional team.

A RecSports participant may only play on ONE GENDER-SPECIFIC TEAM AND ONE OPEN TEAM for that particular sport, regardless of level of competition. For example, a male player can play on a Men's D1 Team, but then would be ineligible to play for a Men's D2 Team in the same sport. The male player could still play for 1 open/coed team.

Players are not allowed to "jump" onto another team. This would result in a forfeit for that team as well as a suspension for the player. A player listed on a score sheet cannot switch teams for the remainder of that sport, league, or tournament. Any player who is not listed on the team roster subjects their team to forfeiture of that game.

Transferring Teams

A player wishing to change teams after they have already played for another team will not be allowed to transfer. (RecSports administrative approval for special cases will be allowed to transfer). You must remain with the same team all season long.

EQUIPMENT AND ATTIRE

Equipment

Participants may be responsible for obtaining appropriate equipment required for safe participation in certain sports. Sport-specific rule books will provide information on the required equipment for participation for each sport. Team captains assume responsibility for their team's proper use and care of all equipment during a contest. It is at the discretion of the RecSports staff to ban the use of any equipment deemed hazardous to participants.

All metal braces shall be covered so none of the metal can be seen or felt.

Uniforms

Each team is encouraged to have some type of dress, which provides uniformity in color for all participants. When team shirts are provided by RecSports it is required that participants wear those shirts. In cases where teams do not have uniforms, all players will be required to wear a scrimmage vest supplied by the RecSports office.

If a team provides their own jerseys, single- or double-digit whole numbers must be put on them and each player must have a different number. Any other type of number will be prohibited. Every player on that team must have a jersey that is the same color or have a scrimmage vest that is the same color as the jersey otherwise that team will be required to wear the jerseys provided by the RecSports sports office.

Uniforms supplied by the team will not include any profanity or degrading statements regarding any race, religion, or gender. All uniforms need to be approved by the Campus Recreation Coordinator. In the event two teams have the same jersey color, one team may be asked to wear scrimmage vests.

Headwear

Any headwear with a hard brim or knot (bandanas, ball caps, etc.) may not be worn during any activity, unless specifically stated in the sports rules. Stocking caps and rubber/cloth elastic bands may be used to control hair.

Footwear

All participants are required to wear proper or appropriate footwear for competition. For gym sports, all shoes must be non-marking, soft soled rubber. Restricted footwear consists of, but is not limited to:

- Combat boots
- Bare feet
- Socks
- Sandals of any kind
- Steel-toed shoes
- Metal cleats (molded cleats will be allowed in outdoor field events only)

It is up to the discretion of the RecSports staff to ban the use of any footwear or equipment that they may deem hazardous to participants.

Jewelry

Jewelry is allowed to be worn at the participants' OWN RISK. Certain sport specific rules will limit jewelry due to safety concerns or equipment concerns. Please see the approved and illegal jewelry examples below

- Approved examples: stud earrings, bracelets, necklaces, rings, nose rings (studs)
- Illegal Jewelry in ALL SPORTS: Hoop earrings, watches (Apple watches included), Fitbits or other activity trackers, or anything deemed dangerous by RecSports staff.
- RecSports Supervisors reserve the right to ask for jewelry to be removed if it could cause harm to other participants
- Religious jewelry is allowed to be worn once cleared with the Campus Recreation Coordinator and Assistant Director of Programs

TEAM/PARTICIPANT CONDUCT

Sportsmanship Ratings

The development of team and individual sportsmanship is of fundamental importance. The sportsmanship rating system is intended to emphasize the importance of good sportsmanship at all contests. Behavior before, during, and after a contest will be included in the rating.

The rating system is based on a four-point scale. A team is responsible for the actions of the individual team members and spectators related to their team before, during, and after the contest. The designated game captain is responsible to calm difficult situations and to restrain troubled teammates.

RecSports Officials and/or Supervisors shall determine Sportsmanship Ratings. Teams must maintain an average rating at or above "3" in order to make the playoffs. Only a "0" rating may be appealed by the team captain.

"4" Sportsmanship Rating - Excellent

- All players cooperate fully with staff, officials, and opposing players throughout the game. The captain exhibits control over their team and spectators, communicates respectfully with officials and opponents. The team demonstrates excellent sportsmanship and maintains an attitude of complete cooperation.

"3" Sportsmanship Rating – Good

- Actions and attitudes of captain and team members are at an acceptable level. There is little to no complaining and an attitude of cooperation for the most part exists. The team does not show any aggressive dissent toward game officials and/or opponents.

"2" Sportsmanship Rating – Needs Improvement

- Team members and/or spectators exhibit verbal dissent toward opponents and/or game officials. Team members persist in questioning officials. The team has been warned about unnecessary roughness. Spectators related to the team fail to conduct themselves in an orderly fashion. NOTE: Any team that has a player receives a technical or ejected for any reason will receive no higher than a 2 rating.

Consequences for "2" Rating

- Team captain will be informed by the Sport Supervisor of the "2" rating.

“1” Sportsmanship Rating – Poor

- Team members continually exhibit dissent toward game officials, staff, and/or opponents either on or off the playing field/court. Repeated warnings and/or disciplinary penalties are given for unsportsmanlike behavior. The team and/or captain fail to cooperate with officials to keep game running in an orderly fashion. The team after being warned continues to play with unnecessary roughness.

Consequences for “1” Rating

1. Team captain will be informed by the Sport Supervisor of the “1” rating.
2. Team is suspended until captain meets with the Campus Recreation Coordinator. The captain shall be held responsible to initiate the meeting in a timely manner to ensure availability of staff (preferably several days before team’s next game is scheduled). Teams will forfeit any games scheduled prior to the meeting. During the meeting, the manager/captain will be notified of the suspended status of their player(s).
3. Regardless of the length of the league season, two unacceptable (1) ratings will equal a season ending rating and the team will automatically be dropped from any further competition.
4. The eligibility of players from both teams will be reviewed. (*Violation of any eligibility rule will cause a contest to be automatically forfeited.*)

“0” Sportsmanship Rating – Abusive (language, fighting & protesting)

Any one of the following may lead to a “0” rating:

- Team behavior is completely uncooperative and shows no respect for officials, staff, and/or opponents.
- The team captain displays no control over the actions of team members.
- Multiple penalties are given to a player, coach, or team spectator for unsportsmanlike conduct.
- A team member or spectator strikes, physically contacts, or threatens an opponent or RecSports staff member.
- Team behavior warrants as discontinuance of the game for any reason.
- Spectators clearly related to the team engage in disorderly conduct that violates university regulations or jeopardizes the officials’ control of the game.
- The team shows willful disregard for the policies and/or property of UND.
- Failure of ejected participant(s) and/or spectator(s) to leave the vicinity immediately or returns to cause additional problems.
- Team fails to cooperate/comply with RecSports staff/university officials while performing their duties; falsely represents or withholds any information requested.
- Team members are under the influence of drugs or alcohol.
- Alcohol or the remnants of alcohol is found in a team’s locker room or changing area assigned to them.

Consequences for “0” Rating

1. Team captain will be informed by the Supervisor of the “0” rating.
2. Team may face disqualification from the remainder of the season.
3. The eligibility of players from both teams will be reviewed. (*Violation of any eligibility rule will cause a contest to be automatically forfeited*)
4. Notification of Office of Community Standards for review.
5. The usage of facilities and/or wellness center services will be reviewed.

Sportsmanship Rating Appeals

Only a “0” rating can be appealed by the captain. A written appeal must be filed within 5 days of the rating. During the appeal process, the burden of proof shifts from the RecSports program to the captain. IT IS NOT A HEARING. The process is a review of the record of the incident(s) and reasons for the season ending behavior. Teams will remain dropped from any further competition during the appeal process.

Acceptable reasons for an appeal are: new information concerning the contest becomes available, and/or the sanction is too severe for the offense. The Wellness and Health Promotion Director, and/or person(s) designated by said position, will review the appeal. *During playoffs, the RecSports office, prior to the next scheduled contest, will hear the appeal.*

Team Conduct Resulting in a Forfeit

In addition to the sportsmanship rating system, the following team behavior will result in a game being immediately stopped and FORFEITED (regardless of score or time remaining):

1. Three (3) separate individuals receiving any combination of warning or ejections and/or two (2) separate individuals receiving an ejection.
2. Failure of ejected participant(s) and/or spectator(s) to leave the vicinity immediately or returning to the vicinity during or after the game. A player cannot return for the second game when back-to-back games are scheduled.
3. The team is confirmed to be using an ineligible player.
4. Any player(s) and/or spectator(s) other than the designated game captain, leaving the team area/bench to join a situation in the game. *A person’s intentions are irrelevant.*
5. Failure of a captain or team to provide required information to the RecSports program. Any inappropriate behavior following the forfeiting of a game could lead to a season ending rating. Serious on-site situations and/or alcohol related incidents will also result in initiating the involvement of campus police and the referral to the Office of Community Standards.

Individual Player Conduct

Every team is responsible for the conduct of its players and fans. Any conduct judged as detrimental to the participants, program, or any particular contest may result in loss of the contest, suspension of the individual player, suspension of the entire team, or other appropriate action.

All participants, coaches, and fans that choose to participate in the RecSports Program are expected to act in a sportsmanlike manner and comply with the spirit of RecSports as well as the UND rules, policies, and procedures associated.

Any participant, coach, or fan who is ejected from the UND RecSports Sports Program is immediately ineligible for further competition in any RecSports contest until he/she is reinstated by the Campus Recreation Coordinator or their designee.

It is the individual's responsibility to schedule an appointment with the Campus Recreation Coordinator or their designee to review their behavior and subsequent eligibility in any UND RecSports contest.

All ejections, individual or team, carry a MINIMUM 1 game suspension. This is not appealable. The Campus Recreation Coordinator will determine any further sanctions/suspensions and schedule a date for reinstatement.

Due Process

All additional sanctions/suspensions may be appealed for review by the Wellness and Health Promotion Director. Individuals wishing to appeal a decision must submit a written request to the Campus Recreation Coordinator within 5 class days of the suspension notification. In the event of an appeal, any suspension or sanction imposed will remain in effect until a recommendation is made by the Wellness and Health Promotion Director.

Major Offenses

Any participant or team who commits a major offense is suspended from ALL RecSports activity until official reinstatement. These offenses can extend to interactions outside of the competition, if the scenario is related to events that occurred during a RecSports event. After serving a major offense suspension, you must schedule a meeting with the Campus Recreation Coordinator in order to be reinstated. It is the individual's responsibility to make the appointment. If an appointment is not made, the participant will stay on suspension. Major offenses & their suspensions include but are not limited to:

Physical contact or attempting to strike a RecSports employee (official, supervisor, administrator, etc.)

- 1st offense Remainder of academic year and 1 full academic year after
- 2nd offense Indefinite suspension

Verbally abusing/threatening a RecSports employee or another player, spectator, etc.

- 1st offense Remainder of academic semester and 1 full academic semester after
- 2nd offense Remainder of academic year and 1 full academic year after
- 3rd offense Indefinite suspension

Fighting/attempting to strike another individual or involved in an altercation (please see specific sport rules for further details)

- 1st offense Remainder of academic semester and 1 full academic semester after
- 2nd offense Indefinite suspension

Playing under the influence of alcohol or drugs and/or finding of alcohol or drug remnants in player areas

- 1st offense Immediate removal and a minimum 1 game suspension
- 2nd offense Remainder of academic semester and 1 full academic semester after
- 3rd offense Indefinite suspension from RecSports

Intentional damage/destruction of facilities/equipment

- 1st offense Participant removed from the game, team charged with a loss, team and player suspended until player pays to have the damaged equipment fixed or replaced
- 2nd offense Participant given indefinite suspension and will be charged for the replacement of the damaged equipment.

If spectators are involved in a major offense, the ramifications are as follows:

- 1st offense Spectators will be banned from the facility and all Wellness Center Programs (RecSports, special events, etc.) for remainder of academic semester and 1 full academic semester after, team suspended for minimum 1 game
- 2nd offense Spectators will be banned from the facility and all Wellness Center Programs (RecSports, special events, etc.)for remainder of academic year and 1 full academic year after, team suspended for remainder of academic semester and 1 full academic semester after

Profane language/obscene gestures

- 1st offense Removed from the game and suspended the next game
- 2nd offense Removed from the game and suspended for remainder of the semester
- 3rd offense Removed from the game and suspended for remainder of academic semester and 1 full academic semester after

***In addition to the aforementioned sanctions, the RecSports program will send a copy of the sanction letter to the UND Office of Community Standards. This letter will be placed into your permanent file at the University. If the action warrants, the RecSports program will refer the case to the Office of Community Standards, who will deal with your case.

PROTESTS

Team captains can file game protests in order to resolve eligibility of players, rule interpretations by officials, or a scoring error. NO PROTESTS SHALL BE ENTERTAINED THAT CONCERN JUDGMENT CALLS ON THE PART OF AN OFFICIAL. Games protested over the interpretation of rules, which are upheld by the RecSports office, with the infraction believed to have a bearing on the final outcome of the game (in most cases), shall be played from that point, excluding time limit infractions.

Player Eligibility

1. Any team or individual protesting the eligibility of a player should have sufficient reason to believe that the player is ineligible.
2. Player eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made during a contest, the teams will play the game under protest.
3. If an eligibility protest is upheld, any team with an ineligible player automatically forfeits the contest in question.
4. Any protest of eligibility will verify the eligibility of all players on both teams of the contest in question.
5. The RecSports Staff can consider the eligibility status of any player at any time.

Rule Interpretation

1. Only a captain can lodge a protest on an officials or supervisor's rule interpretation but must do so at the time of the incident.
2. After a protest is declared, the officiating crew will notify the RecSports Supervisor. The Supervisor is responsible for documenting the protest and will assist in the protest ruling.
3. A protest can be denied by the Supervisor if it is a non-protestable call (i.e. judgment calls) or the protest is tardy in accordance with the sport rules.
4. Every effort will be made to resolve protests promptly. The decision made by the RecSports Staff on the site is the final decision made.
5. If the protesting party is not satisfied with the decision of the on-site Supervisor, they may appeal to the Campus Recreation Coordinator, however, any protest taken to the Campus Recreation Coordinator will not result in a change in the result of the game. It will only serve as a clarification for future reference.

Scoring Error

1. Scoring errors must be brought to the attention of the Campus Recreation Coordinator as soon as discovered.
 - a. Scoring error protests made after the end of the regular season will not be entertained.
2. The Campus Recreation Coordinator will confer with the RecSports staff that facilitated the game in question, as well as both teams, to verify the contested score.
3. The score will be changed or upheld after this review.

EXTRAMURAL TOURNAMENTS

Some sports will have state or regional tournaments. All teams have the opportunity to participate in the state and regional tournaments; however, they must pay their own entrance fee, not to be reimbursed by the Wellness & Health Promotion Department. Lodging and travel expenses are not included in any fees paid by the Wellness & Health Promotion Department.

Some tournaments limit the number of entries from one university; therefore, the winners and runner-ups of the respective leagues have priority. If a winner has not been established in that sport, a team may be selected from the currently registered teams in that sport, at the discretion of the RecSports staff. If this method is needed, teams with higher sportsmanship will be considered first.

STUDENT EMPLOYMENT

The RecSports program could not be conducted successfully without the services of nearly 50 student officials and supervisors. Previous experience as an official is desirable, but not required. Training clinics are required at the beginning of each sport to teach the skills necessary. Employees must be students currently enrolled at UND. Employment as an official will NOT prevent participation on a team. The University of North Dakota is an equal opportunity educator and employer.

Job Descriptions

Applicants should be mature, self-motivating, possess a willingness to learn and lead, capable of making decisions/problem solving/resolving conflict in group situations, committed to promoting and valuing cultural diversity, interested in customer service, and capable of acting in a professional manner while performing their duties.

Job descriptions and qualifications for employment are available at the Wellness & Health Promotion student employment section of the website <https://und.edu/student-life/wellness-center/student-employment/positions.html> Workload is adjusted to accommodate class schedules and RecSports participation.

Official Employee Training

The RecSports staff will provide training to all officials. The program provides practical training and "hands-on" experience in the organization and administration of the overall program and its activities which may include:

- Officiating clinics and meetings
- Rules examination
- Observation of games
- Video review
- Continual evaluation and performance feedback

Officials are University of North Dakota students and are considered UND employees. They assume a very important task: to produce a healthy sportsmanlike and enjoyable game situation.

Therefore, it is the responsibility of all participants to respect the judgment of the official. The RecSports program will make every effort to obtain the best possible officials. Any student who wishes to work as an official should inquire with the Campus Recreation Coordinator at 701-777-3256.