



UNIVERSITY RECREATION

# Recreational Sports Handbook 2022-2023

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# University Recreation Mission

University Recreation inspires, empowers, and educates the University community by providing comprehensive, high quality, student-focused programs, facilities, and services that create community, connectivity, and develop exceptional leaders who value and embody healthy lifestyles.

## Purpose of Recreational Sports

The purpose of the University of West Georgia Recreational Sports Program is to promote healthy lifestyles while also providing a structured competitive environment. Our staff is committed to fostering/developing our 3 core program pillars, which are teamwork, sportsmanship, and leadership. The UWG Recreational Sports program offers a variety of league sports, as well as one/two day tournaments. The program also offers employment opportunities starting with the officiating of our league sports.

## Policies and Procedures Statement

The UWG Recreational Sports Handbook contains the policies and procedures pertaining to the Recreational Sports Program. All participants are expected to read and understand the contents and must adhere to all policies and procedures while participating in recreational activities. Any information not found in the Recreational Sports Handbook shall be referred to the UWG Student Handbook and Code of Conduct. **All information contained in the Recreational Sports Handbook is subject to REVIEW AND INTERPRETATION by the members of the UWG Recreational Sports Staff. The Assistant Director has the right to change any rule or policy without notice.**

## Contact Information

<p><b>Recreational Sports Office</b> Campus Center Suite 123 <a href="mailto:imsports@westga.edu">imsports@westga.edu</a> Email for general Rec Sports inquiries</p> <p><b>Websites</b> <a href="http://westga.edu/campus-life/urec">westga.edu/campus-life/urec</a> <a href="http://myrec.westga.edu">myrec.westga.edu</a></p>	<p><b>Mike Prociuk</b> Assistant Director of Competitive Sports <a href="mailto:mprociuk@westga.edu">mprociuk@westga.edu</a></p> <p><b>Office Hours</b> Monday thru Friday 8am to 5pm</p> <p><b>*Meetings by appointment only*</b></p>
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## How To Play

All league sports have a specified registration deadline date. This date indicates when registration will close for a specific sport, so be sure to follow the steps below to register to play. For Tournament Sports, you can register in advance or show up day-of to play, no pre-registration is necessary.

1. Visit <https://myrec.westga.edu/> and log in using your UWG credentials
  - a. If you are a new user, you will be prompted to create your IMLeagues user profile
2. Select desired sport, league (mens, womens, corec, etc.) and division (date/time you wish to play)
3. Create or join a team for free!

All Recreational Sports are FREE! If you are having any issues or if you have a question please contact the Graduate Assistant of Competitive Sports.

## Eligibility

Participation is limited to currently enrolled, fee-paying University of West Georgia students, faculty members, and full-time staff. At this time there are NO affiliated groups under the umbrella of the University that may participate. Sports occurring in public, outdoor spaces may be spectated by non-UWG guests, but may not interfere with the staff, participants, or playing surfaces physically or verbally.

### Player Eligibility Guidelines

#### Club Sport, Varsity, and Professional Athletes:

No more than two club sports players/members may play on any one Recreational team of the same or similar sport. For example, three Club Soccer players may not all participate on the same Recreational Soccer team. This policy is in place to protect the integrity of recreational sports - sports that are recreational in nature and inclusive of all skill levels and abilities.

Any student or coach who is a candidate for a varsity sport, who practices with the team, or is on the reserve squad (including redshirts and transfer students) is not allowed to participate in the same or similar Recreational sport (see chart below for similar sports) until 1 semester (full) has elapsed from their removal from the team roster.

<b>VARSITY/PROFESSIONAL SPORTS</b>	<b>RECREATIONAL SPORTS</b>
Football	Flag Football
Soccer	Soccer/Futsal/Indoor Soccer
Basketball	Basketball
Volleyball	Sand Volleyball and Indoor Volleyball
Baseball and Softball	Softball

An individual who has competed in professional athletics will be ineligible to compete in that sport for **one** calendar year from the date in which they last participated. An ex-professional athlete is defined as a person who is or has been compensated monetarily for participation in an organized athletic activity during the past year. Teams may not have more than 1 former professional athlete on their roster. This person will always be considered a former professional athlete regardless of the amount of time that has passed beyond one year.

#### **Competing on more than one team:**

A player who is otherwise eligible may participate on one CoRec team and one Men's or Women's team respectively for the same sport per season. For sports that offer both a competitive and recreational league for a single gender, a participant may only compete in one of the leagues.

#### **Playoff Eligibility:**

To compete in the playoffs, an individual must have their name on the team's roster prior to the start of playoffs. Once a team's roster is full, a team's roster will be locked and no names may be added. Unforeseen circumstances will be handled by the Recreational Sports Office staff on a case-by-case basis.

#### **Ineligible Player**

If a team uses an ineligible player in league play, all games or contests in which the ineligible individual participated will be forfeited to the opponents, regardless of the outcome. The illegal player may be suspended for the remainder of the activity season and/or the academic year. In elimination tournament play, the team will be disqualified from the respective position in the bracket at the time the legal protest is honored.

#### **League Eligibility**

**Single Gender:** Designed for competition between teams that consist of participants of the same gender. If a league does not run due to low participation numbers, single gender teams or individuals will have the opportunity to participate in the other gender's league. If single gender registration numbers are high, competitive and recreational divisions may be offered.

**CoRec:** Designed to give males and females the opportunity to participate together in a team or dual activity. Players may participate on one CoRec team and one single gender team.

**Unified:** Inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and UWG student partners as teammates for training and competition. Participants may compete on 1 single gender, 1 CoRec, and 1 unified team.

**Open:** These leagues consist of teams with any makeup of genders in individual competition.

**Preseason:** A one-day tournament before the scheduled season. Men's, Women's, and CoRec divisions may be available. This tournament will also serve as training for the officials.

**Free Agents:** Anyone who has a desire to participate in any UWG Recreational Sports but does not have a team to play with may register as a free agent on IMLeagues. Free agents should look for teams already registered that indicate they are looking for free agents and consider reaching out to them themselves. If enough free agents sign up, a separate team may be created entirely of free agents.

**Gender Identity Policy:** Participation is based on one's self-identified gender with the University. A participant's gender identity will be applied when there are gender specific rules or player ration requirements for Corec divisions. In accordance with NIRSA, UREC recognizes that, for many, coming to know one's gender identity is not something that happens in an instant; it is a complex process that can occur over an extended period of time. Transgender participants are encouraged to communicate their gender identity with the Assistant Director of Competitive Sports prior to the sport registration deadline.

### **Player Identification**

**Valid Identification:** Participants must present a valid UWG ID to the Recreational Sports staff before participating in any activity. Any player who does not have their ID will need to retrieve a new card from the UCC card office before their game. Participants will be expected to swipe their valid University ID to enter the Campus Center.

If the Recreational Sports staff deem that a participant is attempting to check in with false identification, the ID will be confiscated and that player will be ineligible to participate. The individual player will be ejected and asked to show proper identification. If the participant refuses or fails to show proper identification and no other team member can identify the individual, the team captain will also be suspended and that game will be deemed a forfeit.

The use of someone else's ID is a violation of the Code of Conduct and will result in punishment from UWG Recreational Sports and from the Office of Community Standards.

**IMLeagues Roster:** All participants must be on the IMLeagues roster prior to participation and electronically sign their waiver.

## **Team Captain Responsibilities**

Behind every successful Recreational Sports team is a team captain who is committed to learn all they can about the Recreational sports program and to represent their team whenever necessary. Listed below are some of the duties and responsibilities of a team captain:

- Register team through IMLeagues (My Rec Portal) prior to the advertised deadline. All leagues and tournaments will be filled on a first come, first serve basis.
- Ensure that your team will have the minimum number of required players to play (confirm with your players prior to selecting a day/time)
- Represent, or see that the team is represented, at any mandatory recreational sports captain's meetings, sportsmanship/disciplinary hearings, and/or protest situations.

- Ensure that players are checked-in at the playing site 15 minutes prior to contest start time with current UWG photo ID and correct 917# with proper attire/equipment
- Be familiar with rules, schedules, policies and procedures of UWG Recreational Sports and pass this information along to all team members.
- Inform, educate, and stress to all players and spectators affiliated with your team the importance of demonstrating good sportsmanship prior to, during, and following all scheduled contests. All participants and spectators should refrain from verbally or physically abusing other participants/spectators, the game officials or the UWG Recreational Sports staff.
- Handle payment of all forfeit fines.

## Participant Safety

### Assumption of Risk

Participation in the programs offered by University Recreation (UREC) is voluntary on the part of each individual. Therefore, UREC will not assume the burden of doctor bills, hospital costs, etc., for a person injured while participating in any of the programs. Before participating in a recreational sports activity, the individual must sign a Waiver and Release of Liability for University Recreation activities. Signing of the waiver will be done electronically on IMLeagues when a participant registers on a team.

Recreational Sports staff are trained and equipped to handle basic first aid situations. These staff members will serve as first responders in any medical emergency. Recreational Sports Staff can restrict any individual from playing based on the seriousness of an injury.

### Injury and Blood Rule

When a Recreational Sports Staff member observes that a player is bleeding, has an open wound, or has blood on their uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and the bloody uniform is changed or cleaned. The game may resume without the injured player at the discretion of the Recreational Sports Staff.

### Game Cancellation/Inclement Weather

Recreational Sports activities are subject to cancellation due to unsafe facility conditions. This may include inclement weather (rain, snow, etc.) and subsequent poor field conditions, or unforeseen circumstances, which may occur in both indoor and outdoor facilities that create unsafe playing conditions (i.e. roof leaking on basketball floor or a major injury). The Recreational Sports Staff will make all decisions regarding playability and safety of facilities. **Assume games are on unless you are contacted by the Recreational Sports Office. All decisions will be made by 4:00pm. After 4:00pm, game cancellations will be at the discretion of the Recreational Sports staff on-site.**

1. In cases when weather forces the halt of a contest in progress, the specific rules of that sport will determine if the game is considered official. Please refer to the individual rules governing each sport to determine at what point the contest becomes official.
2. In the event of lightning or thunder, the following will occur:

- Games in progress are stopped and canceled (unless they have reached the official game point) if the Recreational Sports Staff sees lightning or hears thunder, or if the lightning prediction system produces an alarm.
- If the lightning prediction system has not cleared play by the start of the next game, or if the required 30-minute wait time following the last sighting of lightning or from hearing of thunder in order to clear play is not completed prior to the start of the next game, then ALL games will be canceled for the night.

## Forfeits

Any team failing to be “ready-to-play” at the scheduled starting time shall forfeit to their opponent. Forfeit time is game time (however, a 5 minute grace period will be allowed if at least one member of that team is checked in). The team captain will receive a forfeit fine and the team will not be eligible for playoffs.

**Forfeit Fee:** A forfeit fee will be assessed to all teams that forfeit a recreational contest. UREC is obligated to pay contest officials and staff and uphold facility reservations regardless of the fact that teams do not show up to play. To offset this expense, there will be a forfeit fee assessed to the team captain as well as a suspension from all Recreational Sports activity. *Forfeit fees are \$15. The team captain will receive an email detailing how to pay the fee electronically by credit/debit card, or by check in the Campus Center.*

**“Ready-to-Play” Rule:** All activities require each team to have the minimum number of players present, all players checked in with the Recreational Sports Supervisor, and all players ready to compete. The minimum number of players required is given in the rules for each team activity.

**Grace Period and Winning by Forfeit:** If only one team has the minimum number of players ready to participate at the scheduled game time, the following will occur:

- The game clock will start (if applicable).
- If the other team’s players arrive within the 5 minute period, the game clock will continue to run, but points will no longer be accumulated against them. The game will then begin with the accumulated score. The late arriving team will also automatically lose the coin toss and any first option accorded by the playing rules.
- If the other team’s players do not arrive by the time 5 minutes have elapsed, the game will be declared a forfeit, and the offended team will win by the accumulated score (i.e., 10-0 in softball, 7-0 in flag football, 40-0 in men’s/women’s basketball, etc.), and sportsmanship ratings will be assigned.

**Limit of Forfeits:** A team/individual is declared disqualified from participation in that league after two forfeits.

## Defaults

If you know your team will not be able to make it a scheduled game, you must default to avoid a forfeit fee. In order for the game to be considered a default, the team captain should:



- Send an email to the Recreational Sports Graduate Assistant OR [imsports@westga.edu](mailto:imsports@westga.edu) from your UWG student email account notifying them that your team has elected to default by 2:00pm the day-of the game

Defaults during the regular season will not count as a loss if the contest would have been canceled due to inclement weather or unsafe playing conditions. Defaults during the playoffs will not count as a loss if the contest would have been canceled due to inclement weather or unsafe playing conditions and will be rescheduled if possible. If either team cannot make the rescheduled contest, they will need to default again.

## Protests

Participants may file a protest only on the misinterpretation of the rules or player eligibility. No protest can be made on an official's judgment.

### Rule Interpretation Protest

All rule interpretation protests must be made by the protesting team's captain in the presence of the officials, Recreational Sports staff present, and the opposing team's captain at the time and place of the incident. The protest must be made immediately following the incident. Questions pertaining to interpretation of rules on the part of activity officials must be resolved at the time the interpretation occurs and prior to the next live ball. If the team continues to play, the protest will not receive consideration. The following steps should be followed:

1. If a team/participant feels the official has made a misinterpretation of a rule, the team captain shall calmly and immediately inform the official that they wish to have a ruling on the interpretation by the Recreational Sports Supervisor in charge.
2. No protest that involves the judgment of the activity official(s) shall be upheld. The judgment of the official is final. This also includes Recreational Staff when necessary.
  - Example: One foot in-bounds while in possession of the ball constitutes a legal catch in flag football.
    - i. Case 1: An official rules a pass incomplete because the "player did not have two feet in-bounds." This is a rules misinterpretation, which CAN BE protested.
    - ii. Case 2: An official rules a pass incomplete because the "player's first foot landed on the sideline." This is a judgment call, which can NOT be protested.
3. If corrections are necessary, an Recreational Sports staff member shall rule immediately. Error in interpretation by the Recreational Sports staff is subject to a formal written protest.
4. If the team captain still does not agree with the decision of the Recreational Sports staff member, a Protest Form should be obtained and completed. The Recreational Sports staff will then assist the team in filling out the form with all pertinent game information (score, time, possession, etc).
5. The game will continue from this point forward "under protest" and the opposing team shall be notified.

## Player Eligibility Protest

This type of protest is for a team that feels a member (or members) of the opposing team is participating illegally (i.e. A participant played on a NCAA Varsity or professional team within the past year, the team has more than 2 club players, a player using another person's ID). In the event of this type of protest the player(s) whose legality is being questioned will be permitted to play, with the understanding that if they are found to be participating illegally, the team in violation of this rule will forfeit the game. This type of protest must be filed with a Recreational Staff member or at the Recreational Sports Office by 5:00PM the day following the contest. An individual participating under an assumed name (or identification) in the University of West Georgia Recreational Sports program is ruled ineligible for Recreational Sports participation for the remainder of the academic semester and their team is placed on probation. **Note: When protesting eligibility, a team must protest a specific individual(s). Entire teams cannot be "blanketed" by protest.** *It is the responsibility of all teams and team captains to monitor the eligibility of their team as well as their opponents.*

## Alcohol & Other Drugs Policy

In accordance with university policy, the use of alcohol and tobacco (including vaping) is prohibited on any university grounds. Consequences for this violation of the rules may include, but are not limited to removal from the Recreational sports contest, involvement of University Police, and/or referral to the Office of Community Standards. The Recreational Sports staff has ZERO TOLERANCE for alcohol and drug use during organized play. Teams, spectators, and individual players may not have alcohol or other drugs on any recreational playing site. Teams may be held responsible for violation of this policy by spectators. **If an entire team is drinking or using drugs on site, or if the Recreational Sports staff suspects a team has been drinking or using other drugs that team will forfeit its scheduled game and will be suspended from recreational sports competition. A meeting will be set up with the Recreational Sports professional staff to discuss future sanctions.**

## Accommodation Policy

It is the goal of the Recreational Sports staff to accommodate our participants' needs whenever and wherever we possibly can. Recreational Sports exists for the students, faculty & staff of UWG, as they are the ones who drive the program. If our staff can accommodate a request without sacrificing safety, integrity, or fair play, we will do our best to work out a solution. Comments, questions, and concerns regarding inclusive policies can be submitted through [this form](#). Visit [www.westga.edu/campus-life/urec/recreation-sports-for-all](http://www.westga.edu/campus-life/urec/recreation-sports-for-all) to access the form electronically.

## Player Conduct & Sportsmanship

### Team Name & Uniforms

Each team must provide an appropriate name during the registration process. The Recreational Sports professional staff reserves the right to change names that are deemed inappropriate, offensive, contain profanity or are not within the spirit of good sportsmanship. The staff may also change names that are duplicates to avoid confusion. When a team name is changed, it will be changed to "Team [Captain's last name]" Ex. "Team Smith".

Recreational Sports staff will provide reversible jerseys for all sports requiring teams to differentiate from the opponent. Teams may use personal jerseys that are matching, appropriate, and, if applicable, have distinct numbers. If you are unsure if a team name or uniform will be acceptable, please contact the Recreational Sports office.

## Unsportsmanlike Conduct

Players shall not commit acts of unsportsmanlike conduct and may be subject to ejection as staff deems necessary. This includes, but is not limited to, arguments with officials and staff by any player, coach, manager, or spectator (flagrant fouling, fighting, etc. before, during or after a contest). Each level of unsportsmanlike conduct is defined as follows:

- Level 1: Threats, verbal abuse or use of inappropriate language toward other participants, spectators, or Recreational Sports Staff, mistreatment of University of West Georgia Recreational Sports facilities, equipment, or supplies
- Level 2: Intentionally pushing, tripping, spitting on or flagrantly fouling another individual will automatically require a submission to the Office of Community Standards
- Level 3: Any physical altercation with another individual (i.e. striking, kicking, and biting) initiated with malicious intent. Will automatically require a submission to the Office of Community Standards

\*Level 1 and 2 if extreme in nature will elevate to a level 3. Level 3 will automatically require a submission to the Office of Community Standards

## Ejection Procedure

Any player, coach, or fan ejected from a Recreational Sports game for any reason must leave the facility immediately after information is obtained by a Recreational Sports staff member. Failure to leave the area may result in forfeiture of the game by the team associated with the ejected person(s). Any participant, coach, or fan that is ejected from a UWG Recreational Sports contest is **immediately ineligible** from further Recreational Sports activity and potentially all University Recreation programming until they meet with a Recreational Sports professional staff member. The individual will be contacted to schedule an appointment promptly with the Recreational Sports Office to review their behavior. Individual suspensions are effective only after meeting with the administrative staff (i.e. no self-imposed penalties). Cases involving physical abuse of or between participants and/or spectators and University Recreation staff may be referred to the Office of Community Standards or University Police for possible action.

## Sportsmanship Ratings

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with their team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

**4 pts- Good Conduct and Sportsmanship:** Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Recreational Sports staff.

\*Teams who default will receive a 3-sportsmanship rating

**3 pts- Average Conduct and Sportsmanship:** Team members complain about decisions made by the Officials and/or show minor dissention. Team members show minor disrespect to someone involved in the contest.

**2 pts- Below Average Conduct and Sportsmanship:** Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

**1 pt- Poor Conduct and Sportsmanship:** Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

**0 pts- Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

\*Teams who no show

\*3 Unsportsmanlike infractions or game forfeiture.

### **Playoff Eligibility**

In order for a team to be eligible for playoffs, a team must have less than 2 forfeits and/or defaults during the regular season, have an average sportsmanship rating of 3.0 or higher, and attend any required captain's meetings. During the playoffs, teams are expected to receive a sportsmanship rating of 3.0 or 4.0 in all games. Any team receiving a 1.0 or 2.0 may be asked to meet with Recreational Sports professional staff the following day to discuss their rating. A decision will be made as to whether or not the team will continue in the playoffs regardless of a win or a loss. If the team does advance after meeting with the staff, they must receive a 3.0 or 4.0 in all their remaining games to continue. Any team receiving a 0 will be eliminated from playoffs immediately.

For playoff qualification, the following criteria will be taken into consideration in specified order: winning percentage, sportsmanship rating, point differential (final), head to head results.

Playoff Bracket Format: All teams that meet the above criteria are eligible to compete in the playoffs. Playoff Brackets will be single elimination, unless otherwise stated.

## Parking & Bus Routes

Listed below are parking areas where cars may be parked without being towed or ticketed. However, parking is very limited, and there is no guarantee that there will be spaces available. Utilizing the campus shuttle system or car-pooling is highly recommended. The University of West Georgia Recreational Sports is NOT responsible for any damage done to a vehicle at any location.

1. Recreational Fields/Athletic Complex
  - o Lot G (closest to football practice field)
  - o Lot F (next to softball field)
  - o DO NOT park on any sidewalks
  - o Vehicles are NOT permitted in the grass near the fields under any circumstance
2. Campus Center
  - o Lot 14 (next to the Bookstore)
  - o Academic Quad Lot (after 7pm)

The UWG Grey bus route will take participants to the Recreational Sports Field 13. You can either get off at the bus stop of Lot G or F.