SECTION 1: GENERAL UNIVERSITY POLICIES

1-24 RECSPORTS SPORTSMANSHIP

RecSports consists of informal recreational activities and organized recreational sports leagues that allow students at UND to participate in a variety of team, dual, and individual sports. Competition exists, but the real focus of RecSports is health and exercise, social interaction, stress reduction, sportsmanship, and teamwork. Information on RecSports and its policies and regulations can be found at http://und.edu/health-wellness/wellness/.

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