



RecSports Handbook

2024-2025



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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

RecSports Contact Information

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

Important Phone Numbers

Wellness Center Front Desk 701-777-9355
 Campus Recreation Coordinator 701-777-3256

Sport Rules: <https://und.edu/student-life/wellness-center/intramurals/fall-sports.html>

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

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 & Injury Statement

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

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

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 regular season contest.
 - Players may only play on one gender-specific team and one open team for that particular sport, regardless of level of competition
 - ID 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.
 - 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.
- **Limitations**
 - Pro/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.
 - 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.
 - 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.
 - Club Sport Team 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.

Player Registration & Guidelines

Registration

- Registration takes place through <https://wellnessregistration.und.edu/imleague>

Refunds

- 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 Campus Recreation Coordinator within 30 days of the injury taking place during the current RecSports season.

Proper 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.

Metal Braces	All metal braces shall be covered so none of the metal can be seen or felt.
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/beanies and rubber/cloth elastic bands may be used to control hair. See sports specific rule sets for more details on proper and appropriate headwear for a specific sport
Footwear	All participants are required to wear proper or appropriate footwear for competition. See sports specific rule sets for more details on proper and appropriate footwear for a specific sport.
Accessories	Accessories are allowed to be worn at the participants' OWN RISK. Refer to the sport specific rules for non-approved accessories. 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

Player Conduct

- Participants, coaches, and fans in the UND RecSports Program must act sportsmanlike and follow UND rules. Misconduct can lead to penalties, including contest loss or suspension.
- Ejected individuals are ineligible for further competition until reinstated by the Campus Recreation Coordinator. The Campus Recreation Coordinator will reach out via email to schedule a meeting.
- All ejections result in a non-appealable minimum one-game suspension. Additional sanctions will be determined by the Campus Recreation Coordinator.

Team Guidelines & Conduct

- Rosters
 - 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.
- 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 for the entire season, including playoffs.
- 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.
- Team Name
 - 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.
- 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.

Sportsmanship

The rating system is based on a 4-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. RecSports Officials and/or Supervisors shall determine Sportsmanship Ratings.

“4” Sportsmanship Rating - Excellent	<ul style="list-style-type: none"> ▪ The team demonstrates excellent sportsmanship and maintains an attitude of complete cooperation.
“3” Sportsmanship Rating – Good	<ul style="list-style-type: none"> ▪ 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.
“2” Sportsmanship Rating – Needs Improvement	<ul style="list-style-type: none"> ▪ Team members and/or spectators exhibit verbal dissent toward opponents and/or game officials. ▪ The team has been warned about unnecessary roughness. ▪ Spectators related to the team fail to conduct themselves in an orderly fashion. ▪ Major infractions or ejections will receive no higher than a 2 rating.
“1” Sportsmanship Rating – Poor	<ul style="list-style-type: none"> ▪ Team members continually exhibit dissent toward game officials, staff, and/or opponents either on or off the playing field/court. ▪ Repeated warnings and/or major infractions are given for unsportsmanlike behavior or unnecessary roughness
“0” Sportsmanship Rating – Abusive (language, fighting & protesting)	<p>Any one of the following may lead to a “0” rating:</p> <ul style="list-style-type: none"> ▪ Team behavior warrants as discontinuance of the game for any reason. ▪ Team behavior is completely uncooperative and shows no respect for officials, staff, and/or opponents. ▪ Multiple major infractions are given to a player, coach, or team spectator for unsportsmanlike conduct. ▪ A team member or spectator physically contacts RecSports staff member in any manner. ▪ The team shows knowingly 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 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.

Forfeits & Defaults

Forfeit

A forfeit is given to a team if:

- No players are on site by the end of the 5 minute grace period.
- A team attempts to default prior to 4pm of the scheduled game day. Sunday contests by 4pm the Friday before.
- Unsportsmanlike conduct based on sport rules.

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.
- Refer to sport rules to for forfeit scoring

Default

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.

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

- **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.

Teams are encouraged to accept Free Agent participants if their roster is not filled.

Scheduling

Leagues/Divisions

****Updated for 2024-2025 Season**

Divisions will be scheduled according to the number of teams registered in that division.

# Of Teams in Division	# Of Games in the Season
2	5 games (playing the same team every week)
3	4 games (teams will have a bye week during the season)
4	5 games (full division)
5	4 games (teams will have a bye week during the season)

- If a team would like to move divisions after signing up, they must reach out to the Campus Recreation Coordinator to do so prior to the end of the registration period.
- RecSports staff will reach out to your division with prospective times to see if there are interested teams picking up games.
- ***Games may have to be played on a different day/time than originally signed up for due to facility availability***

Playoffs

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

- Teams **WILL** play on different nights and times during playoffs than during the regular season. Therefore, it is recommended that teams carry additional substitutes.
- 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.
- 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).
- The number of teams registered in each league will determine how many teams make the playoffs. The guidelines are:

# of Teams Registered	# of Teams Making Playoffs
4-7	4
8-14	8
15-18	12
19-26	16
27-35	24
>36	32

Tiebreakers will be determined in this order:
Overall record
Sportsmanship rating
Head-to-head
Score differential
Coin toss

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

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.

Rules Appeals

Rules Appeals can be submitted by Captains and reviewed by RecSports staff at the time of appeal. Participant Eligibility and Misapplication of Rules are the only two appeals that can be submitted.

Eligibility Appeal

Any team protesting the eligibility of an opposing participant must provide evidence by noon (12:00pm) the day following the end of the regular season contest. Such evidence may consist of time validating illegal participation, picture of the roster, and more that can show ineligibility.

If the protest is successful, the ineligible player will be suspended for one game and the team they participated illegally on will default one game.

Misapplication of Rules

Teams can protest the misapplication of rules by officials at the time the misapplication occurs, prior to the next live ball or play. The procedure will be the following:

- If a team feels the official has made an misapplication of a rule, the captain should immediately request a timeout and inform the official/scorekeeper that they wish to submit a protest on the application
- The supervisors at the game will confer and make a ruling regarding if the rules were misapplied by the officials. The game will not continue until a ruling is made.
 - Supervisors on site will refer to rulebooks and handbooks of the sport to make the ruling.
 - Once a ruling is made, the game will continue from the point of appeal.
 - **The ruling is final and will not be changed once made.**
- Appeals for Misapplication of Rules must be procedural and not judgement calls made by officials. Examples include:
 - Penalty or foul enforcement
 - Overtime procedures

Scoring Error

Teams can appeal an incorrect final score from their game if noticed before the (12pm) of the day following the last night of games.

- Teams must email the Campus Recreation Coordinator to appeal with the correct score
- Any appeals after 12pm of the day following the last night of games will not be considered.