

Caldwell College

**RECREATIONAL
SPORTS
HANDBOOK**



2008-2009

Caldwell College Recreational Sports Handbook

CONTENTS

I.	Introduction	3
II.	Eligibility Requirements	4
III.	Sign-Up Procedures	5
IV.	Conduct of Participants	5
V.	Forfeits	5
VI.	Game Schedule Information	6
VII.	Awards	6
VIII.	Officials	6
IX.	Insurance/Accidents	6

Contact:
Megan Hrbek
Recreational Sports Coordinator
Head Volleyball Coach
Department of Athletics
Caldwell College
(973) 618-3460
mhrbek@caldwell.edu

Introduction

The Caldwell College Department of Athletics provides an opportunity for Caldwell students, faculty, and staff to engage and interact in a variety of intramural sports and recreational activities through the Recreational Sports Program. Activities are offered in league and tournament formats, fitness programs, and informal recreation. The program is designed to meet the needs and abilities of all participants in order to facilitate a total educational experience. Activities are based on student interest, and we welcome the recommendations of our community so that we may serve you better.

The Caldwell College Recreational Sports Program has seven principal objectives:

1. To provide an opportunity for leisure-time participation in organized sports and recreational activities.
2. To create an environment for social interaction among students, faculty, and staff.
3. To encourage the development of a permanent interest in sports, recreational activities, and general fitness that will foster a healthy lifestyle long after one leaves Caldwell College.
4. To foster a feeling of belonging to a group by providing the opportunity to work together in a recreational situation.
5. To develop a healthy body along with an alert mind.
6. To provide a healthy outlet for emotional and mental stress.
7. To develop good sportsmanship towards officials and opponents.

Rec Sports offers men's, women's and coed activities in individual and team sports. Students may compete in more than ten different activities, with additional sports available upon request. The program is designed to serve all skill and experience levels. It gives students the chance to play a favorite sport or one that they have always wanted to try but never had the opportunity. Some of the activities include:

- Basketball
- Billiards
- Dodgeball
- Flag Football
- Fun runs
- Soccer
- Tennis
- Ultimate Frisbee
- Volleyball
- Whiffleball

Rec Sports offers fitness classes which serve to promote wellness for all Caldwell College students, faculty, and staff. Programs offered include:

- Aerobics classes
- Yoga classes

Eligibility Requirements

- A team member must be a student, faculty member, or staff member at Caldwell College.
 - Caldwell College Recreational Sports defines a student as any individual who is currently enrolled full-time at Caldwell College and is registered with the college registrar.
 - Caldwell College Recreational Sports defines Faculty and Staff as all current faculty and staff at Caldwell College who are paid through the college payroll department.
- All Recreational Sports participants are required to show Caldwell College ID.
- An individual can not participate on more than one team in a particular sport session.
- An individual can not participate in the Recreational Sports program under an assumed name. Anyone found doing so will be terminated immediately from intramural participation and barred from all intramural sports and activities for the remainder of the year.
- Any student, faculty, or staff member who has participated professionally in a sport shall not be permitted to participate in that or other related sport activities.

Intercollegiate Athlete Rule

- Members of intercollegiate athletic squads are subject to limitations regarding number of athletes per team for their same or related sport activity throughout the entire academic year.
- Any team found to have participated with prohibited number of intercollegiate athletes will forfeit any competition in which the regulation was violated.
- Members of intercollegiate athletic squads are defined as individuals who are practicing with or competing with a respective athletic squad. Included in this rule are red-shirt athletes.

The Recreational Sports Coordinator reserves the right to investigate the eligibility of teams and players. These investigations may result in suspension, forfeiture, and/or probation.

Sign-up Procedure

- Team roster forms will be available for download on the Recreational Sports webpage as well as at certain campus locations including the Newman Center Athletics Office.
- Completed team rosters must be submitted by the team captain to the Recreational Sports Coordinator in the Newman Center Athletics Office. Captains must be prepared with their student ID at the time of registration.
 - Additions or corrections to the team roster must be made in person at the Athletics Office prior to the team's second contest.
 - Non-registered players may not participate. If a non-registered player competes, any and all contests in which the ineligible player participated will be forfeited.
- Individuals without a team may be placed on one by registering with the Recreational Sports Coordinator.
- Special or one-time event: sign-up maybe be made at the site of the event or in the Athletics Office, according to publicity.

Conduct of Participants

The philosophy of the Recreational Sports Department is one of good sportsmanship and fair play by all. Sportsmanship is a vital component in every Recreational Sports activity. Participants are expected to display good sportsmanship toward opponents and Rec Sports staff at all times.

In order to encourage proper conduct during contests, officials, supervisors, and/or administrative personnel shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. This includes conduct directed toward officials.

Participants/Teams ejected from any contest may face suspension from future contests (including play-offs) at the discretion of the Recreational Sports Coordinator. The penalty will coincide with the type and severity of the infraction.

Drinking of alcoholic beverages at the playing site by any player or spectator is strictly prohibited. Breach of this by-law will result in the elimination of the offending party or parties from Recreational Sports participation for the remainder of the year.

Forfeits

Criteria for determining forfeits are as follows:

- Failure to appear for a scheduled competition
- Failure to provide the minimum number of players needed for a particular sport

Game Schedule Information

Game schedules will be available at the captain's meeting prior to the start of each sport "season."

Team captains/managers are responsible for informing their team members of dates and times of their games.

Awards

T-shirts will be given as awards for the Champions in every rec sports activity offered throughout the academic school year. Other awards may be available depending on the type of event.

A participant/team may win an award for each singular event won provided at least two participants/teams are involved in the event. The number of T-shirts is based on each individual sport and the number of participants allowed on the roster.

Officials

For some events, teams will be asked to provide officials for games in which they do not participate. In order to have a successful program, cooperation in providing quality officials is necessary. Failure to provide officials will result in forfeiture of that team's competition.

Prospective supervisors and officials are given a rules session and/or clinic in the sport that they are officiating.

Two equally important ingredients must be understood and supplied by all Recreational Sports participants to ensure the continuing integrity of the program, particularly within the team sports. First, we must have an adequate supply of cooperative attitude toward officials by players and their fans, fueled by a respect for others and, second, the realization that most student officials are novices in this demanding role.

Insurance/Accidents

Participation in activities offered by the Caldwell College Recreational Sports Department is on a voluntary basis. The Recreational Sports Department does not assume responsibility for injuries incurred during participation. All participants are required to complete a participation waiver before participating.

Questions regarding student health coverage should be directed to the Health Services at x3319. Questions regarding faculty or staff health coverage should be directed to the Human Resources Department at x3405.

Training room facilities are not available to Recreational Sports participants.

With any accident, regardless of severity, the Recreational Sports staff member on site is required to fill out an accident report. Please be patient and cooperative with this process.

All injuries in which blood is present will result in the injured party's removal from competition until such time as the blood is cleaned away and the wound sufficiently covered.