



THE UNIVERSITY *of* TEXAS
HEALTH SCIENCE CENTER AT HOUSTON

Recreation Sports Handbook

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Introduction and Welcome

The UTHSC-H Recreation Center Staff welcomes you to participate in the action packed Recreational sports program. The structured program provides students, faculty and staff the opportunity to participate in a variety of recreation activities. Activities may be presented as instructional, recreational, competitive, or a combination thereof. These sports not only offer competition, but also provide a great outlet to meet new people and become involved with the UTHSC. We offer men's, women's and co-rec leagues, individual as well as tournament competitions. The purpose of the program is to provide the participants with a meaningful and relaxing experience. Not only does participation in Recreation Sports enhance the college experience or a break from a long work day, but it also adds to a healthy and fun lifestyle, personal growth, and the value of team work!

How to enter a Recreation Sports Activity

1. **START** at the Recreational Center or visit our website.
2. Request an information flyer sheet on the sport of your choice, or print out the recreation Sports/Team Entry Form, check the flyer rack near the front desk, or see any staff member at the front desk.
3. Request an entry form and fill it in completely. Pay attention to each form if payment is due at the time of registration or if you only need to turn in your registration form.
4. Turn in the completed form and roster with your name, classification, and phone number, accompanied by any necessary fees, to the front desk staff member by the posted deadline. All entry fees must accompany your entry form (if required). There are no refunds unless the event is cancelled. Checks are made payable to UTHSC Recreational Sports. Team names will be screened for indecent or offensive word choices or preferences.
5. Entries are taken based on availability and a first come, first serve basis. Information is available at the UTHSC Recreation Center, 7779 Knight Road. You can also call the coordinator at 713-500-8422.
6. Attend the team Captains meetings which are scheduled after the deadline for the sport. Plan on attending or having a representative attend so that you don't miss out on valuable information, such as rule changes. Schedules will be distributed as well.
 - These meetings provide insight to new members about the team sport, individual sport, or tournament.
7. Pick up any schedules or other materials necessary for your participation.
8. Have team members read and sign waiver forms.
9. Individuals who are new to the campus and want to participate but do not know to get started can become a Free Agent. At the beginning of each team sport, those interested in playing may put their name on the waiting list. This information will go out to all team captains. If the team is in need of additional players it is their responsibility to inquire about the free agent joining any team. If there are enough Free Agents, you will be grouped together into teams which are entered into the sport. A list of meeting dates and times is

available on the fall/spring semester activities sheet on the website as well as in the recreation facility.

Participation responsibility/Safety

Participation in the Recreational Sports Program is voluntary. The University is not responsible for injuries incurred while participating in recreational Sports activities. Each participant is advised to carry personal health and accident insurance.

The safety of all that participate in the program is of utmost importance to the organization and administration of each activity. All recsports activities require the removal of all jewelry including but not limited to watches, chains, bracelets, necklaces and piercing's. In these activities only a medical alert necklace or bracelet may be worn. Medical alert necklaces and bracelets must be secured with athletic tape so that no sharp edges are exposed while still leaving the medical alert visible. Rulings by the recsports staff regarding jewelry are final.

In an effort to maintain a safe playing area, all participants are to adhere to the following.

BLOOD RULE: Any player who is bleeding must be substituted for until the bleeding stops. A recsports supervisor or game official has the authority to remove the player. If by removing the player who is bleeding, the team falls below the minimum number necessary to play (sport specific), the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. Either a recsports supervisor or the official must approve the player to re-enter. Any and all blood soiled clothing must be changed before a player is allowed to return to the game. If the bleeding is not stopped within the allotted five (5) minutes the team will default the game. **THE ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING WHEN THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**

Participant Eligibility and Exceptions

Individual Eligibility and Student Identification

Any male or female student currently enrolled in the university is eligible to participate. Faculty and staff members of the UTHSC community as well as affiliates are also eligible to participate. Also your current spouse (wife or husband) are eligible to play. Students participating in recreation sports activities must carry their current student I.D. badges, faculty/employee badges, or a valid drivers license with them for proof of eligibility, equipment check-out, and to enter the complex.

Team Eligibility and Team Responsibility

An individual may participate for only **ONE** team per activity (i.e. one co-rec and one women's/men's team) and his/her first official participation (not practice game) attaches him/her to that group for that activity. An individual may participate for another team in the same activity for teams in need for that one night, however they can not play as a substitute

again for the same team for the remainder of the activity. A team may pick up players as long as they fill the requirements of eligibility. The opposing team MUST agree to the addition for that one night. If a team does not agree, that player is not eligible to play for that night. During playoffs, NO teams are allowed to pick up any players during the playoffs at anytime! To be eligible for playoffs, a player must have played in one of the team's regular season games. All team managers/coaches are responsible for the complete eligibility of all team participants. Each participant is also responsible for verifying his or her own complete eligibility.

Roster Changes additions/ deletions/ Late Entries

A roster must include the minimum number of required participants when first turned in. When making roster changes, team captains must submit Roster change forms if the RS coordinator is not present to make the changes.

All roster changes must be made by noon on game day. If an addition or deletion comes after the dead line that person may not participate until the next game scheduled. No roster changes can be made during playoffs of any sort. Players also may not switch from one team to another once the player has played in the sports activity.

Late Entries

Late entries will be kept on file and only inserted into the league or tournament schedule based on the following:

- The team or individual has properly filled out the entry form and attended the Captains Meeting.
- A team drops from the league or fails to attend the Captain's Meeting and there is space available.

(The Recreational Sports Office does not encourage or look favorably on late entries. The RS Office may be able to accommodate late entries, but there is no guarantee that a team or individual will be inserted into the schedule.)

Equipment & Uniforms

Head coverings, protective casts/braces, and protective eye wear will be dealt with on a sport by sport basis. Jewelry is not permitted on any recreation sporting event. Acceptable jewelry is wedding bands and jewelry worn for religious reasons only. Safety and purpose served will be the primary factor in deciding on allowable additions to the basic uniform and equipment.

The Recreational Sports Office provides most athletic equipment for team sports. Individuals must bring their own equipment when participating in individual/dual events. All equipment use must meet sport specific safety requirements to warrant use by participant,

Cancellation information

If there is a question as to the weather or possible game cancellations, team captains and players may call the Weather Information Line at 713-500-8415 after 3:00 p.m. the day of the game. Unless the message is directed at your sport and is current, please plan on playing that night.

- On-site supervisors have the authority to cancel games once play has begun for the evening. Once play is suspended, all further games are cancelled for the evening
- Cancellation decisions are based on facility playing conditions, water forecasts, safety of players and workers, and the preservation of the facilities. Numerous weather services are consulted. Please do not call the recreation center- you will be instructed to call the weather line.

Rescheduled Games

The Recreational Sports Office does not encourage special requests from teams or individuals to reschedule contest. Cases will be considered on an individual basis by the coordinator. Requests for rescheduling must be submitted at least 72 hours before the event was to take place. Requests are not guaranteed to be granted.

Events canceled due to weather, lights, facilities, or other reasons beyond our control will be rescheduled as time and space are available. A canceled game will count as a loss against the requesting team. During the playoffs, the recreational Sports Office will make every effort to reschedule the tournament as quickly as possible. Team captains are responsible to contact the office in event of a weather cancellation during the playoffs for their new schedule.

Opponents are not obligated to accept a change in the scheduled date or time. If the change is agreed upon, opponents must confirm the change with the Recreational Sports Coordinator. If both teams do not confirm the change, the reschedule will not take place.

Playoffs & Awards

All playoffs for league play will be single elimination. Playoff selections and seeding are based on the number of teams and field and time availability.

Individual and team awards will be presented to all participants whose name appears on the team roster. Team members may pick up their awards in Recreational Sports Office. Winners must bring an ID for verification. Awards will be presented to league and tournament winners. Awards must be picked up within 60 days of the championship.

Penalty Enforcement

Games will start at the officially scheduled starting time. To play means that a team must be on the playing area with at least the minimum number of men and/or women to constitute a regulation team. In all sports, GAME TIME IS FORFEIT TIME, so managers should be familiar with the rules and plan to arrive AT LEAST 10 minutes prior to the game time. A forfeit will be declared if a team or individual is not eligible or ready to play at the originally scheduled time.

The Supervisor's watch is the Official Forfeit Time. All forfeits result in teams not being eligible to play in the playoffs. The forfeit fee is the replacement costs for game officials. Teams can call or e-mail the RS Coordinator before noon on the scheduled game day to cancel a game to not receive a forfeit.

Forfeits

A team forfeiting once is ineligible for playoffs. Two forfeits will result in the suspension of team play for the rest of the league schedule.

Forfeits may be assessed for the following reasons:

- 1) The use of attempted use of ineligible players
- 2) Unsportsmanlike conduct, verbal/ physical abuse, or alcohol and drug related offenses.
- 3) Not appearing or appearing late for a scheduled contest.
- 4) Certain infractions of specific rules governing each sport.

The forfeiting team will receive a loss and the appearing team will be awarded a win. The winning team must also have the minimum number of eligible players for the forfeit win to be granted.

Alcohol, Drug, and Tobacco offenses

Participants who appear to be under the influence of alcohol or drugs will not be permitted to participate in the recreational sports contest. If any member of a team is determined to be under the influence, the team will automatically forfeit the contest, and may be barred from further competition. Teams may be asked to leave the recreation center grounds for these cases. Any second offense may result in the team and its players receiving a one year suspension from the recreational sports program. Coaches and or players using tobacco products will be removed from the grounds. Individuals may also be subject to facility sanctions.

Protests

Protests may be logged based on rule discrepancies or rule interpretations involving the officials. Protests based on the judgment call of an official will not be accepted. Protests involving player ineligibility will be accepted only at the UTHSC Recreation Center.

To file a protest:

- 1) Request a stoppage in play and try to resolve the situation among team captains and officials.
- 2) If a discrepancy still exists, the team captain must immediately notify the supervisor that the game is being played under protest.
- 3) Game officials will note the score, time and circumstances for further review.
- 4) At the end of the contest, the protesting team captain must complete a written protest form. The completed form will be reviewed by the coordinator of the recreational sports program for final determination.
- 5) Protest will be ruled on by the recreational sports coordinator as quickly and fairly as possible. Both team captains will be contacted regarding additional information or a final decision.

Player Conduct

Recreation sports participants are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, coaches or fans undermines the purpose of sport and brings into the game stresses beyond the competition. It contributes to behavior not in keeping with the spirit of the game. Each person associated with the UTRC sports program is accountable for his/her own behavior at all times around the field of play.

The UTRC will not tolerate conduct which is detrimental to the sport, the participant or the University. Such conduct includes: vulgarity by coaches or players; harassment or belittling of officials, staff, coaches or players; physical violence or the threat of physical violence toward anyone before, during or after a match; verbal abuse directed toward anyone before, during or after a match; and the taunting of opposing players or coaches. We require the utmost self-restraint on the part of players and coaches.

In addition, violent play, rowdy behavior, verbal abuse, assault or similar behavior by any team or player associated with the UTRC sports program will not be tolerated and will be dealt with in accordance with the UTHSC rules and regulations.

Penalties for Violations of University Policies

The University of Texas Health Science Center set a minimum standard of discipline that is expected of players, coaches and spectators. As a student, faculty member, or staff these standards must be respected in all situations (i.e., ejections for fighting, dissent and/or verbal abuse). It is up to ALL of us players, coaches, and staff to ensure that these types of bad sportsmanship do not occur.

Any questions or disputes concerning the violations of this Code of Conduct as listed below can be brought before the Recreation Coordinator, Athletic Director or its full board.

Code of Conduct

UTRC players are expected to behave in a manner consistent with the ideals and vision of the organization. A member's responsibility to this charge manifests itself on the playing field, in his or her interactions with the Officials and staff members of UTRC Department, and in his or her dealings with the Recreation Sports community.

On-Field Conduct

"On-Field Conduct" refers to the actions of players and teams during the course of a league or tournament, and is not limited to actions during a game. Players and teams are expected to treat one another with respect, to conduct themselves in a safe and orderly manner, and while playing to adhere to the rules of the league as well as to any tournament and site regulations.

Violations of conduct occur upon the breach of these expectations. On-field violations may therefore include (with the clause being violated appearing in parentheses), but are not limited to, abusive heckling (respect), spiking the disc on another player (respect, safety), dangerous play (safety), spitting at another player (respect), cheating (rules), deliberate fouling (rules), reckless behavior at a tournament party (order, safety), drinking on the sidelines when prohibited (site regulations), taunting (respect), creating a hostile environment (respect, order) and violence against another player (respect, order, safety).

Repeated, excessive or deliberate inappropriate conduct constitutes a violation of this conduct policy. An individual instance of inappropriate conduct may also warrant sanctioning by the Board if the action is severe enough.

Ejections

1. Ejection for Violent Conduct, Serious Foul Play and Foul or Abusive Language: A player receiving a flagrant foul, using excessive profane language towards the officials, players or staff will be ejected from the game immediately and will not be able to participate in his/her team's next match. The reported offender must speak with the recreation Coordinator or Athletic Director before he/she is to participate in his/her next match. The UTRC requires a player to sit out at least one scheduled game.

Spectators

1. Spectators who are ejected from the game by the referee will remove themselves from the sidelines and area immediately. He/she will be banned from attending games for at least one week (at least one game) and can be banned longer if so determined by an inquiry of the Recreation Coordinator.
2. Spectators who are abusive of coaches' players or referees may also be banned from attending matches for one week (or at least one game) or longer if so determined by an inquiry of the Recreation Coordinator. The reported offender must speak with the recreation Coordinator or Athletic Director before he/she is to participate in his/her next match.

Coach Conduct

1. Any coach ejected from a game must remove themselves from the sideline/bench immediately and cannot participate in their teams' next match. The reported offender must speak with the recreation Coordinator or Athletic Director before he/she is to participate in his/her next match.
2. Coaches who are abusive of other coaches, players or referees may be banned from attending matches for one week (at least one game) or longer if so determined by an inquiry of the Recreation Coordinator. The reported offender must speak with the recreation Coordinator or Athletic Director before he/she is to participate in his/her next match.