Virginia State University

Department of Student Activities
Recreation and Leisure Handbook
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Welcome

Welcome students, faculty, and staff to the Virginia State University (VSU) Recreation and Leisure Program. The University recognizes that these useful, fun, and shared experiences not only promote a healthy lifestyle, but can help create strong bonds among students, faculty, alumni and the university community at large. VSU is committed to fostering the spirit of involvement and fellowship that these athletic and extracurricular activities may develop.

Topics that are covered in this handbook include the Recreation and Leisure programs and activities that are provided for VSU students, staff and faculty, where to go if you have questions about programs and activities, program guidelines, rules and regulations for sports, and any other general information that is deemed necessary for of individuals to understand the operation of recreation and leisure programs.

Our office staff is available to assist you in finding programs and activities that may interest you and answer any questions that you may have. You will be provided opportunities to offer feedback about our programs and activities, so we can determine if your desired needs were met.

The Office of Recreation and Leisure, thanks you for your support, patience, suggestions and participation. We look forward to a long and fruitful partnership.


Sam Rivers
Recreation and Leisure Coordinator
Mission Statement

The mission of the Virginia State University Recreation and Leisure Program is to provide quality intramural activities for students, faculty and staff who are committed to the diversity of recreation, fitness, and wellness. Our purpose is to ensure the intramural sports program enhances college life through its advocating of teamwork and leadership development activities.

Student Affairs Division Involvement Theory

To enhance student growth and development by promoting peer group interactions, extracurricular activities, faculty/staff interactions, and outstanding academic performance.
RECREATION AND LEISURE

The Department of Student Activities invites you to participate in the Virginia State University Recreation and Leisure program. We offer many activities and events that have been designed to provide enjoyable ways for you to spend your leisure time.

The Office of Recreation and Leisure, located in room 408 on the fourth floor of Foster Hall, coordinates a variety of programs during the fall, spring and summer semesters. The activities room located on the lower level of Foster Hall, features a billiards/pool room, aerobics room, open game room, video game room and lounge area. In the game room there are a variety of games that you can play such as, board games, card games, checkers, chess, backgammon, foosball, table tennis (ping pong), table hockey, air hockey and table shuffleboard. Students also have the opportunity to play Wii, Xbox and PlayStation in the video game room. Please visit the lower level of Foster Hall and enjoy the new activities that are provided for you.

Recreation and Leisure also coordinates open hours for swimming, weight lifting and other forms of fitness training located in Daniel Gymnasium. The fitness and weight room has been renovated and has equipment and programs for all fitness levels.

Throughout the year, we provide intramural sports/activities, which include: Card Tournaments, Ping Pong Tournaments, Pool Tournaments, Flag Football, Powder Puff Football, Basketball, Soccer, Tennis and many other activities for the campus community.

We invite you to visit our facilities and enjoy the many recreational opportunities Recreation and Leisure has to offer.
Everyone has a chance to compete or just play for fun at VSU!

VSU has a very active intramural sports program, as well as numerous leisure activities open to all current students, faculty and staff.

The Recreation and Leisure Program is designed to accomplish two important goals:

First, the program is designed to allow students, faculty, and staff to unwind and release stress from a long day of classes or work.

Secondly, it is designed to get students to interact with other students to enhance and improve social development, cultural understanding, sportsmanship and gain respect and achievement for oneself.

The sports that are currently offered include:
  - Flag Football (Fall)
  - Basketball (Fall/Spring)
  - Tennis (Fall/Spring)
  - Soccer (Fall/Spring)
  - Recreational Swimming (All Year)

All sports are offered to the entire campus community—students, faculty, and staff, male or female. Flag Football and Basketball are league style team sports. These are geared to last four weeks or more with the goal of attracting equal numbers of men and women. Tennis and Soccer are co-ed and are offered as recreational sports.

Virginia State University also offers alternatives to sports, through the leisure program, for people who would rather unwind/release stress in a less physical manner. In the Lower Level of Foster Hall, our program has a Game Room which includes: billiards, several board games, chess/checkers, dominoes, playing cards, foosball, ping pong, air hockey and more. Our facility also offers video games such as PlayStation 3, Xbox 360, and Wii with several games featured for each system. Aerobics, martial arts and self defense, and a horseshoe pit outside of Foster Hall are a few other activities offered.

The program is headed by Sam Rivers (524-5546) Recreation and Leisure Coordinator in Foster Hall Room 408 and Markus Copeland (524-5720) Assistant Recreation and Leisure Coordinator in Foster Hall Room 110B. For any additional information, feel free to visit or contact the personnel listed above.
Program Marketing Information

All information about any programs, sports, or activities on campus are publicized in four different ways:

- The University Website
  - Access to forms
  - Rules and Regulations
  - Photos of programs
- Print
  - Flyers and electronic information are updated regularly in marquees and on bulletin boards around the campus
- Social Media
  - Facebook, Twitter (YouTube and Instagram)
- Word of Mouth

Volunteer, Intern, and Employment Opportunities for Students:

The coaches and participants in intramural sports and other recreational activities rely heavily on student volunteers for many aspects of the intramural, recreation and leisure activity programs, including help with scorekeeping and facility management.

Internships are also available for students. Recreation and Leisure provides intern opportunities to learn skills, such as facility management, officiating, and program planning.

The program also provides a few opportunities for employment. Most of the available positions are for lifeguards. The recreational swimming needs lifeguards who are certified, skilled and willing to teach classes, provide safety, and promote the program.

Please contact Mr. Sam Rivers or Mr. Markus Copeland, if you would be interested in volunteering, interning or employment. Mr. Rivers can be reached at srivers@vsu.edu or (804) 524-5645 and Mr. Copeland can be reached at mcopeland@vsu.edu.

Recognition of Players

The top teams or competitors from the recreation and leisure programs are honored at the Spring Sports Banquet at the end of the academic school year.

The athletes will receive certificates and/or trophies for their hard work during the recreation and leisure programs. All certificates and trophies are awarded at the ceremony unless prior arrangements are made with the Recreation and Leisure Coordinators.
Extramural Travel

Each academic year Extramural trips are planned for the top participants in intramural sports. For example, the VSU Intramural soccer league competes with the University of Richmond’s soccer team. Leisure programming offers some off campus activities occasionally, such as fan buses to varsity sports games, recreational trips to bowling lanes, skating rinks, and museums.

These trips consists of traveling to other colleges/universities and places to compete and fellowship. Good fellowship and discipline are required during all activities away from campus because we are representing Virginia State University! We are ambassadors of the university and will act as such.

If you have a suggestion on a new program or an activity that students would enjoy, come by the office (Room 408 Foster Hall) and let them know.

Thank you for your interest in our department and welcome to your new favorite place to be at Virginia State University.

Contact Information

Sam Rivers
Foster Hall Room 408
(804) 524-5546
srivers@vsu.edu

Markus Copeland
Foster Hall Room 408
(804) 524-5720
mcopeland@vsu.edu
Virginia State University’s Foster Hall Lower Level

Aerobics Room

Pool Room

Video Game Room

Game Room

Lounge
Game Room Overview

The Game Room on Foster Hall’s Lower Level is designed to help students; faculty and staff unwind and relax after a hard day of work, lectures, and any other stressors. We provide an actual game room, billiards/pool room, aerobics room, lounge and video game room. These rooms are student run with supervision by the program coordinators. Respect, discipline, and basic sportsmanship are expected of everyone who uses these facilities.

Foster Hall’s Lower Level has many activities to spark the interest of the student body, as well as faculty and staff. The Game Room has a ping pong table, foosball table, shuffle board table, air hockey table and card and gaming tables. Also featured is a pool room, in which two full sized pool tables are set up for usage. Next, there is an aerobics room that is frequently used by many of the modeling and dance clubs for practices. There is also a lounge for anyone to just sit down and rest from a long day of class or work. Finally there is a video game room with two PlayStation 3’s, two Xbox 360’s (one with Kinect), and a Wii. Each system has several games included such as Call of Duty, Madden, NBA 2K, Just Dance, etc. Each student, who uses the game room, must sign in before being allowed to use any of the games, equipment, etc., that are available.

Lower Level Hours:

Monday-Friday:
3:00 PM - 10:00 PM

Saturday:
3:00 PM - 10:00 PM

Sunday
3:00 PM - 6:00 PM
Guidelines and Rules for Lower Level

There are general rules that apply to all of the Lower Level and there are rules that are more specific to the Video Game Room.

The rules for the Lower Level are as follows:

- MUST HAVE VSU I.D. TO CHECK-OUT ANY EQUIPMENT (NO EXCEPTIONS)
- NO HORSEPLAYING
- NO RUNNING
- NO BOUNCING OR THROWING BALLS
- NO GAMBLING
- NO EATING OR DRINKING IN POOL ROOM & FITNESS ROOM

The rules for the video game room are as follows:

To use gaming systems, you must sign in; present a valid University ID to the staff in charge:
- All individuals must sign out when exiting the room
- There is no smoking, chewing tobacco, eating, drinking or use of prohibited substances or prohibited behavior as outlined in the current VSU Student Handbook, in the game room
- You are allowed to only play for a maximum of thirty minutes (or one game for sports games) unless there is no one waiting to play. The Game Room staff will supervise usage
- Gambling is strictly prohibited in the game room and elsewhere on Virginia State University’s campus. Violators will be barred from the game room and subject to disciplinary actions
- Charges and holds on accounts will be issued for replacement costs on any damaged equipment (misused) or any equipment that is not returned
- Anyone who fails to adhere to any game room rules, regulations or staff member’s instructions may be suspended from the game room.
Equipment Checkout

Recreation and Leisure not only allows the student body, faculty and staff to play the games and sports under our supervision, but we have a system where an organization or individuals can borrow our equipment for usage. In Foster Hall, room 408 all individuals and organizations are welcome to sign out for any sports equipment they desire.

Items Available for Checkout:

- Sports Equipment
  - Balls
  - Flags
  - Cones
  - Bats
- Board Games/Playing Cards
- Ropes
- Hula Hoops

Guidelines for Checking Out Equipment

An organization is held liable for all equipment reserved for an event/meeting and the use of any equipment belonging to the Office of Recreation and Leisure. If there are any damages during an organization’s event, the organization will be assessed a fee equal to the repair or replacement of the damaged equipment.

Equipment may be reserved and checked out by eligible participants following these guidelines:

- All equipment is available to current VSU students, faculty and staff upon presentation of a current student or faculty/staff ID card.
- Equipment not reserved is available on a first-come, first serve basis
- Fees to replace an item will be assessed at the current retail rate for repair or replacement of damaged or lost equipment.
- Individuals abusing equipment or not following procedures may be ineligible to check out equipment in the future.
- To return equipment, please return to the Recreation and Leisure Office in Foster Hall Room 408 during normal operating hours (M-F 2p.m.-10p.m or Sat/Sun as posted.)
Off Campus Activities
Leisure Programs

Virginia State University Department of Recreation and Leisure occasionally offers off campus activities that could include:

- Fan buses to varsity sports games
- Recreational trips
  - Bowling
  - Skating
  - Skiing
- Professional Games
  - Flying Squirrels
  - Richmond Raiders
- Museums visits

All activities or field trips will be held prior to the last day of classes each semester. There will be no University-sponsored extracurricular activities during Midterm Examination and Final Examination periods. Official approval of off-campus activities or field trips does not relieve a student of his/her responsibility for satisfying course requirements.

Every individual who travels with the department to any event, museum, facility, etc. is required to fill out a travel agreement. The travel agreement states that the Department of Student Activities or Recreation and Leisure are not held liable in case of an accident.

Good fellowship and discipline is required during all activities because we are representing your university, Virginia State University! We are ambassadors of the university and will act as such.

Field trips expose the students to new cultural experiences; providing each student with a new university experience.
Recreational Swimming

Recreational swimming is an excellent way to relax while also exercising. VSU has a beautiful 25meter pool that ranges from 3.5feet deep to 12 feet deep. If you would like a peaceful atmosphere to relax or even work every muscle in your body, come participate in recreational swimming.

Swimming offers physical and emotional benefits. The physical benefits of swimming are endless. Swimming is a way to fully relax the body and ease your mind all at once. Swimming has also been found to lower stress and raise spirits.

If you have a fear of the water and you are looking to overcome your fear, participate in swimming lessons. Just ask one of the lifeguards and they will work out a schedule that fits your needs.

Job Opportunities

Job opportunities are available for those who are certified lifeguards and who have been awarded work study. The hours vary and the job is a convenient on campus experience. The program is looking for lifeguards, who are skilled, willing to teach classes, provide safety, and promote the program.
Pool Rules

In order to ensure the safety of our patrons and our staff, there are some basic rules that we require you to follow:

- proper swim attire required (swim suits for ladies and swimming trunks for gentlemen)
- shower before entering water
- flip flops only allowed on pool deck
- individuals with open cuts/sores or suffering from a virus are not able to swim
- in the event of a thunderstorm, the pool will close for 30 minutes after every appearance of lightning or sound of thunder
- no running
- no horseplay
- feet first entries in shallow water
- no utilization of diving board
- no profanity
- respect patrons and staff
- having fun

Lifeguards:
Erica Kirkland  
ek23234@yahoo.com

Ronald “TJ” Hodges  
ronhodgesjr@gmail.com

Recreation Swim Hours:
Monday-Friday  
7-10pm
During the Spring Semester  
Mondays are closed

Feel free to contact either lifeguard for any additional information on using the swimming pool.
The Virginia State University’s intramural program promotes competition, good sportsmanship, and discipline among the student body, faculty and staff. The Intramural Program consists of Flag and Powder Puff Football, Indoor and Outdoor Basketball, and Tennis. The programs provide a way for everyone to relieve stress through sports and good competition. Every sport provided is geared towards getting equal participation of males and females. Flag and Powder Puff Football and Outdoor Basketball are played during the Fall Semester; while, Indoor Basketball is the big spring intramural activity. Intramural Tennis is available during the fall and spring semesters.

Please see Mr. Sam Rivers (524-5546) Recreation and Leisure Coordinator or Mr. Markus Copeland (524-5720) Assistant Recreation and Leisure Coordinator in Foster Hall Room 408 if you, are interested in intramurals or need any additional information.
THE SPIRIT OF COMPETITION

Sporting activities find their origin in the basic human need for the spirit of play. Winning and losing are mere outcomes of this spirit. What is part of the games is the pure satisfaction of participation (fun, fitness, friendship, stress release, etc.). Without your opponent and the officials, you have no game, no contest, and no fun. You are indebted to them, as they are to you. This spirit of play, then, is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in caring for the safety of others as well as themselves. At Virginia State University, an intentional violation of the rules is considered cheating and a gross offense against the spirit of competition. Abusive language toward officials, other participants, and manipulation of the rules are not “part of the game.” A lifetime interest in sports is a goal of all players and has more meaning than a win or a loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play and competition.

How to Play

Registering a team for our Intramural Programs is fairly simple:

- First, students should register for intramural activities in person in Foster Hall, Room 408 (Mr. Rivers or Mr. Copeland)
- Then, get your players together and put them on your team roster.
- Next, submit your team roster to Foster Hall Room 408
- Now, you are registered. Team captains will be asked to attend a captains meeting to find out the game schedule and other pertinent information regarding team play.

Once this is done, your team will be good to play. But, you must stay active and pay attention to meetings and any changes in the program.

Conduct/Sportsmanship

As stated in the Recreation and Leisure Mission Statement, the purpose is to provide safe, secure, and clean areas for relaxing and socializing without stress and harassment from the community. Everyone is encouraged to play to the best of their abilities, but cheating, verbal or physical abuse and a win-at-all-costs attitude are inappropriate and are not tolerated. Encouraging sportsmanship is necessary to facilitate the spirit of competition. Therefore a team sportsmanship rating system has been developed to encourage sportsmanlike conduct at all Intramural contests.
Any participants involved in fights will be banished from league play. Any participant using profanity will be suspended from the game.

If any player or coach is ejected from game play, that player or coach will be suspended for an additional game. If that same player/coach is ejected again, he/she will be suspended for the remainder of the season. Anyone who is ejected must immediately leave the field or game play area. Failure to adhere could result in a forfeit.

If any league team member or members of the team attack another league player or team member, game official, Student Activities Staff or volunteer, he/she or the entire team will be suspended from all intramural programs for the remainder of the year.

The officials will penalize any player or coach who displays unsportsmanlike conduct. Players who are penalized for a second incidence of unsportsmanlike conduct will be banished from the league for the remainder of the academic year. (Examples: bodily contact, abusive or profane language, arguing with officials or recreation staff.) If a team commits a second unsportsmanlike conduct action, they will be banished from the league for the remainder of the year.

Our Intramural Program has a scoring system for the league almost like your G.P.A. grading scale and it follows these rules guidelines:

“5” – Excellent Conduct and Sportsmanship
- Team receives no unsportsmanlike penalties
- Players cooperate fully with officials/other team members
- Captain calmly converses with officials about rules/calls
- Captain has full control of teammates

“4” – Good Conduct and Sportsmanship
- Team receives at most one unsportsmanlike penalty
- Team verbally complains about some officials’ decisions
- Team shows minor dissent
- Team wins by default or wins by forfeit

“3” – Average Conduct and Sportsmanship
- Team receives one or more unsportsmanlike penalties
- Team displays verbal dissent towards officials/opposing team
- Team defaults game

“2” – Below Average Conduct and Sportsmanship
- Team must have received at least one unsportsmanlike and at most one ejection
- Team constantly complains to the officials/opposing team
- Team captain exhibits little or no control over teammates/self
- Team forfeits game by not showing up

“1” – Poor Conduct and Sportsmanship
- Team receives one or more unsporting ejections
• Captain has no control over teammates/self, leading to ejection(s)
• Team completely uncooperative
• Team forfeits game (other than not showing up)

Avoidance Dates
If there are times and dates that of team play that may conflict with class schedule or exam dates, please contact your team captain. Team captain must contact the Intramural Department regarding dates of availability.

Rescheduling
The intramural program reserves the right to make schedule changes at any time. If there are any changes, a member of the Intramural Staff will notify your team captain and/or coach in advance of originally scheduled game via email or text. Staff will inform coaches within 24 hours of a schedule change.

Forfeits
If a team forfeits three (3) games, the team is out of the league.

Guidelines and Rules for Intramurals
• No fighting allowed at any time on or around the basketball court, field of play, etc.
• No profanity used on or around the basketball court, field of play, etc.
• Unsportsmanlike conduct will not be tolerated by anybody; to include coaches, players or officials.
• No team is to enter the playing area while the varsity teams are practicing.
• Game time is forfeit time.
• Only the team playing is allowed on the field, gym floor, etc.
• Each team is responsible for all spectators around their bench.
• Each team must be uniformed to participate in the program (shirts).
Only one team representative will be allowed at the scoring table at any time.

Team Captains/Coaches, Members, and Officials

Participants in the Intramural program have one of three roles. The first role is as team captain /coach, which carries a lot of responsibility. The second role is as a team member and the third role is as an official.

CAPTAIN’S RESPONSIBILITIES

- Submit team registration information and any other team paperwork by the specified deadline.
- Represent your team at all coaches’ meetings and any other meetings involved with the intramural season.
- Inform team members of game time and location for all scheduled contests and of the need to show up at least 15 minutes prior to game time to keep games on schedule. Remember…Game time is forfeit time!
- Ensure all team members have knowledge of and meet the eligibility requirements of the Intramural Sports Program.
- Ensure all team members are checked into the game and added to the team roster. It is your responsibility to verify your team’s roster with the supervisor on duty.
- Notify all team members that they must present a valid One Card/Student ID prior to participation as verification of their eligibility to participate in intramurals. Remember…No ID, No Play!
- Be familiar with rules, schedules, and policies/procedures of the Intramural Sports Program and pass important information along to all team members. All documents will be given to team captains/coaches prior to the start of the season.
- Complete and submit any necessary paper work required related to team participation in intramural activities (waivers, team roster, etc.).
- Check the recreation and leisure offices daily to verify schedules, results, and important information. Report any discrepancies in information to the intramural staff immediately.
- Inform, educate, and stress the importance of sportsmanship to all players and spectators affiliated with your team.
- Assist the Intramural Sports Program with the recruitment of individuals interested in sports officiating.
- Work with Intramural Sports staff to ensure a safe and fun intramural experience for all participants.
- Possibly officiate intramural games
TEAM MEMBER RESPONSIBILITIES

- Every team member must agree and sign Participation and Risk Acknowledgement Form prior to the start of the intramural season.

- **Game time is forfeit time!** Team members should arrive at the field or court 15 minutes prior to the scheduled game time. This provides players ample time to:
  - Properly check in with a valid One Card/Student ID…**No ID, No Play!**
  - Be aware of the Intramural Sports Program’s rules, policies, and procedures related to your activity. Ask your team captain or a member of the Intramural Staff if you have any questions. You may also get answers to many of your questions by visiting the Intramural Offices.
  - Act in a sportsmanlike manner when participating in intramural activities. Intramural sports are a privilege, not a right.
  - Positively reflect and actively uphold the values of Virginia State University Intramural Sports Program which include the values of fun, fitness, participation, social interaction, and fair competition.

OFFICIALS

Officials are an integral part of the Intramural Sports program at Virginia State. Without officials, you would have just another open recreation pickup game. During Virginia State intramural games, the officials have the responsibility of controlling each contest. As you can see, officiating is done only by people involved in the program. Do not try to settle your problems on the field or court. Always show respect and integrity to officials.
ATHLETIC APPAREL AND EQUIPMENT

Athletic Apparel

All Intramural participants must wear appropriate athletic attire while playing intramural sports. Appropriate attire includes but is not limited to t-shirts, shorts, warm-up suits, or sweat suits. Participants are not allowed to play without a shirt. All clothing must meet public decency standards. Each player needs to wear appropriate sports clothing for each sporting event.

Jersey Policy

All team members must have the same color shirt. Having the same color shirts assists officials to distinguish one team from another. Dark-colored shirts/jerseys must be the same shade of color for each team member (e.g., light blue and royal blue are not the same shade, gray and blue are not the same color). All team shirts/jerseys must have the same design on each shirt. Opposing teams are not allowed to wear similar colors during the game (torso color of the shirt/jersey determines color). If teams have the same colors, the team designated as the away team (unless home team wants to switch) must get another color shirt/jersey before the two teams play each other.

- If both teams show up with the same color and an agreement cannot be reached that puts the two teams in separate colors, both teams will default the game.
- If one team does not have enough shirts/jerseys of either color to field a team, they will default the game. Teams playing flag football and basketball are required to have one- or two-digit whole numbers on their shirt/jersey for identification and scorekeeping purposes.
- Each team member must have a distinct number from other team members.
- Numbers must be clearly visible from a distance of 10 yards (i.e., no black numbers on a navy shirt/jersey).
- Taping numbers is not allowed.

We suggest purchasing a Black Magnum Sharpie and a White Paint Marker to write your numbers on your shirts if you are making your own shirts/jerseys. Our main goal in Intramurals is to play the game. As an example, we understand that there may be situations where one team is wearing white and the opponent is wearing royal blue but
have a teammate with a navy shirt/jersey. In those situations, the captain of the team wearing white and the supervisor on duty may agree that there is no confusion amongst officials or participants, thus allowing the player wearing the navy shirt/jersey to play. If the captain of the team wearing white or the supervisor feels there would be confusion, the player will not be allowed to play with the navy shirt/jersey. Note that if the royal blue team was playing a black team the following week, the participant with the navy shirt/jersey would cause confusion and thus would not be allowed to play with the navy shirt/jersey. This means that a team could potentially be able to use a shirt/jersey one week but not the next. Teams are reminded that they should have an alternate shirt/jersey to ensure their ability to participate.

Additional Dress Code Information

All jewelry must be removed before any participant is permitted to play (exception: health or medical alert bracelets and necklaces). Taping over jewelry is only permitted for new piercings; otherwise, all jewelry, ornaments, etc. designed or used for body piercings must be removed!

- Appropriate footwear for the appropriate sport must be worn during all intramural activities.
- Hiking boots, combat boots, or street shoes are not permitted on any playing field or court.
- Metal spikes or metal screw-ins are not permitted.
- Shoes with front toe spikes (soccer cleats) are not permitted.
- Other equipment needed for play will be provided by the office of recreation and leisure (i.e., score clock, score sheets, balls, etc.).
- Jeans are not allowed except for softball, and all clothing must meet public decency standards.

ALCOHOL AND TOBACCO

No participants may be in possession of alcohol or tobacco products at any Intramural site. Teams found in violation of this policy are subject to forfeiture/suspension from the Intramural Program and may be reported to the Student Conduct Office as well as the University Police. Spectators may use tobacco at outdoor event as long as their use does not bother nearby spectators, participants, or employees. All of this is also stated in Section 1 and 6 of Violations in the VSU Student Handbook.
Flag/Powder Puff

Flag football is a fast-paced, wide-open, NON-CONTACT game that is loads of fun! It is a game of misdirection and strategy, a form of exercise, a way to meet new people and last but not least a GAME!!

Flag Football is NOT an extreme contact or intimidating sport. It is not for students to blow off class. So there is no stress behind and it is not life or death if your team loses.

Unlimited BACKWARD passes (pitches, shuffles, or tosses), One (1) FORWARD pass (pitch, shuffle, or toss), Minimal INCIDENTAL CONTACT, SCREEN BLOCKING, and PULLING THE FLAG are all legal in flag/powder puff football.

MOVING Screen Blocks, Blocking WITH CONTACT, TACKLING, SHOVING, PUSHING, etc., STRIPPING the ball from another player’s hands or arms, CONTACT, CONTACT, CONTACT are all illegal in the game of flag/powder puff football.

Flag/Powder Puff Football is a slowly growing intramural program at Virginia State. We normally get 12-16 male teams signed up but there have not been any females teams signed up in years. Female teams are strongly encouraged to participate.

The championship game is also played at ROGERS STADIUM!!! So if you think your team can play look forward to playing under the lights in the season finale.
INTRAMURAL FLAG FOOTBALL

Flag Football is a physical sport and injuries are a possibility. Participation in all VSU IM events is voluntary. The Department of Student Activities & the VSU Intramural Program assumes no responsibility for physical and other illnesses or injuries. Basic first aid will be available.

All participants: Play At Your Own Risk:

All participants must bring their current valid VSU ID Card to the playing area in order to be checked in and ruled eligible to participate prior to the beginning of each game!

The game will be played according to National Intramural and Recreation Sport Association Flag Football Rules with the following exceptions:

GENERAL VSU INTRAMURAL RULES:

1. Compete on Only One Teams: A player may participate on only one team in any given activity during a season.
   - Exception: A player may play on a team in the Men’s or Women’s Division, and play on a Co-Rec team.

2. Team Transfer: A player may not transfer to another team once his/her name appears on an official score-sheet from a previously played game. If an individual is found to be playing on two teams the game will be forfeited and the individual will be suspended from intramural sports until he/she has met with the Coordinator of Recreation and Leisure

3. Playoff Eligibility: Teams must maintain a “C” (2.0) average throughout the regular season to be eligible for the playoffs. Team members must be on the team roster and have participated in at least one game during the regular season to be eligible for participation in the playoffs. The Intramural Staff reserves the right to declare an individual ineligible for competition if his/her participation is considered unsportsmanlike or dangerous.

4. Current Intercollegiate Athletes: Any person who is currently a member of a varsity sport or affiliated with a varsity sport is not eligible to participate.

5. Any team failing to report and ready to play at its scheduled starting time shall forfeit to their opponents. In addition, any team that does not have the minimum number of players needed to start a game on time will be assessed a forfeit. GAME TIME IS FORFEIT TIME! Three forfeits by a team during a season will result in that team being eliminated for the remainder of the league play.
6. In case of threatening weather conditions, the decision to start or postpone games will be made as soon as possible and team captains/coaches will be notified. It is their responsibility to then contact his/her teammates/players about the decision. Unless informed otherwise, teams must show up at the scheduled times for their games and practices.

7. Intramural Sports shall furnish necessary equipment and personnel, such as, football, flags, timers and scorekeepers. Game time will be kept on the field by an intramural sports staff member.

8. Any unsportsmanlike conduct, including arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator in addition to flagrant fouling, profanity, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. (Fighting will result in suspension of that player and/or team from league play as well as all intramural programs for the remainder of the year).

A player suspended from the game for unsportsmanlike conduct must leave the main field area immediately, and will be declared ineligible until he/she has been officially reinstated by the Coordinator of Recreation and Leisure. Failure to leave will result in an immediate forfeiture. If an ejected player does not meet with the Coordinator of Recreation and Leisure before 6:00 pm the day of the team’s next scheduled contest, then the entire team will forfeit that game and will be dropped from the league. Unsportsmanlike ejections warrant a minimum one game suspension. Any second occurrence of unsportsmanlike conduct by a player or team will result in that player or team is eliminated for the remainder of the season.

9. Any protest based on rules (not judgment calls by officials) will be solved on the field at the time the dispute occurs even though it involves checking the official rules and/or getting an official interpretation from the Coordinator of Recreation and Leisure. The team captain should tell the officials that he/she wishes to protest the ruling and indicate clearly that he/she wants play stopped until the protest is resolved or written up. Once play resumes, a team forfeits the opportunity to protest the ruling.

10. Only officials, players (including substitutes) and one coach per team wearing proper attire are permitted on the main field area. NO TOBACCO USAGE at ANY VSU RECREATIONAL FACILITY IS PERMITTED! Failure to comply with all Intramural Rules and Regulations for flag football and the Department of Recreational Sports by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game by the associated team.

11. Teams are not permitted to be on the main field area until their game time. Any team failing to comply will be assessed a 2 point penalty and the game will begin with the opponent being awarded the ball. Continued disregard for this regulation will result in the team being eliminated for the remainder of the season. Footballs shall not be thrown, kicked or pitched in any area that interferes with games being played; violators will be ruled ineligible for Intramural Participation.
12. Teams and their fans are not allowed to bring glass or metal containers to any intramural flag football games and no alcoholic beverages will be consumed during the intramural games (Violations: Section 1 VSU Student Handbook). Violators will be removed from the intramural facilities with possible forfeiture of the game.

13. Teams coming to games under the influence of alcohol and/or drugs will face the penalty listed above in #12 above AND possible police action (Violations: Section 1 and 6 VSU Student Handbook). Individuals coming to games under the influence of alcohol and/or drugs will not be allowed to participate in intramural sports until they have met with the Coordinator of Recreation and Leisure.

14. Equipment provided for use in VSU Intramural Programmed event is very expensive; therefore, any unnecessary abuse will result in the team being charged replacement costs for new equipment and must be paid to the Recreation and Leisure Office before the team may continue to play.

15. It is not the responsibility of VSU Intramural Staff to notify teams as to when games have been rescheduled if those games were originally postponed by the VSU Intramural Office…the team captain is responsible for contacting the VSU Intramural Office. Also, it is not the responsibility of the VSU Intramural Staff to notify teams when they are to play in the playoffs. The VSU Intramural Office will post the tournament brackets outside the Intramural Office at least one full day before the playoffs starts and it is each team’s captain/coach responsibility to contact his/her team about game times or players may come by to view the schedule themselves.

**NO GAME TIMES OR SCHEDULES WILL BE GIVEN OUT OVER THE PHONE. CAPTAINS AND/OR PLAYERS MUST COME TO THE VSU INTRAMURAL OFFICE AND LOOK AT THE SCHEDULE THEMSELVES**

16. **PLAYERS EQUIPMENT:** Head decorations, headwear, and/or jewelry of any kind (rings, watches, necklaces, etc.) are illegal. Headbands no wider than two inches (2”) made of nonabrasive, unadorned, cloth, fiber, soft leather or rubber are legal. Headbands (just described) and rubber (elastic) bands to control the hair are the only legal pieces of equipment on the head. Barrettes or any other hair control devices, including ribbons are illegal.

17. Be sure your team has a copy of these Intramural Flag Football Rules and follows them
Virginia State University
Intramural Flag Football Rules

PLAYERS, POSITIONS AND SUBSTITUTIONS

1. A team shall consist of ten players, one of whom shall be a captain, or acting Captain.
2. On offense four players must be on the line of scrimmage.
3. Unlimited substitution is permitted as long as all substitutes report to the officials, and there is no delay in the game.
4. A team must begin and play a game with seven players.

EQUIPMENT

1. Players are prohibited from wearing the following: baseball, track, football, or metal-cleated shoes, padded suits or special protective devices. Tennis shoes and soft rubber cleats such as soccer shoes are permitted. The legality of footwear is at the discretion of the officials.
2. Each team must provide its own jerseys. In addition, each must be alike in color and style and must be numbered (at the least on the back of the jersey).
3. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the belts and in no way cover or protect the flags. Infraction: Three yards from the line of scrimmage.
4. Jerseys worn underneath intramural vests must not be similar in color to the vests worn by the opposing team (WHITE T-SHIRTS UNDERNEATH A DARK JERSEY ARE ACCEPTABLE).
5. Flags and vests or jerseys must be of contrasting colors. For example, blue jerseys will wear white flags and white jerseys will wear orange flags.

TIME

1. Both teams are expected to begin at game time. GAME TIME IS FORFEIT TIME!
2. Games will consist of two 20-minute halves. Three minutes between halves. There is a running clock the first half. The clock will stop on each flag the last minute of the second half.
3. The officials may shorten the game to two 15-minute halves when, in his or her opinion, weather and other conditions may interfere. The second half may be shortened when the score separating teams is three touchdowns or more or the captain of the losing team requests shortening the game. A regular game will end if a team is leading by 21 points or more during the final two minutes.
4. The game clock will run continuously, except for time outs taken by officials (only to be taken when there is an unusual loss of time). The clock will stop during the last minute of the second half.
5. Each team is allowed two time outs per half, consisting of one minute each. The clock will stop during these time outs. Unused time outs cannot accumulate.
6. A game that is called due to weather with less than 5 minutes remaining will be considered a complete game.

**SCORING AND TIE GAMES (Touchdowns=6; Safety=2; PAT=1 or 2; Field Goals=3)**

1. The offensive team decides if the ball will be placed on the either the three or five yard line for extra points. If the ball is run or passed in from the three-yard line, it is worth 1 point. If the ball is run or passed in from the five-yard line, it is worth 2 points.
   - If during a try for point the defensive team intercepts the ball and returns it for a touchdown, they score 2 points.
   - If the defensive team intercepts the ball and then during the return the original team regains possession of the ball and returns it to their endzone they are awarded the 1 point if originally attempting a 1 point try or 2 points if originally attempting a 2 point try. (RULING: The try continues until the ball becomes dead by rule.)

2. **TIE GAME:** In case a game ends in a tie score, the two field captains shall be brought together and a coin will be flipped to determine options, as in the start of the game. The winner of the toss shall be given option to begin on either offense or defense. Both teams will go in the same direction. Each team will be given four downs from the same ten yard line. The object will be to score a touchdown. If the first team scores a TD, the second team will still have four downs to attempt to score. Extra points will also be attempted. **If the game remains tied after this procedure, it will be repeated.** If the game is still tied, the game will end in a tie. If the defensive team intercepts the ball and runs it back for a TD, they will win the game. If they do not score, the ball will remain theirs and will be placed on the 10 yard line, where they may attempt to win the game.

**START OF THE GAME**

1. The captain winning the coin toss shall choose from the following options:
   - to kick-off or receive
   - Which goal his/her team will defend.
   - The loser of the toss will choose from the remaining option.
2. The ball will be placed on the 35-yard line at the beginning of each half. The team that received in the first half will kick off the beginning of the second half.
3. Before the start of the second half, the choosing of options will be reversed.
1. To make a first down, the ball must be advanced to or beyond the 20 yard line of the receiving team side of the field. After crossing mid-field, the offensive team has four chances to make a first down and four chances to score.

2. The ball must be hiked between the legs or to the side. Anyone receiving the snap must be at least 3 yards behind the snapper. The center may not run with the ball, but is eligible to receive a pass.

3. All players are eligible to receive passes.

4. One offensive player may be in motion when the ball is snapped. That player may be moving toward the line of scrimmage at the time of the snap.

5. A pass receiver may receive a ball or a defensive player may intercept a ball even though his or her flag has dropped off and either may advance the ball. A ball carrier that loses his or her flag while carrying the ball must be tagged with one hand anywhere on the body between the shoulders and knees, including hand and arm.

6. The ball carrier is down at the spot where the “tackler” pulls off his or her flag. Tacklers should hold up the flag as soon as it is pulled off.

7. The ball carrier must run to avoid tacklers, **DO NOT TRY TO RUN THROUGH THEM**. If the runner attempts to jump to avoid having his/her flag pulled the ball is blown dead at that point. The ball carrier may not stiff-arm an opponent. The runner may, however, attempt to maneuver between or around tacklers when trapped around the sidelines.

8. A **defensive player may not dive in order to grab a flag**. It is the officials’ judgment whether the tackler is slipping or has fallen to the ground.

9. If a defensive player tackles, pushes or shoves a runner out-of-bounds, the penalty is half the distance to the goal. If the runner was in the clear and would have scored (in the official’s judgment) a touchdown may be called.

10. The **defensive team may rush no more than three players** during regular play, and these three must be the only players on the line of scrimmage. These three may move laterally, but not up or back before the snap.

11. Both lines must assume a two-point stance. The offensive line may not move once they have taken their set positions for one full second before the snap.

12. If a pass is attempted, only the three declared defensive rushers may rush the passer. If the passer attempts to run, then any defensive player may rush. This also holds true for sweeps, scrambles and screens (after the passer has released the ball).
13. If the ball carrier or passer falls to the ground, he is down at that spot, and may not resume the play.

14. After the official puts the ball into position, the offense has 20 seconds in which to snap the ball.

15. No offensive player may line up less than 4 yards from the sideline.

16. A fourth down incomplete pass will be turned over to the defense at the original scrimmage line. However, if the ball is inside the team’s 5-yard line, the ball will be placed on the 5-yard line.

17. In case of a safety or touchback, the ball is placed on the 10-yard line; there is no kick.

18. The scoring team will take the walk of the field. Once the ball is set in play by the official the kicking team will have 20 seconds to kick the ball to the opposing team.

**BLOCKING**

1. **There must not and will not be no violent blocking.** Players must not leave their feet to block an opponent.

2. **To legally block an opponent, the blocker’s weight must be supported by both feet; his or her hand or knee must not touch the ground, and both hands must be in contact with their chest. No forearms or elbows may be thrown. Contact by a blocker may only be made along the line of scrimmage.**

3. No trap blocking or cross blocks may be made. No offensive blocker may leave his or her original zone to make contact. This does not apply to backs that are pass blocking.

4. **Only running screen blocks down field may be carried out down field.** Any time the screener runs into a defensive man, he is at fault. However, the screener is considered to have a normal straight path to the goal-line, and the tackler must attempt to avoid the blocker while going for the ball carrier.

5. Blockers and tacklers must run to avoid each other, not over or through each other.

**FORWARD PASS**

1. The ball may be passed forward only once.

2. The ball may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.

3. Forward passes are not permitted on interceptions of forward passes.

4. The passer may be rushed, but no body contact is allowed. Contact with the passer will be determined by the officials. The following are examples only:
- If very slight—probably no penalty.
- If unintentional or unavoidable—5 yards from line of scrimmage and repeat of down.
- If intentional (unsportsmanlike) or violent contact—10 yards from line of scrimmage, automatic first down, and offender may be ejected from the game.

5. One foot must be in bounds when catch is made and before other foot touches out-of-bounds.

6. A receiver who voluntarily steps out of bounds before or during his or her pass route loses eligibility until the ball has been touched by an opponent. If a receiver is pushed out-of-bounds, a penalty may be assessed or the pass completed, or both.

7. A ball deflected by an offensive player may not be caught by another offensive player unless first touched by a defensive player. Two defensive players may touch or catch the ball in succession.

**FUMBLES**

1. If a player fumbles the ball, it is dead at the point it touches the ground. The defensive team may not recover a fumble (see #3). No forward fumble is allowed!
2. Touching the ball, whether controlled or not, with the ball hitting the ground, is considered a fumble.
   - Example: A dropped hike or lateral.
3. A ball fumbled into the air is called an “air fumble” and may be intercepted and advanced by a defensive player. An offensive player must be behind the player fumbling in order to advance the ball.

**PUNT**

1. All punts must be declared to the official. There will be no punts inside the 20 yard line. The ball will be placed on the 10-yard line by the official upon request by the kicking team.
PENALTIES
(All Penalties will be 5 yards except Unsportsmanlike Conduct)

Pass Interference

- By the offense-5 yards from the original line of scrimmage and loss of down.
- By defense-5 yards from the original line of scrimmage or point of infraction and automatic first down in either case. Defensive interference also includes pushing or shoving the receiver out-of-bounds while in route.
- By defense in end zone- Ball given to the offensive team on the five yard line, or half distance to goal from the line of scrimmage, and automatic first down in either case.

3-Yard Penalties

- Off sides, Delay of Game, Illegal Procedure, Intentional Grounding, Illegal Pass, Illegal Stance, Intentional Forward Fumble, Illegal Flag, Illegal Equipment or Uniform. All of these penalties will be marked from the original scrimmage line except:
  - Intentional Grounding- Point of infraction and loss of down.
  - Forward Fumble- Point of infraction and loss of down.

5-Yard Penalties

- Illegal Use of Hands, Forearms, or Elbows, Offensive or Defensive Holding, Shielding or Blocking a Flag, Leaving Feet on a Block, Diving for a Flag, Stiff Arming, Wedge Blocking and/or Clipping. All of these penalties are marked from the point of infraction or the original line of scrimmage, whichever is the greater penalty.

Exceptions:
- Offensive Holding- From the original scrimmage line.
- Stiff-Arm- From the point of infraction, with loss of down. (Note: If the necessary yardage was made for a first down before the penalty occurred, the first down is made, but still assessed from the point of infraction.
- Shielding or Blocking a Flag also carries a loss of down.
- If, in the judgment of the official, a runner would have scored except for a dive for a flag, a touchdown may be awarded.
- Impeding the Runner-5 yards from the point of infraction.
10-Yard Penalties

If a person(s) is charged with a gross unsportsmanlike conduct, intentional or flagrant foul may also be removed from the game.

Gross Unsportsmanlike Conduct, Intentional or Flagrant Fouls:

Any unsportsmanlike conduct, intentional or flagrant contact whatsoever (tackling, shoving, knocking out-of-bounds, elbowing, cheap shots, illegal contact, taunting or similar unsportsmanlike acts) shall not be tolerated. The Official shall stop the game, eject the player from the game, administer 15 yards from the line of scrimmage with an automatic 1st Down if it was on the defense or a loss of down if it was on the offense and give the coach/captain a verbal warning-FOUL PLAY WILL NOT BE TOLERATED!!! If the official feels that a touchdown would have been scored except for the penalty, the official may award the touchdown.

Illegal Pulling of Receiver’s Flag

Illegal pulling of receiver’s flag will result in a penalty of 5 yards from the point of the catch, or touchdown if in the clear (in the judgment of the referee).
Flag football Official’s Tips

Fouls Prior to the Snap:
- False start
- Encroachment
- Delay of game
- Illegal equipment/uniform

*All are 5-yard penalties/fouls marked from the original line of scrimmage

Dead Ball Fouls:

Unsportsmanlike Conduct (i.e. cursing, arguing, fighting, etc) results is half the distance to the goal line and automatic 1st down if called on the defense or loss of down if called on the offense. In addition, the player may be ejected.

*This foul is marked from the end of the play.

Fouls Simultaneous with the Snap:
- Motion/Substitution
- Have at least 4 players on line of scrimmage
- A player within 15 yards of the ball
- Participation (too many players on the field)
- Snap (QB must be at least 3 yards behind the snapper)

*All are 5-yard fouls that are marked off from the end of the play.

Live Ball Fouls:
- Pass interference (on offense)-5 yards and loss of down
- Pass interference (on defense)-5 yards and automatic 1st down
- Intentional grounding------marked off from point of infraction and loss of down
- Intentional forward fumble------marked off from point of infraction and loss of down
- Illegal pass
- Illegal flag
- Illegal use of hands
- Forearms
- Elbows
- Leave feet on block
- Diving for a flag
- Stiff-arming

* All of these fouls are marked off from the original line of scrimmage or the point of infraction, whichever is the greater penalty (5 yards).
Intramural Basketball
(Outdoor/Indoor)

Basketball is one of the most popular intramural sports at VSU. There are two leagues, an outdoor league in the fall and an indoor league in the spring. The outdoor league is done in the fall with approximately 16 teams competing, while the spring league is expected to have enough participants for 20 teams.

Our Intramural Program is diverse and encourages participation from students and staff. Intramural basketball is open to both male and female students, as well as members of the faculty and staff. While the majority of participants are students, the leagues do have some faculty and staff representation.

The Championship Game for Spring Intramural Basketball is one of the biggest events on campus. The competition is between the final two teams left throughout the playoffs. There are halftime performances along with other activities that engage the student body throughout the game. The VSU HPERD Department has assisted the Office of Recreation and Leisure in this event the past two years.

The Recreation and Leisure Department usually host this event with The outdoor league normally gets underway right after Labor Day each fall, while the organizational meeting for the spring league is typically held in January.
Basketball is a physical sport and injuries are a possibility. Participation in all VSU IM events is voluntary. The Department of Student Activities & the VSU IM Program assumes no responsibility for physical and/or other injuries. Basic First Aid will be available.

All Participants: Play At Your Own Risk

All participants must bring their current valid VSU ID Card to the playing area in order to be checked in and ruled eligible to participate prior to the beginning of each game!

The Department of Student Activities and the Intramural Sports Program reserves the right to put into immediate effect any rule changes or modifications as necessary.

GENERAL VSU INTRAMURAL RULES

1. Compete on Only One Teams: A player may participate on only one team in any given activity during a season.
   ○ Exception: A player may play on a team in the Men’s or Women’s Division, and play on a Co-Rec team.

2. Team Transfer: A player may not transfer to another team once his/her name appears on an official score-sheet from a previously played game. If an individual is found to be playing on two teams the game will be forfeited and the individual will be suspended from intramural sports until he/she has met with the Coordinator of Recreation.

3. Playoff Eligibility: Teams must maintain a “B” (3.0) conduct average throughout the regular season to be eligible for the playoffs. Team members must be on the team roster and have participated in at least one game during the regular season to be eligible for participation in the playoffs. The Intramural Staff reserves the right to declare an individual ineligible for competition if his/her participation is considered unsportsmanlike or dangerous.

4. Current Intercollegiate Athletes: Any person who is currently a member of a varsity sport the same or related to the intramural sport he or she is attempting to play is not eligible to participate.

5. Any team failing to report and ready to play at its scheduled starting time shall forfeit to their opponents. In addition, any team that do not have the minimum number of players needed to start a game on time will be assessed a forfeit. GAME TIME IS FORFEIT TIME! Three forfeits by a team during a season will result in that team being eliminated for the remainder of the league. Nevertheless, players can check-in at any time during the game as long as their name(s) is/are in the scorebook.

6. In case of threatening weather conditions, the decision to start or postpone games will be made as soon as possible and team captains/coaches will be notified. It is their
responsibility to then contact his/her teammates/players about the decision. If you have not been notified you need to show up at the gym at your scheduled game time.

7. Intramural Sports shall furnish equipment, timers and scorekeepers; game time will be kept on each court by an intramural sports staff member.

8. Any unsportsmanlike conduct, including arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator in addition to flagrant fouling, profanity, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. **(Fighting will result in suspension of that player and/or team from league play as well as all intramural programs for the remainder of the year).**

A player suspended from the game for unsportsmanlike conduct must leave the facility immediately, and will be declared ineligible until he/she has been officially reinstated by the Coordinator of Recreation. Failure to leave will result in an immediate forfeiture. If an ejected player does not meet with the Coordinator of Recreation and Leisure before 6:00 pm the day of the team’s next scheduled contest, then the entire team will forfeit that game and will be dropped from the league. Unsportsmanlike ejections warrant a minimum one game suspension. Any second occurrence of unsportsmanlike conduct by a player or team will result in that player or team being eliminated for the remainder of the season.

9. Any protest based on rules (not judgment calls by officials) will be solved on the court at the time the dispute occurs even though it involves checking the official rules and/or getting an official interpretation from the Coordinator of Recreation and Leisure. The team captain should tell the officials that he/she wishes to protest the ruling and indicate clearly that he/she wants play stopped until the protest is resolved or written up. Once play resumes, a team forfeits the opportunity to protest the ruling.

10. Only officials, players (including substitutes) and one coach per team wearing proper attire are permitted on the main court area. **NO TOBACCO USAGE at ANY VSU RECREATIONAL FACILITY IS PERMITTED!** Failure to comply with all Intramural Rules and Regulations for basketball and the Department of Recreational Sports by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game by the associated team.

11. Teams are not permitted to be on the main court area until their game time. Any team failing to comply will be assessed a Technical Foul and the game will begin with the opponent being awarded two (2) technical shots and the ball out of bounds at mid-court. Continued disregard for this regulation will result in the team being eliminated for the remainder of the season. Balls shall not be thrown, kicked or pitched in any area that interferes with games being played; violators will be ruled ineligible for Intramural Participation.

12. Teams and their fans are not allowed to bring glass or metal containers to any intramural contest **and no alcoholic beverages will be consumed during the**
intramural games (Violations: Section 1 VSU Student Handbook). Violators will be removed from the intramural facilities with possible forfeiture of the game.

13. Teams coming to games under the influence of alcohol and/or drugs will face the penalty listed above in **#12 above AND further University sanctions** (Violations: Section 1 and 6 VSU Student Handbook). Individuals coming to games under the influence of alcohol and/or drugs will not be allowed to participate in intramural sports until they have met with the Coordinator of Recreation and Leisure.

14. Equipment provided for use in any VSU Intramural event is very expensive therefore, any unnecessary abuse will result in the team being charged replacement costs for new equipment and must be paid before the team may continue to play.

15. It is not the responsibility of VSU Intramural Staff to notify teams as to when games have been rescheduled if those games were originally postponed by the VSU Intramural Office…the team captain is responsible for contacting the VSU Intramural Office. Also, it is not the responsibility of the VSU Intramural Staff to notify teams when they are to play in the playoffs. The VSU Intramural Office will post the tournament brackets outside the Intramural Office at least one full day before the playoffs starts and it is each team’s captain responsibility to contact his/her team about game times or players may come by to view the schedule themselves.

**NO GAME TIMES OR SCHEDULES WILL BE GIVEN OUT OVER THE PHONE. CAPTAINS AND/OR PLAYERS MUST COME TO THE VSU IM OFFICE AND LOOK AT THE SCHEDULE THEMSELVES.**

16. **PLAYERS EQUIPMENT:** Head decorations, headwear, and/or jewelry of any kind (rings, watches, necklaces, etc.) are illegal. Headbands no wider than two inches (2”) made of nonabrasive, unadorned, cloth, fiber, soft leather or rubber are legal. Headbands (just described) and rubber (elastic) bands to control the hair are the only legal pieces of equipment on the head. Barrettes or any other hair control devices, including ribbons, du-rags, skull caps and wave caps are illegal. **NO HARD CASTS OR BRACES OF ANY KIND!**

17. Be sure your team has a copy of these Intramural Basketball Rules and follows them. If you do not have a copy, ask for it at the Intramural Office.
Basketball Rules and Regulations

- The game will consist of two 18-minute halves.

- There will be 3-minute overtime if necessary.

- The clock will run non-stop until the final two minutes of the second half. During the last two minutes, the clock will stop on all dead balls. An official or team time-out will stop the clock anytime during the game.

- Each team is required to have one person sitting at the scorer’s table to monitor the time and scoring during the game. A forfeit will occur if this rule is not adhering to.

- Each team MUST have matching, numbered jerseys for every player.

- Legal numbers are expanded to include 0-99. A non-numbered jersey will not be allowed as a "00".

- Your team captain will specify your team's color at the time of registration. The colors of other teams in your league will also be listed. If you are the same color as an opponent, it is the sole responsibility of the teams to resolve the conflict before showing up to the game.

- There will be no "Shirts vs. Skins" or taped-on numbers. Your team will forfeit if it fails to have the proper jersey at game time.

- No basket may be scored on a player control (charging) foul, regardless of when the ball is released.

- Time-outs will last one minute and half-time will last two minutes. Teams have two (2) time-outs per half.

- Two technical fouls on a player or coach will result in an automatic ejection from the game. The ejection player must also leave the playing area.

- Only one coach per team is permitted to address the officials or table staff.

- Teams will enter the bonus on the 7th team foul for a one on one.

- After a team’s 10th foul, all fouls will result in two free throws.

- Any player fouled on a 3-point attempt and the basket is not good, will shoot three free throws.
• There will be a 35-point mercy rule after 10 minutes in the second half. In the judgment of the officials and supervisor, if a team is dragging or allows the team behind to make up baskets the game will be stopped immediately.

• Substitutes must report to the scorer’s table and be beckoned in by the officials. Illegal substitutions will result in a technical foul.

• Slapping the backboard is not a technical foul in itself, but intentionally hitting the backboard hard enough to alter the flight of the ball will result in a technical foul.

• Hanging on the rim will cause a technical foul unless to prevent yourself from landing on another player or hurting yourself. The judgment is up to the floor officials.

• Unsportsmanlike conduct will not be tolerated.
  o The following behaviors will result in a technical foul and the possibility of a game suspension.
  o **Cursing at the officials, supervisors, or opposing players.
  o ** Insulting the officials, supervisors, or opposing players.
  o ** Participating in a fight (AUTOMATIC EJECTION)
  o ** Provocative gestures by the body

• Other unsportsmanlike acts will also earn a technical foul.

• All unsportsmanlike fouls result in two free throws and the ball, regardless of whether the foul is on a player or the bench.

• Maximum number allowed on any roster is 10, no exceptions.

• Each team should be ready to produce ID if asked by official or staff.
Intramural/Club Tennis

Tennis is another new program here at Virginia State University. The number of that participate in the tennis intramural program are limited, but we are constantly trying to increase the numbers. It is non-competitive program and more geared to the improvement of skills. Practices will be head at the tennis courts beside Daniel’s Gymnasium.

We are a member of NIRSA and the USTA Campus Championship. We are willing to compete against other schools, but this will require consistently coming to practices and showing the necessary skills to compete.

USTA Campus Championship

The USTA Campus Championship is the pinnacle of collegiate sport club tennis. Since 2000, teams from across the country have traveled to places like Austin, Texas; Daytona Beach, Florida; and San Diego, California to compete for the right to claim supremacy over all other collegiate club tennis teams. From its start, the tournament has seen growth to a competitive 64-team field. It is usually held in April and attempts to coincide with many colleges’ spring breaks. This offers your team the opportunity to travel to fantastic and fun places and to compete against teams that you normally would never see.

Here is the website for the USTA Campus Championship:
www.nirsa.net/sc/tennis/index.htm
Tennis Singles/Doubles Rules
According to USTA Campus Championship

Sportsmanship:
Teams/Participants must receive an average 2.75 sportsmanship rating during league play to be eligible for playoffs. (A=4; B=3, C=2; D=1; E=0) Ratings will be given by officials for officiated sports and supervisor s for self-officiated sports.

Conduct:
All participants are expected to play according to the rules of the Division, Intramural Sports, and University Regulations. The staff of the Division of Recreational Sports reserves the right to penalize individual participants and/or teams for fighting or other unsportsmanlike conduct. Any individual or team that has or is consuming alcohol is subject to an automatic forfeiture. Since the use of alcohol is unsportsmanlike conduct, the Intramural Supervisors and Officials have the right to eject the player(s) or team and may forfeit the contest to the opponent. In addition, cases involving physical abuse of or between participants and/or spectators may be referred to the Office of Student Conduct for possible action.

Scorecard:
Prior to each game, all players must sign in on the official scorecard. The game officials will then verify each player’s identity by checking the players ID. All participants must display their valid VSU ICard/ ID in order to participate. NO ID, NO PLAY! (NO EXCEPTIONS). An individual whose name appears on the official scorecard will be considered as having played in the contest. Late arriving players must have their name added to the scorecard upon arrival by an official before they may participate.

Equipment
Shoes:
Each player must wear athletic shoes to prevent injury.
Racquets/Balls:
Equipment will be provided by the Intramural Sports staff at the game site. Participants may furnish their own racquets if they choose.

Game Regulations Players:
An official team shall consist of one (1) player for singles play and two (2) for doubles play.

Game Length:
A match will be made up of the first team to win 9 games OR a 50 minute period (with a 5 minute warm-up). When the time limit is called, every game currently underway should
be finished. If the outcome of that game results in a tie, the tie-break rule below should be used to determine a winner.

**Officials:**
There will be no officials for tennis. Tennis matches will be self-officiated. Rules of the USTA should be followed. It is suggested that any disagreement be determined by a replay of point.

**Tie Break:**
If a match is tied at eight games each, a tie break will be played first to seven (7) points. The winning player must win by two (2) points. Once a team has scored nine (9) points they will no longer have to win by two (2) and the first to ten (10) is the winner. Service will alternate every odd numbered serve and changing sides will happen every six (6) points.

**Sport Specific Rules**

**Singles Play:**

**Serving:**
- In tennis, play is started with the serve which is made by tossing the ball into the air and hitting it with the racket before it touches the ground. The server stands behind the baseline and to the right or left of the center mark, but not outside the singles sideline.
- The serve for the first point of a game always begins to the right of the center mark and is made to the opponent's right service court. After each point is played, alternate service court. The same individual continues serving until the game is completed.
- The server has two attempts to put the ball into play.
- The serve is a fault if the server:
  - Does not take the proper position before serving
  - Commits a foot fault (Foot touches baseline any time prior to hitting ball)
  - Fails to hit the ball into the proper service court
  - Misses the ball in attempting to strike it; however, the server may toss and catch the ball without penalty.
- If any of these occurs on the first serve, it is a fault.
- If any of these occurs on both serves, it is a double fault, and the point is lost.
- The ball must clear the net and land in the proper service court before being hit by the receiver. However, after the service, the ball may be hit before it bounces. A ball touching the line is considered good.

**Scoring the Game:**
- The server is responsible for announcing the score before the service. The server's score is always called first.
- A game equals four points. The scoring in tennis is 15 for the first point won, 30 for the second, 40 for the third point won, and "game" for the fourth point. A score of zero is referred to as "love". When each player has a score of 40, the score is "deuce", which means that one player must win two consecutive points in
order to win a game. If the server wins the next point, the score is called "ad in" if he/she wins the following point, it is the game. If the receiver wins the first point after deuce, the score is called "ad out", and if he/she wins the next point, it is his/her game. However, if after the score is either "ad in" or "ad out", and the other player wins the next point, the score then becomes deuce again.

**Changing Sides:**
The players change sides of court at the end of the first, third, and every subsequent alternate game of the set. During the tie break, sides are changed at a total of four points between the two players. Players change ends every four points.

**A Let:**
- A let is a ball which strikes the net, strap or hand, but lands in the proper court on the serve.
- A let is called when a player is unable to play a shot due to circumstances beyond his/her control, such as interference by a ball or a player from another court.
- A let occurs if a serve is delivered before the receiver is ready. If however, the receiver attempts to return the serve, he/she is considered to be ready.
- When a let occurs on a serve, only that serve is repeated.
- The ball is in play if it hits the net during the subsequent play after the serve.

**Player Loses Point:**
- If the ball bounces twice on a players side of the net or if a player does not return the ball to his/her opponent's court.
- If a player's body, clothing or racket touches the net while the ball is in play.
- If a player reaches over the net to play a ball unless the ball has bounced back over the net due to a spin or the wind.
- If the ball is hit twice while on his/her side of the court.

**Doubles Play:**

**Serving**
- In tennis, play is started with the service which is made by tossing the ball into the air and hitting it with the racket before it touches the ground. The server stands behind the baseline and to the right or left of the center mark, but not outside the doubles sideline.
- The service for the first point of a game always begins to the right of the center mark and is made to the opponent's right service court. After each point is played, alternate service court. The same individual continues serving until the game is completed.
- The order of serving is decided at the beginning of each set. The pair serving first decides who is to serve in the first game, and the other partner will serve in the third game. The opponents also decide who is to serve to first in the second game, and the other partner will serve in the fourth game. Both pairs alternate in the remaining games of the set.
- The server's partner may stand anywhere during service.
• If a player serves out of turn, the proper server must serve as soon as the mistake is discovered.
• All points earned are counted. If a complete game is played with the wrong server, the order of service remains as altered.
• The server has two service attempts to put the ball into play.
• The service is a fault if the server:
  o Does not take the proper position before serving
  o Commits a foot fault (Foot touches baseline, anytime prior to hitting ball)
  o Fails to hit the ball into the proper service court
  o Misses the ball in attempting to strike it; however, the server may toss and catch the ball without penalty
• If any of these occur on the first service, it is a fault.
• If any of these occurs on both serves, it is a double fault, and the point is lost.
• The ball must clear the net and land in the proper service court before being hit by the receiver. However, after the service, the ball may be hit before it bounces. A ball touching the line is considered good.

Receiving:
• The order of receiving is decided at the beginning of each set.
• The pair receiving in the first game decides who will receive first, and that player will continue to receive first in all odd-numbered games of the set. The opponents will also decide who will receive first in the second game, and that player will receive the first service in all even-numbered games of the set. Players alternate receiving services during a game.
• If a player receives out of turn, he/she remains in that position until the game in which it is discovered is completed. The partners then resume their original positions.

Scoring the Game
• The serving team is responsible for announcing the score before the service. The serving team's score is always called first.
• A game equals four points. The scoring in tennis is 15 for the first point won, 30 for the second, 40 for the third point, and "game" for the fourth point. A score of zero is referred to as "love". When each team has a score of 40, the score is "deuce", which means that one team must win by two consecutive points, in order to win the game. If the serving team wins the next point, the score is called "ad in" and they win the following point, it is game. If the receiving team wins the first point deuce, the score called "ad out" and they win next point, it is their game. However, if after the score is either "ad in" or "ad out", the other team wins the net point, the score then becomes deuce again.

Changing Sides:
The players change sides of court at the end of the first, third, and every subsequent alternate game of the set. During the tie break, sides are changed at a total of four points between the two players. Players change ends every four points.
A Let:
- A let is a ball which strikes the net, strap or hand, but lands in the proper court on the serve.
- A let is called when a player is unable to play a shot due to circumstances beyond his/her control, such as interference by a ball or a player from another court.
- A let occurs if a serve is delivered before the receiver is ready. If however, the receiver attempts to return the serve, he/she is considered to be ready.
- When a let occurs on a serve, only that serve is repeated.
- The ball is in play if it hits the net during the subsequent play after the serve.

Player Loses Point:
- If the ball bounces twice on the opponent's side of the net or if a pair does not return the ball in their opponent's court.
- If a player's body, clothing, or racket touches the net while the ball is in play.
- If a player reaches over the net to play a ball, unless the ball has bounced back over the net due to a spin or the wind.
- If the ball is hit twice while on their side of the court.

League Play

After your sport club becomes established, you may want to look into starting a collegiate club tennis league or joining an existing league. There are so many positives to playing in a league, many of which you will discover along your journey forming your sport club tennis team. One positive aspect is the organization that a league provides. Schedules are made, matches are played, records are kept, etc. This also provides a constant competitive outlet for your sport club. Another plus is post-season play. Your league play can lead into a sectional tournament that uses the league standings for team seedings, which then leads to automatic berths into the USTA Campus Championship! League play also offers your sports clubs team a full schedule of other schools to play. This will greatly decrease the amount of work and time that you and your sport club invest in scheduling matches throughout the year and will instead maximize the time that you can travel and compete. There are several collegiate club tennis leagues popping up all over the country. Contact your USTA section’s collegiate contact, the USTA National Campus Tennis Coordinator, or NIRSA for more information about starting or joining a league.

You may also want to contact other schools in your varsity athletic conference. Other possibilities for matches include community college teams, smaller colleges’ varsity teams, and even local USTA or World Team Tennis league teams.
Club Team Responsibilities

What Is a Sport Club?
A sport club is a group of students that organize voluntarily to further their common interest in an activity through participation and competition. While some institutions refer to them as “club sports,” and others call them “sport clubs,” for the purpose of this handbook “sport clubs” will be used. The key to success of sport club programs is student leadership, interest, involvement, and participation. The clubs should be a learning experience for the members through their involvement in fund-raising, public relations, organization, administration, budgeting, and scheduling—as well as the development of skills in their particular sport. They are formed through the Student Organizations and Leadership Development.

Relationship Statement
Student organizations at Virginia State University actively participate in and contribute to a vibrant university community. The more than 50 registered student organizations at the university provide invaluable experiences and opportunities for students to grow as individuals, leaders and community members. The performances, social and cultural events, sports clubs, forums and many other events organized by the student organizations contribute to making Virginia State University a very dynamic and exciting campus.

The Student Organization and Leadership Development Program and DSA staff members work to be proactive in guiding student organizations by providing education, training and consultation. Registered student organizations and The Student Organization and Leadership Development Program exist as partners in the university community. The staff in The Student Organization and Leadership Development Program strive to be facilitators to student organizations by defining appropriate boundaries, sharing information and assisting in the decision making process. We work to help student organizations appropriately manage their risk and achieve their goals.

While registered organizations are an integral part of campus life at the University, it should be clear that these organizations are not an official part of the University. Each organization is responsible for its own actions and is acting on behalf of the organization, not the University, nor do they serve as representatives of the University.

Benefits for Registered Student Organizations
Being a registered student organization at Virginia State University has many benefits. Student organizations have the privilege of receiving professional event planning assistance, access to student organization advisors who can talk with you about goal setting, strategic planning, problem solving, and opportunities for organizational and personal growth; access to facilities for student organization meetings and events, and opportunities to publicize your organization’s activities and events on campus. Other resources include a student organization mailbox, online space reservations, and leadership trainings and leadership resources.
Beyond the obvious advantages of being a registered student organization on campus, there are many other rewards for students who engage in student organization activities. First, student organizations add an important component to campus life by providing an outlet for the student voice and a vehicle for students to have a substantial impact on campus. Second, students gain valuable experience in the practical aspects of leadership, communication, risk management and team work. Finally, it is our experience that students who are involved on campus are more likely to be successful in college and to gain more from their time at Virginia State University.

Establishing a New Club Sport
New student organizations are always forming. If you cannot find an established student organization that meets your needs, consider forming your own organization. Here are the requirements and procedures for starting your own organization.

- Complete a new organization registration packet online at www.vsu.edu. Include constitution and bylaws, list of prospective members and advisor signature.
- Drop off packet with Ms. Lanae Dowe, the Coordinator of Student Organizations and Leadership Development. If approved the prospective organization will engage in a presentation to the Leadership Council for a final vote of approval. (Leadership Council is comprised of student organization presidents and form an active council within SGA)
- If approved by the Leadership Council you will be notified of your approval via email and then scheduled to participate in a new student organization orientation session.
- You are now a registered student organization.

University Requirements for Membership
Persons seeking membership in any sports club must meet the following criteria:

- Must have earned at least fifteen (15) semester hours at Virginia State University (with the exception of Code Blue members and sports clubs);
- Must be enrolled for the minimum hours required for a half-time student at VSU (6 hours);
- Must have and maintain a current and cumulative minimum grade point average of 2.5 or better in order to maintain active membership.

Virginia State University academic eligibility policy supersedes organizational policy (including national and/or regional affiliate policies) except when an organization’s policy demands higher academic standards than Virginia State University’s student organizational academic eligibility expectations.

Re-Registration Procedures for Student Organizations
Registration is due September 15 of each year. It is important that your student organization is registered for the up-coming year so that submitted requisitions are not cancelled and your organization may participate in the various promotional activities (i.e. Homecoming Student Organization Bazaar, King and Queen Ball etc.)
Organizations must submit any revised constitutions or bylaws to Ms. Lanae Dowe, the Student Organization Coordinator, immediately upon revision.

You may download a registration form online at www.vsu.edu

Groups that do not register by the deadline will have all requisitions cancelled and will not be able to reserve space on campus, meet or utilize the many resources provided to organizations and be declared inactive. Any organization that remains inactive for two consecutive years will be removed from the list of student organizations and must apply as a new organization if reinstatement is desired.

Once established and registered with the Department of Student Activities, student organizations must submit an annual evaluation to ensure that they are functioning within the policies and procedures established by the University and within the purpose and scope for which the organization was approved. The Department of Student Activities will review each evaluation and will determine if an organization will be allowed to continue operation, be placed on probation for a period of time, or terminated as a registered organization. At least 80% of organizational programs must be related directly to its mission and purpose. This is measured by evaluation and EMS data review.

The deadline for annual evaluations is April 15th of each academic school year. Evaluation forms are available online at www.vsu.edu. The form and accompanying documentation must be completed and returned to the Department of Student Activities with all signatures by the deadline as part of the requirements for the organization to function for the next academic school year.

Failure to submit all required items by the deadline will result in the organization being declared inactive for the ensuing academic school year.

Fundraising/Solicitation

Fundraisers may not be conducted for private gain of individuals or for-profit businesses. Fundraisers and solicitation of funds may be conducted inside and outside university buildings by registered student organizations. Only membership dues, and approved ticket sales are restricted to collection inside university buildings (unless authorized by Mrs. Menjiwe Martin the Director of Student Activities).
Student organizations may receive donations from non-university entities; however, non-university organizations may not co-sponsor activities on campus. Organizations may not advertise for companies or use corporate logos.

All fundraising and solicitation activities by any University support organization, including student organizations, are governed by Procedure 701, Solicitation and Acceptance of Gifts, of the University’s Policies and Procedures.

Any student organization wishing to conduct fundraising activities in the name of or for the benefit of the University and/or use University resources must submit a Solicitation/Fundraising Request form (Form A) at least sixty (60) days prior to the date of the event. If the objective is to raise $25,000 or more, the request should be submitted at least three (3) to six (6) months prior to the implementation of the fundraising initiative for approval by the Board of Visitors. All gifts and/or donations shall be reported to the Department of Student Activities during the annual evaluation.

For purposes of this procedure, fundraising is defined as the collection of money through donations, sales, and/or event programming for the purposes of charitable donation or organizational budget enhancement.

The following guidelines are applicable to all fundraising activities by recognized student organizations on Virginia State University owned, operated, or controlled property:

1. The sponsor of a fundraising activity must complete a request form via EMS and obtain approval of the fundraising activity from the Department of Student Activities.
2. The fundraising activity is required to offer a benefit to the University community that is consistent with the University’s educational mission.
3. The purpose for which the funds will be raised must be consistent with the purpose of the recognized student organization and the Student Code of Conduct.
4. A currently enrolled student member(s) of the sponsoring recognized student organization must be present during the entire time of the event.
5. Event sponsors are responsible for ensuring that proposed activities comply with all applicable federal, state and local laws, rules and regulations.
6. Spaces in which the fundraising activity is occurring must be identified by a sign indicating the conducting entity’s name, goods, and/or services being sold, and prices.
7. Neither individuals (regardless of affiliations with Virginia State University) nor private, commercial organizations may sell or promote the sale of products or services on University owned, operated, or controlled property except:
   a. Individuals or organizations with whom/which Virginia State University has entered into a written contract.
   b. Individuals or organizations authorized in writing by Virginia State University to engage in the sales of goods or services for the benefit of a recognized student organization.
8. Commercial or corporate sponsorship of programs or events is permissible provided that no products and/or services are sold at the event.

9. Virginia State University reserves the right to require third parties participating in or conducting fundraising activities to meet additional requirements, including without limitation requirements that such parties furnish evidence of insurance coverage acceptable to the University and/or agree to indemnify the University and University personnel against liabilities arising from their acts or omissions.

10. Virginia State University reserves the right to approve the identity of any proposed sponsor and the content of sponsorship materials associated with a fundraising activity.

**Fundraising for Non-University affiliated Charitable Organizations**

Fundraising for non-profit, charitable organizations (e.g., The Red Cross, Salvation Army, etc.) having no direct affiliation with VSU is permissible provided that the above guidelines are followed, and:

- The organization submits a statement of support on the organization's letterhead to the Department of Student Activities and the Campus Community Outreach Program acknowledging that the fundraising will occur on its behalf and indicating the expected date of the receipt of the donation.
- The organization provides proof to the University that it is as a not-for-profit, charitable organization, that it has received an Internal Revenue Service exemption letter.
- The recognized student organization planning the event is responsible for all costs incurred in connection with the event, other than those borne by the charitable organization.
- Educational information about the agency and the services it provides is made available at the event. The charitable organization must provide a copy of the documents being distributed and inform Mrs. Menjiwe Martin, the Director of Student Activities what information will be collected by the students. The organization must comply with all FERPA regulations.

**Fundraising Examples:**

*Virginia State University provides the following as general examples of items that may be used to raise funds. Please note that the University reserves the right to review and approve all items.*

- Items for sale that have been produced by the organization (e.g., baskets, cupcakes, bouquets of flowers)
- Cash donations
- Donations of items of value (e.g., clothing, school supplies)
- Items for sale that are directly related to the student organization's mission or goals (e.g., plants sold by the Horticulture Club)
- Items that promote school spirit (e.g., buttons, balloons) but do not conflict with University trademark policies
- Pre-packaged items (e.g., candy, gum)
Prohibitions
Virginia State University reserves the right to restrict all fundraising activities to reasonable times, places, and manners. The following activities are specifically prohibited:

- Solicitation by credit card or telephone card companies.
- Fundraising outside of a major event (i.e. Virginia Hall, Gym, Stadium).
- Fundraising for any candidate for political office.
- Sale or distribution of items that violate University trademark rights or existing contracts.

Locations
The specific campus locations listed below have established additional criteria for fundraising activities. All of these areas require the approval by the Department of Student Activities and:

- Residence Halls: approval by the Office of Residence Life and the Residence Director of each residence hall in which fundraising is to occur.
- Dining Areas: approval by the specific dining hall manager.
- Academic Buildings: approval by the appropriate dean, director, or building coordinator of the facility.
- Recreation Facilities: approval by the Athletic Director. This applies to athletic fields and gymnasiums.

Enforcement
Failure to obtain permission to engage in or sponsor sales or fundraising, or failure to adhere to University policy regarding activities for which permission has been granted, will result in the curtailment and/or cancellation of the event by the Department of Student Activities or other appropriate University official.

The University Office of Student Conduct has jurisdiction over complaints against any student or recognized student organization(s) alleged to have violated this policy.

Sanctions
Sanctions for violation of this policy by students and/or recognized student organizations include, but are not limited to, fines and/or restitution, loss of the right to use University property or facilities for activities, loss of recognition for recognized student organizations, other disciplinary sanctions, and other educational sanctions appropriate to the circumstances.

Reservation of Rights
Virginia State University reserves the right to amend this policy at any time.

Accepting Donations
Student organizations may accept cash donations. University department donations made to student organizations should be spent out of the respective departmental account and therefore money should not be transferred from a University department into the student
organization fundraising account. Additionally, funds maintained in the student organization fundraising account cannot be used to pay students for services.

**Purchasing**
Organizations may use the below University approved website to purchase items for your organizational needs. If you are granted use of University funding, you must, shop from the below website.
http://www.yourpromoneeds.com/

**Risk Management**

**Philosophy**
The staff in the Department of Student Activities believes that our role is to balance student freedom and responsibility so that students can learn from their experiences in a safe environment. We encourage student organizations to work with the staff and organization advisors to plan safe and successful activities. We work with student organizations to assist them in managing the risks that can occur in the course of student activities: including but not limited to risk of injury; financial risk and risk of violation of institutional rules and regulations.

**Student Organization Travel**
Student organizations travel for many purposes: retreats, conferences, competitions and for fun. Traveling can help an organization accomplish its goals and can serve an extremely valuable purpose. However, it is important to remember that travel is a high-risk activity. With proper risk management, your organization can reduce its travel-related risks.

**The Law, Rules and Information on Hazing**
Hazing in every form or conspiracy to haze is prohibited. Virginia State University takes a zero tolerance approach to hazing. Commission of hazing can be considered either a misdemeanor or a felony. Participation in a hazing practice may result in both individual and organizational disciplinary action. The Code of Virginia § 18.2-56 states “It shall be unlawful to haze so as to cause bodily injury, any student at any school, college, or university. Any person found guilty thereof shall be guilty of a Class 1 misdemeanor.” If injuries would be such as to constitute a felony, punishment shall be inflicted as is otherwise provided by law for the punishment of such felony.

Section 18.2-56 further states, “any person receiving bodily injury by hazing or mistreatment shall have a right to sue, civilly, the person or persons guilty thereof, whether adults or infants.”

The following non-exhaustive list of activities meets this criterion, and accordingly, they are considered forms of hazing:
(A) Physical activities such as calisthenics, jogging, sit-ups, push-ups, or carrying of objects such as bricks, stones, blocks, or any other item(s) which serve to create physical hardships, discomfort, and/or distress.

(B) Abduction or involuntary transportation of individuals or leaving individuals at off-campus locations and requiring them to find their way home.

(C) Physical exposure or abuse such as nudity, paddling, pushing, shoving, hitting, punching, tackling, or throwing any substance at another person; submerging or dunking in water or other substances; marking, branding or tattooing; or any activity which has the potential for the exchange of blood or other bodily fluids.

(D) Forced or required consumption of any substance, including food, drugs, alcohol, water, or any beverage; or any items individually or in combination that may or could induce vomiting, psychological abuse and/or humiliation.

(E) Requiring individuals to walk, march, or run in single file against their will. Not to walk on general areas (i.e. grass, rocks, etc.) or restricted from otherwise appropriate locations (i.e. campus buildings etc.)

(F) Dress in revealing, embarrassing, or uncomfortable clothing or any type of uniform.

(G) Exposing individuals to extremely uncomfortable or dangerous environments (e.g., too loud, dark, small, hot, or cold); blindfolding where there is a potential for danger.

(H) Intense interrogation of candidates; name calling or screaming at individuals and/or prolonged periods of enforced silence or use of gags.

(I) Requiring individuals to perform any act(s) which are construed to be humiliating or degrading in nature.

(J) Inability to talk to members of the opposite gender.

(K) Peer pressure to engage in activities against the individual’s will.

(L) Carrying or wearing any item(s) setting pledges/new members apart from the members. It is acceptable for new members to wear an organization pin; however, it should be noted that members also have membership badges/pins that should be worn simultaneously.

(M) Forced servitude such as shining shoes or boots; cleaning rooms, apartments, houses, cars, etc.; washing clothes or dishes; running personal errands; or other services or duties not normally shared by initiated members; requiring individuals to purchase items or services for other members.

(N) Required activities that are prohibited by law or University policy or procedure, such as trespassing, stealing of any item(s), including personal effects or organizational property (banners, composites, food, paddles, etc.); stealing of any item(s) for scavenger hunts; kidnapping; lewd, obscene, threatening, intimidating, or harassing behavior.

(O) Requiring activities that interfere with academic studies, assignments, or classes such as awakening individuals in the night for organizational activities, interfering with normal sleep or study schedules, food or sleep deprivation; requiring “take home” assignments that interfere with academic work.

**Personal Hazing Offense**

A person commits the offense of hazing and is subject to discipline under this section if the person

- engages in hazing;
- solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing;
• recklessly permits hazing to occur; or
• has firsthand knowledge of the planning of a specific hazing incident(s) involving a student in an educational institution, or has firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the Vice President of Student Affairs or other appropriate official of the institution.

Organization Hazing Offense
An organization commits a hazing offense if the organization condones or encourages hazing or if an officer, authorized representative, or any combination of members, pledges, or alumni of the organization commits or assists in the commission of hazing. No organizational activity, including but not limited to initiations or rituals, may include any feature that is dangerous, harmful, or degrading to the student. A violation of this prohibition renders both the organization and participating individuals subject to discipline.

Consent Not a Defense
Hazing with or without the consent of a student is prohibited, whether on or off campus, and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

Obligation to Report
A person who believes that he or she has been subjected to hazing in violation of this section or a person who has knowledge of hazing activities should report the incident(s) to the Vice President of Student Affairs or another University official, administrator, or supervisor.

All supervisors, administrators, and University officials are responsible for promptly reporting incidents of hazing that come to their attention to the Vice President of Student Affairs.

No person is required to report hazing to the alleged offender.

For any additional information pertaining to organization, clubs, or Greek life please contact Ms. Lanae Dowe or Mr. DeAndre Neal at their contact information below.

Lanae Dowe
The Coordinator of Student Organizations and Leadership Development
Foster Hall 308B
(804) 524-5517

DeAndre Neal
Director of Student Conduct and Greek Life
Foster Hall 110A
(804) 524-5504
Soccer is very similar to Flag Football when it comes to the description of the sport.

Soccer is a fast paced, wide-open, **NON-CONTACT** game that is loads of fun! It is a game of misdirection and strategy, form of exercise, way to meet new people and last but not less a **GAME!!**

Soccer is NOT a life or death struggle for the planet, a game of intimidation and brute strength, a **HIGH CONTACT** game, a contest of the mouth, or a reason to blow off your classes!

Soccer is a rapidly growing intramural/club program at Virginia State. We normally get 18-20 male signed up about 6-8 females signed up. Females are strongly encouraged to participate because we want to have a separate team from male and females instead of having a Co-Rec team.

Our soccer program is trying to become a club program and refer to themselves as the Trojan United Football Club.
Soccer Rules

Each player must present a valid VSU ICard/ID before each contest in order to be eligible to participate—NO Exceptions. All players must have checked in with an Intramural Supervisor and signed a waiver before they will be allowed to participate.

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or another physician before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Supervisors have the power to make decisions on any matter or question not specifically cover in the rules. The following Intramural rules re how the program will run games:

1. Team Requirements

A regulation team consists of 11 players (one of which will be the goalkeeper). A team may play with a minimum of 8 players. If a player is issued a red card, then he/she will not be allowed a replacement.

2. Equipment

Each team is encouraged to wear a similar colored shirt. Pennies will be provided. Goalkeepers must wear a different colored shirt than either team. Shoes must be worn by all participants. Rubber cleated shoes and screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited. Billed hats, casts, and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn during a game. Shin guards are highly recommended. All jewelry is prohibited and will result in dismissal from the field. Players will not be allowed a replacement until the next opportunity for a legal substitution (see Section 3).

3. Substitutions

A team must notify the Official on all substitutions. No player may come onto the field without permission of the Official. Substitutes must enter & exit the field at midfield. Teams may substitute under the following conditions:

- On either teams' goal kick or their own corner kick or throw-in.
- When a player has been injured, that team may sub for the injured player.
• When a player has been warned, that team may sub one player for each player warned.
• After a goal, both teams may substitute.

4. Game Length and Timing
• Each half will be 35 minutes in length with a continuous running clock.
• Halftime will be 3 minutes. The clock will stop for all injuries. Any injury time will not be added on at the end of the game. Time outs will not be allowed. Teams will change ends at halftime.
• The team that did not kickoff in the 1st half will kick-off in the 2nd half.
• A game called due to weather with less than 5 minutes remaining in the 2nd half will be considered complete.
• Mercy rule occur if a team is winning by 5 goals or more during the final two minutes, the game will be over.

A. Overtime
In the regular season, games that end in a tie during regulation shall be recorded as a tie. In the playoffs, the following overtime procedure shall be used:
A three (10 minute sudden death overtime period shall be played. A coin toss will determine kick off and side to defend. If tied after the sudden death period, the following penalty kick procedure shall be used:
• Kicks from the Penalty Mark will determine the winner of the contest.
• The goal keeper at the end of the sudden death overtime period shall remain the goalkeeper during the shootout.
  o Exception: Injury. Each team will have 5 kicks from the penalty mark, to be administered as a normal penalty kick would during regulation.
• The team with more goals at the end of the 5 kicks will be the winner.
• If tied after the original 5 kicks, sudden death penalty kicks will be taken (i.e., 1 kick for each team at a time) to determine the winner.
All team members are eligible to take the penalty kicks. No team member may take a second kick until all members have taken a first kick. In CoRec, no same sex member may take a second kick until all same sex members have taken their first kick. In CoRec, kicking order must rotate between the sexes (i.e. Male, Female, Male or Female, Male, Female) and continue in such fashion until a winner is decided.

5. Game Play
Free Kicks
Description of a free kick:
• Direct- a goal may be scored against the offending team.
• Indirect - a goal may not be scored unless the ball is played by another player from either team.

Rules for a free kick:
• Opposition players must be at least 10 yards from the ball until it is kicked.
• Any player of the offended team may take a free kick (in any direction).

Direct kick offenses include:
• Tripping an opponent.
• Intentionally kicking an opponent.
• Deliberately handling ball.
• Pushing or Holding.
• Charging the goalkeeper in possession of the ball.
• Striking or attempting to strike an opponent.
• Jumping at an opponent.
• Using foul or abusive language.
• Slide tackling with excessive or dangerous contact (i.e.-cleats up).
• Any other unsportsmanlike act.

Indirect free kick offenses:
• Entering the field of play without permission.
• The same player playing the ball after a free kick, penalty kick, goal kick, corner kick, or throw-in before another player plays the ball.
• Kicking or attempting to kick the ball while it is in possession of the goalkeeper.
• Obstruction.
• Dangerous play.
• Delay of game (i.e.-6-seconds by the goalkeeper).
• Goalkeeper illegally handling the ball after relinquishing possession.
• Goalkeeper handling an intentional pass or throw-in.

Penalty kicks:
• A penalty kick is awarded for any direct-kick offense by the defending team within the penalty area. It can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area.
• The penalty kick is taken from 2 yards inside the top of the penalty box (10 yards).
• All players (except for the kicker and the goalkeeper) must be outside the penalty area.
• The goalkeeper must stand on his/her own goal line until the ball is kicked.
• If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it.
• The goalkeeper may not be substituted for unless they were injured during the infraction.
• If there is an infringement by the defending team and the goal is scored, the goal will count. If the goal is not scored, there will be a re-kick.
• If there is an infringement by the attacking team and the goal is scored, the goal will not count and the kick shall be retaken. If the goal is not scored, there is no re-kick.
• In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.
6. Fouls and Misconduct

**Kicking, striking, and tripping are illegal.**
- Penalty-Direct kick.
- Denying an obvious goal scoring opportunity through such action will warrant a red card and ejection.

**Handling**
- A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm.
- Penalty-Direct kick
- Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
- An intentional handball that prevents a goal from being scored (either a shot on goal or a pass to another player with an open shot) will warrant a red card and ejection.

**Charging**
- A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent or does not have arms and elbows close to the body.
- Penalty-Direct kick.
  - Any player who flagrantly charges an opponent shall receive a red card.
  - A player shall not charge into the goalkeeper in the penalty area.

**Penalty-Direct kick.**

**Dangerous Play**
- In the opinion of the Official, all high kicks above the waist in a dangerous manner will be prohibited. Also, a player lying on the ground may not attempt to play the ball if other players are nearby.
- Penalty-Indirect kick

**Obstruction**
- A player who does not have possession of the ball may not intentionally run between an opponent and the ball or use his/her body as an obstacle.
- Penalty-Indirect kick

**Misconduct**
- A player or spectator shall be given a yellow card for persistent infringement of the rules of the game, acting in an unsportsmanlike manner, and/or objecting by word of mouth or action to the decisions given by an Official.
- A player or spectator shall be given a red card for persistent misconduct, exhibiting violent conduct, and/or using violent or abusive language. A red card (or a second yellow card) will result in an automatic ejection from the game.

7. Rule Clarifications

**Goalkeepers**

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• The goalkeeper may not handle the ball if it has been intentionally kicked or thrown to him/her by a teammate. (Only able to handle if the ball is headed back to the goalkeeper)

Penalty - Indirect kick
• The goalkeeper may not punt or dropkick the ball at any time.
• From the moment the goalkeeper takes control of the ball with his/her hands, he/she will be penalized for holding or bouncing the ball for more than 6 seconds.

Penalty - Indirect kick
To kickoff the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball. Violation of this rule will result in a retake of the kickoff. A goal is scored when the ball completely crosses the goal line. A ball is out of play when it completely crosses the sideline or the endline. If the Official blows his/her whistle warrants a dead ball (even if inadvertent). To restart play, the following methods are used:
• Throw-in = when the ball crosses the sideline. During the throw-in, if the thrown ball never enters the field of play, the throwing team will re-take the throw-in. A goal may not be scored by the throw-in.
• Goal kick = when the ball crosses the endline and the offense touched the ball last. The ball is placed on the endline closest to the side where the ball went out-of-bounds. The ball must be kicked beyond the penalty area, or the kick will be retaken.
• Corner kick = when the ball crosses the endline and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked (a goal may be scored directly from the kick).
• Direct or Indirect free kick = when a foul has been called (see Section 8).
• Drop ball = when play is stopped due to an injured player, inadvertent whistle, or it is not clear who last touched the ball before it went out-of-bounds. The ball cannot be kicked until it touches the ground. The ball is still in play if it stays in-bounds after rebounding off the goal, Official, or corner flag posts. Teams are responsible for retrieving the ball and returning it to the goalie or Official. If excessive delays occur, the Official will stop the clock and a yellow card will be issued to the team captain.
National Intramural-Recreational Sports Association (NIRSA)

**History**

NIRSA is the leading resource for professional and student development, education, and research in collegiate recreational sports. What started out as a meeting between 22 African-American men and women from 11 historically black colleges in 1950 has evolved into an association of over 4,000 members on more than 825 college and university campuses nationwide. Today, NIRSA professionals manage complex high-tech facilities and equipment, highly skilled staff, and large operating budgets that directly impact millions of people on campuses around the country. Comprehensive information about NIRSA can be found at www.nirsa.org. Through the Campus Championship Series, NIRSA organizes and hosts national and regional intramural and sport club championship programs in five sports: soccer, volleyball, flag football, basketball, and tennis.

At NIRSA, you should contact the people involved in the National Sport Programs department. They help implement the USTA Campus Championship, assist with starting new programs like your sport club tennis team on college campuses, and work closely with your college’s recreational sports department.
NIRSA Qualifications/Eligibility

At this point, you may be wondering what the differences between a sport club and an intramural sport is. NIRSA’s official definitions:

- **Intramural**: Within the walls or boundaries of the institution.

- **Extramural**: Intramural teams from one school play intramural teams from other schools.

- **Sport Clubs**: Recognized student organization on campus that competes against other sport clubs, generally at a higher level of competition. Intramurals develop sport leagues for play on a single campus. These leagues are usually run over a short period of time (seasonally). For tennis, this is often in the form of a weekend tournament. Your sport club tennis team will organize students with an interest in tennis and provide them with a year-round opportunity to play and practice together, compete against each other, compete together against other schools in intercollegiate competition, and socialize together. In addition, your sport club tennis team has the ability to modify program offerings at any time based on student needs and interests. Clearly, forming a club tennis team offers students advantages that intramurals cannot.

Another question you may have at this point is what the differences between a club tennis team and a varsity tennis team are. Varsity tennis programs are very structured, funded by the school, feature intercollegiate competition, hire coaches, recruit, make competitive cuts, etc. Forming a club tennis team allows many of the benefits of varsity athletics, like intercollegiate competition, regular practices, year-round tennis, and travel opportunities. In addition, most club teams are coed, which increases the fun and social opportunities for team members. Another difference between the two is that varsity tennis programs are often fully subsidized by the athletics department, while sport clubs have to rely heavily on the fundraising efforts of the team members.

In short, your club tennis program will fall somewhere on the spectrum between intramural and varsity athletics in both funding and skill levels. The beauty is that you and the members of your club tennis team have the opportunity each and every day to create the program that is right for you and your campus!

**Player Eligibility:**

- Players must be enrolled for the minimum number of hours (listed below) for at least 45 days prior to the beginning of the championship event.
  - Undergraduates - minimum of $\frac{1}{2}$ full-time enrollment status
  - Graduate - minimum of six credit hours
  - If a player is a graduating senior, and taking less than the required hours to fulfill their graduation requirements, submit a letter from the registrar along with the registration materials stating that the player will be graduating the same term of the event.
• For NCCS events that occur during an academic break, the preceding term will be used to determine eligibility.
• Participants from schools on the quarter system must meet the eligibility requirements of the half time enrollment for both the current and the preceding quarter.

Players are limited to six appearances in NCCS/NIRSA National events or appearing on a varsity roster per sport. These appearances can be nonconsecutive, but after any six appearances on a roster in the same sport eligibility is exhausted.
• Beginning in the fall of 2010, anyone participating as a first-time participant has six years of eligibility per sport at NCCS/NIRSA events. Players that have appeared on a NCCS/NIRSA roster in the same sport between the fall of 2005 and spring 2010 also have six appearances that can also be nonconsecutive. Any players that appeared on a NCCS/NIRSA event roster or varsity squad list prior to the fall of 2005 are no longer eligible to participate in NCCS/NIRSA events. If a player has appeared on a "varsity squad list" at any two-year or four-year college varsity team in the same sport, this also constitutes a year(s) of used eligibility. If a student played on varsity sport for two years, they still have four appearances left at NCCS/NIRSA events (so long as their team doesn't exceed the maximum number of varsity players).

Players must not be listed on the varsity roster (or "Squad List") in the same or related sport for the current academic year.
• Exceptions may be granted to any player that was listed on the roster for less than three weeks
• If a former varsity player has been listed on a varsity roster or "squad list" for four or five academic years, that player is not eligible for NCCS competition until after one full academic year has lapsed from the final academic year they were listed on a school’s varsity squad list.

Players have never been declared a professional athlete in the same or related sport.
• A professional athlete is one who receives any kind of payment, directly or indirectly, for athletic participation, or who has participated in competition with a professional team.
• A professional athletics team is any organized team that provides any of its players more than actual and necessary expenses for participation on the team and/or declares itself to be professional.

Team Eligibility

• All team players must attend the same institution from any two or four year degree-granting college or university.
• Teams representing military installations are eligible to compete, so long as all members of those teams are assigned to the same military installation.
• Teams are limited to number of former varsity player(s) (listed below) they can register. A former varsity player is defined as a student who has been listed on a
“school's varsity squad list” for any 2-year or 4-year college/university team for more than one academic year:
- Basketball - 1 athlete
- Flag Football - 2 athletes
- Volleyball - 2 athletes
- Tennis - 1 athlete
- Soccer - 3 athletes

Regional/National NCCS events Student Officials Eligibility

- Officials must meet the same enrollment eligibility criteria as players throughout the NCCS event: half-time for undergraduates and at least six hours for graduates at their representing institution.
Appendix A

Department of Student Activities
Recreation and Leisure

Lower Level Game Room
Equipment/Games Check-out Log

Date:___________________________

Staff on duty:______________________________________

Time of Shift(s):________________________________________

**Note:** Anyone who checks out game room equipment or games must leave their VSU I.D. card at the desk with the game room staff until he/she returns the item(s).

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<th>First &amp; Last Name (Please Print)</th>
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Appendix B

DEPARTMENT OF STUDENT ACTIVITIES
RECREATION AND LEISURE
EQUIPMENT SIGN-OUT FORM

DATE ____________

*Fill out request form to use recreation equipment:

NAME/ORG: ___________________________ V#: __________________

ADDRESS: ____________________________ TEL: (___)____________

EQUIPMENT REQUESTED:

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

AUTHORIZED BY: ________________________ Date: ____________

Requestor’s signature: ______________________ Date: ____________

Returned By: _____________________________ Date: ____________

Received By: _____________________________ Date: ____________
Travel Agreement

I agree to travel with the Department of Student Activities for ______ on ______ to ___________________.

Additionally, I understand and agree that I must travel to and from _____________ with the Department of Student Activities. Failure to abide by this and other rules of the VSU Student Code of Conduct shall result in a referral of the incident to the Office of Student Conduct. I do hereby release Virginia State University, its employees’ agents and contractors from any and all actions, claims, lawsuits, liabilities, and causes of action or demands of whatever nature which might arise from my voluntary participation in these activities.

________________________________________
Print Name (legible)

________________________________________
V-Number

________________________________________
Signature

________________________________________
Date

________________________________________
Telephone Number
Appendix D

TEAM SPORTS ENTRY FORM

Sport_______________________________

Status  ☐ Men  ☐ Women  ☐ Co-Rec

Team Captain/Coach________________________ VIN. #________________________

Local Address_____________________________ Phone#________________________

E-mail Address___________________________________

Co-Captain/Co-Coach________________________ VIN#________________________

E-mail Address___________________________________

IMPORTANT!! AVOIDANCE DATES AND TIMES WHEN YOU CANNOT PLAY

(I.E. DAY BEFORE TEST DATES, CLOSED DURING FALL BREAK, SPRING BREAK)

*GAMES WILL NOT BE RESCHEDULED IF AVOIDANCE DATES ARE NOT LISTED!!

Note: All team members must be listed on the roster form located on the back before participating.

AFTER COMPLETING THIS REGISTRATION FORM, PLEASE SUBMIT IT TO THE INTRAMURAL OFFICE, ROOM 408 IN FOSTER IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING INTRAMURALS, PLEASE CONTACT SAM RIVERS OR MARKUS COPELAND INTRAMURAL COORDINATOR AT (524-5546 or 524-5720).

The maximum amounts of players on a sport team are as follows:

Flag football: 10 players maximum
Basketball: 10 players maximum
**TEAM ROSTER**

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**BELOW THIS LINE ONLY FOR SOFTBALL** (Anyone listed below for Flag football, Volleyball and Basketball will not count as being on the roster.)

| 11.                         |       |       |         |
| 12.                         |       |       |         |
| 13.                         |       |       |         |
| 14.                         |       |       |         |
Appendix E

Participation/Risk Acknowledgement Form

Intramural Recreational Sports

Participation, Risk Acknowledgement and Legal Release Form

I, ____________________________, desire to participate in Intramural Recreational Sports of Virginia State University.

I further acknowledge that I do not participate or have any affiliation with any sport here at Virginia State University.

I understand that participation in any type of recreational sports activity carries with it an inherent possibility of injury. This includes injury from contact with others and/or the playing environment, aggravation of pre-existing injuries and/or conditions, and effects of over exertion and heat injury. I fully and freely assume all foreseeable risk of injury associated with the activities in which I have enrolled or will enroll. I do hereby release Virginia State University, its employees’ agents and contractors from any and all actions, claims, lawsuits, liabilities, and causes of action or demands of whatever nature which might arise from my voluntary participation in these activities. I certify that I have had physical examination within the last year and I am physically fit to participate in the activities for which I have enrolled. I also certify that I have a medical insurance policy currently in effect, and that I have a medical insurance policy current during any club-intramural activity as a criterion for continued club membership and participation.

NAME: __________________________ VIN: __________________________

ADDRESS: ______________________________________________________

PHONE: ______________________ CELL: ______________________

SIGNATURE: __________________________ DATE: _____________