



NORTH IDAHO COLLEGE
RECREATIONAL
SPORTS

NIC Recreational Sports
Student Handbook

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1. Recreational Sports Mission

- a. The mission of NIC Recreational Sports is to provide opportunities for NIC students, staff, and faculty, which foster community engagement and instill a sense of belonging through physical activity. We envision a dynamic program that engages every participant and promotes physical fitness and overall wellness. We provide a positive environment for students to develop both personally and professionally by offering many opportunities for involvement.
- b. Learning Outcomes
 - i. Participation in Campus Recreation programs contribute to student success.
 - ii. Students feel a sense of community through participation in our programs.
 - iii. Students who participate in Campus Recreation Programs will experience an inclusive environment.
 - iv. Students will develop a greater understanding of their environment.

2. Policy Prohibiting Discrimination and Harassment

The purpose of Recreational Sports is to engage current NIC students, faculty, and staff in a variety of recreational activities regardless of gender, age, physical abilities, or skill level. Participation in Recreational Sports is on a voluntary basis. Participation in Recreational Sports can provide an individual with an enhanced collegiate experience by offering opportunities to have fun, try a new activity, meet peers of different cultures, and develop a healthy active lifestyle.

We are committed to fostering a welcoming environment where ALL individuals are treated with respect and worth. Discrimination on the basis of race, color, ethnicity or nationality, religion, gender, gender identity/expression, sexual orientation, age, disability, or status as Vietnam-era veteran are not permitted in any area of North Idaho College.

Sexual harassment is unwelcome conduct of a sexual nature and can include unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature, including rape, sexual assault, sexual battery and sexual coercion or other sexual misconduct. Sexual harassment of a student can deny or limit, on the basis of sex, the student's ability to participate in or to receive benefits, services, or opportunities in the school's program.

Any student, faculty or staff member with questions or concerns about sex discrimination or sexual harassment or who believes that he or she has been the victim of sex discrimination or sexual harassment may contact the Title IX Coordinator for assistance.

We are committed to the development of successful individuals with a focus on enhancing the collegiate experience through leadership development, teamwork, sportsmanship, diversity, responsible and ethical conduct, healthy active lifestyles and fun.

3. Player Health and Safety

- a. The Recreational Sports Program will not assume responsibility for any injuries incurred during practice or participation in any of the scheduled activities beyond the coverage extended to all students by the school's Student Health Service.
- b. In the event of injury sustained during competition, the student will be given first aid and referred to the Student Health Service or the local hospital. All accidents must be reported promptly to the supervisor in charge of the competition. The Student Supervisor will fill out an accident report form and file it with the Recreational Sports Coordinator.

4. Assumption of Risk Statement

- a. All Recreational Sports participants must be aware of the natural risks involved in various activities. Individuals are encouraged to obtain health insurance prior to participation in any event. North Idaho College and the Recreational Sports program are not responsible for any injuries that may occur. Individuals who choose to participate in the Recreational Sports program will be doing so at their own risk.
- b. Each participant will be required to read, understand, and turn in a signed original copy of North Idaho College's Event Release and Acknowledgement Form before being able to participate in any Recreational Sports activities.

EVENT RELEASE AND ACKNOWLEDGMENT

I, the undersigned "Participant," have volunteered to participate in the NIC Recreational Sports, an event associated with North Idaho College ("NIC")(the "Event"). For and in consideration of being allowed to participate in the Event and in recognition of my own personal benefit from the Event, I hereby agree as follows:

Acknowledgement. I acknowledge that I am in good health and have no physical conditions that affect my ability to participate in the Event and have not been advised otherwise by a medical practitioner. I expressly acknowledge that it is my responsibility to ensure that I am covered by medical insurance, individually, or as a part of an organization and that NIC will not provide such coverage.

Assumption of the Risk. I acknowledge and agree that my participation in the Event may expose me to hazards or risks that may result in my illness, bodily injury, emotional injury, loss, death and/or damage to property. I understand and appreciate the nature of such hazards and risks and I, individually, and on behalf of any community, estate, heirs, executors, administrators, assigns, insurer, and entity, assume all risks inherent in my participation in the Event.

Release. I, individually, and on behalf of any community, estate, heirs, executors, administrators, assigns, insurer, and entity, release, waive, discharge and acquit NIC, its governing board, officers, employees, volunteers, representatives, agents and insurers, from any and all liability, claim (including claims for attorneys' fees), damage, loss, injury, expense, cause of action, dispute and cost that may arise from, result from or occur during my participation in the Event, including my coming and going from the Event, whether caused by the negligence of NIC, its governing board, officers, employees, volunteers, representatives, agents or insurers, or by any cause whatsoever.

Indemnity. I agree to indemnify, defend and hold harmless NIC, its governing board, officers, employees, volunteers, representatives, agents and insurers, from any and all liability, claim, damage, loss, injury, expense, cause of action, dispute and cost (including payment of fees as incurred) that may arise from, result from or occur during my participation in the Event, whether made by me or on behalf of me to the extent permitted by law, and whether caused by the negligence of NIC, its governing board, officers, employees, volunteers, representatives, agents or insurers, or by any cause whatsoever.

Infancy. The undersigned "Parent/Guardian" for and in consideration of their minor child, the Participant, being able to participate in the Event, hereby agrees as follows:

Parent/Guardian expressly authorizes Participant to participate in the Event and acknowledges that Participant is in good health and has no physical conditions that may affect Participant's ability to participate in the Event and has not been advised otherwise by a medical practitioner. Parent/Guardian expressly acknowledges and covenants that Participant is covered by medical insurance.

Parent/Guardian acknowledges and agrees that Participant's participation in the Event may expose Participant to hazards or risks that may result in Participant's illness, bodily injury, emotional injury, loss, death and/or damage to property. Parent/Guardian understands and appreciates the nature of such hazards and risks and Parent/Guardian, individually, and on behalf of any community, estate, heirs, executors, administrators, assigns, insurer, and entity, assumes all risks inherent in Participant's participation in the Event.

Parent/Guardian, individually, and on behalf of any community, estate, heirs, executors, administrators, assigns, insurer, and entity, releases, waives, discharges and acquits NIC, its governing board, officers, employees, volunteers, representatives, agents and insurers, from any and all liability, claim (including claims for attorneys' fees), damage, loss, injury, expense, cause of action, dispute and cost that may arise from, result from or occur during Participant's participation in the Event, including Participant's coming and going from the Event, whether caused by the negligence of NIC, its governing board, officers, employees, volunteers, representatives, agents or insurers, or by any cause whatsoever.

Parent/Guardian agrees to indemnify, defend and hold harmless NIC, its governing board, officers, employees, volunteers, representatives, agents and insurers, from any and all liability, claim, damage, loss, injury, expense, cause of action, dispute and cost (including payment of fees as incurred) that may arise from, result from or occur during Participant's participation in the Event, whether made by Parent/Guardian or Participant or on behalf of Participant to the extent permitted by law, and whether caused by the negligence of NIC, its governing board, officers, employees, volunteers, representatives, agents or insurers, or by any cause whatsoever.

Understand. Parent/Guardian and Participant acknowledge and agree that they have read this agreement in its entirety, understand the terms herein and agree to be bound thereby.

Severability. If any provision of this agreement shall be found to be void, such determination shall not affect any other provision of this agreement.

5. How to get involved with Recreational Sports

- a. Any current NIC Student, Faculty, or Staff is eligible for Rec Sports. The following are the simple steps needed to participate in sports and activities:
 - i. Team Sign Ups
 1. Visit the SWRC and pick up a sign up sheet.
 2. Complete the form with your teammate's names, student email, and signature.
 3. Keep an eye on the Rec Sports bulletin board for a posted schedule. The team captain will also receive a phone call from the Rec Sports Team before the season begins.
 4. Play against other teams on campus and compete for a Rec Sports Champion T-Shirt!
 - ii. Free Agent Sign Ups
 1. Visit the SWRC and tell the front desk you would like to sign up for a sport as a free agent.
 2. Leave your name and student email with the front desk.
 3. The Rec Sports Team will send you a message to your Student Email with your assigned team and team schedule.
 4. Meet new friends and compete with your teammates for a Rec Sports Champion T-Shirt!
- b. Attend the team captains meeting to learn starting dates, rules, and regulations (when applicable).
- c. All championship teams and individual champions will receive a Rec Sports Champ T-Shirt at the end of each season.
- d. Recreational Sports wants to provide new and exciting activities for students, faculty, and staff. If you would like to introduce an activity not offered through

the Recreational Sports program, you can provide a list comprising of a minimum of four teams to participate. This allows the department adequate time to organize the schedule and provide officials. The group organizing the activity will be expected to provide most of the leadership under the supervision of the Recreational Sport Coordinator.

Recreational Sports hires students each year to work as Recreational Sports Supervisors and Officials. If you have an interest in being a leader and want to get involved, stop by the Recreational Sports Office today! Our office is located on the upper level of the Student Wellness and Recreation Center.

6. Activity Registration and Dates

- a. Registrations for Recreational Sports activities take place at the Student Wellness and Recreation Center. Visit <http://www.nic.edu/websites/default.aspx?dpt=198&pageID=9038> to see upcoming sports, entry form due dates, and start dates for each season.
- b. You can sign up as a team or as a free agent. Team captains, or team representatives, and free agents are required to attend Captain's meetings (when applicable). Rules, student expectations, and schedules will be shared and free agents will be recruited for teams at this time.
- c. Visit NIC's Campus Recreation website or follow us @NICCampusRec on Instagram and Facebook to stay up to date on Recreational Sports events.

7. Participation in Recreational Sports

North Idaho College students, staff, and faculty shall be permitted to participate in NIC Recreational Sports in accordance with the person's consistently asserted gender identity. Individuals will not be forced to use a locker room corresponding to their gender assigned at birth. The Student Wellness and Recreation Center offers a gender neutral locker room in a safe and welcoming environment.

8. Participant Eligibility

- a. In order to be eligible to participate in Recreational Sports, players must be a current NIC student, faculty, or staff member. Players must also sign a waiver at the SWRC Front Desk. In order to sign the waiver, you must be 18 years old.
- b. All players must present a valid Cardinal Card to participate. Players must be listed on the team roster on www.imleagues.com prior to the contest in which they plan to participate. Teams may add players at the game site as long as the player fills out information on the team roster prior to the contest. If this is not done, the team becomes ineligible for further play.
- c. All teams may add players until the second week of the season in order to be eligible for playoffs.
- d. Any NIC Student Athlete, whose name appears on the current team roster is ineligible to participate in the same activity through Recreational Sports but may participate in other events.

- e. Each player must be signed up (first and last name) on the score sheet prior to the start of the game. If a player will be arriving late, make sure to add this player's name to the score sheet prior to the start of the game.
- f. The Recreational Sports staff reserves the right to check the eligibility of any participant in the program. However, the staff does not assume the responsibility of checking the eligibility of every student unless requested by the participating team.

9. Captain's Responsibilities

- a. Each team registered to participate in a Recreational Sports activity must have a designated team captain who will act as the official liaison between the team and the Recreational Sports Department. It is the team captain's responsibility to inform his/her team of all rules, regulations, and procedures.
 - i. Scheduling a team representative to attend the Captain's meeting (when applicable).
 - 1. **If you cannot attend the meeting, speak with the Coordinator of Recreational Sports. Failure to use this method will prevent your team from participating in playoffs.**
 - ii. Checking the eligibility of each player before and during the season.
 - iii. Prior to playoffs, ensuring all team members are listed on the official roster. *Note: Team's rosters will be frozen following the completion of the regular season.*
 - iv. Notifying the team of time and place of the scheduled activity.
 - v. Becoming familiar with the rules, regulations, and procedures of Recreational Sports.
 - vi. Organizing the team to play according to the rules and spirit of the game and to conduct themselves with proper sportsmanship. This responsibility also extends to helping the team's fans understand the game rules and proper sportsmanship.
- b. Game Day Check-In
 - i. Before a match, all team members must check in with an official at their field or court.
 - ii. All participants must have their Cardinal Card with them and may be asked to present it to an official.
 - iii. All players listed on the scorecard and verified before the contest will be considered participants in that contest.
 - iv. Should a player not be verified, that player will be considered as an ineligible player.

10. Equipment

Recreational Sports will provide most equipment for activities being offered. It is the responsibility of participants to wear proper attire for the activity. Shirts are required for every activity. Non-marking athletic shoes are required for any indoor activity. Rubber cleats are allowed in outdoor competitions such as flag football and soccer.

All jewelry must be removed prior to game time. Bottoms with pockets are NOT allowed in Recreational Sports. Metal cleats are prohibited. Any individual who is wearing prohibited clothing will not be allowed to compete in any Recreational Sports events until they put on the proper gear.

11. Team & Player Conduct

- a. All students are expected to know and abide by the regulations and policies set forth by the Student Code of Conduct, (<https://www.nic.edu/students/studentHandbook.pdf>) and are subject to disciplinary action by the College for any violations of this code. The Recreational Sports Coordinator reserves the right to refer any incidents involving substandard student conduct to the Director of Student Development.
- b. All participants, coaches and fans that choose to participate in the Recreational Sports program at North Idaho College are expected to display good sportsmanship and comply with the spirit and rules for each sport. The Recreational Sports program will not tolerate profanity or any other unsportsmanlike conduct.
- c. Teams that display any unsportsmanlike conduct will be reported to the Recreational Sports Coordinator and will have to meet with the coordinator prior to their next game in order to continue playing in the season. If they choose not to meet with the coordinator, they will not be able to continue participation in the season.
- d. The Recreational Sports staff reserves the right to change any team name that is deemed inappropriate or offensive to participants.

12. Team Sportsmanship Guidelines:

- a. Each team receives a sportsmanship rating at the conclusion of each game by the Recreational Sports staff.
- b. A team must have a 2.5 average rating during the season to be eligible for the playoffs.
- c. The following list is used in determining a Team's Sportsmanship rating.
 - i. Excellent Sportsmanship and Conduct – A-4.0
 1. Players cooperate with game officials, supervisors, and scorekeepers.
 2. Players interact well with opponents, team members and spectators.
 3. Team captain or representative approaches officials and supervisors calmly with concerns and questions.
 4. Team captain or representative provides the necessary leadership for control of his/her players.
 - ii. Good Sportsmanship and Conduct – B-3.0
 1. Players display good sportsmanship towards game officials and opponents, with no blatant displays of poor sportsmanship.
 2. Players verbally complain about a/few decisions and calls, by game officials, supervisors, and scorekeepers which may warrant a warning.

- iii. Below Average Sportsmanship and Conduct – C-2.0
 - 1. Team is cooperative with game officials, supervisors and scorekeepers; however, players show some dissent towards game officials, which may or may not merit an unsportsmanlike penalty/yellow card/technical foul.
 - 2. Team captain exhibits control over teammates and themselves.
- iv. Poor Sportsmanship and Conduct – D-1.0
 - 1. Players comment and complain to game officials, supervisors, or scorekeepers about multiple calls.
 - 2. Team displays poor sportsmanship.
- v. Unacceptable Sportsmanship and Conduct – F-0.0
 - 1. Players are uncooperative towards game officials, supervisors and scorekeepers.
 - 2. Team captain or representative has no control of team or themselves.
 - 3. The team may have caused a game to be stopped or forfeited because of multiple unsportsmanlike acts.

d. Special Game Situations

- i. A team winning by forfeit will receive an “A” sportsmanship rating.
- ii. If a game is forfeited during the contest, the opposing team will receive their rating based on their actions up to that point.
- iii. A team losing by forfeit for reason other than sportsmanship will not receive a sportsmanship rating for the game.
- iv. Teams receiving less than a 2.0 sportsmanship score in a single game must have a team representative meet with a Recreational Sports Coordinator to be eligible to continue participation in Recreational Sports.

e. Suspension from Play

- i. Participants who display unsportsmanlike conduct, resulting in two severe penalties in one night will be suspended from Recreational Sports until a meeting is scheduled with the Recreational Sports Coordinator. The disciplinary results will be administered on a case by case basis.
- ii. Participants using threatening behavior, intimidating tactics, or overly aggressive behavior toward game officials, staff members, or players in any manner will result in immediate ejection and indefinite suspension from participation in Recreational Sports and will be referred to the Director of Student Development for disciplinary procedures.

The Recreational Sports Coordinator reserves the right to adjust any participant's suspension.

13. Alcohol and Drug Policy

Individuals and teams who arrive intoxicated, suspected of consumption, or possessing alcohol or other substances will not be permitted to play. Managers are responsible for their players' actions. If a player is thought to be intoxicated, the manager will be asked to remove that person from the contest. If the manager does not cooperate, the officials/supervisors have the right to forfeit the contest. NIC and Recreational Sports will not tolerate such behavior and will act in a prudent manner with the safety of all participants as a priority. Punishment for violating this policy will be suspension from Recreational Sports for one calendar year and notice given to the Vice President for Student Services.

14. Postponements

- a. Only the Recreational Sports Coordinator or the Student Supervisor of that activity may grant postponements.
- b. The Recreational Sports Coordinator or Student Supervisor will decide when climatic conditions justify postponements, and he/she will automatically reschedule the event and inform the participants of the new date.
- c. Games may be postponed, if 24 hours of notice is given to the Recreational Sports staff. Recreational Sports staff will do their best to reschedule the contest with no penalty granted. Failure to provide this notice will result in a forfeit.

15. Forfeits

- a. All games are expected to begin at the specified time. If one team cannot field a team within 10 minutes after starting time, the game will be declared a forfeit. One forfeit disqualifies your team from playoffs, but you may finish the season.
- b. If a team forfeits two scheduled games in the same sport, the team will be expelled from the league.
- c. Teams intending to forfeit should notify their opponents and the Recreational Sports Office 24 hours in advance.
- d. Officials will declare a contest forfeited when a team displays flagrant poor sportsmanship or departs from the area prior to the completion of the contest.
- e. In the event that both teams are not ready for play, both teams will forfeit the contest and each team will receive a loss.
- f. A team must start a contest with the required number of players as stated in the rules for the sport. Failure to do so results in a forfeit of the contest.

16. Student Employment Opportunities

- a. Officials

Recreational Sports is always looking for qualified officials. Student officials will gain experience in officiating soccer, flag football, basketball, volleyball, dodgeball, and other activities. Experience is not required as Recreational Sports offers trainings, rules, and clinics for each sport. In order to officiate a sport, you must attend all mandatory meetings. If a schedule conflict occurs, you may schedule a meeting with the Recreational Sports Coordinator.

Officials represent Recreational Sports Programs and are expected to have a positive attitude and conduct themselves in a professional manner. Hours are mostly in the afternoon and evenings. Recreational Sports Supervisors and Coordinator will always support your calls and provide you with any help during games.