



Intramural Sports Handbook

Welcome to University Recreation Intramural Sports!

Every year at WSSU, hundreds of students, faculty and staff participate in Intramural Sports. For many, Intramural Sports become an integral part of their collegiate experience. Our program offers a wide range of activities for UREC members, regardless of skill level or time commitment. The Intramural Sports staff welcomes participants both new and old. Whether you were a varsity star, a fifth-string quarterback, or have never participated in a sport, the Intramural Sports program is the perfect way to be active and involved. For more information about Intramural Sports, please visit our website <u>www.wssu.com</u> or on <u>www.imleagues.com</u> or email us at <u>maurerk@wssu.edu</u>.

DIVISION CATEGORIES

Intramural competition is offered in three divisions:

Men's Division - composed of individual men or men's teams including student organization, residence hall, Greek organization, or independent teams. In most cases, the Men's division can be divided into a "White" division (higher competition/pre-qualified from a previous semester or tournament) and a "Red" division (less competitive/first time playing). Individuals are not permitted to play on both a "White" and a "Red" team.

Women's Division - composed of individual women or women's teams which may including student organization, residence hall, Greek organization, or independent teams.

Co-Rec Division - composed of teams consisting of a minimum number of players of each gender. This division may be divided into a "White" and a "Red" division depending on the number of teams and the ability levels. Players may be on one Co-Rec team and one single-gender team.

REGISTRATION FOR INTRAMURAL SPORTS

To register for Intramural Sports, you must create an account through IMLeagues.com. IMLeagues offers a live support button in the top right corner of all pages. Use this button if you encounter any difficulties.

CREATE AN IMLEAGUES ACCOUNT

- 1. Go to IMLeages.com and click "Create Account" or click "Log in with Facebook" if you have a Facebook account with your school email attached.
- 2. Enter your information, and use your SCHOOL email and submit.
- 3. You will be sent an activation email. Click the link in the email to login and activate your IMLeagues account.
- 4. You should be automatically joined to the WSSU site. If not, you can search schools by clicking on the "schools" link.

REGISTER A TEAM

- 1. Log in to your IMLeagues account.
- 2. Click the Create/Join Team button at the top right of your user homepage.
- 3. The current sports will be displayed. Click on Open League.
- 4. Click the "create team" button and follow instructions.

JOINING A SPORT

You can join the sport one of three ways:

Create a Team (for team captains)

1. Captains can invite members to their team by clicking the "Invite Members" link on the team page. Any invited members must accept the invitation to be added to your team.

2. If they've already registered on IMLeagues: search for their name and invite them.

3. If they haven't yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address.

<u> Ioin a Team</u>

- 1. Use the Create/Join Team Button at top right of every page.
- 2. Accept a request from the captain to join his/her team.
- 3. Find the team and captain's name on division/league page and request to join.
- 4. Go to the captain's playercard page, view his/her team, and request to join.

<u>Ioin as a Free Agent</u>

You can list yourself as a free agent in as many divisions within a league as you'd like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

TEAM REQUIREMENTS

REQUIRED TEAM MEETING

The team captain must attend the mandatory captain's meeting at the specified place and time. Any team that is not represented at the captain's meeting will be dropped from the league and replaced with a team from the wait list for that sport.

LATE REGISTRATION

Late entries may be accepted if space is available. Wait list teams should attend the mandatory meeting.

ELIGIBILITY

WSSU students, faculty, staff and others with a valid UREC Membership shall be eligible to enjoy all Intramural Sports privileges and shall retain that status until they withdraw, graduate, fail to comply with eligibility rules or other guidelines, or allow their UREC membership to expire.

All players must be registered on IMLeagues and be listed (first and last name) on the roster/score sheet. All players MUST show their valid WSSU or UREC ID at EVERY game in order to play.

ONE TEAM RULE

The first team a participant plays for is the team that person is committed to for that sport. Participants may play on one same gender team and one co-rec team.

ASSUMED NAME

Anyone who participates under an assumed name or uses someone else's ID is ineligible and may be suspended for the remainder of the season. All games in which the person participated will be counted as forfeits. If an ineligible player is detected in the playoffs, the team will be eliminated from the tournament and the last team playing against the disqualified team will advance.

FALSE IDENTIFICATION

A player using false identification must meet with the Competitive Sports Coordinator to discuss the incident. Any individual caught trying to check-in with a WSSU or UREC ID card that is not their own has not only jeopardized their Intramural Sports eligibility, but they have jeopardized the owner of the ID's eligibility. Both parties will be subject to disciplinary action by Winston-Salem State University and UREC.

MINIMUM PLAYER RULE

A team can begin play with fewer players than the official rules specify for that particular sport without forfeiting the contest. Each sport will have a minimum requirement stated in the Manger's Handbook. If you need additional players a current listing can be found on IMLeagues or by contacting the Intramural Sports Office.

COLLEGIATE ATHLETES

Students who are on a varsity roster at a higher education institution (NCAA Division I, II, III, NAIA, NJCCA) are not eligible to compete in that specific sport or related sport until the next academic year. Membership shall include persons practicing or working out with the team whether they play or not. Students who try out for a varsity squad and are cut / quit are ineligible until they meet with the Competitive Sports Coordinator for approval to compete.

VARSITY ATHLETES IN RELATED SPORTS

Current varsity athletes may participate in other Intramural Sports activities outside of their varsity sport. However, they may not participate in that sport or its related activity, (i.e., softball/softball, wiffleball, or home-run derby; volleyball/volleyball; soccer/soccer; basketball/basketball, 3-on-3 basketball, free throw/3-point contest.)

Please note: All cases will be heard and ruled on an individual basis. Questionable players should contact the Assistant Director of Competitive Sports for clarification.

PLAYOFF AND TOURNAMENT ELIGIBILITY

<u>Playoffs</u>: Players not appearing on the Roster before the 1st playoff game are ineligible to play in the playoffs.

ELIGIBILITY OF OPPONENTS

If the eligibility of an opponent is in question, the protesting player(s)/team(s)/official(s) MUST "announce" those questions to the opposing designated captain AND game official(s) before the game is completed. If warranted, player(s)/team(s)/official(s) need to follow up with a written protest by scheduling a meeting with the Competitive Sports Coordinator within 24 hours of that contest. The Intramural Sports program reserves the right to handle eligibility violations without a formal protest.

ROSTER SIZE

Minimum and maximum numbers needed for play are listed below:

- Football (Men's and Women's Leagues) 7-on-7
 - Minimum Players Required: 5
 - Maximum Roster Size: 16
- Football (Co-Rec) 8-on-8
 - Minimum Players Required: 5 (at least 2 of each gender)
 - o Maximum Roster Size: 20
- Soccer 7-on-7
 - Minimum Players Required: 5 (at least 2 of each gender for co-rec)
 - o Maximum Roster Size: 16
- Basketball 5-on-5
 - Minimum Players Required: 4 (at least 2 of each gender for co-rec)
 - o Maximum Roster Size: 14
- Volleyball 6-on-6
 - Minimum Players Required: 4 (at least 2 of each gender for co-rec)
 - o Maximum Roster Size: 14

FACILITIES

With the high use and traffic in all facilities, participants are responsible for their own garbage/trash. Your cooperation and help is also needed with keeping personal belongings and other hazards away from all playing areas. Please notify the Intramural Sports staff of any safety hazards regarding the equipment or facility.

EQUIPMENT

FOOTWEAR

In all sports players must wear athletic type shoes that cover the foot completely. Sandals, boots, and open toe shoes are NOT allowed. For outside sports, cleats are limited to studs or projections that do not exceed ½ inch in length and are made with nonabrasive rubber or rubber-type synthetic material that does not chip or develop a cutting edge.

EQUIPMENT CHECK OUT

Some specialty equipment will be provided by WSSU Intramurals for each competition. Some items may be checked out at the UREC Equipment Desk or from the Intramural Sports Supervisor at the field during game times. Players may check out equipment for practice or warm-up at the UREC Equipment desk. A current WSSU ID Card or UREC Membership Card is required to check out equipment. Users shall be responsible for payment for loss, theft of, and/or any and all damages/repairs to equipment items (other than normal wear & tear).

CAPTAIN'S MEETINGS

Meetings are conducted for all league sports and some tournaments to discuss game rules, safety, policies and procedures, etc., and to discuss potential scheduling issues. Each team/ individual/ dual entry must be represented by a Captain or designee at the Captain's Meeting. Additional meetings may be required for playoffs.

SAFETY

The safety of all that participate in the program is of utmost importance to the organization and administration of each activity.

JEWELRY

All Intramural Sports activities require the removal of all jewelry including but not limited to watches, chains, bracelets, necklaces, rings and piercings. All jewelry must be removed before playing any Intramural Sport. If a participant does not want to remove the jewelry then they will not be allowed to participate in the activity.

If jewelry cannot be removed, that player cannot play. In these activities only a medical alert necklace or bracelet may be worn. Medical alert necklaces and bracelets must be secured with athletic tape so that no sharp edges are exposed while still leaving the medical alert visible. Rulings by the Intramural Sports staff regarding jewelry are final. Please leave all other jewelry at home. Intramural Sports staff will not be responsible for any lost jewelry.

In an effort to maintain a safe playing area, all participants are to adhere to the following **<u>BLOOD</u>** <u>**RULE**</u>: Any player who is bleeding must be substituted for until the bleeding stops. An Intramural Sports supervisor or game official has the authority to remove the player. If by removing the player who is bleeding, the team falls below the minimum number necessary to play a sport, the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. An Intramural Sports supervisor must approve the player re-entry. Any and all blood soiled clothing must be changed before a player is allowed to return to the game. If the bleeding is not stopped within the allotted five (5) minutes, the team will default the game. The allowance is only for players who are bleeding when the team cannot continue to play without them. In all supervised activities a WSSU Intramural Sports staff member will be available to assist a bleeding player and determine whether the individual may return to play.

WEATHER & GAME CANCELLATIONS

During inclement weather, games can be cancelled only by the Assistant Director of Competitive Sports or Supervisor on site. Do not assume the game will be cancelled as the weather is very unpredictable. It is your responsibility as the captain to make sure your team is ready to play at game time. Whenever possible, the Assistant Director of Competitive Sports will reschedule games canceled because of the weather. Cancelled games during the regular season may be rescheduled based on time/space availability. Playoff games which are cancelled will be rescheduled and posted on imleagues.com by 12:00pm the following day.

Lightning: If lightning strikes are within 3-8 miles of the facility, a 30 minute minimum delay will go into effect for all outside sports. Players and staff must seek shelter until it becomes safe.

We highly recommend all team members add their cell phone number to their IMLeagues profile in order to receive text messages concerning game cancellations.

DEFAULTS, FORFEITS & RESCHEDULING

DEFAULTS

A team may contact the Intramural Sports office 24 hours in advance if they cannot make a game. The game will be recorded as a default, and your team will be assessed a sportsmanship score of 2.0 and charged with a loss. They must talk to, leave a message for, or email the Assistant Director of Competitive Sports at 336-750-3319 or maurerk@ssu.edu.

FORFEITS

A five minute grace period will be allowed for tournament sports. For league sports the following 10-minute rule will apply:

- 1. A grace period will be granted if the minimum players required for the grace period (see roster size listed above) are present and ready to play.
- 2. The game clock will start at game time.
- 3. By the 10 minute mark, the minimum number of participants (see the roster size listed above) must be ready for play.
- 4. The game begins when the minimum number of players required is present and ready for play.
- 5. The team with the minimum number of players first present will begin with possession or choice of possession.

In order to claim a forfeit, the opposing team must be present and ready to play the number of players required to start a game. A team unable to meet the minimum number of players required will forfeit a game. The game will be recorded as a loss and the team will receive a sportsmanship

score of 1.0. If both teams do not meet the minimum number, the game will be recorded as a double forfeit and both teams will receive a 1.0 rating.

If a forfeit is issued to a team who did not show up for a scheduled contest, they must not forfeit a second time or they will be removed from the league.

A team that forfeits two games will be dropped from competition.

POSTPONEMENTS & RESCHEDULING

Games will not be postponed because of social engagements, organization meetings, etc. If a player or team knows of potential conflicts, they should notify the Assistant Director of Competitive Sports at 750-3319, at least 48 hours in advance so conflicts can be minimized. Rescheduling chances increase significantly if a team notifies the Assistant Director as soon as they learn of a possible conflict. Nothing will be done for a team that waits until the day before, or the day of the game, to reschedule the game.

Teams wishing to reschedule must:

- 1. Contact the Assistant Director of Competitive Sports, 750-3319, to obtain approval and a list of available rescheduling times.
- 2. Contact the opposing captain and, if the opposing team is willing, a mutually convenient date/time should be agreed upon. Both captains must contact the Assistant Director of Competitive Sports with the new date/time. If both captains do not contact the Assistant Director, the game will NOT be rescheduled.

Please Note: The opposing captain does not have to agree to reschedule the contest. If a new date/ time cannot be agreed upon, the game will not be played and the team wishing to reschedule will receive a default (not a forfeit).

PROTESTS

Protests are permitted in Intramural Sports in order to ensure fairness to a player or a team. Protests are divided into two categories: **Game Protest or Player Eligibility Protest**. To file a protest, the appropriate protest form must be completed by an Intramural Sports Supervisor and submitted to the Assistant Director of Competitive Sports. During league play the meeting must be arranged within 24 hours of the start of the game in question. During playoffs, a form must be filed at the Intramural Sports Office by 12:00pm (noon) on the weekday following the completion of the game in question. Both team captains will be notified when the contest has come under protest.

GAME PROTESTS

The only acceptable reasons for a game protest are:

- Misinterpretation of a playing rule
- Failure of an official to apply the correct rule to a given situation, or
- Failure of an official to impose the correct penalty for a given violation.

The game protest must be "announced" to the opposing designated captain and official(s) <u>at the time of the infraction</u> when the interpretation of the rule is at fault, the official applies the incorrect rule, or imposes wrong penalty. *Game Protests WILL NOT be considered if they are based on a decision involving the accuracy of judgment on the part of an official or do not follow the procedural guidelines.*

Game Protest Solutions

Every attempt will be made to correctly interpret at ruling on the field at the time of the play. The Intramural Sports Supervisor may consult the Assistant Director of Competitive Sports, Director of University Recreation, Rule Book or other source for additional information. If an immediate resolution is not found, official forms must be completed.

Game Protests will be checked for validity (one of the three above acceptable reasons), must be shown to directly affect the final outcome & must meet the procedural guidelines established. If deemed valid, an automatic roster check of both teams will take place.

Decisions to accept/deny and the solution implemented by the Assistant Director of Competitive Sports shall be final with no appeal process. The Assistant Director reviews all protests. Individuals may be asked to provide additional information. During playoff and tournament play, protests will be reviewed before the next scheduled contest, generally the next day.

Eligibility Protests

A protest concerning player(s) eligibility must be filed with the Intramural Sports Office prior to the end of the contest. At the end of the contest, the appropriate protest forms will be completed and filed. Player Eligibility Protests will lead to a review of eligibility of both teams involved in the contest. A team in violation of any eligibility rule will cause all contests to be automatically forfeited in which the ineligible player participated.

SPORTSMANSHIP

In Intramural Sports, winning and losing are mere outcomes. What is part of the game is the pure satisfaction of participation, teamwork, improving fitness and enhancing friendships. Without your opponent, there is no game, no contest, no memories, and no fun. You are indebted to them as they are to you. The spirit of play is then based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to use their best judgment in caring for the safety of others as well as themselves. The ultimate goal of the players means more than win or lose. All players are asked to participate within the context of this **SPIRIT of PLAY**.

Every team is responsible for the conduct of its players and fans. Any conduct judged as detrimental to the participants, program, or any particular contest, may result in loss of the contest, suspension of the individual player(s), suspension of the entire team, or other appropriate action.

Winston-Salem State University students are subject to a Code of Conduct. Harassment (verbal or otherwise) including sexual, racial, ethnic or religious harassment that causes injury, distress, emotional, or physical discomfort, is one of the offenses which may result in disciplinary

action. The University Recreation Department will vigorously enforce all sections of the code to insure that participants feel welcome and enjoy benefits of a recreational activity.

Spectator Policy

Spectators are welcome at all games and activities. However, team managers are responsible for their spectator's behavior. Fans are expected to follow the sportsmanship guidelines explained within the Intramural Sports Handbook. Team captains are responsible for educating their spectators on these guidelines. Our goal and responsibility is to provide and create a healthy atmosphere for all participants, officials, scorekeepers, supervisors, and spectators. We ask for your cooperation as spectators to help develop a positive atmosphere. It is the responsibility of each spectator to do everything possible to ensure that the game atmosphere is friendly and good natured.

Team Sportsmanship Rating

The development of team and individual sportsmanship is of fundamental importance in all Intramural Sports activities. The sportsmanship rating system is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the Intramural Sports league and playoff seasons. Behavior before, during and after the Intramural Sports contest is included in the rating. The team captain is responsible for education and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after Intramural Sports contests, officials and /or supervisors shall make decisions whether to warn, penalize, or eject persons and/or teams for poor sportsmanship.

The team captain's efforts in assisting officials/staff to calm difficult situations and to retain troubled teammates are the key to controlling team conduct. After each game, each team will be awarded a sportsmanship rating (0-4). Intramural Sports officials and /or Intramural Sports Supervisors shall determine acceptable team ratings. Appeals for unacceptable ratings are not accepted.

The Assistant Director of Competitive Sports will determine season ending ratings. The Intramural Sports Program Staff also reserves the right to review any rating given to a team.

"4" = Excellent conduct and sportsmanship: Players cooperate fully with the officials and other team members. The captain calmly converses with the officials about rule interpretations and calls. The captain has full control of his/her teammates. Respect is shown for Intramural Sports facilities and equipment.

"3" = Average conduct and sportsmanship: Team members verbally complain about some decisions made by the officials and/or show minor dissent. Teams that receive one unsportsmanlike penalty will receive a 2 rating or lower.

"2" = Poor conduct and sportsmanship: Team shows verbal dissent toward officials and/or opposing team which merits an unsportsmanlike penalty. Captain exhibits minor control over his/her teammates, spectators, but is in control of himself/herself. A team which receives an ejection or multiple unsportsmanlike penalties will receive no higher than a 1 rating. ****

****A team which receives a rating of 1 or 0 (zero) in a game must meet with the Assistant Director of Competitive Sports before they will be eligible to play its next contest.

SPECIAL SITUATIONS

- Games which are not rescheduled due to rainouts, poor field conditions, or other reasons: both teams will receive a 4 rating.
- A team winning a game by forfeit or default will receive a 4 rating.
- A team losing a game by forfeit will receive a 0 (zero) rating and must meet with the Assistant Director of Competitive Sports.
- A team losing a game due to default will receive a 2 rating

During playoffs, a sportsmanship rating of least 2 is required for advancement for the winning team. A winning team with a sportsmanship rating less than 2 will forfeit out of the tournament.

PERSONAL SPORTSMANSHIP

All ejected participants will be required to set up a meeting with the Assistant Director of Competitive Sports or his/her designee. Any individual ejected will be placed on the Suspended List and will not be permitted to participate in the Intramural Sports program until such time determined by the Assistant Director of Competitive Sports or his/her designee. Privileges may be immediately suspended to UREC facilities at the discretion of the Assistant Director of Competitive Sports or the Director of University Recreation.

Rulings may include, but are not limited to, probation, suspension, the assessment of forfeit fee charges, community/departmental service and/or review by the Office of Student Conduct. Any threat made to a participant, official, employee or spectator will result in a referral to the Office of Student Conduct.

TEAMS AND ORGANIZATION SPORTSMANSHIP

The Assistant Director of Competitive Sports or Director of University Recreation may sanction teams and organizations. A team that is suspended or placed on probation will result in the suspension or probation of each team member present on the day of the contest. Spectators may be suspended or placed on probation. Teams or organizations may be referred to the Office of Student Conduct.

PLAYOFFS

All teams who meet sportsmanship and forfeit requirements may be eligible for postseason. Due to the number of teams in some activities and the limited time available to complete the playoffs, additional limits may be placed on teams advancing. Teams may be limited by win-loss record or other factors in order to complete playoffs in a timely manner. The requirements may be adjusted at the discretion of the Assistant Director of Competitive Sports. **If a team does not attend the playoff meeting it is up to the team captain to find out when and where the teams play. Teams may be dropped for not attending.**

CHAMPIONSHIP AWARDS

The Intramural Sports program provides awards in all activities for the winners of the various divisions. In team events, individuals listed on the team roster and who are present will receive an Intramural Championship T-shirt.

INJURIES

ASSUMPTION OF RISK AND RELEASE STATEMENT

All participants are strongly urged to have a yearly medical examination and to carry medical insurance coverage. While we strive to provide safe and well supervised activities and facilities, there is an inherent risk for physical injury or death in all sports activities. Participation in the program is voluntary; individuals assume responsibility for their own health and safety.

The University and its staff are not responsible for any injuries incurred while participating in or watching Intramural Sports Events. Any injury incurred while participating in Intramural Sports must be recorded on an accident report form.

BLOODBORNE PATHOGENS

Participation in sporting activities may cause injury and exposure to blood borne pathogens. Blood borne pathogens are pathogenic microorganisms that are present in human blood and can cause diseases in humans. These pathogens include, but are not limited to, Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV).

The Intramural Sports program, in compliance with North Carolina Law, will make every effort to minimize exposure to its employees and participants. Because the Intramural Sports staff is trained and certified to respond to emergency and blood exposure situations, we ask that they be contacted immediately to respond to any injury.

INJURY RESPONSE

All injuries are to be reported to the game officials and Intramural Supervisor. All minor injuries can be taken care of by the supervisor with a First Aid kit or the injured person may go, with another person, to the Student Health Services for treatment. Student Health Services hours are: Monday through Tuesday 8 a.m. - 7 p.m. and Wednesday-Friday 8 a.m. - 5 p.m. For an appointment please call 750-3301.

All major injuries or emergencies will be taken care of immediately by the supervisor in charge by calling the WSSU Emergency Number at 2911 or Student Health Services at 750-3301. Medical expenses incurred such as ambulance rides, doctor bills, and x-rays will be the responsibility of the injured person.

IMPAIRMENT

UREC believes that participation in Intramural Sports is a positive, healthy experience that provides enjoyment to our participants. To foster health benefits and maximize enjoyment for participants and student staff, consuming alcoholic beverages and/or illegal drugs before participating, during participation, or on site after participation is a violation of University policy. Individuals or teams who violate this policy will not be eligible to participate.

No alcohol or any other illegal substance is allowed on any University property. This includes all Intramural Sports playing fields and courts. If any illegal substance is discovered, it will be disposed of immediately.

If a participant, team, or spectator shows up for an Intramural Sports game impaired and is suspected of being under the influence of alcohol or illegal substances, the participant or team will be required to leave the area. The team will forfeit if several members of team are impaired, or if participant(s) will not cooperate with WSSU Intramural Sports staff.

RESPONSIBILITIES OF TEAM CAPTAINS

The success of the Intramural Sports program depends largely on the leadership skills and interest of the team captain. Each team MUST have a captain and alternate representative responsible for the communication between players and the Intramural Sports Staff. Experience has proven that successful teams usually have dedicated and efficient team managers. Some of the team manager's duties include, but are not limited to:

- 1. Register your team on IMLeagues.com by the registration deadline. Entries are taken on a first come, first serve basis, so some leagues will be closed after the first day.
- 2. Invite others to join your team. The players must be on the roster before they are eligible to play.
- 3. Attend the scheduled Mandatory Captain's Meeting for the selected sport. If you cannot attend, you may send another person to serve as the team representative. Information crucial to your team's success will be made available at this time. If your team captain or a team representative does not attend this meeting your team will not play.
- 4. Be familiar with all rules (eligibility and game) and ensure that your teammates understand them.
- 5. Each team is responsible for maintaining good sportsmanship among the coaches, players, and spectators before, during, and after competition. Explain sportsmanship ratings and potential consequences to your players.
- 6. Check the IMLeagues.com website for schedules and playoff brackets. Communicate with your team members to ensure you have a minimum number of players present.
- 7. Respond to Intramural Sports Staff concerning schedule changes, inquiries, etc.
- 8. Clarify questions regarding rules, eligibility, and file any protest with the intramural sports personnel.

QUESTIONS OR CONCERNS

Contact Kevin Maurer, Assistant Director of Competitive Sports at 336-750-3319, or Cindy Strine, Director of University Recreation at 336-750-3384