

**Christopher Newport University
Office of Recreational Services
Intramural Sports**

Captain's Cup

DO YOU WANT TO REPRESENT YOUR RESIDENCE HALL or GREEK CHAPTER in INTRAMURAL SPORTS?

Captain's Cup is designed for CNU Residence Halls and Greek Chapters to compete against each other over the course of the academic year in a point systems race. In this competition, each Residence Hall or Greek Chapter competes against all other Residence Halls and Greek Chapters on campus! The goal of the competition is to find out which Residence Hall or Greek Chapter is the most heavily involved with Intramural Sports!

THE WINNING RESIDENCE HALL or GREEK CHAPTER WILL BE REWARDED WITH THE CAPTAIN'S CUP, WHICH THEY CAN DISPLAY IN THEIR CHAPTER'S HOUSE, OFFICE or RESIDENCE HALL FRONT DESK AREA.

The competition awards points to each Hall/Chapter based on four criteria.

CRITERIA ONE: PARTICIPATION

Who registers to play? Each Hall/Chapter is awarded points when they register to play Intramural Sports! The more you play, the more points your Hall/Chapter gets!!!

CRITERIA TWO: PERFORMANCE

How did you do? Each Hall/Chapter is awarded points based on their performance during the regular season and playoffs! The more you win, the more points you get!

CRITERIA THREE: SPORTSMANSHIP

Did you practice good sportsmanship? Each Hall/Chapter's sportsmanship rating is factored in to the overall point total. Practice good sportsmanship, earn more points!

CRITERIA FOUR: OFFICIALS

Need a job? Intramurals hires and trains students to officiate each semester! No experience is necessary! Students can earn points for their Hall/Chapter by officiating! The more officials you have, the more points you get!

HOW DOES MY HALL/CHAPTER GET INVOLVED?

YOU HAVE TO PLAY INTRAMURALS!!! For all team sports-Only one team (per sport) is allowed to represent their Hall/Chapter in the Captain's Cup! If your Hall/Chapter has more than one team (per sport), the first one to register will be designated for the Captain's Cup!

For all individual and dual competitions- Chapters and halls may have more than one entry. If you know the other team registering from your Hall/Chapter, talk before hand to figure it out!

LOOK ON THE TEAM ROSTER FORM! There is a section that asks whether or not your team would like to represent your Hall/Chapter for the Captain's Cup. Follow the instructions to make sure you register correctly!!!

ELIGIBILITY

FOR MEN'S and WOMEN'S TEAMS: at least 50% of the team's members must be from the same Hall/Chapter.

FOR COED TEAMS: Coed teams may be used to represent more than one Hall/Chapter. **HOWEVER**, if representing a sorority, at least 50% of the women on the roster must be from the same chapter. If representing a fraternity, at least 50% of the men on the roster must be in the same chapter. If representing a Residence Hall, at least 50% of the team's members must be from the same Residence Hall. For all-male or all-female halls, at least 50% of that gender must be from the same hall.

ELIGIBILITY CHECKS: Be honest about your affiliation! After all, you did sign the Honor Code! The Office of Recreational Services will conduct eligibility checks for all representative teams taking part in the Captain's Cup!!! Representative teams not meeting the eligibility requirements will be disqualified!

HALL/CHAPTER List: The following halls/chapters are recognized for this competition:
Alpha Kappa Alpha, Alpha Phi, Barclay Apts., CNU Apts., CNU Village/Warwick Suites,
Delta Sigma Theta, Gamma Phi Beta, James River Hall, Kappa Delta Rho, Phi Beta Sigma,
Phi Mu, Pi Kappa Phi, Pi Lambda Phi, Potomac River Hall, Santoro Hall,, Sigma Phi Epsilon,
Tau Delta Phi, York River Hall, Zeta Tau Alpha

THE RULES-

WHAT SPORTS COUNT?

Each Intramural Sport is classified as either a Level I or Level II activity.

Level I includes the major team sports: Basketball (3v3), Basketball (5v5), Dodgeball, Flag Football (4v4), Flag Football (7v7), Soccer (Indoor), Softball, and Volleyball (Indoor).

Level II includes the minor sports, individual and dual competition and special events or tournaments. Chapters and halls may have more than one entry in these sports: Tennis, Volleyball (Sand), Kickball, Ultimate Frisbee, 3 Point Shoot-Out, Free-Throw Contest. For Level II activities, etc.

POINT DISTRUBUTION

PARTICIPATION POINTS –

- 100 POINTS for registering for a Level I activity
- 10 POINTS (per entry) for registering for a Level II activity
- Teams that forfeit out of the league or are removed for a sportsmanship-related manner will have their participation points removed.

PERFORMANCE POINTS –

During the Regular Season, representative teams receive:

3 POINTS per win

1 POINT per tie

0 POINTS per loss

PLAYOFF BONUS: 20 points if representative team makes the playoffs!!!

During the Playoffs, representative teams receive:

10 POINTS for WINNING THE CHAMPIONSHIP!

8 POINTS for 2nd PLACE

6 POINTS for 3rd or 4th PLACE

SPORTSMANSHIP POINTS-

During the Regular Season, each representative team is awarded their same number of points as their SPORTSMANSHIP AVERAGE (between 0-5). During the Playoffs, each representative team's sportsmanship rating is averaged and that number is applied towards the total (between 0-5). Teams that are removed from competition for any sportsmanship-related reason will have their points removed. Teams that accumulate perfect sportsmanship through out the course of the entire season will receive a 10 point bonus.

OFFICIATING POINTS

If an official successfully completes the season, then they may earn points for their Hall/Chapter. Officials may only represent one Hall/Chapter.

5 POINTS are awarded to officials who officiate volleyball, softball or soccer (indoor)!

10 POINTS are awarded to officials who officiate basketball or flag football

The standings are updated periodically. Track your Hall/Chapters performance online!

For more information contact Jason Clevenger, Director of Intramurals and Recreational Services at intramurals@cnu.edu or 757-594-8815