

Christopher Newport University
Office of Recreational Services
Intramural Sports
-Captains Cup Rules-

Captains 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 successful in intramural sports based on the four criteria below.

CRITERIA ONE: PARTICIPATION

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

Each hall/chapter is awarded points based on their performance during the competition! The more you win, the more points you get!

CRITERIA THREE: SPORTSMANSHIP

Each hall/chapter's sportsmanship rating is factored into the overall point total. Practice good sportsmanship, earn more points!

CRITERIA FOUR: STUDENT EMPLOYMENT

Students can earn points for their hall/chapter by officiating! The more officials you have, the more points you get! Intramurals hires and trains students to officiate each semester. No experience is necessary!

ELIGIBILITY

For all team sports- Only one team (per sport) is allowed to represent their hall/chapter in the Captains Cup. If your hall/chapter has more than one team (per sport), the first one to register will be designated for the Captains Cup. Teams from the same hall/chapter should check with their chapter's intramural chair or residence hall director prior to registration.

For all individual and dual competitions- Chapters and halls may have more than one entry.

During registration, there is a section on the team roster form that asks whether or not your team would like to represent your hall/chapter for the Captains Cup. Follow the instructions to make sure you register correctly.

Men's and Women's Teams: at least 50% of the team's members must be from the same hall/chapter.

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.

The Office of Recreational Services will conduct eligibility checks for all representative teams taking part in the Captains Cup. Representative teams not meeting the eligibility requirements will be disqualified.

The following halls/chapters are recognized for this competition:

Residence Halls: James River Hall, Potomac River Hall, Santoro Hall, York River Hall, Barclay Apts., CNU Apts., CNU Village/Warwick Suites

Fraternities: Kappa Delta Rho, Phi Beta Sigma, Pi Kappa Phi, Pi Lambda Phi, Sigma Phi Epsilon, Tau Delta Phi, Sigma Tau Gamma

Sororities: Alpha Kappa Alpha, Alpha Phi, Alpha Sigma Alpha, Delta Sigma Theta, Gamma Phi Beta, Phi Mu, Zeta Tau Alpha

INTRAMURAL ACTIVITIES

Each intramural sport is classified as either a Level I or Level II activity.

Level I activities include the major team sports: Basketball (3v3), Basketball (5v5), Dodgeball (fall and spring), Flag Football (4v4), Flag Football (7v7), Soccer (indoor), Soccer (outdoor), Softball (fall and spring), and Volleyball (indoor). Chapters/halls may only have one entry in these sports.

Level II activities include individual/dual competitions and special events/tournaments. Chapters and halls may have more than one entry in these sports: Tennis (fall and spring), Volleyball (sand), Kickball, Ultimate Frisbee, 3 Point Shoot-Out, Free-Throw Contest, Table Tennis, Badminton, etc.

PARTICIPATION POINTS

Halls/chapters will receive points for registering to play.

- 100 points for registering for a Level 1 activity
- 10 points (per entry) for registering for a Level II activity
- Teams that forfeit out of the league will have their participation points removed.

PERFORMANCE POINTS

Halls/chapters will receive points for their designated team’s performance. During the regular season, teams will receive points for each victory and lose points for each loss according to their opponent’s final winning percentage. The following table will be used to determine that point total:

Opponent's final winning percentage	Points for a victory	Points for a loss
.000-.099	1	-9
.100-.199	1	-8
.200-.299	2	-7
.300-.399	3	-6
.400-.499	4	-5
.500-.599	5	-4
.600-.699	6	-3
.700-.799	7	-2
.800-.899	8	-1
.900-1.000	9	-1

During a tournament, teams will receive points based on their results:

- 15 points for winning the intramural championship
- 10 points for 2nd place
- 5 points for a berth in the semifinals (applicable only if tournament includes 8 teams or more)
 - Note: A minimum of four teams must register for an intramural league/tournament to ensue.

SPORTSMANSHIP POINTS

Halls/chapters will receive points based on their designated team’s sportsmanship towards other participants and intramural staff. During the regular season, each representative team is awarded their same number of points for this category as their sportsmanship total (up to 25). Teams that finish the regular season with a perfect 5.0 sportsmanship average will receive an additional 3 point bonus. Since teams may play a different amount of games during a tournament than their opponents will, sportsmanship points are not factored in for postseason competition. Teams that are removed from competition for any sportsmanship-related reason will have their points removed.

OFFICIATING POINTS

Halls/chapters will receive points each time a student is employed as an intramural official. Halls/chapters may have numerous entries in this category. To receive points for these individuals, the students must complete the entire season of competition and officiate a minimum of ten games. Officials may only represent one hall/chapter.

- 5 points are awarded to officials who officiate volleyball (indoor), dodgeball (fall and/or spring) and score-keep for basketball (3v3) and softball
- 10 points are awarded to officials who officiate softball (fall and/or spring) soccer (indoor) and soccer (outdoor)
- 15 points are awarded to officials who officiate basketball (5v5), flag football (4v4) of flag football (7v7)