

CAMPUS REC

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POTENTIAL**



REC SPORTS PARTICIPATION MANUAL

2026-2027

Table of Contents

PAGE-1: Title Page

PAGE-2: Table of Contents

PAGE-3: The Nature of RecSports, Primary Purpose of RecSports, Purpose of the RecSports Handbook, Spirit of Competition, RecSports Leagues

PAGE-4: RecSports Leagues (continued), RecSports Tournaments, Who can Participate in RecSports, Registration for RecSports

PAGE-5: Registration for RecSports (continued), RecSports Communication, RecSports General Rules

PAGE-6: RecSports General Rules (continued)

PAGE-7: Forfeits and Forfeit Fees, Sportsmanship and Ejections

PAGE-8: Sportsmanship and Ejections (continued), The Discipline Process, Schedule Conflicts

PAGE-9: Team Rosters, Team Apparel and Uniforms, Playoffs

PAGE-10: Alcohol, Drug, and Tobacco Policy

PAGE-11: University Hazing Regulations

THE NATURE OF RECSPORTS

Youngstown State University's RecSports ("RecSports") program was established to promote and develop the interests and skills of members in a specific sport activity. Those involved possess very high interest and/or skill in a particular sports activity.

PRIMARY PURPOSE OF RECSPORTS

RecSports are structured, competitive, and recreational sport contests throughout the academic school year. Sport contests include leagues, tournaments, team/individual sports, and one-day special events. RecSports are open to all current YSU students, faculty, staff, and alumni. The RecSports Staff ("The Refs") are comprised of YSU students. The Refs officiate all sport contests for the program.

PURPOSE OF THE RECSPORTS PARTICIPATION HANDBOOK

This manual is designed to serve as an informative and procedural reference for persons involved or interested in participating in activities sponsored by the RecSports Program. The policies and procedures outlined in this manual are the result of many years of recreational activities at Youngstown State University, and are designed to provide participants with a flexible, yet structured, environment in which to participate. It is the responsibility of those who participate in the RecSports Program to be knowledgeable of the information contained in this manual. Campus Recreation would like to remind participants that to take part in any RecSports Program they will be required to sign a waiver of liability.

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 play spirit. Abusive language toward officials and manipulation of the rules are not part of the game. However, the pure satisfactions of participation, getting fit, and enhancing friendships are part of the game. Without your opponents, you have no game, no contest, and no fun. You are indebted to them, as they are to you. The spirit of play then is based upon cooperation. Upholding high standards of integrity and fair play acknowledges the idea of cooperative competition. All participants are encouraged to exercise good judgment in caring for the safety of others as well as themselves. The goal of lifetime sports for all participants may have more meaning than that of a win or lose, the memory of which often fades quickly. All participants are asked to play within the context of this spirit of competition.

RECSPORTS LEAGUES

RecSports offers several sports leagues throughout the course of the year. These leagues are open to any YSU student, faculty, staff, and/or alumni or community member with a membership to the Andrews Student Recreation and Wellness Center for a **\$10 participation fee per league** (*\$7 for early bird registration*), or a **\$20 per semester passport** (*one-time payment*). The types of leagues offered vary based on semester, popularity of sport, season and time of year, and input from students. Leagues will be listed on the YSU Campus Rec's website per semester. Some past leagues have included flag football, basketball, volleyball, soccer, beach volleyball, and softball.

FALL	SPRING
7v7 Flag Football	5v5 Basketball
7v7 Soccer	Volleyball
Ultimate Frisbee	Futsal
Mini-Leagues and Tournaments (Various)	Mini-Leagues and Tournaments (Various)

RECSPORTS TOURNAMENTS

We also offer several one-day tournaments throughout the course of the year. These tournaments are open to any YSU student, faculty, staff, and/or alumni or community member with a membership to the Andrews Student Recreation and Wellness Center for a **\$10 participation fee per tournament** (\$7 for *early bird registration*), or a **\$20 per semester passport** (*one-time payment*). The types of tournaments offered vary based on semester, popularity of sport, time of year, and input from students. Tournaments will be listed on the YSU Campus Rec's website per semester. Some past tournaments have included basketball, volleyball, spikeball, table tennis, billiards, racquetball, bowling, beach volleyball, and softball.

WHO CAN PARTICIPATE IN RECSPORTS

RecSports participation is open to any YSU students, faculty, and staff, as well as alumni and community members with a membership to the Andrews Student Recreation and Wellness Center. All RecSports participants must present a valid YSU ID (physical or virtual) that will be submitted to the RecSports Supervisor at the start of the game, or they will not be permitted to play. A participant waiver form must be submitted through a student's DSE account and approved prior to participation in any RecSports activity.

Varsity athletes at YSU are not permitted to participate in any RecSports that are related to their varsity sport. For example, a varsity soccer player is not permitted to participate in RecSports 7v7 soccer, futsal, 3v3 soccer, etc, but they are allowed to participate in RecSports volleyball since it is not a related sport. Former varsity athletes will become eligible to participate in any related sports once they have been removed from the varsity roster for one (1) calendar year.

REGISTRATION FOR RECSPORTS

The RecSports Program uses DSE for all individual and team registration for any RecSports league or tournament. DSE is an online service specializing in the management and administration of RecSports throughout the nation. For all YSU RecSports programs, there will be a **\$10 participation fee per league or tournament**, or a **\$20 per semester passport** (*one-time payment that covers all RecSports events for one semester*). Follow the instructions below to register. **Participants that register in the first 3 weeks of open registration for each league or tournament will receive a \$3 early bird discount, making the cost \$7 instead of \$10.**

How to Register

1. First time participants should log onto DSE.com and sign in using their **YSU provided email**.
 - a. For community members that do not have a YSU email, please use whichever email you have associated with your Rec Center Membership
2. Once an account has been created, go to DSE's Youngstown State University homepage, where all the offered sports are listed.
3. Click on the sport that you wish to sign up for.

4. Click on "Create a Team" to make a new team, "Join a Team" to join an existing team, or "Join as Free Agent" to join a league in which you do not have a team.
5. Complete the necessary information and agree to the terms and conditions set forth by Youngstown State University. Complete the league rules quiz with a perfect score.
6. Click on "submit". Once the site has processed individual registration information, players are automatically directed to their team's homepage.
7. From the team homepage, captains may make roster additions using a student's YSU email address. Each player that is added will then be sent a link to join the team to their YSU email and must accept the invitation and sign the waiver to be able to participate.
8. A team must meet the minimum number of players required to pay for their team to be approved. The required number of players varies by sport and is listed on the individual sport's page on DSE. Teams will be approved upon reaching the minimum number needed to field a full team.
9. Once the registration deadline passes for a particular sport, schedules will be generated and posted on your team's DSE page. All team members will receive an email when the schedule is posted that will also contain the rules for that particular sport.

RECSPORTS COMMUNICATION

For any necessary communication regarding RecSports, contact the Coordinator of Competitive Sports and the Competitive Sports Graduate Assistant. Below are the avenues through which you can contact them:

Email: RecSports@ysu.edu

Phone: (330) 941-2239

Current RecSports Staff:

Coordinator of Competitive Sports: Josiah Horst, jdhorst@ysu.edu, (330) 941-2239

Competitive Sports Graduate Assistant: Allen Caldwell, awcaldwell@ysu.edu

YSU RECSPORTS GENERAL RULES

The rules for each sport are listed on Youngstown State's DSE page under the Handbooks and Manuals section and on YSU Campus Rec's website on the RecSports page. The following list of rules applies for every RecSports event at Youngstown State University and failure to adhere to these rules can result in suspension from any RecSports event.

1. **No ID No Play, No Exceptions:** No form of identification other than an official Youngstown State University ID will be accepted. You **MUST** have your ID to play. **NO EXCEPTIONS WILL BE MADE FOR ANYONE FOR ANY REASON.** If you do not have your ID for any reason, you need to go to the card office and purchase a new one. (Or the Andrews Student Recreation and Wellness Center for community members who are not current YSU students, faculty or staff)
2. **1 Uniform for 1 ID:** Any apparel or jerseys needed by players will be issued on a 1 ID basis. Participants will not receive a jersey until they check in with a valid YSU ID.
3. **No Metal Spikes:** No footwear with metal or metal-tipped spikes will be permitted for use during any RecSports event.

4. **Check-In:** All participants must check in prior to the posted start time. Any participants who are found to be participating without checking in will automatically be suspended for the remainder of the season. Any team who is found to be playing with a participant who did not check in will immediately forfeit the game and incur the appropriate fee. Team captains are responsible for reminding their team members to check in upon arrival. Participants will not be allowed to check in until they are in compliance with rules #1-3 as stated above, as well as with any additional equipment requirements or restrictions that may be in effect for any particular sport.
5. **Games Start on Time:** Player check-in will begin 15 minutes before the scheduled game time. If a team has zero (0) players check in at the scheduled game time a forfeit will be issued immediately. If a team has at least one (1) player check in, but not the minimum number of players needed to start a game, a 5 minute grace period will be allowed to reach the minimum number of players needed. Upon expiration of the grace period, teams that still do not have the minimum number of players will forfeit the game and incur the \$10 or \$25 forfeit fee. No exception or excuses will be accepted for anyone or any reasons.
6. **The Officials Have Full Authority:** While participating in a Youngstown State University RecSports Program, YSU RecSports Officials will have full authority to call and make judgments according to their training. Any questioning of any official's calls may result in an unsportsmanlike penalty. If a team deems it necessary to question a call from an official, the **TEAM CAPTAIN ONLY** may address it with the RecSports Official or RecSports Supervisor present at the event. If questioning causes a disruption of game play, the RecSports Official or RecSports Supervisor has all authority to end the game and give the team causing the disruption a forfeit. Any RecSports official or supervisor has the right to remove any player from any game if it is deemed necessary according to their training.
7. **All Games, All Weather:** All games will be played during all weather conditions, unless otherwise informed of prior to game time, or until the Coordinator of Competitive Sports believes the playing conditions to be too severe to continue. Questions prior to game time can be answered at 330.941.2239 or by emailing recsports@ysu.edu.
8. **Inappropriate Team Names:** We will not accept team names that are deemed inappropriate by the RecSports Staff. If you submit a team name that is not approved, you will be asked to produce a new name. If you do not submit a new name, it will be changed for you.
9. **Liability Waiver:** All Participants must accept the terms of the liability waiver found on the participant's DSE profile. Failure to do so will make the participant ineligible for RecSports play. Participants must sign a separate waiver for each RecSports that they play.
10. **Fighting:** There is a zero-tolerance policy for fighting at any YSU RecSports event. Anyone involved in a fight will be immediately ejected and will be reported to YSU's Student Conduct Board.

FORFEITS AND FORFEIT FEES

1. **Forfeits: Three forfeits = removal from the league.** If your team forfeits three times during the regular season, you will be removed from the league. The remainder of your games will be removed from the schedule, and you will not be able to participate in post-season play.
2. **Forfeit Fees:** For each game that a team forfeits, they will incur a \$25 forfeit fee. Singles or doubles sports will carry a \$10 forfeit fee instead of \$25. This fee can be paid online or in person at the Andrews Student Recreation and Wellness Center. Any member of the team may pay the forfeit fee, though it is recommended that the captain does so. Let the Admin desk staff know that you are here to pay a forfeit fee and which team you are representing so that they can notify the club sports staff upon completion of the payment.
3. **Forfeit Suspensions:** Teams who forfeit a game will be suspended until the forfeit fee is paid. The fee must be paid a minimum of 24 hours before the team's next game, or the game will be removed from the schedule. For games that take place on Sundays or Mondays, the fee must be paid by 5:00pm on the Friday before the next game.

SPORTSMANSHIP AND EJECTIONS

Sportsmanship occurs before, during, and after a contest and for as long as participants of the team remain in immediate proximity to the facility. Sportsmanship is defined as conduct and attitude considered appropriate in sports, especially fair play, courtesy, striving spirit, and grace in losing. Sportsmanship in all RecSports competitions is essential. An example of good sportsmanship includes positive actions and/or comments toward opponents/teammates, RecSports Staff, and spectators. An example of poor sportsmanship includes cursing loudly, or directing any dissent or profanity at opponents or RecSports officials. Team captains are responsible for the conduct of team members and should maintain control of any associated personnel, including spectators, during all games. All RecSports Staff rulings are final.

At the conclusion of every RecSports competition, RecSports Staff will assign each team a sportsmanship rating for that game. The following scale will be used to determine each team's rating:

- 4—Excellent Sportsmanship: Team displayed above average sportsmanship and received no penalties for unsportsmanlike conduct.
- 3—Good Sportsmanship: Team displayed average sportsmanship OR received one (1) penalty for unsportsmanlike conduct.
- 2—Poor Sportsmanship: Team displayed below average sportsmanship OR received two (2) penalties for unsportsmanlike conduct OR had one (1) participant ejected for unsportsmanlike conduct with no other issues from the team.
- 1—Bad Sportsmanship: Team displayed extremely bad sportsmanship OR received three (3) penalties for unsportsmanlike conduct OR had more than one (1) participant ejected for unsportsmanlike conduct or fighting.

Teams must maintain an average sportsmanship rating of 3.0 over the course of the season to remain eligible for the playoffs. If a team finishes below a 3.0 average, they will not be eligible for the playoffs and will be left out of the playoff bracket.

If RecSports Staff consider a participant's behavior to be severely unsportsmanlike, such as being hostile, aggressive, argumentative, and/or violent, then that participant will be ejected. If the team of the member has a substitute, then they must use the substitute to field the team.

In the event of an ejection, the participant must leave the premises immediately. Failure to do so will result in their team's immediate forfeiture. Once the ejected participant has left, and if the team has an extra substitute and/or free agent listed on their team, then they may use that additional player to complete the game.

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All ejections that occur due to unsportsmanlike behavior will result in an automatic minimum one-game suspension. This suspension will not be lifted until the ejected player has met with the Coordinator of Competitive Sports to discuss the incident and how to prevent future ejections from occurring. This suspension can be lengthened or shortened at the discretion of the RecSports Staff. Any ejected participants may be referred to Student Conduct depending on the severity of their infractions.

Ejections that happen for normal gameplay reasons (ex. Receiving 2 yellow cards for tactical fouls in soccer) will be assessed on a case-by-case basis. It will be at the discretion of the RecSports Staff to determine whether a one-game suspension is warranted.

If a participant is ejected two times within an academic year, then they will be prohibited from RecSports participation for one semester and may be recommended to Student Conduct for additional reprimanding. If a participant is ejected three times in succession within an academic year, then they will be prohibited from RecSports participation for two consecutive semesters and will be recommended to Student Conduct for additional reprimanding.

THE DISCIPLINE PROCESS

Violation of, or non-compliance with, University policies, campus regulations, RecSports procedures or YSU standards of conduct may result in loss of RecSports membership or other disciplinary action taken against the player or team involved. The discipline process has been developed to assist the Director of Campus Recreation, Coordinator of Competitive Sports, and the Department of Campus Recreation staff in effectively managing a productive and structured RecSports Program. Cases will be turned over to the Office of Student Conduct for review/sanctions if warranted.

SCHEDULE CONFLICTS

If a team is unable to play a game at whatever time they are scheduled for, the team captain must communicate that to IM staff no less than **48 hours before the game** in order to avoid any penalty. Notice that is given between 48 and 24 hours in advance will result in a default. This will count as a loss for the defaulting team, and they will receive a two (2) for their sportsmanship rating. There is no fee incurred for a default.

Teams must communicate to IM Staff no less than **24 hours prior to game time** in order to avoid a forfeit. Teams that notify IM staff that they cannot play less than 24 hours prior to game time may forfeit the game and incur the \$25 forfeit fee. Teams that do not communicate with the IM staff and do not show up for a game will forfeit their game, incur the \$25 forfeit fee, and receive a zero (0) for their sportsmanship rating.

TEAM ROSTERS

Players can be added to a team's roster at any point during the regular season on the team's DSE page. Players are only permitted to play for one team per league. If a player attempts to play on a different team other than the first team they played for, the game will end in a forfeit and that person will be suspended from the league.

Players must be added to a team's roster no less than 24 hours before game time in order to be eligible to play in that game. Any players that are added less than 24 hours before game time will not be eligible to play until the next game that takes place at least 24 hours after the time they were added to the roster. Physical rosters will be printed 24 hours before game time, and any players not listed on the physical roster will not be eligible to play in that game.

Roster limits:

- Teams may not have more than twelve (12) players on their roster. Players may be removed/replaced on the roster until they have participated in a game. Once a player has participated in at least one (1) game, they may no longer be removed from the roster without approval from the Coordinator of Competitive Sports.
- Club Sports athletes are allowed to participate in RecSports, but may not make up more than 33% of a team roster in a related sport. (50% for doubles sports) Additionally, there may not be more than 3 members of a single related club team on a RecSports roster. For example, there may not be more than four (4) players from a club soccer team on a RecSports soccer roster, and no more than three (3) players from the Men's or Women's club. However, there could be 8 club basketball players on a RecSports soccer roster because it is not a related sport.
- Community members that are not currently affiliated with YSU outside of their rec center membership may not make up more than 25% of a team's roster. (50% for doubles sports)

TEAM APPAREL AND UNIFORMS

All RecSports teams must wear jerseys with matching colors and unique numbers for all team sports. Jerseys will be provided upon check-in if teams do not have their own jerseys. If a team has matching jerseys except for one player, they will all still have to wear the jerseys provided by Campus Rec.

Any jerseys with inappropriate language, logos, etc are not permitted and must be removed prior to play. Examples include but are not limited to: profanity, crude team or player names, alcohol logos, etc.

PLAYOFFS

After the scheduled regular season, a championship playoff bracket will be created. Teams will be seeded based on their regular season record, with sportsmanship rating acting as the tiebreaker between teams with the same record. Multiple brackets may be created depending on the numbers of teams in the league. To be eligible to participate in playoffs a player must have played in at least one regular season game, being on the roster is not enough; they must have played in at least one game. Teams that have forfeited out of the league by forfeiting 3 games will not be eligible for playoffs. The team that wins the championship will be presented YSU RecSports Championship prizes but only players on the roster of the championship team will be awarded prizes.

ALCOHOL, DRUG, AND TOBACCO POLICY

The use, consumption, and distribution of any alcohol, tobacco, or drug products is strictly prohibited during all RecSports events. Participants found to be violating this policy will immediately be ejected from the game and asked to leave the premises. Any students in violation of this policy may be referred to Student Conduct for further disciplinary action. For more information about the YSU alcohol, tobacco, and drug policies, please visit the [University Policies website](#).

Policy Statement on Alcohol

Youngstown State University is a dynamic learning environment. Its students, faculty, staff, alumni and guests interact in a wide variety of intellectual and social activities that extend outside the classroom. We value and promote an environment of legal and responsible alcohol use and support alcohol-free environments. We recognize alcoholic beverages may be available at some campus activities. Such activities are consistent with the university's values when they foster moderation and safety in alcohol consumption. YSU complies fully with local, state and federal regulations regarding the sale, possession and consumption of alcoholic beverages. The unlawful manufacture, possession, use or distribution of illicit drugs or controlled substances on university property or as part of university activities is strictly prohibited. All members of the university community are held responsible for their behavior and for respecting the rights of others. The university is committed to providing the community with education as it relates to illicit drug use and the consumption of alcohol in general, and as it relates to high-risk alcohol use, in particular. We provide programs, support and resources that promote making health- enhancing experiences a priority.

Policy Statement on Tobacco

Youngstown State University is dedicated to providing a healthy, comfortable and productive work and living environment for its employees and students and adhering to the smoking prohibition requirements in Chapter 3794 of the Ohio Revised Code. Smoking and tobacco use are specifically prohibited in the following university locations: All university-owned or leased buildings and vehicles; outdoor areas where smoke may enter the building through an entrance; all residence halls; any outdoor patio that is not physically separated from a building; all outdoor events, such as but not limited to athletic events, concerts, ceremonies etc.; fountain seating area outside of Kilcawley; and all outdoor areas posted as non-smoking. Smoking is permitted in areas not specifically listed above; and at least 50 feet away from a building entrance or opening. Smoking cessation support will be made available periodically to members of the university community wishing to cease smoking. The success of creating and maintain a mutually acceptable work and living environment will depend upon the thoughtfulness, consideration and cooperation of smokers and non-smokers.

Policy Statement on Drugs

The possession, distribution and/or consumption of illegal drugs are prohibited on the YSU campus. Persons who are discovered to be in possession of illegal drugs can be charged criminally under the applicable state or federal statutes, and may also be charged administratively under university policies. Youngstown State University is committed to promoting and maintaining a work and academic environment that is free from illegal drug use. The university complies with all federal, state and local laws.

UNIVERSITY HAZING REGULATIONS

Hazing is defined as an act which endangers the mental or physical health, or safety of a student, or which destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with or as a condition for continued membership in a group or organization.

Organizations or groups shall take no action which involves hazing. Acts of hazing include, but are not limited to coercion of any form, extended deprivation of sleep or rest; forced consumption of food, alcohol, other beverages, or drugs; beating or branding; forced exclusion from social contact and/or forced conduct that could result in embarrassment to any person.

Youngstown State University unconditionally opposes any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Freedom from humiliation and danger of hazing is guaranteed to every student on this campus. Any violation of this guarantee should be reported immediately to the Student Conduct Office.