

# Policy on Sports and Recreation



**University of Kashmir**

## **Rationale of the Policy**

The basic rationale of the policy is to reach out to all registered students of the University <sup>& affiliated</sup> colleges by addressing their sporting and recreation needs. The policy aims to encourage students to undertake all such activities that develop healthy and long lasting life styles

## **Sports Mission**

The University of Kashmir is committed to support the development of a sustainable and diverse sport and recreation system that will provide a complete learning experience to its students as it believes that participation in competitive sports and recreation activities form an integral part of university education

## **Scope of the Policy**

The policy is designed to deal with concerns raised in relation to the specific issues which are prerequisite to maintain good sportsmanship and respect towards each other and visiting individuals or teams.

## **Definitions**

- *Physical education* is the process of gaining knowledge, skills and attitudes, mainly through physical activity
- *Physical activity* covers all movements in everyday life which accelerates the heart rate, predominantly through games, sport, dance and recreation
- *Recreation* is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.
- *Sport* is a particular form of recreation requiring a combination of physical, technical, tactical and mental skills.
- *Sport Programme* is a sub-set of the Recreational Services Department comprised of both Intramural Sports programming and Sport Club activities.
- A *tournament* is a competition involving a relatively large number of competitors, all participating in a sport or game.

## **Accountability**

As per the statutes of the University, Directorate of Sports and Physical Education shall be responsible for implementation and ensure compliance with this policy.

## **General Rules and Regulations**

1. Participation in a sports activity at the University shall be voluntary. Therefore, every student/player shall be responsible for his/her safety and the safety of his/her fellow students. The University shall not provide health insurance to cover participants during university sports.

2. Every participant assumes sole responsibility for any and all such risk or injury that may result due to his/her voluntary participation. Therefore, the University shall not be responsible for injuries sustained while participating in any sporting activity of the University.
3. Every participant in the sports activities organized by the University shall understand and acknowledge that the use of equipment and facilities provided by the University.
4. Participants shall not interfere with employee duties, use obscene language, or engage in verbal and/or physical abuse of employees or other participants.
5. Participants must observe all posted signs and verbal directions provided by the University.
6. No participant shall be allowed to use of drug, alcohol, and tobacco products at sports activity venues.

### **Eligibility of Players/Participant**

1. All currently enrolled students of post-graduate students of the University and undergraduate students of the affiliated colleges of the University are eligible to participate in the sports events/activities of the University.
2. The participants of the events/activities must present their University issued ID before each contest in order to participate in any sports activity/ event.
3. All coaches, team captains, and bench personnel must be on the team roster and meet sports eligibility criteria of the University.
4. Any team found using a player that is playing under a fictitious name or ID will forfeit all games in which that player checked-in. The player using an improper ID and the player providing the ID to be used illegally will be suspended. The team captain may also be suspended at the discretion of the Director of Sports and Physical Education.
5. Unauthorized use of a University issued ID will result in confiscation and/or university disciplinary actions.
6. Team captains are responsible for knowing the eligibility status of the players on their team. The Director of Sports and Physical Education reserves the right to suspend any captain or team that intentionally or unintentionally uses ineligible players.
7. During interdepartmental/inter-college tournaments, all contests in which an ineligible player participated shall be recorded as a forfeit win for the opposing team. During tournament play, the last contest in which an ineligible player participated shall be recorded as a forfeit win for the opposing team, where possible.

### **Disciplinary Procedure for Unsportsmanlike Practices**

1. The players in any sports activity/event who choose to follow unsportsmanlike practices before, during, or after a contest, whether directed towards staff, an official, an opponent, or a spectator may be expelled from that contest. The contest official(s) may expel the player at any point before, during, or after the contest on sufficient ground.
2. A Player expelled from any sports contest for any reason must leave the playing facility immediately after providing their contact information, and are barred from all sports activities until officially reinstated by the competent officer/bodies for the purpose.
3. If the expelled player does not provide their contact information, it is the captain's responsibility to provide the necessary information. Failure to do so may result in a forfeiture of the contest and a possible player, captain, or team suspension.

4. A player who receives two unsportsmanlike penalties in football, two unsportsmanlike technical fouls or one flagrant foul in basketball, two yellow-cards or one red-card in soccer or volleyball, two major penalties in floor hockey, or the equivalent in any other event will be expelled from that contest.
5. All players are expected to follow the Code of conduct before, during, and after participation in the sports activity.
6. Any player who is believed to be under the influence of alcohol or drugs will not be permitted to participate or remain at the sports event or site of event. Players consuming alcohol and/or drugs, or who have consumed alcohol and/or drugs before a contest will risk forfeiture of the game and may be expelled from further play.

### **Facility and Equipment Reservation**

There are several Campus sports/Recreation facilities/ spaces and equipment that may be reserved or rented. Information about reserving space and/or renting equipment can be obtained from the office of Directorate of Sports and Physical Education or by emailing ..... Any reservations that require staff must be submitted at least 4 weeks prior to the reservation date. All other requests must be submitted at least 2 weeks in advance for full consideration. Reservation and rental requests may be submitted up to a year in advance, and will be considered in order of the date received and in keeping with the following priority

### **Responsibilities**

The roles and the responsibilities of the various stakeholders shall be:

#### ***University***

- The University Shall be responsible for popularizing sports activities in the campus and affiliated colleges organizing tournaments, sports activities and events;
- The University shall make available necessary funds and infrastructure to implement the policy to its fullest.
- The University shall encourage/invite talented sportsmen to join its various programmes.
- The University shall make provision in the Departmental/college time table so as to involve students in competitive as well as recreational sports.
- The University shall take suitable action against faculty or students not abiding the Sports Policy.

#### ***Directorate of Sports & Physical Education***

- The Directorate shall organize, supervise and administrate competitive, recreational and leisure time sports activities.
- The Directorate shall organize orientation programme for students for better understanding of sports facilities and programmes of the college.
- The Directorate shall organize talent search programme to identify talented sportsmen eligible to join the College/University at graduate and post graduate levels.
- The Directorate shall organize "Sports Test" for all the students joining at graduate and post graduate levels for the respective term.

### ***The Faculty Members***

- The faculty members should take pride in associating themselves with sports activities and in motivating/promoting students to take part in sports.
- The faculty members must make students aware about the sports policy of the University
- The faculty members must encourage students to be involved in the University sports programme.
- The faculty members should not deter any student from participating in internal as well as external sports activities authorized by the University
- The faculty members shall assist the Directorate of Sports and Physical Education in promoting, organizing and supervising the college sports programme.
- The faculty members should volunteer to organize additional lectures/practical (if possible) for the college sportsmen missing them due to their involvement in external sports activities.
- The faculty members must be aware about the achievements of their students and must highlight the same during their interaction with each other, if possible in a classroom situation.
- The faculty members must assign "duty leave" to the sportsmen on sports duties authorized by the University.

### ***Coaches***

Coaches shall be responsible for:

- To institute organized safe instructions and training for all members of the team.
- To provide an enjoyable environment while executing game rules and regulations as related to player's skill levels.
- To attend team practices and accompany teams to all games and tournaments.
- To assist the team officer's with the suggestions for purchasing safe equipment and maintain the shape of the equipment.
- To provide practice schedules that best meet the needs of the players.
- To help organize travel planning and sponsored events.

### ***Students***

- The student shall take pride in associating themselves with sports activities and in motivating / promoting fellow students to take part in sports.
- All the students are expected to sign up for appearing in "SPORTS TEST". The sports test shall be mandatory.

Signature of Director / *coswinda*

Signature of  
Dean Academic Affairs

Director of Sports and Physical Education  
Jammu University  
Jammu