

Co-Rec Sports: Managing Rules to Maximize Participation

David Peters
Florida State University
Brooke Turner
University of Alabama



ABOUT YOUR PRESENTERS


Brooke Turner
Assistant Director, University of Alabama
Some, But Declining, Athletic Talent
Sports: Basketball & Pistol Shooting

David Peters
Associate Director, Florida State University
Minimal Athletic Talent
Sports: Kickball & Wallyball



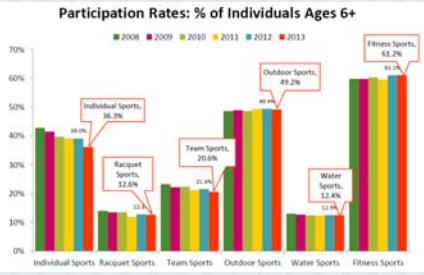
LEARNING OUTCOMES

- Identify Gender-Specific Factors That Impact Co-Rec Athletic Competition.
- Examine the Effects of Common IM Co-Rec Rules on Participant Perception and Strategy.
- Formulate Alternative Co-Rec Sport Rules That Encourage Equitable Participation.




SPORT PARTICIPATION BY ACTIVITY TYPE

Participation Rates: % of Individuals Ages 6+



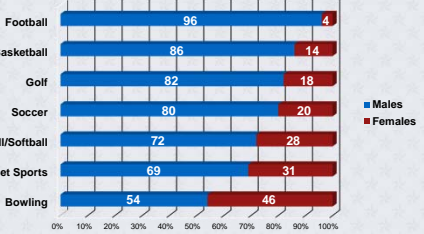
Activity Type	2006	2009	2010	2011	2012	2013
Individual Sports	40%	42%	41%	43%	44%	45%
Racquet Sports	12.8%	13.2%	13.5%	13.8%	14.1%	14.4%
Team Sports	20.6%	21.1%	21.5%	21.9%	22.3%	22.7%
Outdoor Sports	49.2%	49.8%	50.4%	51.0%	51.6%	52.2%
Water Sports	12.4%	12.8%	13.2%	13.6%	14.0%	14.4%
Fitness Sports	61.2%	61.8%	62.4%	63.0%	63.6%	64.2%

Physical Activity Council – 2014 Report




SPORT PARTICIPATION BY GENDER

Ages 15 and Older, 2003-2006



Sport	Males	Females
Football	96	4
Basketball	86	14
Golf	82	18
Soccer	80	20
Baseball/Softball	72	28
Racquet Sports	69	31
Bowling	54	46


U.S. Bureau of Labor Statistics – May 2008



GENDER IN YOUTH & HIGH SCHOOL SPORTS

Women's Sports Foundation 2008 Survey
2,185 3rd through 12th Graders

- Social, Educational, and Health Benefits of Sport
- Uneven Gender Gap (Suburban vs Urban Settings, Economics)
- Interest is About Opportunity & Encouragement, Not Biology
- Girls Wider Array of Sports/Exercise Activities Than Boys
- Girls Start Later (7.4 vs 6.8), Drop Out Sooner
- Boys More Actively Involved in Sport, Ranges 2% to 9% More
- Boys More Likely to Play Multiple Sports



FACTORS AFFECTING PARTICIPANT INTEREST

- What**
 - Sport or Event Offered
- Where**
 - Actual Game Site / Location
- When**
 - Days & Times of Offerings
- How**
 - Season Format
 - Sport Rules



FACTORS WE DON'T CONTROL

- Team Composition**
 - Talent Level of Individual Players on Team
 - Team-Selected, Team-Reported
- Game Playing Strategy**
 - Lack of Formally Trained Coaches
 - Peer Leadership
- Motivation to Play**
 - Why Are The Team & Its Players Playing?
 - It's Not the Money



SPORT COMMITMENT MODEL

- Sport Commitment – Dedication**
- Sport Enjoyment – Liking & Fun**
- Personal Investments – Time & Effort**
- Social Constraints – Obligations**
- Involvement Opportunities – Side Effects**
- Social Support – Support from Others**
- Involvement Alternatives – Other Options**

Scanlan et al, (1993). *Journal of Sport & Exercise Psychology*.



PARTICIPANT MOTIVATIONS

- High Performance Athletes**
 - Practice / Train Intensively
 - Compete Aggressively
 - Aspire for Extrinsic Rewards (Money / Fame)
- Participation Athletes**
 - Enjoy Socializing, Physical Activity, Playing Game
 - Participate Regardless of Skill or Achievement
 - Motivated by Intrinsic Rewards (Fun / Fitness)

Woods, Ronald B. (2007). *Social Issues in Sport*.




ROLE OF INTRAMURAL SPORTS

- Assisting in the Transition to Recreation**
 - Encouraging Former High School Athletes to Shift from Performance to Participation Approach
- Inspiring a Renewal of Interest in Sport**
 - Recruiting Former Youth Sport Players to Return as Adult Recreational Participants
- Encouraging Participation for Wellness**
 - Inspiring a New Set of Participants



OPEN VERSUS CO-REC


- Open Leagues**
 - No Gender Restrictions, No Gender Requirements
- Co-Rec Leagues**
 - Gender Requirements for Team Composition
 - Possible Gender-Based Rule Variations
- Co-Rec Sports Atmosphere**
 - New Format for Many Participants
 - Often More Recreational in Nature



GENDER DIFFERENCES

Height & Weight
 19 Year Olds: 5'10" Males vs 5'4" Females
 175 lb Males vs 150 lb Females
 U.S. C.D.C. (2012). *Vital and Health Statistics*.


Other Factors
 Testosterone, Estrogen, Lean Body Mass vs Fat,
 Muscle Strength, Oxygen, Metabolism,
 Endurance Affect Genders Differently
 McDonagh and Pappano. (2008). *Playing with the Boys*.



HISTORICAL COMPARISONS


From McDonagh and Pappano. (2008). *Playing with the Boys*.
 Historically, women's sports has paid less attention to offering high level competition in favor of letting more girls play. The emphasis on participation over competition was the central philosophy that shaped development of women's athletics.

Competition is king in American amateur sport, but the women's model also embraces valuable messages of sportsmanship, inclusion, and participation.



HISTORICAL COMPARISONS

From McDonagh and Pappano. (2008). *Playing with the Boys*.
 On the other hand, making the mission of women's sports social development and men's pure competition simply reproduces traditional gender role divisions and unequal power dynamics. There is some value to both, but not as gender labeled approaches. After all, some female athletes crave high-stakes competition. And some male athletes would benefit from and enjoy more emphasis on team spirit and participation (215).



PARTICIPANT SURVEY RESULTS

Why Did You Choose to Participate in This Sport?

- I wanted to win it all and earn the coveted IM champion t-shirt.
- I simply enjoy playing the sport and wanted to participate in an organized league.
- I was looking for a fun way to hang out with my friends or meet new people.
- I was looking for a team activity to get some exercise.

920 IM Participant Surveys, Florida State Univ., 2010-13




PARTICIPANT SURVEY RESULTS

Why Did You Choose to Participate in This Sport?

All 920 Respondents

- 31% Win the Championship
- 50% Enjoy Sport, Participate in League
- 13% Hang Out with Friends
- 5% Get Some Exercise

IM Participant Surveys, Florida State Univ., 2010-13




PARTICIPANT SURVEY RESULTS

Why Did You Choose to Participate in This Sport?

Male	Female	All 920 Respondents
38%	19%	Win the Championship
48%	55%	Enjoy Sport, Participate in League
9%	21%	Hang Out with Friends
5%	6%	Get Some Exercise

IM Participant Surveys, Florida State Univ., 2010-13




PARTICIPANT SURVEY RESULTS

Why Did You Choose to Participate in This Sport?

Male	Female	All 383 Co-Rec League Respondents
36%	19%	Win the Championship
43%	48%	Enjoy Sport, Participate in League
16%	25%	Hang Out with Friends
5%	8%	Get Some Exercise

IM Participant Surveys, Florida State Univ., 2010-13




HODGEPODGE OF FACTORS

Competitiveness vs Need to Win
 Scale of 1 to 5 (659 College Age Respondents)
 Competitiveness: Males 3.96 / Females 3.44
 Need to Win: Males 3.58 / Females 3.25
 Merten, M. (2008). *Role of Sports Participation, Competitive...*

Sport and Masculinity
 Malcolm, Dominic. (2012). *Sport and Sociology.*

Gender-Segregated Sports
 McDonagh & Pappano. (2008). *Playing with the Boys.*

Co-Rec Sports as Social Opportunity
 Woods, Ronald B. (2007). *Social Issues in Sport.*



BALANCING THE FACTORS

Shared Responsibilities
 Responsibility for Recruiting Team Members of Each Gender Rests with the Team
 (Social Support)

Responsibility for Creating a Playing Environment That is Enjoyable for All Players Rests with Intramural Sports Program
 (Sport Enjoyment)



MAKING IT HAPPEN

Influence Player Recruitment through Roster Requirements
 Gender Minimums and/or Maximums

Influence Game Play with Sport Rules
 Balancing Opportunities
 Encouraging or Restricting Involvement
 Avoid Overcomplicating



8-ON-8 CO-REC FLAG FOOTBALL

Participation
 NIRSA Roster Requirements:
 Minimum 2, Maximum 4 of Each Gender


Involvement
 Balance: Forward Pass Requirements (Op/Cl)
 Encourage: 9-Point Female Touchdowns
 Restrict: Male Advancement (Run) Restrictions



6-ON-6 VOLLEYBALL

Participation
 Roster Requirements:
 Minimum 2, Maximum 3 of Each Gender


Involvement
 Balance: Service Rotation Alternates Gender
 Encourage: 2+ Contacts Require Each Gender
 Restrict: Front Row Attacks/Blocks by Males



7-ON-7 OR 8-ON-8 SOCCER

Participation
 7v7: Min 2, Max 3 of Each Gender + Goalie
 8v8: Min 3, Max 4 of Each Gender (incl Goalie)


Involvement
 Balance: Shootout Alternates Gender
 Encourage: Female Goals Count for 2
 Encourage: PKs Taken by Same Gender as Player Fouled



10-ON-10 SOFTBALL

Participation
 NIRSA & ASA Roster Requirements:
 Minimum 4, Maximum 5 of Each Gender
 2 Extra Hitters (1 Each Gender Required)


Involvement
 Balance: Batting Order Alternates Gender
 Restrict: Defensive Positioning, Outfield Line
 Restrict: Males to 2B on Walk, Females Option to Hit or Walk with 2 Out



5-ON-5 BASKETBALL

Participation
 Minimum 2, Maximum 3 of Each Gender
 OR Maximum 2 Males, Maximum 3 Females

Involvement
 Encourage: Females Participate in Opening Tip
 Encourage: 3-for-2, 4-for-3 Female Scoring
 Restrict: Male Actions in the Lane / Blocking Shots
 Restrict: Gender-Specific Guarding



OTHER CO-REC SPORTS

Kickball
 Dodgeball
 Wallyball
 Broomball
 Innertube Water Polo

Traditionally Open Format
 Ultimate Frisbee




MAKING SOME CHANGES

Know Your Campus
 Be Aware of Your Participants' Wants and Needs

Ease Into Change
 Current Participants Likely More Adverse

Assess Your Ideas & Your Efforts
 Before and After Changes
 Reevaluate Over Time



SUMMARY

Know Where Co-Rec Fits Into Your Program
 Different Appeal on Individual Campuses

Address Your Rules for Your Participants
 Your Restrictions May Vary
 How Do You Need to Encourage or Restrict Involvement?
 Work to Avoid Rules That Demean Groups

