Co-Rec Sports: Managing Rules to Maximize Participation

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ABOUT YOUR PRESENTERS
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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

- Physical Activity Council – 2014 Report

SPORT PARTICIPATION BY GENDER

- Ages 15 and Older, 2003-2006


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

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)

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

Other Factors
Testosterone, Estrogen, Lean Body Mass vs Fat,
Muscle Strength, Oxygen, Metabolism,
Endurance Affect Genders Differently

Historical Comparisons

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

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?

<table>
<thead>
<tr>
<th>Gender</th>
<th>Choice</th>
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</thead>
<tbody>
<tr>
<td>Male</td>
<td>383</td>
</tr>
<tr>
<td>Female</td>
<td>19</td>
</tr>
<tr>
<td>All</td>
<td>392</td>
</tr>
</tbody>
</table>

- 36% Win the Championship
- 43% Enjoy Sport, Participate in League
- 16% Hang Out with Friends
- 5% 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

Gender-Segregated Sports

Co-Rec Sports as Social Opportunity

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

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**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

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**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

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**Other Co-Rec Sports**

- Kickball
- Dodgeball
- Wallyball
- Broomball
- Innertube Water Polo
- Traditionally Open Format
- Ultimate Frisbee

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**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

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**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