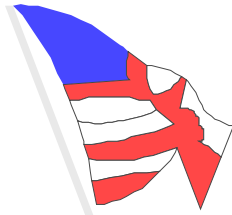


MARINE CORPS BASE,
QUANTICO

ATHLETIC PROGRAM

HANDBOOK

INTRODUCTION

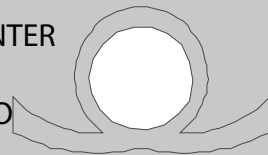


Marine Corps Base, Quantico, Semper Fit Athletics is committed to providing the best programs, experiences and services possible to meet the needs of the military community.

BOBBY BROWN
ATHLETIC DIRECTOR
PHONE: 703-784-5627
FAX: 703-432-0588
Bobby.Brown@usmc-mccs.org

LELAND TABB
INTRAMURAL PROGRAM MANAGER
PHONE: 703-432-6002
FAX: 703-432-0588
Leland.Tabb@usmc-mccs.org

BARBER PHYSICAL ACTIVITY CENTER
BLDG 2073
MARINE CORPS BASE, QUANTICO
QUANTICO, VIRGINIA 22134



GENERAL INTRAMURAL SPORTS CALENDAR

<i>EVENT</i>	<i>GENERAL DATES</i>
Racquetball	February-March
Volleyball	March-April (Based on interest)
Soccer	April-May (Based on interest)
Softball	May-August
Over-30 Softball	May-August
Golf	June-September
Flag Football	September-November
Bowling	October-April
Cross Country Run	April
Shooting	October (Coordinated by WTBN)
Basketball	November-February
Over-30 Basketball	November-February

- Based on Marines' needs and interests, additional programs may be added or some programs deleted.

ORGANIZATION

- All events are publicized at least six weeks to one month in advance, utilizing all available media sources.
- **An organizational meeting** is conducted prior to the start of each season. Coaches (or a team representative) are required to attend. Bylaws are reviewed and discussed. A base safety representative discusses the safety and potential risks related to each specific activity.
- This is an opportunity for coaches to address concerns and possible changes. If a modification is requested and a majority of coaches agree, the change will be taken into consideration based upon the availability of funds, safety and resources.
- **THIS IS A CRITICAL MEETING. THE PROGRAM CAN ONLY BE AS GOOD AS THE EFFORT PUT FORTH BY EACH TEAM.**
- A **pre-season** is conducted prior to the start of a team sport. This is an opportunity for coaches and players to develop skills and learn the rules prior to the start of the official season.
- Rules of play will be in accordance with the governing sports body and will be identified at the organizational meeting and in the bylaws. Modifications to these rules will be published in the bylaws.
- Based on the number of teams, each sport will be divided into a National and American league. The season will consist of a double round-robin in each league, with a double elimination tournament at the end, to determine Base Champions. This organizational structure will apply unless otherwise stated in the sports bylaws.
- If not enough teams support two leagues, one league will be established and play a triple round-robin.
- The Intramural Director, and/or Athletic Program Manager, will publish and distribute all league and play-off schedules. It is the responsibility of the coaches to ensure that their team members are aware of all scheduling, to include postponements and forfeits. Players should not call the Athletic office for game dates and times.

COMMANDERS' CUP

PURPOSE: To establish a program that prompts interest, increases participation and promotes unit integrity.

- The Commanders' Cup is awarded to the Military Unit that has accumulated the most Commanders' Cup points over the course of an intramural season. Points are awarded for participation and order of finish as follows:
 - 6 Points First Place
 - 4 Points Second Place
 - 3 Points Third Place
 - 1 Point Participation

- The Commanders' Cup will remain with the winning Unit for a period of one year.

GENERALIZED INTRAMURAL SPORTS RULES

ELIGIBILITY:

- All Active Duty military personnel assigned to Quantico
- Active Duty military personnel family members and DoD (APF and NAF) civilians working on Marine Corps Base, Quantico.
 - All civilian participants (to include military family members) must be at least age 18 and sign a "Release and Hold Harmless Agreement" prior to playing the first game of the season. Failure to sign this agreement will result in immediate expulsion from that sport.
 - Civilian participation will not be at the exclusion of any Marine. Civilians may play on teams with proportionately larger number of active duty military personnel. Civilian teams may compete for awards and trophies but, 100% civilian teams or military teams with 25% or more civilian members are not allowed to compete for Commanders' Cup points. Military teams will occupy the vacated position and points adjusted accordingly.

TEAM COMPOSITION/COMMANDERS CUP POINTS

- Military personnel will participate with the Unit they are assigned. If the Unit only sponsors one team, all military members of that Unit are considered team players. If the Unit does not have a team, military personnel are eligible to participate on civilian teams but not in contention for Commanders Cup or with another military unit's team after the Commander of both the losing and gaining unit grants permission, in writing.
- Units are authorized to enter more than one team into a sport but must identify at the beginning of the season which team is in contention for Commanders Cup points. Teams that enter more than one team must also submit rosters for each team. Players are not allowed to play on both teams. If a Unit enters more than one team, civilian participants may only play on the team that is not in contention for Commanders Cup. Players may not transfer from one team to another after the regular season begins unless one

team drops out prior to the start of the second half. A player may then play for the remaining team prior to the start of the second half.

- Military personnel transferring from one Unit to another may play with either the gaining or losing Unit's team. He/she may not play for both.
- If a Unit drops out of play during the first half of the season, members of that Unit are eligible to compete with another Unit after approval is granted by the Unit Commanders of both teams and the Intramural Director and does not directly impact any player on the gaining team.
- If a Unit drops out of play during the second half of the season, all players will be ineligible to play on any team.
- Unless mission directed, any team that drops out of any sport season will forfeit Commanders' Cup participation points.
- Teams will forfeit all games in which ineligible players are used. Ineligible player protests can be made at any time during the season in which the violation occurred and all forfeits retroactive to the start of the season.
- If a team drops out of league play and has not played every scheduled team at least once, the win/loss record of all remaining teams will be adjusted to reflect non-games.

- **POSTPONEMENTS**

- Military commitments, which affect 50% of the unit's capability to field a team, are the established criteria for postponements. The Unit First Sergeant or Commander must verify these commitments.
- The Athletic section will reschedule all postponements, declare forfeitures and notify coaches.
- Unsafe playing condition postponements. The Intramural Director will notify all teams by 1400 if games for that evening are postponed due to unsafe playable conditions. If conditions deteriorate after 1400, the official will postpone games at game time.
- Teams are not authorized to postpone and reschedule games. If two teams reschedule a game without the approval of the Intramural Director, both teams will receive a forfeit for that game.

- **FORFEITS**

- Game time is forfeit time unless stated otherwise in the specific sports bylaws.
- The manager of the team who has won by forfeiture may allow the late team to play if there is still enough time to play the game, the officials are present, and it is annotated and signed in the official scorebook by both coaches and officials that all agreed to play as an official game.
- If both teams fail to show or have enough players at game time, both teams will forfeit the game.
- Two forfeits during the sports season will be cause to drop the team from further play in that sport season.
- If both teams arrive late, and both teams agree in writing on the official score sheet to play the game within the shortened time period, and the officials are still present, the game may be played and recorded as an official game.

- **UNSPORTSMANLIKE CONDUCT**

- Unsportsmanlike conduct, derogatory language or gestures by any player, coach or manager will result in immediate expulsion from the game/match and suspension from participating in the next scheduled game/match.
- The penalty for fighting, instigating or retaliating is suspension for the next two scheduled games/matches. Two-fight suspension will eliminate that individual from participating in the remainder of that sport season.
- Flagrant unsportsmanlike conduct (i.e. endangering an official, spectator, player etc) or causing physical damage to personal, private or government property prior to, during or after a game will eliminate the individual(s) from participating in all sports programs for one year. The Unit Commander concerned will receive a written notice from the Athletic Director explaining the circumstances. PMO will be notified to record and investigate the incident.
- Any player suspended for fighting will not be selected to any higher level of competition.

- **ALCOHOL USE**

- IAW MCBO 1700.4A, Alcoholic beverages at Intramural/All-Marine/Armed Forces etc. Athletic events. No alcoholic beverages may be consumed at Intramural athletic events. Under no circumstances may privately purchased malt beverages be taken to, or consumed at, athletic events. Possession and/or use of alcoholic beverages in cans or bottles at such athletic events are prohibited. SNCOs and officers attending these events are expected to enforce this rule.
- Teams are responsible for controlling their players, coaches and FANs. Teams violating the alcohol policy will forfeit the game they are participating in and the next scheduled game.

- **PROTESTS**

- Discussion of protest procedures will be discussed in the sports organizational meeting. Player eligibility and misinterpretation of playing rules that affect the outcome of a contest are the only allowable protests. JUDGMENT CALLS CANNOT BE PROTESTED.
- Coaches must record all relevant facts of the game (i.e., time left, score, position of players, etc.) in the official scorebook at the time of the protest. After the game, the protesting coach/manager must submit a written formal protest and submit to the intramural Director no later than 1200 the next working day. THE PROTEST WILL NOT BE CONSIDERED IF IT DOES NOT MEET THE ABOVE CRITERIA.
- If a protest is valid and has a direct bearing on league standings or play-off positions, the game will be replayed from the point of the protest. Players involved in the protest must be present to play.
- Protests during championship games/matches will be handled and adjudicated immediately at the time of the incident by either the Intramural or Athletic Director present at the game/match. Decisions are final.

VARSIY SPORTS

PURPOSE: Offers individuals with highly developed sports skills the opportunities to participate in higher-level competition beyond the intramural program, and to compete with others capable of challenging their abilities. Varsity athletics also serve as a source of entertainment, and assists in promoting the United States Marine Corps. Varsity sports will not be conducted at the expense of the Intramural program.

ELIGIBILITY: Active Duty Military personnel assigned to Quantico.

VARSIY TEAMS

Flag Football	Rugby	Basketball
Soccer	Long Distance Running	Mountain Bike
Softball	Racquetball	

COACHES: The Athletic Director selects coaches. If more than one individual applies for the coaching position, resumes and an interview will be required.

COACHES RESPONSIBILITIES

- Provide input into the annual budget of the sport in which they coach.
- Assist with the selection of uniforms and equipment.
- Attend League and Conference meetings.
- Conduct try-out sessions and select team members.
- Organize and plan practice sessions.
- Promote sportsmanship and the Marine Corps ethic.
- Provide Athletic Director with necessary entry fund requests at least two weeks in advance of an event.
- Request transportation requirements through the Athletic Section Motor Vehicle Manager.
- Ensure that all team members are in compliance with all Marine Corps policies concerning behavior, dress, bearing, etc. Discipline and suspend players if needed.
- Maintain control of the team and spectators during all games.
- Keep accurate records, such as: equipment inventory, team rosters, game results, etc.
- Expect and exhibit exemplary conduct at all times.
- Communicate with the Athletic Director to ensure proper scheduling and event coordination.
- Receipt and return supplies, equipment and uniforms at the end of the season.
- Provide a written evaluation of the program at the end of the season, to include problem areas, results, highlights and recommendations for the next year.

VARSIY SCHEDULES

- Varsity teams compete in the Marine Corps East Coast Regional Championships, which can lead to further participation at the All-Marine, Armed Forces, National and International levels.
- Teams compete in local civilian and military tournaments and leagues.
- Specific sports teams participate in the Washington Area Military Athletic Conference (WAMAC).

COMMUNITY SUPPORT/RETURNS. Varsity teams are encouraged to conduct clinics, demonstrations, and classes for the Quantico Military Community.

RECREATIONAL ACTIVITIES

PURPOSE: To offer low-key competitive activities that promotes mass participation, enjoyment, and socialization in organized events. Provide those with even minimal skills the opportunities to participate.

ELIGIBILITY

- Active Duty military and their family members assigned to Quantico. Family members must be at least age 18 unless otherwise identified in those specific events bylaws.
- DoD civilians (APF and NAF) who work on, or are assigned to, MCB, Quantico. Civilian family members are not authorized to participate unless they also work on the Base.
- All civilians must sign “Hold Harmless” agreements prior to his/her participation.

TEAM FEES may be charged to off set costs.

RECREATIONAL SPORTS/ACTIVITIES MAY INCLUDE:

- Basketball Skills Competitions
- Coed Softball
- Coed Volleyball
- Chess
- Ping Pong
- Horseshoes

CHALLENGE/SELF-DIRECTED ACTIVITIES

PURPOSE. To provide ongoing events which place an emphasis on participation rather than on winning.

ORGANIZATION: In Challenge Activities, participants play at their own convenience within certain constraints. Players advance on a tournament board by challenging and defeating an opponent. Each contest is self-programmed and informal. Contestants issue and accept challenge matches from each other with the ultimate goal of winning all challenges and advancing to the top of the tournament structure.

CHALLENGE ACTIVITIES MAY INCLUDE:

- Ping Pong
- Horseshoes
- Racquetball
- Miscellaneous Board Games

INFORMAL ACTIVITIES

PURPOSE: Also called Walk-in Activities. To provide self-directed participation in competitive/cooperative/individual activities. Informal activity programming involves the provision of indoor and outdoor facilities that are not scheduled for structured events. This

program is for those individuals that prefer access to facilities without imposed design or direction.

FACILITIES/EQUIPMENT: Walk-in activities are conducive to the time, interests and abilities of all participants.

BARBER PHYSICAL ACTIVITY CENTER

QUANTICO, VIRGINIA 22134

703.784.2003

FACILITIES AVAILABLE IN THE BARBER PHYSICAL ACTIVITY CENTER

- 2 Basketball/Volleyball Courts
- 4 Racquetball/Handball/Wally ball Courts
- 1 Fitness Deck
- 1 Group Exercise Room
- 1 Spinning Room
- 2 Locker Rooms
- 2 Saunas

OUTDOOR ATHLETIC AREAS

- Field of Dreams (2 Softball, 1 Youth)
- Freeney Field – Flag Football
- Barnett Fields, A and B – Softball, Rugby, Soccer, Beach Volleyball
- Butler Stadium – Multi-purpose stadium, with running track
- Tennis Courts behind Little Hall

ALL-MARINE SPORTS INFORMATION

FREQUENTLY ASKED QUESTIONS

What is the application process for participation in a sport?

- Obtain the All Marine application and athletic summary from your base Athletic Director or from the Semper Fit Sports web site:
www.usmc-mccs.org/SemperFit/sports/sports_main.asp
- Fill out application and summary completely.
- Obtain command endorsement on your participation.
- Return all documents to your base Athletic Director.
- If you do not have a base Athletic Director, mail or fax the completed application and summary to the All Marine Sports office at: Headquarters, United States Marine Corps Manpower and Reserve Affairs (MRS), 3280 Russell Road, Quantico, VA 22134-5103, Ph. (703) 784-9542 DSN 278-9542 FAX. (703) 784-9822

When are the completed application and resumes due to the All Marine Sports office?

No later than 60 days before training camp begins. If there is no training camp scheduled for the sport for which you are applying, the application is due 60 days before Armed Forces Championships begin.

When can I expect notification of acceptance or non-acceptance of my application?

If you are accepted, you will be notified by DSM message 30 days before the sport begins. Your local base is responsible for issuing orders. If you are not accepted, you will be notified by mail as soon as possible.

I submitted my application, so why wasn't I accepted?

The All Marine Sports office stresses the fact that you must complete the application in full. Often contact information provided by athletes is incorrect and we have no way of contacting them. Please ensure that correct commercial phone and fax numbers are provided, and that you submit an accurate address or geographic location if you are deployed. Also, please ensure that all parts of your application, including the affidavit, are completely filled out. Include race times and events within the last three months. Resumes that have old times may not get weighed as heavily as more current ones. Also, there are a limited number of positions available for each sport. Please keep in mind that you are competing with other athletes Marine Corps-wide for these positions.

Since all available funded spots for the sport I want to participate in are full, can I pay my own way to the competition?

No. Once the All Marine Sports office selects athletes, they are the only athletes that are allowed to participate in the event.

Does my Commanding Officer have to approve my application?

Yes. You cannot be selected to participate in any All Marine Sports sponsored event without the approval of your CO.

In which sports do the Marine Corps sponsor teams?

The All Marine Sports Offices supplies a sports calendar each year listing teams it sponsors. If the sport you wish to compete in is not listed, then it is a sport that is not funded by our office. You can view a copy of this calendar at your base Athletic Department or at the All Marine Sports web site listed above.

I have heard athletes have obtained funding from the All Marine Sports office for sports that are not listed on the calendar. How is this possible?

The All Marine Sports Program does assist athletes in a number of non DoD Championship events. These individuals have demonstrated a high degree of athletic ability at the national/international level in sports that lead to national, world, Olympic,

and Pan American games championships. These athletes have already established themselves as world-class athletes and are capable of being competitive on an international level. The individuals are evaluated on a case-by-case basis.

So, the All Marine Sports Office does have a world-class athlete program?

No. All Marine Sports does not have a program to develop world-class athletes. Athletes must prove that they are already competitive on a national or international level.

Do any sports require individuals to get a physical examination before competing in them?

Yes. In order to compete on the All Marine Boxing or Wrestling teams, you must get a physical examination and submit it with your application. The necessary forms can be obtained from the same sources as your application.

Am I required to have a passport for any events?

Yes. For all sports that lead to an overseas CISM Championship event, you must obtain a current passport. Official passports may be issued by local commands, but not all commands issue passports, especially if a NATO country hosts the event. Due to current heightened tourist alerts, personal tourist passports are highly recommended, and in the event official passports cannot be issued, tourist passports are mandatory for participation.

Will the All Marine Sports office reimburse the cost for tourist passports since my local travel office would not issue an official passport?

No. **Personal** tourist passports will be paid for by the All Marine Sports office or HQ-MCCS. **Tourist** passports may be used for up to ten years for personal use, and therefore are not authorized to be funded by HQ MCCS.

What is a CISM championship?

The Conseil International du Sport Militaire is the international committee of Armed Forces sports. For all Armed Forces sports, the top athletes/finishers will move on to the international competition which is held in a CISM participating country.

What is the process to get new, popular sports approved to be Armed Forces sport?

The Armed Forces Working Group revises the sports listed on the Armed Forces sports calendar regularly. Not all sports may be added. Keep in mind, all four will need to budget and participate in all of the endorsed sports.

Occasionally, some sports are dropped due to budgetary constraints and lack of participation. If you know a sport that you think should be included on the All Marine or Armed Forces sports calendar, you are encouraged to submit a position paper stating your reasons and justification why this particular sport should be funded and included by all the Armed Forces. Remember, all Armed Forces sports are approved based upon participation and budgetary availability. Submit this position paper to HQMC Semper Fit.

How do you select a team?

All-Marine team selections occur after the resume deadline. All resumes are 'racked and stacked' by the team coach. In cases where there is no coach, or times cannot be compared, an expert in the sport is consulted to give recommendations.

Can I still submit a resume after the deadline?

Resumes may be submitted at anytime. There have been cases when too few applications were submitted and resumes were accepted well after the deadline. In the event there are enough applications submitted, or the camp has already begun, applications will be reviewed and kept on file, but there is no guarantee that they will be accepted.

How long do All-Marine Sports take?

Any sport will compete from three (3) days to one (1) week. Training camps may take up to three (3) weeks. As a general rule, when submitting resumes, be aware that your command is willing to release you from the beginning of the All Marine Trial Camp to the highest level of competition. In some instances, this may take up to three (3) months. Please consult the All Marine calendar or the base Athletic Director for further details.

Do all sports have training camps?

No. Only a few sports actually have a training camp, which is used to aid the coach in selecting the team and form team unity.