

Sam Houston State University
Club Sports Member Handbook
2025-2026

SAM HOUSTON STATE
CLUB SPORTS



Introduction

The Club Sports Program is an integral part of the Campus Recreation Department at Sam Houston State University. Club Sports represent a connection between the University's athletics programs, intramural activities, and physical education offerings. Each team is created, developed, and governed by the student membership of each club individually, with professional guidance administered by the Campus Recreation Department. While the Campus Recreation administrative staff will assist teams in every way possible and provide oversight of Club Sports activities, the responsibility for team administration and organization lies with team officers, coaches, and members.

Purpose

A club sport is a registered student organization formed by a group of students that share interests in a specific sport or physical activity. These interests can be competitive, recreational, or instructional in nature, or any combination of the three. Clubs may represent the University in intercollegiate competition or conduct intra-club activities such as practice, instruction, socialization, and tournament play. Each Club Sport has been founded, organized, managed, and maintained by volunteer student leaders. This provides opportunities for students to develop leadership, management, and organizational skills in addition to the benefits of competition, physical activity, and social well-being.

The Campus Recreation Department assists in the development and growth of Club Sports and its student leaders to promote the success of the clubs and provide opportunities for students interested in specific athletic activities to improve their skill and participate in extramural competition.

Office Hours & Contact Information

Campus Recreation Center
801 Bowers Blvd. #162
Huntsville, TX 77341

Office Hours: Monday-Friday 9:00 AM – 5:00 PM

2025-2026 Club Sports Professional Staff

Madison Luney – Assistant Director, Club Sports & Intramurals
Parker Callegari – Graduate Assistant, Competitive Sports
John Merryman – Associate Director of Programs

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Participant Eligibility

The following are requirements in order to participate in any form with a Club Sport:

1. Currently enrolled SHSU undergraduate or graduate student with good academic standing and taking a minimum of six credit hours at SHSU.
 - a. Club members are eligible for summer competition if they have either registered for a minimum of six credit hours in the upcoming fall semester, taking at least six credit hours over the summer, or graduated in the Spring semester.
 - b. Graduate students, faculty, and staff may be restricted from participating in league or association competitions based on the clubs' league or association requirements.
 - c. Current varsity athletes are prohibited from club involvement as a player. Current/Former varsity athletes may be restricted from participation based on league rules. Please check with your league association prior to allowing a former varsity athlete to participate.
2. All clubs are restricted from holding tryouts for membership into the club. The Club Sports program is not exclusive to elite athletes and exists to offer SHSU students the opportunity to participate in any sport.
 - a. No club may restrict its membership on the basis of race, sex, sexual orientation, religion, color, national origin or ethnic origin, disability, or military service.
 - b. Clubs may keep potential members from participating in all club events due to lack of payment of dues, lack of attendance at club meetings/practices, or disciplinary issues.
 - c. Clubs may form traveling squads if the club has enough members, as well as forming A and B teams if desired.
3. All Club Sports members must maintain a minimum 2.0 cumulative GPA to participate in any Club Sports activities and maintain a good academic standing with SHSU. Members below a 2.0 cumulative GPA will NOT be allowed to participate in any capacity.
 - a. Any Club Sport participant that has a semester GPA below a 2.0 must meet with the Assistant Director of Club Sports to discuss steps to improve their GPA for the upcoming semester. Participants will not be cleared to participate until this meeting has occurred.
4. All students who participate in a Club Sport must be listed on the club's OrgLink roster.
 - a. Every member must have completed and signed the Insurance and Liability Release Form, and the Club Sports Handbook Agreement Form located on the Campus Rec Website.
 - b. All Club Sports members are encouraged to have medical insurance due to the level of risk and liability that is inherent to the activities of Club Sports.
5. Club regulations by national governing bodies may supersede SHSU Club Sports regulations regarding credit hours and GPA if minimum requirements are higher.

Participant Safety

Assumption of Risk Statement

Many Club Sports activities present the inherent possibility of injury. Participation in each club is voluntary; individuals assume responsibility for their own health and safety. All individuals who intend to participate in vigorous sports should, for their own protection, have a physical examination to determine that they are physically able to participate. Medical insurance, which would cover expenses incurred in the event of injury, is strongly recommended prior to participation in any Club Sports activity.

Inclement Weather

Due to weather, field conditions, or unforeseen circumstances, the Competitive Sports Office cannot guarantee that all scheduled practices and games will be played. In the event of inclement weather, the Competitive Sports Office will notify the Club leadership as soon as possible to cancel any scheduled events. No decision will be made until approximately 2 hours before the scheduled start of activity. Additionally, the On-Site Supervisor may cancel games on-site, if necessary, after these times.

Extreme Heat & Air Quality

The Competitive Sports Office will determine the level of play and activities during heat related situations based on the Wet Bulb Global Temperature (WBGT). WBGT is a measure of heat stress caused by direct sunlight. To accurately calculate WBGT, factors considered include temperature, humidity, wind speed, sun angle, and cloud cover. The Air Quality Index is used to report the level of air pollution, which can cause respiratory distress at high levels. Below are the various protocols that the Competitive Sports Office will implement in the case of extreme heat, utilizing WBGT & AQI.

1. **< 82:** Normal Activity
2. **82.0-86.9:** Mandatory water breaks every hour (between games)
3. **87-90:** Mandatory water breaks every half hour (during half time and between games)
4. **90.1-92:** Mandatory water breaks every quarter hour (mid-way first half, half-time, and mid-way second half)
5. **>92.1:** All outdoor activity suspended until WBGT drops below 92.1
6. **AQI 120+:** Sensitive groups encouraged to limit participation for safety.
7. **AQI 150+:** All activity suspended until AQI improves.

Concussion Protocol

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion, either at rest or during exertion, should be **immediately removed from practice or competition and should not return to play until cleared** by an appropriate health care professional. Each Club Safety Officer will be provided with Concussion Recognition Cards and Concussion Protocol Packets to be used in the case of any member sustaining a suspected head injury during any club activity. If any on-site supervisor or member of the club observes any signs listed on our “Concussion Recognition Cards” as a Club member, that individual will be removed from all Intramural and Club Sport participation for their own safety.

Return to Play: Once an individual is removed from play due to a suspected concussion, they are not permitted to participate again until a Return to Play Form is signed by their medical care provider and submitted to the Competitive Sports Office:

- A. The on-site supervisor or Club Safety Officer will fill out the front sheet of the concussion packet with information about the injury and document any symptoms observed.
- B. The injured participant will then be notified that their status has been changed to ‘Unfit to Play’. They will then be ineligible to participate in any Intramural or Club Sport related activities until their medical care provider has completed and signed the Return to Play Form.
- C. Once the Return to Play form has been completed and submitted to the Competitive Sports Office, their status will be changed to ‘eligible to play’. A copy of the Return to Play Form will be kept on file with the Competitive Sports Office.

Concussions can occur without loss of consciousness or other obvious signs. A critical element of concussion management is candid reporting by the participant of any symptoms and awareness by other participants of concussion signs. The following are accepted signs & symptoms of concussions:

Signs (Observed by Others)	Symptoms (Reported by Player)
Appears dazed or stunned	Headache or ‘pressure’ in head
Confused about assignment/position	Nausea or vomiting
Forgets plays	Balance problems or dizziness
Unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can’t recall events before hit/fall	Confusion
Can’t recall events after hit/fall	Expressing “not feeling right”

Student Conduct

The Sam Houston State University Code of Student Conduct governs everything not listed in this handbook. If a policy is violated and listed in the [Student Code of Conduct](#) but is not listed in this handbook, that individual will still be held responsible for their actions, and cases may be referred to the Dean of Students Office for further action.

All club members are expected to adhere to the policies and procedures of the Department of Campus Recreation and Sam Houston State University. The Competitive Sports Office reserves the right to penalize individuals or teams for violation of these rules. Any participant case may be reviewed by the Department Campus Recreation Professional Staff and/or be referred to the Office of Student Conduct. University standards apply to all student conduct, both on and off campus, when representing SHSU. Violations to University standards can be applied to acts committed on campus, on or in any property owned, leased, or controlled by SHSU; or at any location where a student is engaged in an official University activity or represents the University, such as travel to participate in any type of competition. Students may also be subject to disciplinary action for violations of local, state, and/or federal laws which occur on or off campus.

Hazing

Campus Recreation and the Club Sports Program at Sam Houston State University endorses the anti-hazing policies set forth by the University. Club teams found to be in violation of the SHSU anti-hazing policy will undergo serious disciplinary action, including grounds for suspension from the Club Sports Program. Hazing can be defined by any of the following, regardless of consent:

- A. Performing acts that creates substantial physical or mental harm
- B. Produces mental or physical discomfort, embarrassment, harassment, or ridicule
- C. Involves the consumption of foods, alcoholic beverages, drugs, or other substances that endangers the physical or mental health and safety of an individual
- D. Involves any activity that could cause extreme mental stress, such as sleep deprivation, isolation, acts that subject another to embarrassment, shame, or humiliation, engaging in morally degrading or humiliating games, etc.
- E. Involves defacing or destroying public or private property, or cruelty to any animal

All Club Sport Officers will be required to complete a Hazing training in addition to Officer Trainings sent out by the Assistant Director of Club Sports.

Title IX Statement

Sam Houston State University complies with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act. Sexual misconduct, as defined in the University's Sexual Misconduct Policy, constitutes a form of sex discrimination prohibited by Title IX and Title VII.

Alcohol Policy

The following guidelines are the minimum requirements for Club Sports participants to follow when representing Sam Houston State University and the Club Sports to which they belong. Visitors to SHSU must also follow these guidelines, so all efforts should be made by the club to inform its visitors. Violations to University and Club Sports policy will be sanctioned on a case-by-case basis.

- A. No alcoholic beverages may be present while on university premises, during official club activities, or in any activity sponsored or endorsed by a Club Sport in accordance with all applicable laws of the University, county, and state of Texas.
- B. No alcoholic beverages may be purchased with internal or external funds, nor may the purchase of it be undertaken or coordinated by any member in the name of or on behalf of the club. The purchase and/or use of a bulk quantity of alcoholic beverages, e.g., kegs or trash can punch, is strictly prohibited.

- C. Regardless of age, no alcohol is allowed during meals, at hotels, or any other time when travelling. Official club travel begins when the club leaves campus and does not end until they return to campus.
- D. No club members, collectively or individually, may purchase for, serve, or sell to any minor (anyone under the legal drinking age) any alcoholic beverage.
- E. No club may co-sponsor an event with an alcoholic beverage distributor, charitable organization, tavern, pub, bar, etc. without prior approval from the Competitive Sports Office.
- F. No alcohol may be present at any Club Sports activity or program. Social functions must be clearly defined and removed from athletic functions.
- G. No club may sponsor, co-sponsor, co-host, or co-finance any social function where the above guidelines are not followed.

Article 4: Disciplinary Procedure

Clubs and/or individuals receiving major infractions, or repeat offenses of minor infractions, may be put under suspension or probation based on the recommendations of the Competitive Sports Office and Club Sports Council. This may result in a loss of space, funding, travel, and potentially Club Sports status. Clubs may appeal infractions made throughout the year by submitting a formal appeal to the Assistant Director of Club Sports. If an infraction is overturned, all points lost will be awarded back to the club. However, if an infraction is upgraded, the club will lose additional points or privileges.

If the Competitive Sports Office believes an infraction has occurred by a Club or individual on an active club roster:

- A. The Assistant Director of Club Sports will notify the club through a written notification that:
 - a. The Competitive Sports Office is aware an infraction has occurred
 - b. An investigation is required due to possible infractions by the Club or an individual member.
- B. Depending on the nature of the infraction, investigations may be sent directly to the Office of the Dean of Students. The Office of the Dean of Students shall determine if evidence supports a finding of violation and proposes an appropriate sanction. Decisions made by the Dean of Students Office are not subject to appeal.
 - a. The Competitive Sports Office will not review cases until the conclusion of the Dean of Students investigation. Additional and/or separate consequences may be assessed by the Assistant Director of Club Sports for violations of Club Sports policies.
- C. For all other infractions, the Assistant Director of Club Sports will schedule a meeting with the club, or individual, to discuss the infractions. During the meeting, the club will have an opportunity to present their side.
 - a. After the meeting occurs, the Assistant Director of Club Sports will determine the appropriate sanctions against the sport club and notify them of the decision made. Any disciplinary decision made by the Assistant Director can be appealed based on the Appeals Process detailed below.

Individuals may also submit their own report on potential Code of Conduct violations to the Dean of Students' Office via the [Incident Report Form](#). Reports regarding sex or gender-based discrimination or sexual misconduct should be reported to [SHSU Title IX](#) for further action and/or support.

Appeals Process

Clubs, or individuals, given consequences from violations can appeal to the Club Sport Council and Associate Director of Programs with the purpose of scheduling a hearing to present their side of the issue. Please note that the result of an appeal may also lead to greater consequences than the decision of the Assistant Director of Club Sports. The steps for an appeal are as follows:

Decision of the Assistant Director of Club Sports may be appealed to the Club Sport Council by following the listed steps:

- A. Written communication from the club representative to the Assistant Director of Club Sports indicating the reason(s) for the appeal and any other relevant information pertaining to the

infraction must be submitted 5 business days after the date of notification of the imposed sanction from the Assistant Director.

- B. The Club Sports Council will be informed, and a hearing will be scheduled with the individual and/or with the Clubs' leadership.
- C. The Club Sports Council will give a recommendation to the Associate Director of Programs on the appeal after the hearing and may uphold, reject or modify the sanction given by the Assistant Director.
- D. The Associate Director of Programs will communicate a final decision on the appeal back to the club, or individual, in question and will discuss the final appeal process with the club or individual.

Decisions by the Associate Director of Programs may be appealed to the Director of Campus Recreation:

- A. Written communication from the club representative to the Assistant Director of Club Sports indicating the reason(s) for the appeal and any other relevant information pertaining to the infraction must be submitted 3 business days after the date of notification of the imposed sanction by the Associate Director of Programs.
- B. The Director of Campus Recreation will rule on the appeal after investigating the matter and may uphold, reject or modify the sanction given by the Associate Director of Programs.

Decisions made by the Director of Campus Rec are final except in extraordinary circumstances.