

Recreation LEAGUES

REGISTRATION

Early Bird Deadline: Sun, Jan 15
Regular Deadline: Sun, Jan 22

Prior to the Regular Deadline, you may withdraw from any program for a full refund. *No refunds will be issued for withdrawals after the Regular Deadline.*

All participants must:

- Pay for their registration
- Complete a Roster Information Sheet
- Pass an online quiz

Substitute and Replacement players are eligible to participate after week one. Please see the **League Handbook** for details.

LEAGUE INFORMATION

Any and all information is available on our website MacEwan.ca/Leagues including our League Handbook, registration links, stats, contact info, and more!

All league fees include:

- Seven weeks of league play (*six regular season and one playoff*)
 - Equipment usage
 - Fully-staffed games
- Up-to-date league standings and schedules
- Participation t-shirts*
- Prizing for league champs and spirit winners*

*Eligibility requirements must be met. Please read the *League Handbook* for more details.

All league games include the following parameters:

- Games are played in the David Atkinson Gymnasium at MacEwan University Sport and Wellness
- Each participant must sign-in with valid photo identification
 - Games will rotate through one-hour time slots within each league's time range
- Scheduling requests can be made but are not guaranteed
 - Points are awarded based off of wins, ties, losses, spirit points, quiz completions, and theme week points

SPORT	TYPE	FORMAT	GAMES	TIME	DATES	LOCATION	CODE	EARLY BIRD PRICE	REGULAR PRICE
Indoor Soccer Student Referee	Mixed	4-on-4 + 1 goalie	7	2-7 p.m.	Sundays: Jan 29, Feb 5, 12, 26, Mar 5, 12, 19	South Court	9401	Deadline: Jan 15 S: \$40.60 M/P: \$52.50	Deadline: Jan 22 S: \$45.50 M/P: \$57.40
Volleyball Self-officiated	Open Intermediate	6-on-6	7	2-7 p.m.	Sundays: Jan 29, Feb 5, 12, 26, Mar 5, 12, 19	North & Centre Court	9499	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Basketball EBOA Referee	Mixed	5-on-5	7	6:30- 10:30 p.m.	Mondays: Jan 30, Feb 6, 13, 27, Mar 6, 13, 20	Centre & South Court	9501	Deadline: Jan 15 S: \$47.60 M/P: \$59.50	Deadline: Jan 22 S: \$52.50 M/P: \$64.40
Volleyball Self-officiated	Open Recreational	6-on-6	7	6:30- 10:30 p.m.	Tuesdays: Jan 31, Feb 7, 14, 28, Mar 7, 14, 21	North, Centre & South Court	9504	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Pickleball ¹ Self-officiated	Open Doubles	2-on-2	7	6:30- 9:30 p.m.	Wednesdays: Feb 1, 8, 15, Mar 1, 8, 15, 22	South Court	9509	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Badminton Self-officiated	Open Doubles Tier 1	2-on-2	7	6:30- 9:30 p.m.	Wednesdays: Feb 1, 8, 15, Mar 1, 8, 15, 22	South Court	9508	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
	Open Doubles Tier 2	2-on-2	7	6:30- 9:30 p.m.	Wednesdays: Feb 1, 8, 15, Mar 1, 8, 15, 22	South Court	9508	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Volleyball Self-officiated	Women Only	6-on-6	7	8:30- 10:30 p.m.	Wednesdays: Feb 1, 8, 15, Mar 1, 8, 15, 22	North & Centre Court	9510	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Multi-Sport ² Self-officiated	Open	Various	7	6:30- 10:30 p.m.	Thursdays: Feb 2, 9, 16, Mar 2, 9, 16, 23	South Court & Teach Pool	9511	Deadline: Jan 15 S: \$33.60 M/P: \$45.50	Deadline: Jan 22 S: \$38.50 M/P: \$50.40
Dodgeball Student Referee	Open	6-on-6	7	6:30- 10:30 p.m.	Thursdays: Feb 2, 9, 16, Mar 2, 9, 16, 23	Centre Court	9512	Deadline: Jan 15 S: \$40.60 M/P: \$52.50	Deadline: Jan 22 S: \$45.50 M/P: \$57.40
Floor Hockey Student Referee	Mixed	3-on-3 + 1 goalie	7	6:30- 10:30 p.m.	Thursdays: Feb 2, 9, 16, Mar 2, 9, 16, 23	North Court	9513	Deadline: Jan 15 S: \$40.60 M/P: \$52.50	Deadline: Jan 22 S: \$45.50 M/P: \$57.40

¹ Includes 15 minutes of basic instruction before games for the first 2 weeks of league play.

² Includes dodgeball, 3-on-3 basketball, volleyball, ultimate frisbee, innertube waterpolo, soccer, and handball.

There are no games scheduled during long weekends or reading week!

REGISTRATION TYPES

Free Agent: someone looking to play but does not have enough players to make a full team.

Full Team: a group of people lead by a captain who have enough players to make a full team. Each player on the team is required to complete their own registration.

Team/player requests can be made on the Roster Information Sheet.

LEAGUE TYPES

Open: This league type has no gender ratios.

Mixed: This league type has gender ratios. Please refer to the **League Handbook** for sport-specific ratio guidelines.

VOLLEYBALL LEAGUES

Intermediate:

All players have some experience playing volleyball and a good understanding of the fundamentals. Hard hitting can be expected consistently throughout the game from at least one to three players on each team. Back-row attacks occur from time to time but are not a common occurrence. The majority of players will serve overhand. Most games will feature accurate passes and organized attacks. Blocking is more prevalent in this division than in the other divisions; however, it is not always a solid double block. Typically, three contacts are made before returning the ball over the net to the opponent.

Leagues with eight or more teams will be randomly tiered to start the season. After three weeks of play, Recreation Staff will re-seed these leagues based on the overall standings.

Recreational:

This league is for those new to volleyball and those with some experience playing volleyball at a recreational level. Players can anticipate that approximately one out of every three rallies will contain a hit. Teams in this division must have a "fun-first" approach to every game.

BADMINTON TIERS

Tier 1 (Recreational Plus):

This division is for teams that have some experience playing badminton. Players can serve and return with accuracy, and the team is looking for more of a challenge than the Recreational level. Not all players need to be highly skilled; it is more about the average skill and competitiveness of the team as a whole.

Tier 2 (Recreational):

This division will feature teams that may have one skilled player and one or two inexperienced players. If both main players lack experience in Badminton and are competitive, the team should move up to a higher level. Teams in this division must have a "fun-first" approach to every game.

Tiered leagues begin with teams self-assessing their team's overall skill level upon their initial registration. After three weeks of play, Recreation Staff will re-seed these leagues based on the team's overall standings.

THEME WEEK Feb 12-16

If the majority of your team dresses up for Theme Week, your team will receive an extra Spirit Point in their standings!

Reserve your spot in a class, register for leagues and find all class and program information online at

SportandWellnessReg.MacEwan.ca

CLICK HERE TO FIND YOUR LEAGUE AND REGISTER