

## **IDC Herzliya Sports Administration**

### **1. General**

Sports activities at IDC Herzliya are managed and organized by the IDC Herzliya Sports Administration. The administration is responsible for the teams that represent IDC Herzliya, various sports activities and a number of student clubs.

### **2. Sports Activities at IDC Herzliya:**

- Basketball and futsal tournaments
- IDC Herzliya President Uriel Reichman Chess Tournament
- Dance troupe
- Tribute event for IDC Herzliya athletes

### **3. External Sports Activities:**

- Academic Sports Association (ASA) Championships for Amateurs (November, December & January).
- ASA Winter Games in Eilat (February-March).
- ASA International Championships (May).
- Individual sports competitions, such as: Taekwondo, karate, judo, rowing and boating, field navigation, aquathlon, cross country, athletics, rifle and pistol shooting, swimming, squash, mountain biking, tennis, table tennis, chess.
- Men's Basketball ASA Championship during the course of the year.
- Futsal ASA Championship during the course of the year.

### **4. Activities of IDC Herzliya representative teams**

- **Swimming** Annual competition at the ASA International Championships.  
Practice one time a week at the Herzliya Sports Center pool on Tuesdays at 20:00. Additional training as necessary.
- **Water Polo** Annual tournament at the ASA International Championships.
- **Men's Futsal** Beach futsal as part of the ASA games. Practice once a week on Monday evenings.
- **Men's Futsal** League during the course of the year as part of the ASA Championship.
- **Soccer 7x7** one tournament during the year as part of the ASA games.
- **Women's**

- **Futsal** A tournament at the ASA Winter Games held in Eilat, beach futsal. Practice once a week, in the evening.
- **Women's**
- **Soccer 7x7** one tournament during the year at the ASA games.
- **Men's**
- **Basketball** Compete in College Basketball Championship during the course of the year. Practice or games are held once a week on Thursdays at 20:00. Additional practice as necessary.
- **Women's**
- **Basketball** Tournament for amateurs and ASA Championships including Premier League players.
- **Men's**
- **Volleyball** Preparatory tournament in November, beach volleyball at the ASA Championships in Eilat, beach volleyball for pairs and indoor volleyball at the ASA Championships.
- **Women's**
- **Volleyball** Preparatory tournament in November, trio beach volleyball in the ASA Championships in Eilat, beach volleyball for pairs and indoor volleyball at the ASA Championships.
- **Chess** One competition during the year at the ASA Championships in Eilat.
- **Athletics** One competition a year at the ASA Championships.
- **Cross**
- **Country** Participation in the ASA Cross Country League throughout the year.
- **Field**
- **Navigation** Participation in the ASA Navigation League.
- **Sailing** Annual competition at the ASA Championships.
- **Crew** Annual competition at the ASA Championships.
- **Kayaking** Annual competition at the ASA Championships.
- **Windsurfing** Annual competition at the ASA Championships in Eilat.
- **Judo** Annual competition at the ASA Championships.
- **Taekwondo** Annual competition at the ASA Championships.
- **Karate** Annual competition at the ASA Championships.
- **Shooting** Annual competition at the ASA Rifle and Pistol Championships.
- **Bowling** Annual competition at the ASA Championships.
- **Cycling** Annual competition at the ASA Championships.
- **Tennis** Annual competition at the ASA International Championships in Eilat.
- **Table Tennis** Annual competition at the ASA Championships in Eilat.
- **Squash** Annual competition at the ASA Championships in Eilat.

- **Aquathlon**      Annual competition at the ASA Championships in Eilat.
- **Off Shore**
- **Swimming**      Annual competition at the ASA Championships in Eilat.
- **Handball**      Annual competition at the ASA Championships.

## 5. Sports Clubs

- **Dance Troupe**      The dance troupe practices once a week on Monday evenings and as determined by the troupe directors. Only women with professional dance background are accepted for tryouts.  
The dance troupe performs at internal IDC functions throughout the year and at events outside the IDC.
- Participation in a sports team will earn students two credit points, providing the student participated in the team for two full academic years and fulfilled all the requirements, as confirmed by the coach. Students may participate in more than one team subject to availability, but they cannot earn more than two credit points for this activity throughout their studies at IDC Herzliya. Furthermore, no additional credit will be awarded to students who take upon themselves extra-credit social activity. Exceptions to this stipulation are students who serve active reserves duty and athletes who represent the IDC in sports competitions.
- **Students who continue representing the IDC throughout the entire period of their studies will be eligible for 4 credit points, subject to the approval of the head of the Sports Administration at the IDC.**
- Students who have reported an injury in writing is still required to attend practice. A student who is unable to fulfill the attendance requirements of participating in a sports club due to an injury or any other justified reason may make arrangements with the coach or with the IDC Herzliya Sports Administration to make up the requirements the following year.
- Students will receive a grade of pass or fail (that will be included in their transcripts). Students who excel in sports clubs and other suitable athletes will be invited to join the teams that represent IDC Herzliya in competitions.
- Outstanding athletes will receive two credit points if they are active members of teams that represent IDC Herzliya for at least two years.
- Students accepted into one of the representative teams and stopped participating or whose participation was discontinued by the coach/Sports Administration, will be removed from the list of athletes and will not be eligible for the credit point.

- All students participating in the representative teams is obligated to the IDC regulations for prevention of sexual harassment.

## 6. Registration

Students interested in participating in the sports activities should apply through the Student Administration or the IDC Herzliya Sports Administration, in accordance with information advertised prior to commencement of the academic year. **Students cannot apply to sports clubs via the course registration website.** The number of spaces in the clubs is limited, and their opening is subject to sufficient registration. Acceptance is dependent on the results of tryouts administered by the coach. The time and location of the tryouts will be advertised separately.

## 7. Insurance

Students accepted to sports clubs/activities must provide written confirmation attesting to their physical fitness from a qualified physician or sports medicine institute  
The Sports Administration will provide insurance for students who submit said confirmation of their medical fitness.