



Altus Air Force Base Sports Handbook

This handbook is provided to acquaint you with the sports program available to you both as a participant and a spectator here at Altus Air Force Base. It also provides information on the wider variety of programs and activities offered by the 97th Force Support Squadron.

We realize the importance of fitness, and spirit de corps activities and we wish to provide the programs and facilities which meet our patron's needs. Considerable expenditures of funds, time, and effort have been committed to maintaining the facilities and programs at the Altus AFB Fitness Center. We solicit your cooperation in the proper care of our facilities and programs. Your assistance will enhance our program and benefit all concerned.

Please feel free to contact our Sports Staff at any time to discuss your fitness and recreation needs. We invite you to become involved in the base sports program for fitness, fun and skill enhancement.

Jeremy M. Stevens, GS-09

Fitness & Sports Manager

OBJECTIVES

The objectives of the Altus Air Force Base Sports Program include the development of physical and sports skills, the provision of meaningful sports competition, the encouragement of unit esprit, and development of sportsmanship. Maximum participation by assigned military personnel in a comprehensive, morale building program is of primary program importance.

RESPONSIBILITIES

In conjunction with the Sports Director, the fitness & Sports Manager develops, promotes, and maintains a comprehensive program of sports activities for all personnel at all levels of ability and all levels of command. The fitness & Sports Manager ensures that the fitness program is flexible, broad in scope, and appealing to the diverse interests of all military personnel, their dependents, and other authorized patrons.

Administration

Commander FSS _____	Maj. Calvin Daniels
Deputy _____	Mr. Donald Cook
Sustainment Flight Chief _____	Mr. Kevin Burnett
Fitness & Sports Manager _____	Mr. Jeremy Stevens
Assistant Fitness & Sports Manager _____	Ms. Lena Moreau
Sports Director _____	Mr. Willie Williams

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FACILITIES

The Fitness Center is responsible for the management and operation of the following facilities which may be utilized by eligible personnel:

A. Base Fitness Center contains two (2) racquetball courts, one (1) wallyball court, one (1) tread wall room and a HAWC room. A weight/life fitness room, a cardiovascular room, men's and women's saunas, a men's steam room, two multipurpose indoor court equipped for basketball, and volleyball. The Base Fitness Center is available to military personnel and their dependents (16 years of age and older), bona fide guests of military personnel, retired military personnel and their dependents, DOD civilian employees attached to the installation and others as determined by the Air Mobility Wing Commander. It operates from 0445 Hrs to 0100 Hrs five days per week. Open on weekends from 0800 Hrs to 2300 Hrs. The telephone numbers are 481-7440, 481-6712, and 481-7153.

b. Ball Fields. There are two softball fields and one multipurpose field, (soccer and flag football) programs. Eligible groups wishing to use these facilities for sporting activities are required to obtain permission from the Fitness Center Manager. Groups and /or individuals using the fields are required to wear proper athletic footwear. Boots and high heeled shoes will not be permitted.

f. Picnic Area. The picnic area is located next to Softball Field #1998 and is open year round IAW the following guidelines:

(1) Eligible patrons include Altus AFB military personnel and their dependents, retired military personnel and their dependents, Altus AFB DOD personnel and Non-appropriated Fund employees, reserve personnel while on active duty, and special interest groups as determined by the Air Mobility Wing Commander.

(2) Reservations for the picnic area are made on a first come, first serve basis. Reservations can be made by submitting a letter to the Base Fitness Center for approval.

(3) Patrons are requested to park their vehicles in the adjacent parking lot and are required to police the area before leaving. All garbage and trash will be placed in the proper trash

containers. Patrons are requested not to abuse the pavilion equipment, trees, shrubs, etc. Children are to be supervised by an adult at all times when using the playground equipment. No glass bottles are permitted in the area. Alcohol

The Fitness Center is responsible for the management and operation of the following facilities which may be utilized by eligible personnel:

A. Base Fitness Center contains two (2) racquetball courts, one (1) wallyball court, one (1) tread wall room and a HAWC room. A free weight room, a selectorized weight room, a cardiovascular room, men's and women's saunas, a men's steam room, two multipurpose indoor court equipped for basketball, and volleyball, a children's play area/cardio room, and a spin room. The Base Fitness Center is available to military personnel and their dependents (16 years of age and older), guests of military personnel, retired military personnel and their dependents, DOD civilian employees attached to the installation and others as determined by the Air Mobility Wing Commander. It operates from 0500 Hrs to 2400 Hrs five days per week. Open on weekends from 0800 Hrs to 2300 Hrs. The telephone numbers are 481-7440, 481-6712, and 481-7153.

b. Ball Fields. There are two softball fields and one multipurpose field, (soccer and flag football) programs. Eligible groups wishing to use these facilities for sporting activities are required to obtain permission from the Fitness Center Manager. Groups and /or individuals using the fields are required to wear proper athletic footwear. Boots and high heeled shoes will not be permitted.

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(2) Reservations for the picnic area are made on a first come, first serve basis. Reservations can be made by submitting a letter to the Base Fitness Center for approval.

(3) Patrons are requested to park their vehicles in the adjacent parking lot and are required to police the area before leaving. All garbage and trash will be placed in the proper trash containers. Patrons are requested not to abuse the pavilion equipment, trees, shrubs, etc. Children are to be supervised by an adult at all times when using the playground No glass bottles are permitted in the area. Alcohol consumption will be limited to drinking canned beer.

g. Tennis Courts. There are a total of four tennis courts located adjacent to the Base Fitness Center. All courts have lights for night play, and are available seven days per week IAW the following guidelines:

(1) Eligible patrons include Altus AFB military personnel and their dependents, active duty military/reserve personnel and their dependents, retired military personnel and their dependents including dependents of deceased personnel who are authorized DD Form 1173, DOD and Nonappropriated employees assigned to Altus Air Force Base, and others as authorized by the Combat Support Group Commander.

(2) Court lights are to be turned off at the completion of use.

h. Saunas. There are separate saunas for men and women located in the Base Fitness Center. Individuals with cardiac history are required to check with their physician before using the saunas.

i. Racquetball. There are five racquetball courts located in the Base Fitness Center. These courts are available for use 0500 Hrs to 2300 Hrs. IAW the following guidelines:

(1) Reservations can be made by calling the Base Fitness Center at 7440. Reservations can be made no earlier than 0730 on the previous day. Failure to report to a reserved court within ten minutes of the reservation time will result in a loss of reservation. Sunday's and holidays are open courts.

(2) Racquetball rackets, balls, and eye guards are available for checkout from the issue desk. Eye guards are mandatory for all racquetball participants. Any personnel not wearing eye-guards while participating in racquetball will be requested to vacate their court. No black soled shoes will be worn on the courts.

(3) Courts #2, 3, and 5 are 24 hour reservation courts. Court #1 is the challenge court.

The jogging trail is located around the Golf course. The trail is available seven days a week.

(1) Joggers use caution when using the trail. The trail comes very close to some greens and tee boxes. The trail has lights for night joggers.

The base track is located adjacent to the dining facility. The track is also available for use seven days a week. There are lights for night time use.

SAFETY SECTION

1. Patrons are requested to adhere to the following safety guidelines when participating in sporting events or utilizing the Base Fitness Center.

a. Basketball Floor:

(1) No footwear except approved athletic shoes will be worn while playing on the basketball floor. Only non-marking shoes are allowed on the main floor or the handball/racquetball courts. Footwear will be clean and free of any foreign matter.

(2) Shorts, basketball uniforms, or sweat clothing will be the only attire worn in the Fitness Center.

(3) When utilizing equipment requiring setup or supervision, the staff personnel will accomplish the setup or supervision required.

(4) Wearing of eye glasses while participating in this Fitness Center will be subject to the following:

a. The wearing of regular glasses will be permitted only when the person is able to show upon request, certification by the Base Optometrist that the glasses are shatterproof.

b. Persons desiring to use shatterproof glasses must wear plastic type eyeglass guards. Eye protection is **MANDATORY**.

c. Contact lenses need no special safety consideration.

B. Weights and Weight Room Equipment:

- (1) Weights will be placed in racks provided.**
- (2) Proper attire will be worn at all times. (No military clothing or shoes.)**
- (3) Spotters will be used any time one is lifting heavy weights.**
- (4) Weights will be handled with care and not purposely dropped.**
- (5) Weights will be kept away from mirrors at all times.**
- (6) No horseplay will be permitted at any time.**

C. Use of Sauna Rooms:

- (1) All participants will rest sufficiently in cooling room (locker-room) following exercise to insure normal respiration and heart rate.**
- (2) Time will be divided equally between the two tiers in the men's sauna, begin with the bottom tier.**
- (3) Participants should not remain in the sauna longer than 15 minutes.**
- (4) Participants will not lie down.**
- (5) Persons suffering from any type of cardiac condition WILL NOT use the steam room unless written permission has been received from an authorized physician.**
- (6) An emergency switch is readily available within reach for individuals utilizing the sauna. The switch, if pushed will enable the staff or attendant to respond to any emergency that might arise while in the sauna.**
- (7) Lotions and oils are not allowed.**

D. Use of the Racquetball Courts:

- (1) Proper footwear and clothing will be worn while using the courts.**
- (2) No persons will be on the courts during competition except the participants.**

(3) Protective eye guards will be worn at all times. NO EXCEPTIONS.

E. Outdoor Facilities:

(1) Participants in outdoor sport activities will wear proper sport attire and equipment at all times commensurate with the requirements of the sport.

2. It is the personal responsibility of each person to comply with the safety rules herein contained and to foster safe practices while engaged in all forms of sports competition. If you are tasked with coaching or leading a team, take into account the responsibilities involved. Take charge of your team activities, and ensure that all of your players are in good physical condition. Ensure the complete observance of the rules of the sport. Never let any player participate unless they've had a progressive warm-up period. Never use an individual who has a serious "old" injury that may be aggravated by additional activity. Let each of us devote a concerted effort in reducing the injuries, not only to ourselves, but to our fellow team members.

EQUIPMENT

Intramural equipment is available for checkout at the issue counter in the Fitness Center. Basketball jerseys are available if needed for league play.

Individual and Group Equipment: Athletic supplies and equipment are available for individual and group use at Recreation Issue.

Athletic equipment available for daily usage or competition, in the Fitness Center or adjacent athletic fields and courts is as follows:

softballs, volleyballs, boxing gloves, boxing striking bag, tennis rackets, racquetball rackets, and basketballs.

In addition to above listed items, the following exercise equipment is available within the Fitness Center for use by patrons:

Life Fitness treadmills, Star Trac elliptical, Nautilus step mills, Life Fitness recumbent & stationary bikes, Lemond's spin bikes, Star Trac free weights, Life Fitness selectorized weight equipment, 5lb-100lb dumbbells, beauty bells, free weight benches, and cardio & core equipment and steps.

Locker Policy:

a. All lockers are 100% Daily use.

b. Adequate daily use lockers are available in each locker room. Personnel will not be permitted to leave locks on daily use lockers overnight.

c. Violation of paragraph a or paragraph b will result in the lock being removed and personal valuable items will be turned into the SFS. After 30 days, the locker contents will be disposed of. The FSVS division will not be held responsible for destruction of locks or loss of locker contents when items are removed due to the misuse of lockers.

Athletic and Recreation Equipment: This equipment is available at Outdoor Recreation Issue. Their hours of operation are weekdays 0900-1800, and Saturdays 0900-1700. A usage fee is charged and athletic equipment available includes the following:

Water Sports:

Water skis

Safety Vests

Boats & Motors

Rod & Reel (fresh water)

Other Sports:

Volleyballs

Basketballs

Footballs

Softballs/gloves

Bats/balls

Tennis Rackets

Badminton sets

Horseshoe sets

Croquet sets

BASE SPORTS PROGRAM ELIGIBILITY

1. The following eligibility and priority listing is quoted.

- a. Active duty military members assigned to the installation and their dependents 18 year of age and older.
- b. Other Active duty Air Force military personnel (including members of reserve components while on active duty for training) and their dependents.
- c. Active duty military members of DOD components not assigned to the installation and their dependents.
- d. Retired military personnel and their dependents.

e. Members of reserve components while on inactive duty for training and DOD civilians and their dependents.

f. Others in CONUS who directly support Air Force mission requirements as determined by the installation commander.

g. Others outside CONUS as authorized by the installation commander. **NOTE: Exception to the Civilian personnel and their dependents can participate in intramural sports programs as long as the dependents are 18 to 23 years of age. NOTE! Civilians or dependents cannot displace any military members.**

2. The following additional information concerns participation by military personnel in the base intramural sports program:

a. Military personnel assigned to a squadron (unit, section, etc) will participate with that unit in intramural play. The Sports Director will assign personnel in units not fielding teams. Players Pool Rules will apply. No team will receive more than two player's pool personnel, prior to the half way mark of the season. If a unit has two teams, that unit cannot use the players pool.

b. If players move to another unit during the season, it is their option as to which team they will play with. However, once personnel play one game with the team of their choice they must remain with that team for the remainder of the season.

c. Personnel TDY for 30 days or more who desire to participate in the sport program will play with their unit of assignment.

d. Players must play in one scheduled game during the season to be eligible to play in the base championship tournament.

e. The following penalties will be imposed on a team permitting participation by a person or persons not listed as a bona fide member of the organization which he represented:

(1) Loss of game.

(2) Loss of Commander's Trophy entry points for that activity.

f. **Special Condition:** Players assigned by the Sports Director to participate with a unit other than their own in a specific sport, may play with that unit only during that particular season.

AWARDS

The following guidelines define and set forth policies and procedures for awarding trophies and certificates of achievement associated with the Base Intramural programs.

a. The Sports Director will be responsible for selection, management and distribution of awards.

b. Awards will be presented to only eligible personnel who participate in the sports program.

c. Presentation of awards will be made by the Support Group Commander, a designated representative, or Fitness Center Staff immediately following or as soon as possible following, the completion of league or tournament play.

d. Individuals competing in Base Intramural programs will not receive more than one award for any one sport or recreation event.

e. When league champions go on to further competition to determine the Base Champions, individual trophies or awards will not be given at both levels of competition.

f. Appropriate awards for Intramural participation/achievements will be selected by the Fitness Center Director.

g. Team and individual awards to be presented at the conclusion of each sport or event are as follows:

EVENT	TEAM TROPHY	INDIVIDUAL AWARDS
Basketball	Base Champions	15 Individual trophies
	Base Runner-up	15 Individual trophies
	League champions	

Flag Football	Base Champions	15 Individual trophies
	Base Runner-up	15 Individual trophies
	League Champions	
Softball	Base Champions	15 Individual trophies
	Base Runner-up	15 Individual trophies
	League Champions	
Volleyball	Base Champions	12 Individual trophies
	Base Runner-up	12 Individual trophies
	League Champions	
Racquetball	Base Champions	8 Individual trophies
	Base Runner-up	8 Individual trophies
	League Champions	
Wallyball	Base Champions	10 Individual trophies
	Base Runner-up	10 Individual trophies
	League Champions	

Minor Sports**Tennis*****5k Run*****Swimming****** Individual awards for 1st & 2nd place.****2011 ALTUS AFB SPORTS/EVENTS CALENDER**

MONTH/DATE	EVENT	TYPE OF EVENT	POC
Jan-11			
4-Jan-10 May	Biggest Loser	Incentive Program	Jesse / Travis
5-Jan	Sports council meeting	Intramural	Willie / Whitney
18-Jan-25 Mar	Intramural Basketball Starts	Intramural	Willie / Whitney
Feb-11			
22-Feb-1-Jun	1 Million Push-up/Crunch Challenge	Incentive Program	Whitney / Billy
4-Jan 10May	Biggest Loser	Incentive Program	Jesse / Travis
19-Feb	Raquetball Toun. (Presidents Day)	Special event	Melinda / Travis / Christian
Mar-11			
4-Jan-10 May	Biggest Loser	Incentive	Jesse / Travis
22-Feb-1Jun	1 Million Push-up/Crunch Challenge	Incentive Program	Whitney / Billy
7-Mar	Dodge ball Tournament	Special event	Whitney/Jesse/Willie
9-Mar	Sports Council Meeting	Intramural	Willie / Whitney
	Tennis Tournament	Special event	Jesse
24-Mar	Basketball season ends	Intramural	
Apr-11			
4-Jan-10 May	Biggest Loser	Incentive	Jesse / Travis
22-Feb-1-Jun	1 Million Push-up/Crunch Challenge	Incentive program	Whitney / Billy
5-Apr	3-point/Free throw contest	Special event	Night Staff
5-Apr	All Star Basketball Game	Special event	Night Staff

8-Apr	Sports Council Meeting	Intramural	Willie / Whitney
8-Apr	Recreation Soccer	Intramural	Willie / Whitney
13-Apr	Softball Meeting	Intramural	Willie / Whitney
19-21- Apr	Pre Season Softball Tournament	Intramural	Night Staff
23-Apr	5k Run	Special event	Aldo / Melinda
26-Apr	Softball season starts	Intramural	
May-11			
4-Jan-10 may	Biggest Loser	Incentive Program	Jesse / Travis
22-Feb-1-Jun	1 Million Push-up/Crunch Challenge	Incentive Program	Whitney / Billy
7-May	4 Mile Run	Special event	Melinda / Aldo
11-May	Sports council meeting	Intramural	Willie / Whitney
21-May	Sprint Triathlon	Special event	Jeremy/Lena
28-May	4 Mile Run	Special event	Aldo / Melinda
31-May	Soccer Play-off	Intramural	Willie / Whitney
Jun-11			
22-Feb-1-Jun	1 Million Push-up Crunch Challenge	Incentive	Whitney / Billy
11-Jun	Triathlon	Special event	Jeremy / Lena
7-Jun	Soccer Ends	Intramural	
22-Jun	Sports Council Meeting	Intramural	Willie / Whitney
Jul-11			
1-Jul-1 Aug	Rescue Mission	Incentive Program	Eric / Melinda
12-Jul	Softball Play-off	Intramural	Willie / Whitney
16-Jul	5 Mile Run	Special event	Melinda / Aldo
22-Jul	Softball season ends	Intramural	
26-Jul	Kickball Tournament	Special event	Night Staff
30-Jul	5 Mile Run	Special event	Aldo / Melinda
Aug-11			
3-Aug	Flag-Football Meeting	Intramural	Willie / Whitney
13-Aug	10k Run	Special event	Melinda / Aldo
16-Aug	Flag-Football Season Starts	Intramural	Willie / Whitney
20-Aug	Racquetball Tournament	Special event	Aldo / Billy / Melinda
27-Aug	10k Run	Special event	Aldo / Melinda
Sep-11			
1-Sep-1-Nov	LIFT A C-17	Incentive Program	Lena / Christian
7-Sep	Sports council Meeting	Intramural	Willie / Whitney
10-Sep	10k Run	Special event	Melinda / Aldo
24-Sep	Triathlon	Special event	Jeremy / Lena
27-Sep	Flag-Football Play-off	Intramural	Willie / Whitney
Oct-11			
1-Sep-1-Nov	LIFT A C-17	Incentive program	Lena / Christian
7-Oct	All-Star game/punt-pass-kick	Special event	

6-Oct	Flag Football Ends	Intramural	
12-Oct	Volleyball Meeting	Intramural	Willie / Whitney
11-Oct	Pre Season Volleyball Tournament	Intramural	
18-Oct	Volley Ball Season Starts	Intramural	
Nov-11			
1-Sep-1-Nov	LIFT A C-17	Incentive Program	Lena / Christian
19-Nov	Arm Wrestling	Special event	Eric / Amanda
Dec-11			
6-Dec	Volletball play-off	Intramural	
9-Dec	Volleyball Ends	Intramural	

BASE SPORTS ADVISORY COUNCIL

The Sports Council will function as an advisory agency to coordinate and support a comprehensive base sports program. The Council will establish committees to act on intramural sports affairs and will assist in the development of policies and procedures which affect the intramural sports program.

Chair of the Council: AFI 34-266 States that the Fitness Center Director will be the chairman of the council.

Executive Secretary: The executive secretary will be a Fitness Center designated staff member.

Committee: Committees will be appointed by the chair. The committee chair will be the ranking member unless specifically appointed by the chair of the council.

Membership: Organizations assigned or attached to Altus Air Force Base will appoint one primary and one alternate member to the council. Each organization will have one vote, if represented, in all proceedings.

Council Minutes: Minutes will be taken by the Executive Secretary at each meeting. They will be forwarded to the Council Chair, FSVS/CC, within 5 working days.

Squadron Representatives: It is the responsibility of the squadron representative to obtain information, complaints, suggestions, etc. relative to the sports programs and to bring these matters to the council meetings for discussion, action, resolution, etc. These squadron representatives must, in turn, ensure that all information direct or indirectly related to their squadron be coordinated and/or disseminated within their organization.

1. Purpose: The Sports Advisory Council has an important place in the base athletic program. It is organized and sponsored by the athletic section to advise the Fitness Center Director, on the planning of activities and services designed to meet the desires of all eligible personnel, thereby placing some of the responsibility for the success of the base sports program on the participants. Its primary mission is to coordinate and assemble base resources in support of a comprehensive sports program.

2. Committee Membership: Regular committee meetings are held quarterly. The chairperson may call special meetings as required. Attendance by committee members at regular meetings is mandatory. A no show letter will be sent to commanders of members not present.

3. Standing Committees:

a. The Program and Evaluation Committee: The committee assists the Fitness Center Director in planning and evaluating the total athletic program.

b. The Judiciary Committee: This committee makes recommendations to the Fitness Center Director, concerning disqualification or suspension of organizations or individuals due to misconduct. The committee also organizes a protest board consisting of 3 to 5 members to resolve any problem or protest related to the various sports competitions included in athletic program. The protest must be submitted in accordance with the respective sport bylaws. The protest board will meet within 24 hours of the protest, render a final decision after hearing all evidence, and forward their decision to the

Fitness Center Director. THE DECISIONS OF THE FITNESS CENTER DIRECTOR WILL BE FINAL! No further appeal rights.

c. The Fitness and Sports Managers assists the sports director in preparing and justifying requests for appropriated and nonappropriated funds required supporting a comprehensive base program.

d. The Fitness Staff assists the Fitness Center Manager in developing and implementing a publicity and promotion program designed to interpret and inform base personnel regarding the base athletic programs.

4. Responsibilities of Unit Sports Representatives:

a. The duty of the unit athletic representative merits more explicit comments since the success of the entire program (especially intramurals) can depend on the effectiveness of this individual. The athletic representative is a crucial link in the communication for increased participation and program improvement. Specific responsibilities of the athletic representative are outlined in AFR 215-1, Vol. XVI, Chapter 3, paragraph 3-5, Squadron Sports Officers or NCO's. The squadron sports officer/NCO will:

1. Coordinate sports activities with other squadron sports representatives and the Base Fitness Center.

2. Assist the Base Fitness Center in planning and supervising a comprehensive sports program in conjunction with the Sports Advisory Council.

3. Submit reports to the commander and to the Base Fitness Center, as required, on the squadron's participation in the base sports program.

4. Ensure that the sports equipment needs of the squadron are met.

5. Inform squadron members about sports leagues, tournaments, and special events which are scheduled by the Base Fitness Center

6. Inform squadron personnel of all directives pertaining to the base sports.

7. Organize squadron teams appoint team or activity managers and obtain uniforms for participation in these intramural activities.

8. Ensure adherence to participation rules.

9. Serve as a member of the Base Sports Council.

10. Provide instruction to teams, activity managers, and/or team captains regarding the following:

- (a) Procedure on protests.**
- (b) Dates for scheduled contests.**
- (c) Procedures for obtaining practice areas.**
- (d) Procedures for filling out game reports.**
- (e) Rules for each sport.**
- (f) Forfeits.**

b. Responsibilities go beyond attending meetings to. It should be noted, however, that the phrase "on additional duty basis" has been stricken from the regulation. Support Group Commanders have continually emphasized the athletic representatives' role in molding the best possible base sports program. They have stressed this person's responsibility to stimulate squadron sport interest, to disseminate pertinent sports information to the unit, and to present the squadron's comments and/or complaints to the Fitness Center Director or Sports Advisory Council. It is the responsibility of all unit personnel to assist their commander in identifying qualified personnel to represent them. The athletic representative should be sensitive to the unit's athletic interests and suggestions. A good athletic representative should:

1. Be knowledgeable, dedicated, and motivated to provide a quality athletic program.
2. Discuss the sports program with the Squadron Commander.
3. Make sure your squadron is represented at all sports council and organizational meetings.
4. Be responsible to report sports and intramural information to your squadron through a squadron sports bulletin board and/or announcements at commanders calls or other meetings.
5. Present the wishes of your squadron informing and evaluating the Altus AFB Sports Program.
6. Stimulate and otherwise encourage maximum participation in sports events.

ALTUS AFB SPORTS CONSTITUTION

ARTICLE I. Purpose: This constitution is designed to provide guidance and direction to all personnel assigned to the Altus AFB, Oklahoma.

ARTICLE II. Objective: The overall objective of the Altus AFB Sports Program is to maintain the highest possible morale among base military personnel.

ARTICLE III. Administration: The Sports Program will be organized, administered, and supervised by the base Sports Director.

ARTICLE IV. Eligibility: Requirements for participation in the Altus AFB Sports Program are as follows:

A. The program is open to all active duty military personnel assigned or attached to Altus AFB.

B. Personnel TDY to this installation for 30 days or more may compete with their TDY unit of assignment.

C. Military personnel will compete with their unit of assignment. Personnel in units that do not field a team may be placed on a team through the player's pool system. To be considered for the players pool the individual must contact the Fitness Center Director or his representative.

D. For team events squadrons may enter as many teams as personnel interests dictate. However, when more than one team is entered from the same organization, separate rosters must be submitted to the Sports Director prior to preseason play. Only one team from each unit is eligible to receive Commander's Trophy points. This team must, accordingly, be designated prior to the draw for league play. Teams from the same unit must be assigned to the same league division. This arrangement will not be permitted to effect qualification standings for the post season tournament. Non-designated teams, however, that place first, second, third, or fourth during league play will not be eligible for Commander's Trophy points. Furthermore, no other team will be moved up in the standings to receive these points. NOTE: Minor Sports are those events where team points are accumulated on the basis of individual performances. Individual event scoring will be managed in the same manner as the Commander's Trophy points for individual sports.

E. If a person is transferred to a different squadron during the season; they will have the option to continue to play for their old unit or may play with the new unit. Once the individual has played in one game with the team of their choice, they must remain with that team for the remainder of the season.

F. Players may not substitute between the teams of the same organization. If an ineligible player participates for a team, that team will be given a loss for each game in which the player participated. In addition to this, that player will be disqualified for the remainder of the season.

ARTICLE V. A team fails to complete the season by forfeiting two times when this happens all previous games will be dropped from the standings, and the remaining games will be counted as forfeits. Points toward the Commander's Sports Trophy will be deducted per forfeit.

ARTICLE VI. A player's pool will be established for eligible personnel whose squadron did not field a team. Organizations requiring additional players for their teams must submit a written request for

players to the Sports Director at anytime during the season. Prior to season play all coaches requiring additional players will be allowed to choose from the player pool by means of a blind draw. Each coach will receive a maximum of 2 players, during the season. If additional players are required a written request must be submitted. Upon receipt all coaches will be notified to determine additional player requirements. Subsequent drawings will be held providing eligible players are available.

A. Qualifying athletes may use the player's pool up to the midpoint of league play--i.e. when half of the league games of all teams have been played. **NO EXCEPTIONS.**

ARTICLE VII. Postponements/cancellations will only be approved for military commitments that reduce a team's roster to less than the required minimum for the sport. Leaves, TDY, squadron picnics, and/or exercises that require less than a majority of roster do not constitute military commitments. Teams are encouraged to carry sufficient personnel to ensure that a complete team can participate in each game. Legitimate postponements must be called into the Sports Branch, during duty hours, the day prior to the scheduled event; **NO EXCEPTIONS.** However, the unit commander or acting commander must submit a letter to the Sports Branch confirming the postponement NLT 1200 the following work day. Failure to submit a letter of confirmation within this time frame will result in the game in question being forfeited to the opposing team.

A. All makeup games will be scheduled by the Sports Branch. The postponed games may be canceled permanently if those games have no bearing on the final standings or Commander's Trophy points.

B. Games postponed due to military commitments may be rescheduled on the next working day excluding Fridays or Saturdays by the Sports Director. Postponement requirements for makeup games will be identical to those outlined above. These requirements are to insure that each sports program is completed within its scheduled season.

ARTICLE VIII. Protests will only be valid when it concerns rules interpretation or player eligibility. Protests concerning judgments will not be accepted.

A. If, during a contest, a conflict arises regarding the interpretation of a rule, or the eligibility of a player, the coach/manager will notify the official of the intent to protest. The official will then notify the opposing team's coach/manager that the game is being continued under protest. The time of the protest, the score, and other pertinent information must be annotated in the official score book.

These actions must take place at the time of the protest and before play is resumed. Failure to do so will nullify the protest.

B. A formal protest letter must be presented to the Intramural Sports Director no later than 1200 the next day to be considered valid.

(1) The Sports Director will notify the Fitness Center Director, who will form the Protest Board that renders the final decision.

C. The Fitness Center Director will ensure that a protest is resolved within three duty days of receipt.

ARTICLE IX. Good sportsmanship and fair play are prerequisites in any sports contests. All personnel should be aware of their obligations as unit/military representatives.

A. No alcoholic beverages will be consumed immediately preceding or during a contest. Anyone under the influence of alcohol will not be permitted to participate in the scheduled contest. Any personnel caught under the influence of alcoholic beverages, and participating in the scheduled contest, will be referred to their Squadron Commander/First Sergeant and suspended for the remainder of the season.

B. Any player removed from a contest for flagrant or unsportsmanlike conduct must leave the area immediately--i.e. out of sight and sound. Any player removed for unsportsmanlike conduct in the playoffs for any reason will be ineligible to play for the remainder of the playoff. (NO EXCEPTIONS).

C. Any player removed from a contest for flagrant or unsportsmanlike conduct will automatically be ineligible to play in their team's next two scheduled games. Any player removed from a second contest for any reason will be terminated for the remainder of the season, to include playoffs, and a letter will be sent to his/her squadron commander.

D. Any player, coach, manager or team member who verbally or physically abuses an official, before, during or after a contest will automatically be disqualified from further play in the program. The incident will be reported to the individual's commander who will determine further disciplinary action.

E. Any player who assaults another player or official will be removed from competition immediately. They will be suspended for the next two scheduled games and will appear before the Judiciary committee to determine their eligibility for the remainder of the program year.

ARTICLE XI. Proper attire and equipment will be worn at all times. At no time will any part of the military uniform be considered appropriate sport attire. Personnel will not be permitted to participate if their attire or equipment does not meet the requirements for that sport as designated in the bylaws. All mandatory safety equipment will be provided by the Sports Branch.

ARTICLE XII. Team and individual awards will be distributed IAW the following guidelines:

- A. One team trophy to the league champion.**
- B. One team trophy to the base champion and base runner-ups.**
- C. Individual trophies for base champion and base runner-ups will be available as follows:**

1. Basketball	15
2. Volleyball	12
3. Softball	15
4. Flag Football	15
5. 5k Run	1st thru 3rd
6. Racquetball	08
7. Over 30 basketball	15
8. Tennis	1st & 2nd

D. Appropriate awards will be given for those sport activities not listed above. NOTE: The above list is subject to change based on fund availability.

ARTICLE XIII. The Post Season Tournament will be conducted as follows:

A. Provided there are two separate leagues, the top four teams in each league will compete in a double elimination tournament to determine the Base Champions. They will be aligned on the bracket as follows:

1 vs. 4, 2 vs. 3, 3 vs. 2, and 4 vs. 1

B. If there is only one league, the top six teams or top half in the league compete in a double elimination tournament to determine the Base Champions. They will be aligned on the bracket as follows:

Teams 1 & 2 will receive byes, 3 vs. 6, and 4 vs. 5

C. Post season tournaments will be scheduled on the following week or at the end of the season if that sport has been delayed due to rainout, military commitments, etc., and would cause that sport to run over into another sport. The Fitness Center Staff will make the determination as to when the post season tournament will be conducted. If due to unforeseen circumstances post season tournaments are unable to be scheduled or completed within the sports time frame then there will be no tournament or no Base Champions for that sport. In that case, only league points will be awarded for the Commander's Trophy.

ARTICLE XIV. The Commander's Trophy point system was created to stimulate interest and increase participation in the Base Athletic Program. This system will be administered by the base Sports Branch.

A. The Commander's Sports Trophy will be awarded to the organization that accumulates the most points in designated athletic programs at Altus AFB.

B. Correct totals will be displayed at the Base Fitness Center.

C. The trophy will be a revolving award and will remain the property of the winning organization for the one year period following presentation. Any organization winning the trophy for three consecutive years will be presented a perpetual trophy in addition to the revolving trophy.

D. The scoring system for the Altus AFB Commander's Trophy are outlined below:

1. Points are awarded to squadrons who have representatives present at the scheduled Base Sports Advisory Council meetings, 5 points per meeting.

2. Points will be awarded for the following base sports programs:

Major Sports:	Minor Sports:	Individual:
Flag Football	5K Run	
Basketball	Tennis	
Volleyball	Horseshoes	
Softball		
Racquetball		

3. Points will be awarded as follows:

a. Major Sports: Post Season Play-offs:

Entry	50	First	15
First	15 (league)	Second	12
Second	12 (league)	Third	9
Third	9 (league)	Fourth	6
Fourth	6 (league)		

b. Minor Sports:

Entry	2 points per person, maximum 10 points
First	5 points
Second	4 points
Third	3 points
Fourth	2 points

4. Only one team per organization in team sports or one individual in individual sports may receive Commander's Trophy points. That team must be designated prior to the draw for league play and individuals must be designated prior to the individual event. Only designated teams or individuals may receive points. No team or individual will be moved up to receive points for non-designated teams or individuals.

5. Any organization dropping their designated team from a major or a minor sport will lose all entry points.

6. Squadrons with players competing in higher than varsity or command level sports to include training camps or tournaments will receive an additional point, not to exceed five (5) points.

SPORTS PROGRAMS AND INSTRUCTIONS

GENERAL INFORMATION

1. The Altus AFB Intramural sports program encourages participation of assigned personnel in organized competitive sports. The intramural program encourages maximum participation in all

scheduled events. League and tournament rules and regulations or sports constitutions and bylaws are formulated prior to the start of each sport activity and distributed to base personnel and the participating organizations. Though rules vary from sport to sport, basic policies in the form of an intramural constitution are followed under the guidelines of AFI 34-107

2. Some people desire sports opportunities for their own unorganized and unsupervised enjoyment. This phase of the sports program provides opportunities for individuals to participate through their own efforts, in self-directed, informal and unscheduled sports activities. This is a list of such suggested activities which will enable Air Force personnel to pursue their own interests in sports, both on and off base:

Archery	Racquetball	Roller Skating
Badminton	Handball	Riding
Bowling	Boating/Sailing	Hiking
Hunting	Fishing	Ice Skating
Bicycling	Jogging	Rifle/Pistol
Golf	Swimming	Skiing
Tennis	Gymnastics	Squash

3. **Instructional Classes:** the Fitness Center offers 30 fitness programs weekly operating in the capacity of a large base, this is the list as follows;

Core Class, Circuit Training, Fitness Basics (FIP), Fit Mom, Power Hour, Pilates, Zumba, Sword Martial Arts, Power Yoga, Pushup/Crunch Club, and Spin.

These programs are offered to all retired and active duty members and their dependents and authorized DOD civilians and their dependents, sponsored guests.

4. The Base Fitness Center is available for group fitness classes or organizational weight control programs. These programs are sponsored by the HAWC.

5. The Program Director is responsible for the selection and scheduling of officials. Officials will be qualified through a certified official's association or by attending and satisfactorily passing a Base Official's Clinic. A personal services contract is required between the Base Contract Services and each official and/or an official's organization. The Fitness Center Director will coordinate the completion of such contract. Qualified officials are always welcome to contact the Base Fitness Center for further information on how their services may be utilized.

USEFUL TELEPHONE NUMBERS

Arts and Crafts Center 7048

Auto Skills Center 6326

Bowling Center 6420

Child Development 7502

Community Center6600

Base Swimming Pool6377

Officers' Pool7967

Windy Trails Golf Course.7034

Base Fitness Center7440

Youth Center7904