Athletics Program

1. **General**
   Sports activities at IDC Herzliya are managed and organized by the IDC Herzliya Sports Department. The department 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
   - IDC Herzliya Athletics Banquet

3. **Sports Activities in which IDC Herzliya competes:**
   - ASA Winter Games in Eilat (February and March).
   - ASA International Championships (May).
   - In addition, competitions in individual sports, such as: Judo, karate, canoeing, rowing, field navigation, aquathlon, 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 in which IDC Herzliya teams compete:**
   - **Swimming**
     Annual competition at the ASA International Championships Practice three times a week at the Herzliya Sports Center pool on Sundays at 12 noon, Tuesdays at 20:00 and Thursdays by appointment.
   - **Water Polo**
     Annual tournament at the ASA International Championships.
   - **Men's Futsal**
     Beach football 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 11**
     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 mini football.
   - **Women's Soccer 11**
     One tournament during the year at the ASA games in May.
   - **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 8 pm.
Women's Basketball  Tournament for amateurs and ASA Championships including Basketball Super League players during the month of May.

Men's Volleyball  Tournament preparation in November, trio beach volleyball at the ASA Championships in Eilat, beach volleyball for pairs and indoor-volleyball at the ASA Championships.

Women's Volleyball  Tournament preparation 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 during the year at the ASA Championships held in May.

Cross Country  Annual competition in Amitzur Shapira Race at the Wingate Institute and annual competition at the Winter games in Eilat.

Field Navigation  As part of the ASA Championships in cooperation with the Navigation Association.

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.

Tae kwon do  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.

Bicycling  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.

Aquathalon  Annual competition at the ASA Championships in Eilat.

Off Shore Swimming  Annual competition at the ASA Championships in Eilat.

Debate  Annual competition at the ASA Championships in Eilat.

Handball  Annual competition at the ASA Championships.

5. Sports Clubs

Swimming  Men and women - Practice is held three times a week for trainees only.

Futsal  Men – Practice is held once a week on Monday evenings for trainees only. Women - Practice is held once a week in the evening and is open to everyone.

Basketball  Men and women - Practice is held one a week on Thursdays at 8 pm for trainees only.

Dance Troupe  The dance troupe practices once a week on Monday evenings and as directed by the troupe director. Only women with professional background are accepted for tryouts.
The dance groupe performs at functions held at the IDC throughout the year and at events outside the IDC.

- Students may earn elective credits equivalent to two semester hours for participating in a sports club. To receive credits, the club’s coach must confirm that the student participated for two full academic years and fulfilled the club’s requirements. Students may participate in more than one club if there is space, but they may not earn more than two semester hours of credits for sports activities throughout their studies at IDC Herzliya. Furthermore, no duplicate credit points will be awarded in cases in which the student has taken upon himself social activities that grant him credit points.

- A student with an injury is still required to attend practice and must provide a doctor’s note in writing that details any restrictions on the student’s activity. A student who is unable to fulfill the attendance requirements of participating in a sports club due to an injury or other justified reason may make arrangements with the coach or the IDC Herzliya Athletics Department to make up the requirements the following year.

- Students will receive a grade of pass or fail (and the grade 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 semester hours of credit if they are active members of teams that represent IDC Herzliya for at least two years.

6. Registration

Students interested in participating in the sports clubs shall apply through the Student Administration or the IDC Herzliya Athletics Department, in accordance with information publicized prior to commencement of the academic year. **Students cannot apply to sports clubs via the course registration website.** Students are entitled to participate in more than one sports club during their studies at IDC Herzliya. The number of spaces in the clubs is limited. The Athletics Department reserves the right not to operate a club if the number of students registered for the club is insufficient. Acceptance to the clubs is dependent on the results of tryouts administered by the coach. The time and location of the tryouts will be publicized separately.

7. Insurance

A qualified physician or sports medicine institute must confirm that the student is physically fit to participate in a sports club and the Student must provide written confirmation testifying to his fitness. Without such confirmation, students may not participate, even if they pass tryouts. The Athletics Department will provide insurance for students who submit confirmation of their medical fitness.