The Capital Cup
University of Richmond’s Recreation and Wellness vs
Virginia Commonwealth University’s Recreational Sports
Sport Clubs

- A Yearlong competition between the two sports club programs.

- Start Date: September 1

- End Date: April 27

- The Capital Cup is the trophy that will go to the winner each year.
  - The cup will be awarded at the winner’s end of year sport club celebration.

- Sport Club teams that will compete (Others could be added)
  - Men’s Rugby
  - Men’s Soccer
  - Women’s Soccer
  - Men’s Ultimate Frisbee
  - Women’s Ultimate Frisbee
  - Crew
  - Equestrian
  - Quidditch
  - Baseball
  - Men’s Lacrosse
  - Women’s Lacrosse
  - Women’s Volleyball
  - Ice Hockey

- Calculation of the points
  - Each sport can earn no more than one point toward the Capital Cup each year
    - The exception is when there is a separate designated men’s and women’s’ program the sport can earn one for men and one for women.
  - For sports that have numerous competitions, heats, or events in an academic year point will be awarded to the club with the best win/loss record.
  - In the event of a tie, the point will be awarded to the club that won the last competition, heat, or event of the academic year.
  - The current points standing can be found on the UR Sport Club Website. The link will be updated each Friday during the academic year.