

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.

