

2011-2012 INTRAMURAL SPORTS PARTICIPANTS MANUAL
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2011-2012 IM SPORTS

Fall Team Sports

Flag Football
Indoor Soccer
Softball
Tennis

Spring Team Sports

Basketball
Dodgeball
7v7 Soccer
Volleyball
Ultimate Frisbee

Fall Tournaments

Madden Football
5v5 Basketball
Racquetball
Badminton

Spring Tournaments

2v2 Volleyball
Wiffle Ball
Badminton
Softball
Racquetball
Kickball
Frisbee Golf

Please reference Intramural Sports fliers or the web site for more detailed registration information.

2010-2011 Intramural Sports Champions

Flag Football

Co-Rec: Rec-O-Holics
Men's A: Noco & Lime
Men's B: Abusement Park
Fraternity: DTD

Soccer

Co-Rec (Outdoor): Young Money
Men's (Outdoor): DTD
Co-Rec (Indoor): Young Money

5 v 5 Fall Basketball

Men's: Tarheels
Women's: SoCo

Volleyball

Co-Rec: MochaChocolate
Women's: Frozagoon

3 v 3 Basketball

Men's: Off In The Woodz
Women's: Cyclones

Racquetball-Fall

Singles: Ryan Barash
Doubles: Barash/Polly

5 v 5 Spring Basketball

Men's A: Off In The Woodz
Men's B: Hustlas
Co-Rec: Monstars
Women's: SoCo
Fraternity: Nu Alpha Kappa

Softball

Co-Rec: Barracudas
Men's: The Heaters

Racquetball-Spring

Singles: Ryan Barash
Doubles: Barash/Polly

Dodgeball

Co-Rec: Naughty Magdelins
Men's: The Tossers

Tennis

Singles: Taylor Brown
Doubles: Buzako/Brown

Badminton-Fall

Singles: Desi Rotenberg
Doubles: Davis/Henderson

Ultimate Frisbee

Co-Rec: Disc Jockeys

2011-2012 Intramural Sports Staff

Coordinator of Intramural and Club Sports

Brett Ford

Phone: 970-351-2509

Email: Brett.Ford@unco.edu

Intramural Office Phone: 970-351-2509

Web site: http://www.unco.edu/campusrec/intramural_sports/index.htm

Intramural Supervisors

Kristen Lucero

Cole Peters

Aysha Helland

David Jamie

Ryan Pfeifer

Matt Loranger

Jordan Grindeland

Sal LoCascio

Paul Fredricks

Josh Purdum

Ben Holloway

Intramural Game Managers

Desi Rotenberg

Daniel Shackelford

Erin Hanyok

Natalee Gonzalez

Donavon Suman

Tommy Perdomo

Kevin Loranger

Grant Evans

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All changes and additions are highlighted in gray.

1. CAMPUS RECREATION MISSION

Mission:

-The mission of Campus Recreation is to enrich students' academic experience through comprehensive and diverse programs and services that promote healthy, active lifestyles. We create an inclusive environment that provides integrated learning opportunities for the UNC community.

-Through deliberate programming, Campus Recreation inherently creates a practical lab where students are challenged to develop character and understand the implication of their actions. Students have the potential to lead and influence others and contribute to the outcomes of their diverse recreational experiences. Students working within the department are guided in their growth and understanding of personal accountability, respect for others, critical thinking, communication and problem-solving, allowing them to leave the university equipped as leaders.

2. PROGRAM STRUCTURE

- a. GENERAL: The Intramural Sports Program offers team sports and tournaments to University of Northern Colorado students, faculty, and staff. All activities are played on the U.N.C. campus and take place within the university operational calendar.
- b. LEAGUE SPORTS: Ten league sports are offered throughout the academic year. Flag football, indoor soccer, softball, and tennis are offered during the fall semester. Basketball, outdoor soccer, ultimate frisbee, dodgeball, racquetball, and volleyball are offered during the spring semester. Teams play a 3-5 week regular season, and then are seeded into a playoff (see policy 12 for playoff specifics).
- c. TOURNAMENTS: Several tournaments are offered each semester. Tournaments are single day or weekend events. Specific structure for each tournament varies depending on the number of participants/teams registered, facility limitations, and time of year. Visit the website for tournament updates and information.

3. ELIGIBILITY

- a. GENERAL: All students currently enrolled in three or more credits at UNC and all faculty and staff currently employed by UNC are eligible to participate in all activities.
- b. ALUMNI: Alumni may no longer participate in any team sports or tournaments.
- c. CLUB SPORT ATHLETES: UNC Sport Club members may play intramural sports, but only 25% of the required number to play that sport at full strength may be sport club players for their corresponding sports (i.e. 2 club soccer players could be on an intramural soccer roster which is 7 vs 7).
- d. VARSITY ATHLETES: Current members of varsity intercollegiate teams at UNC are not eligible to compete in corresponding activities. Areas are as follows:

VARSITY	INTRAMURAL
Basketball	Basketball
Football	Flag Football
Soccer	Soccer, Indoor Soccer
Softball, Baseball	Softball
Volleyball	Volleyball
Tennis	Tennis
- e. PAST VARSITY ATHLETES: Any member of a varsity athletic team whose eligibility ends or discontinues participation for any reason may not participate in the corresponding intramural sport until the following academic year.
- f. VARSITY TEAM DEFINITION: A varsity team is defined as a group that represents UNC in NCAA competition and/or that group of participants holding varsity status. This includes red shirts and athletes who have made the team but retired themselves during the season. This does not include individuals who have tried out unsuccessfully.

- g. PROFESSIONAL ATHLETES: Any individual who has received professional playing status may not compete in the corresponding sport for a period of two years after the completion of their last professional season.
- h. ROSTERS: To appear on a team roster, an individual must legally sign in at a game site and sign a waiver during the regular season. A team may add eligible players during the regular season only. Additions may not be made to rosters after playoff brackets are posted.
- i. PLAYER RESTRICTIONS: Once an individual is officially added to a team they may not be moved to another roster. The individual is also restricted from playing on two teams in the same sport season. *Exception: an individual may compete on one men's or women's team and one co-recreational team in the same sport. Also, a participant may compete on one Greek team (if eligible through Greek Life), one men's or women's team, and one co-rec team.*
- j. PENALTY FOR ELIGIBILITY INFRACTIONS: A team shall forfeit any contest in which it is discovered that an illegal player participated. Participation is defined as the individual signing in at the game site.

****NOTE EACH ELIGIBILITY SITUATION WILL BE HANDLED ON A CASE-TO-CASE BASIS****

4. REGISTRATION

- a. TEAM REGISTRATION: To register a team in an Intramural sport we strongly encourage participants to build teams with their friends, colleagues, or fellow students. After doing this there will then be set dates of registration in which a table will be set up by the Campus Recreation Center front desk. The tables will be set up from 12:00-8:00PM Tuesday-Friday of the registration week. Payments must be made at the time of registration and we accept cash, checks, or credit/debit cards. We also offer for you to put the payment on your student bill. The forms for this payment choice will be available at the registration table.
- b. FREE AGENTS: Free agents are individuals wishing to participate in an intramural team sport, but who do not have a team. To register as a free agent, an individual must pay the \$5 free agent fee at the Intramural Registration table during our days of registration. We will compile a list of all interested free agents and will then form teams based on the list. We try and make a free agent team for each division (Men's, Women's, and Co-Rec) all depending upon the amount of free agents that sign up. The \$5 fee may be asked to be kept until we actually form the free agent teams. Free agents are usually invited to our scrimmage games that we host during our officials training sessions. This gives the team members an opportunity to meet one another and decide who will be the captain and our main source of communication.

- c. DEADLINES: Deadlines for team sports and tournaments will be posted in the Intramural Sports calendar, Campus Recreation web site, various campus calendars, and literature throughout Residence Halls, the University Center, and various academic halls on campus. Registration ends at 8:00pm on the date of the registration deadline.
- d. NECESSARY INFORMATION: When registering a team, the captain must have his/her personal information (name, phone number, email address, and BEAR ID number), and a team name (which is subject to change, at the Coordinator's discretion).
- e. A LEAGUES: A leagues are offered for flag football and basketball. An A league is a highly competitive league that should only be joined by teams with a high skill level and seeking out the best competition. Players competing in A leagues may not compete on other teams in that division. *Example: if a participant competes in a Men's A basketball league, he may not participate in a Men's B basketball league, but may participate in a co-rec basketball league.*

5. CAPTAINS' RESPONSIBILITIES

- a. GENERAL: The team captain is the link between the Intramural Sports Office and the participants. Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and in some cases may be held accountable for the actions of individuals on their teams.
- b. CAPTAINS MEETING: Refer to the Intramural Sports calendar and printed literature for each specific sport for Captains Meeting dates, times, and location. It is mandatory that the team captain or team representative attend this pre-season meeting, where policies, rules, and league schedules are distributed and discussed. If the team fails to attend the meeting, they are subject to being dropped from the league and replaced by a team on the waiting list. If no team is available to replace a team that misses the Captains Meeting, that team will remain in the league, but **WILL BE REQUIRED TO HAVE A 3.25 SPORTSMANSHIP RATING TO BE ELIGIBLE FOR THE PLAYOFFS.**
- c. IDENTIFICATION: Each participant is required to bring a valid University of Northern Colorado identification card to every activity area. **No other form of identification will be accepted.** Failure to do so will result in the participant being ineligible for that game. **NO I.D.= NO PLAY.**
 Note: This process will take place for every contest, even those outside of the UNC Rec Center. Individuals who have lost their UNC I.D. may come in to the CRC Intramurals Office with a state or military issued photo I.D. to prove their identity and enrollment in place of a student I.D. by having the Intramural Coordinator sign off on our lost ID form. This can only be used one time per semester by a participant. Failure to contact the Intramurals Coordinator prior to the contest about a lost UNC I.D. will result in the individual not being allowed to play the contest. Corresponding paperwork must also be

put on the teams score sheet by the Intramural Coordinator prior to the contest or the individual not being allowed to play the contest.

d. **ROSTERS:** To be eligible to play in the playoffs each member on a team's roster must have participated in at least one (1) regular season game. Rosters are "frozen" after a team's last regular season game. Additions must be made before the last game in order for player(s) to be eligible. The Intramural Sports Department may make exceptions on a sport by sport or case by case basis.

e. Any team interested in changing a scheduled game must contact the Intramural Coordinator by phone or by email. If there is time and space for the game to be rescheduled, the staff may require you contact the opposing team captain to see if the time change works for their team. The change then must also be approved by the Intramural Coordinator. Facility space & time slots are limited, therefore, all change requests may not be granted. Final decisions on game changes lie with the Intramural Staff. Requests must be received at least 24 hours prior to the scheduled contest.

f. **ELIGIBLE PLAYERS:** It is the responsibility of the captain to make sure that the players on his/her team are eligible. All games in which an illegal player participates will be forfeited.

g. **SIGNING THE SCORE SHEET:** The team captain is responsible for signing a score sheet at the end of the game. This verifies that the score was kept correctly and that the sportsmanship grade given was correct.

h. **POLICIES & RULES KNOWLEDGE:** It is the responsibility of the captain to attend the Captains Meeting to receive a copy of the policies and rules. It is also the responsibility of the captain to make sure that his/her team is made aware of and understands the policies and rules. Rules and policies can be downloaded from the Campus Recreation web site.

i. **CONTACT TEAM MEMBERS:** Inform your team of scheduled regular and post season contest and have them on time and ready to play. It is recommended that teams arrive at least 15 minutes prior to their scheduled contest to ensure all team members are present and checked in at game time. Relay any information that comes from the Intramural office to your team members.

6. FORFEITS

a. **GAME TIME IS FORFEIT TIME! NO EXCEPTIONS:** Any team failing to report to the activity site by the scheduled starting time shall forfeit the contest to their opponent, unless prior arrangements are made with the Coordinator. If both teams fail to report, each team will be given a forfeit. Please have your team present, UNC I.D.s submitted and ready to play by game time. This includes having the required number of participants at the site, completing the score sheet and having jerseys and/or equipment checked out as needed.

Forfeited contests will not be rescheduled. It is recommended that teams arrive at least 15 minutes prior to their scheduled contest to ensure all team members are present and checked in at game time.

- b. FORFEITS: Any team forfeiting two or more games will be ineligible for the playoffs.
- c. OFFICIAL SCORE: The official score of a forfeited game is 1-0. *Exception: the official score of a forfeited basketball game is 2-0 and a forfeited flag football game is 6-0.*
- d. MINIMUM PLAYERS: Each sport rules contain a minimum number of players required to start a game. If the opponent forfeits, the opposing team is still required to have at least the minimum number of players to avoid a double forfeit.
- e. ILLEGAL PLAYERS: If a team uses an illegal player in the regular season, all games or contests in which that player participated will be declared forfeits and wins will be given to their opponent(s). If this occurs during the playoffs or tournament play, the team will be disqualified from the tournament and the opponent will move ahead in the bracket.
- f. DISQUALIFICATION: If a team forfeits two games in a season, they will be declared ineligible for the playoffs and may be dropped from the league entirely.
- g. DEFAULTS: Any team knowing that they will not be able to participate in a regular season or playoff contest may verbally notify the Intramural Sports Office to default. Verbal notification must be made to the Intramural Sports Office by 4:00pm the day of the game to be considered a legally defaulted contest. If the game occurs on a Saturday or Sunday, said notification must be made to the office by Friday at 4:00pm. A team that legally defaults a game will receive a loss in league standings, but not a forfeit. A default does not negatively impact a team's point total.

7. PROTESTS

- a. ELIGIBILITY: Protests based on the eligibility of an opponent must be completed within 24 hours of the completion of the game in which the opponent's eligibility is in question. Forms can be acquired from the Intramural Sports Supervisor on-site or from the Intramural Sports Office.
- b. RULE INTERPRETATION: Questions pertaining to the interpretation of rules by officials must be resolved on the field/court at the time the interpretation occurs, prior to the next live ball, and by the Intramural Sports Supervisor.

The procedure shall be:

- If a team/participant feels an official has made an incorrect interpretation of a rule, the team captain shall calmly request a time out and inform an official that he/she wishes to have a ruling on the interpretation by the Intramural Sports Supervisor.

- If corrections are necessary, the Intramural Sports Supervisor shall make them immediately and the team/participant shall not be charged with a time out. However, if the interpretation was correct, the protesting team/participant will be charged with a time out; if the team does not have any remaining time outs, the appropriate delay penalty (sport specific) will be enforced.
 - If the participant still does not agree with the decision, a protest form can be obtained from the Intramural Sports Supervisor. The Supervisor will inform both teams that the remainder of the game is being played under protest. The form must be turned into the Intramural Sports Office within 24 hours of the completion of the game.
- c. OFFICIALS' JUDGMENT: No protest will be accepted which involves the judgment of a game official.
- d. FINAL AUTHORITY: The Coordinator will make all final decisions on written protests.

8. EQUIPMENT

- a. GAME EQUIPMENT: Intramural Sports game balls can be checked out prior to the game, but must be returned by the end of the contest. Failure to return game balls will result in a fine towards the team that checked out the ball.
- b. JERSEYS: For some sports, contrasting color jerseys and/or jerseys with numbers are required. Jerseys may be checked out from the Intramural Game Manager at the activity site.
- c. PROPER FOOTWEAR: Proper footwear must be worn for all sports. For outdoor sports, cleats may be worn, but they must be rubber, plastic, or plastic-tipped cleats (metal cleats are not permitted). For indoor sports, non-marking athletic shoes must be worn.

9. JEWELRY

- a. PLAYERS WEARING JEWELRY: All jewelry is illegal for all sports. Any player wearing jewelry will be asked to leave the game and not be permitted to return until the jewelry is removed. If the jewelry is unable to be removed the individual may not participate.
- b. MEDICAL ALERT BRACELETS: Any medical alert bracelets will be permitted, but they must be taped to the body with the medical data visible.

10. CANCELLATIONS/INCLEMENT WEATHER

- a. **REGULAR SEASON:** Any scheduled regular season activity cancelled during the regular season **may or may not be rescheduled**, at the discretion of the Coordinator.
- b. **PLAYOFFS:** All cancelled playoff games will be rescheduled. Participants can view updated playoff brackets by 2:00pm the following day on the Intramural Sports web site.
- c. **CANCELLATIONS DURING AN ACTIVITY:** If a regular season activity has begun and is postponed before it reaches the official game minimum, it may or may not be resumed, at the discretion of the Coordinator. During the playoffs, the game will be resumed from the time that it was postponed.
- d. **OFFICIAL GAME MINIMUM:** The minimum that an activity must be played to be considered an official game during the regular season is one half of the allotted game time. For games that are timed, any game postponed past halftime will be recorded as an official game. For softball, one half of the game time is three innings. For volleyball, there is no official game minimum.
- e. **CAMPUS RECREATION SERVICES INFORMATION LINE:** The status of games will be updated daily on the Intramural Sports voicemail, 970-351-2062.

11. SPORTSMANSHIP/TEAM CONDUCT

- a. **TEAM NAMES:** The Coordinator reserves the right to change names of teams deemed offensive, profane, and/or inappropriate.
- b. **UNSPORTSMANLIKE CONDUCT:** The definition of unsportsmanlike conduct includes, but is not limited to, arguments with staff or officials by any player, coach, manager, or spectator, flagrant fouling, fighting (before, during, or after a contest), etc.
- c. **EJECTED PARTICIPANT:** Any ejected participant must leave the activity site immediately after speaking the Intramural Sports Supervisor to discuss the reinstatement procedure. At this time, the player who was ejected will be ineligible to compete in any intramural activity until he/she has completed the reinstatement procedure.
- d. **EJECTED PARTICIPANT REINSTATEMENT:** Any ejected participant who is seeking reinstatement must petition in writing (letter or email) to the Coordinator for a reinstatement hearing. The petition must include a description of the events leading up to and during the incident, rationale for actions of the ejected participant, rationale for why the participant should be reinstated and contact information (name, email address, phone number, and BEAR ID number). Upon receiving the petition, a hearing will be arranged between the ejected participant and the Coordinator where a decision will be made regarding reinstatement.
- e. **YELLOW AND RED CARDS:** Game officials use a yellow and red card system to enforce sportsmanship-related issues during intramural contests. Yellow cards are formal

warnings that are issued by an official to an individual player or coach. A red card is a player ejection. A player does not necessarily have to receive a yellow card before receiving a red card if the offense is deemed severe enough to warrant an ejection (fighting or assaulting officials, staff, or opponents). Some sports, by rule, have specific enforcements for issuing yellow and red cards, as listed below:

- Basketball: technical fouls
- Flag Football: unsportsmanlike conduct penalties

f. **TEAM SPORTSMANSHIP RATINGS:** Intramural staff and game officials will evaluate teams and assign a sportsmanship grade following each game. Ratings are given based on the following criteria:

- 4 – Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team.
- 3 – Good sportsmanship and conduct: Team members are in control throughout the contest. The team does not show verbal dissent or aggression towards the opposing team or officials.
- 2 – Below average sportsmanship and conduct: Verbal dissent or aggression towards the opposing team resulting in a yellow card. Any team receiving one sportsmanship-related yellow card will receive a 2.
- 1 – Poor sportsmanship and conduct: Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team. Any team receiving two sportsmanship-related yellow cards or one red card will receive a 1.
- 0 – Unacceptable sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a 0.

It is the Team Captains responsibility to view his/her team's Sportsmanship Rating after each contest. If a Team Captain disagrees with the assigned Sportsmanship Rating they need to contact the Intramural Coordinator before their teams next scheduled game.

g. **FORFEITS:** Any team receiving a win by forfeit or default will receive a 4 sportsmanship grade for that game. Any team receiving a loss by forfeit or default will receive no sportsmanship grade, and their season sportsmanship average will be determined by the remaining games.

12. PLAYOFFS

- a. SPORTSMANSHIP AVERAGE: To be eligible for the playoffs, a team must have a 3.0 sportsmanship average if they attended the Captains Meeting. If they did not attend the Captains Meeting, a team must have a 3.25 sportsmanship average to make the playoffs.
- b. FORFEITS: Any team forfeiting two or more games will be ineligible for the playoffs.
- c. BRACKETS: Playoff brackets will be posted on the Intramural Sports web site.

13. PROGRAM CONTACT INFORMATION

Intramural Sports Office Phone Number..... 970-351-2509
 Campus Recreation Phone Number 970-351-2067
 Intramural Sports Email Contact brett.ford@unco.edu

14. ASSUMPTION OF RISK

- a. RISK STATEMENT: Participation in Intramural Sports includes a risk of injury. The Intramural Sports Program assumes no responsibility for injuries; however, basic first aid will be available.
- b. The University of Northern Colorado Campus Recreation strives to conduct all activities in the most prudent manner possible. However, due to the inherent risk of accident or injury in any activity, it is the responsibility of each participant to be aware that there are assumed risks involved in participation. The Intramural Staff and the division of Campus Recreation assume no responsibility for injuries received during Intramural Activities. Participants are reminded that their participation is entirely voluntary.
- c. It is strongly recommended that participants have satisfactory health status for the activities they participate in. Each participant's personal accident/health insurance coverage will be responsible to cover any injuries that occur to that individual during Intramural events.
- d. Every program is designed to minimize the possibility of personal injury to the participants. All rules and policies have been carefully designed to fit the participants and the environment in which the activity is conducted. In addition, facilities are prepared to provide the highest level of safety possible.
- e. To ensure the safety of the individual, other participants, staff, and spectators, any participant who is believed to be under the influence of alcoholic beverages or drugs will not be permitted to participate or remain on University property. Teams or spectators consuming alcohol and/or drugs or who have consumed alcohol and/or drugs before a contest will risk forfeiture of the game, being expelled from further play, and having further action taken against them through the appropriate university channels. Activity will cease without complete compliance.

- f. All equipment and/or facilities damaged or misplaced by participants are the responsibility of the team and/or individuals involved. The Intramural Coordinator may charge replacement costs to the violating parties.
- g. Because of safety concerns, participants must remove **all** jewelry prior to competing. This includes but is not limited to the following: earrings, nose rings, piercings, necklaces (including hemp), bracelets, rings, sunglasses, hats (stocking cap is ok), and bandanas. Glasses used for corrective purposes may be worn.
- h. All students are expected to follow the “Student Code of Conduct” at all times during Intramural participation.