



University of Wisconsin-La Crosse
REC SPORTS

2011-12
INTRAMURAL SPORTS
TEAM HANDBOOK

TABLE OF CONTENTS

Letter from the Director	2
Introduction	3
Section 1 – Eligibility	4
Section 2 – League Competition	6
Section 3 – Entry Fees	6
Section 4 – Free Agents	7
Section 5 – Sports Conduct	7
Section 6 – Ejections, Reinstatements, and Suspensions	9
Section 7 – Protests	9
Section 8 – Forfeits and Defaults	10
Section 9 – Team Captain Responsibilities	11
Section 10 – Team Names	11
Section 11 – Playoffs	11
Section 12 – Schedule	12
Section 13 – Equipment, Dress, and Jewelry	12
Section 14 – Care of Injury	12
Section 15 – Volunteer Participation	12
Section 16 – Awards	13
Section 17 – Appendices	13

**University of Wisconsin-La Crosse
Recreational Sports Department**

To the students, faculty, and staff of UW-La Crosse:

Thank you for choosing to participate in one of the most popular extracurricular activities on campus. Intramural sports are a great way to have fun with old friends, meet new people, gain recognition, and build leadership skills while staying physically active.

The Recreational Sports Department provides opportunities that are for the students, by the students. As a result, our staff takes much pride in the department and all that it represents, building on a strong tradition established by former participants and student staff members. Therefore, policies, procedures, and sport rules have been developed over the years to give all participants a safe, fair, and fun environment to compete. We ask that you learn these guidelines and respect the rules of participation.

Our pledge to you is that we are committed toward improving the physical, social, educational, and recreational needs of the UW-La Crosse community by providing positive recreational experiences and modern facilities, which nurture appreciation of and participation in lifetime activities. Through intramural sports, we strive to provide each individual with the opportunity to participate in his/her favorite type of competition regardless of skill level, and to explore and enjoy new or untried sport activities. We believe there is something for everyone!

Enjoy your experience as you are making memories that will last a lifetime!

Let's Play!

A handwritten signature in cursive script that reads "Sue White".

Sue White, Director
Recreational Sports

INTRODUCTION

The primary goal of Intramural Sports is to provide UW-La Crosse students, faculty, and staff with the opportunity to participate in favorite activities from past experience as well as to explore and enjoy new or untried activities. Intramural Sports includes individual, dual, and team competition in a variety of events in men's, women's, and co-rec divisions. Activities are varied so there is an opportunity for every individual to participate no matter his or her ability level. Through participation in physical activity, the Recreational Sports Department seeks to promote wellness, develop friendships, and to encourage wise use of leisure time. We invite you to sample several of these activities so as to discover the ones that you enjoy and will continue to pursue later in life. We believe there is something for everyone.

OFFICIALS, SCOREKEEPERS, SUPERVISORS, and GRADUATE ASSISTANTS

The Intramural Sports Program is indebted to the group of students whom serve as officials, scorekeepers, intramural supervisors, and graduate assistants. They play a significant role in the success of the program directly serving participants on a nightly basis. Without quality, dedicated, and hardworking officials, scorekeepers, supervisors, and graduate assistants, the Intramural Program would not be able to meet and exceed the expectations of our participants. To all of you,

THANK YOU!

All students are provided the opportunity to become an official and/or scorekeeper for intramural contests. Any interested student should complete an Employment Opportunities Form found in the brochure for the Officials Development Program. Brochures are available in the fall at the Recreational Sports Office in Mitchell Hall or at the Information Counter in the REC. Recreational Sports does not require that officials be certified by the W.I.A.A., though such certifications are desirable. All officials and scorekeepers must attend all training sessions prior to seasonal play to discuss rules and conduct for each sport.

SCHEDULED COMPETITIVE ACTIVITIES

Intramural Sports are the scheduled competitive activities of the Recreational Sports Department. Teams are organized from residence halls, off campus students, independent groups, recognized organizations, and faculty/staff members. Inquire at the REC, the Recreational Sports Office, or www.uwlax.edu/recsports/ for all rules, deadline dates, entry fees, and other information.

SECTION 1 - ELIGIBILITY RULES

A. INDIVIDUAL ELIGIBILITY

All UW-L undergraduate and graduate students, faculty, and staff are eligible to participate in intramural sports, except as noted in the following rules.

B. GENERAL ELIGIBILITY

1. Each person is responsible for his/her own eligibility. Any questions should be referred to a Recreational Sports staff member prior to participation. Team captains are responsible for the eligibility of all team members.
2. Participants must present a valid UW-L I.D. prior to participating in each and every intramural contest. There are no exceptions to this rule.
3. Participants in any sport may be added to the official roster at anytime during league play. No players may be added after the final league game. There will be no additions to a team for playoffs.
4. All participants listed on roster/addition form must read and sign the intramural liability waiver prior to participation (may be done electronically through IMLeagues).
5. Players must participate in at least one league game to be eligible to play in the playoffs.
6. An individual may participate for only one team in any one sport or contest. A person may not play on both an "A" team and a "B" team. Once a person's name appears on a roster for a game or contest, he/she is considered a member of that team for the remainder of the season.

***EXCEPTION:** A participant may compete on a co-rec team and a men's or women's team in the same sport. A participant may also compete in a singles and doubles league of the same gender legally.*

7. At no time may a player compete on two teams in the same sport. The player will be assigned to the team he/she first competed with and all games the player competed with on second team shall be declared forfeits.
8. Any player competing in a contest that is not officially listed on the roster will be removed from the contest immediately and play will continue. The player must check-in with scorekeeper, official, or supervisor prior to re-entering the contest.
9. Any player under an assumed name (i.e. using someone else's identification) will be ejected from that game or contest resulting in an automatic forfeit. That player will be subject to ruling by the Recreational Sports Staff as to future participation. The team on which the individual is playing will receive a "2" for a sports conduct rating for the forfeited contest.
10. Any student or participant not affiliated with UW-L will be ejected from that game or contest resulting in an automatic forfeit. The team on which the individual is playing will receive a "2" for sports conduct for a sports conduct rating for the forfeited contest.

C. INTERCOLLEGIATE ATHLETE ELIGIBILITY

1. Members of a 2011-12 UW-L intercollegiate sports team are ineligible for competition in that sport or corresponding sport(s) as listed below:
 - UW-L Baseball → Softball
 - UW-L Basketball → 5v5 or 3v3 Basketball
 - UW-L Football → Indoor and Outdoor Flag Football
 - UW-L Soccer → Indoor and Outdoor Soccer, Futsal
 - UW-L Softball → Softball
 - UW-L Tennis → Tennis
 - UW-L Volleyball → 6v6, 4v4, or Sand Volleyball

2. Persons who practice with intercollegiate teams will be treated as intercollegiate team members and are ineligible for intramurals in that sport or corresponding sport(s).
3. Any person practicing with intercollegiate teams past the first scheduled contest will be considered an intercollegiate player for the entire year and are ineligible for intramurals that academic year in that sport or corresponding sport(s).
***EXCEPTION:** If a person leaves the intercollegiate team before the first contest in that sport, that person will be eligible to participate in intramurals in that sport.*
4. Members of a 2011-12 UW-L intercollegiate sports team are eligible for any non-corresponding intramural activity not listed in Section 1-C-1.a.

D. FORMER INTERCOLLEGIATE ATHLETE ELIGIBILITY

1. Persons who have completed their intercollegiate athletic eligibility (including varsity, JV, or freshmen teams) at any institution including UW-L will be eligible to participate in that sport or corresponding sport(s) in intramurals the academic year following completion of the sport.
***ATTENTION:** Volleyball, football, and soccer players who complete eligibility during Fall 2011 are **NOT** eligible for Spring 2012 semester. They are eligible for the 2012-13 academic year.*
2. Former intercollegiate athletes are eligible for "A" league competition only (when applicable).
3. No more than one (1) former intercollegiate athlete from the 2010-11 academic year may participate on the same intramural team in corresponding sport.

E. CLUB TEAM ELIGIBILITY

1. Intramural teams may have only one male or one female club member listed on official roster in corresponding sport (based on current club roster at time of ruling). For co-rec leagues, teams may have one male and one female on the roster.
***EXCEPTION:** Ultimate Frisbee teams may have 2 males on a men's team, 2 females on a women's team, or 2 males and 2 females on a co-rec team.*
2. ALL current club team members are eligible for "A" league only (when applicable).
3. If a club team has not started their season at the time of the first league game, the previous year's roster will be used.
4. Teams may NOT have both a 2010-11 former intercollegiate athlete and current club member(s) on the same team in their corresponding sport.

F. Professional Athletes:

Students, faculty, and/or staff members who would be ineligible for intercollegiate competition because of a lost amateur status are ineligible for intramural competition in that sport or corresponding sport(s).

G. AAU Teams:

Teams participating in AAU leagues/tournaments may not participate as a team in intramurals. Team members may participate in intramurals but no more than two may be on any one team.

H. Ruling for Ineligible Participants:

1. Penalty for ineligible player(s) is immediate removal of player from contest and the contest will be forfeited upon the ruling of the use of an ineligible player.
2. Teams found to have more than the allowed amount of eligible athletes will be allowed to remove the ineligible amount from the roster without penalty. Those athletes will be

allowed to participate on another team in the same league during that season as long as the above eligibility rules are followed.

SECTION 2 - LEAGUE COMPETITION

A. Men's and Women's Competition:

When practical, men's and women's intramural competition will be classified into leagues according to day of play, typically Sundays, Mondays, Tuesdays, Wednesdays, and Thursdays. When necessary the league may be subdivided into smaller groups for round robin scheduling. Entries for each league will be limited according to facilities available.

B. Co-Rec Competition:

Teams are composed of men and women students, faculty, and staff. Participants may compete on a co-rec team and a men's or women's team within the same sport. However, participants may not be on 2 co-rec teams or 2 men's/women's teams within the same sport (see Section 1-B-6 and 7).

C. "A" and "B" Leagues:

Team captains will register their teams in an "A" or "B" league when relevant. The highly skilled and competitive players typically play in "A" league while "B" league consists of recreational players. The team captain is responsible for evaluating the ability of his/her team. However, intramural staff may reassign a team in obvious errors of classification.

NOTE: A person may not play on both "A" league and "B" league teams in the same sport in the same gender (see Section 1-B-6 and 7). A participant may play in an "A" league in co-rec and a "B" league in men's or women's (or vice versa).

D. Playoff Competition

There will be separate tournaments at the end of the season based on overall team records during league play. However, it is possible that "A" league and "B" league teams may play each other, depending upon the number of entries.

SECTION 3 - ENTRY FEES

Entry fees for all individual activities and team sports will be charged to cover the cost of student supervisors, officials, scorekeepers, and first aid coverage. Refunds for entry fees will not be given once league play begins including outdoor sports that experience a shorter season due to weather, field conditions, or other factors outside the control of the Rec Sports Department. Fees must be paid at the time of the scheduled sports captains meeting. Failure to pay the fee at that time removes team entry reservation from the league unless openings remain.

2011-12 Intramural Fees

\$30	4's and 6's Volleyball	\$35	Indoor and Outdoor Soccer
\$5/\$10	Badminton	\$25	Indoor and Outdoor Ultimate
\$40	Basketball		Frisbee
\$30	Dodgeball	\$45	Outdoor Flag Football
\$35	Floor Hockey	\$5/\$10	Racquetball
\$30	Futsal	\$35	Softball
\$35	Indoor Flag Football	\$5/\$10	Tennis

SECTION 4 - FREE AGENT LIST

If an individual wishes to enter an intramural activity but is not affiliated with a team, he or she may place his/her name on the free agent list. The free agent list will be available for each sport on IMLeagues. It is then the responsibility of others looking for additional players to contact free agents to place them on a team.

SECTION 5 - SPORTS CONDUCT

A. SPORTS CONDUCT AT COMPETITIONS

The development of appropriate sports conduct is one of the major goals of the Recreational Sports Department at the University of Wisconsin-La Crosse. A team is responsible for the actions of participants and for spectators directly related to the team. Conduct of players and spectators before and after the game is as important as the conduct during the game. An individual or team must be able to accept defeat wholesomely without blaming others. Teams and individuals will be held responsible for their own and their team's behavior. To discourage conduct that is not positive, the following policies have been adopted:

1. **Disrespect toward staff, officials, and/or scorekeepers:**

Any individual addressing a staff member, official, and/or scorekeeper in a discourteous manner is subject to immediate dismissal upon request of any intramural staff members.

Team members, captains, spectators, coaches or entire teams may be asked to leave the playing area if displaying inappropriate behavior and/or abusive language. Any contest may be forfeited if a team, coach, individual participant, or spectator exhibit inappropriate or disruptive behavior. The decision of the supervisor, official, and/or scorekeeper in such cases will be final. A *Sports Conduct* rating no higher than "2" will be given to the team.

2. **Shoving, striking or fighting a staff member, official, and/or scorekeeper:**

Before, during, and after a contest any attempt to strike a Rec Sports staff member, even though there may not be contact, will result in an indefinite suspension from all intramural activities. The suspension will carry a minimum of the current semester plus the following semester (see reinstatements). A *Sports Conduct* rating of "1" will be given to the team.

3. **Fighting:**

Any incidents of fighting or inciting a fight will result in immediate ejection from a contest (see Ejections). These incidents are subject to a forfeit by an offending team or a double forfeit by both teams and will result in an indefinite suspension from all intramural activities. The suspension will carry a minimum of the current semester plus the following semester (see reinstatements). A *Sports Conduct* rating of "1" will be given to the team.

4. **Team/Organization:**

Any team or organization displaying conduct that is unsporting is subject to disciplinary action as follows:

a. **Game is forfeited because team displays inappropriate conduct:**

Team suspended for minimum of one game and must appear before Coordinator of Intramurals for final ruling. A *Sports Conduct* score of "1" will be given to the team.

b. **Teams repeatedly using ineligible players:**

Team suspended for minimum of one game and must appear before the Coordinator of Intramurals for final ruling.

5. **Alcohol or Drug Use:**

Drinking alcoholic beverages of any kind and/or using drugs by players, substitutes, coaches, and/or spectators associated with any team at an event sponsored by the Recreational Sports Department is **PROHIBITED** before, during, and/or after any contest. Any evidence or suspicion of this may subject the team or teams involved to forfeiture of the contest and further disciplinary action. A *Sports Conduct* rating no higher than “2” will be given to the team.

***NOTE:** If a staff member suspects that any players, substitutes, coaches, and/or spectators associated with any team have been drinking and/or using drugs at any time prior to, during, and/or after a contest, he/she has the right to remove such individuals from the premise. Staff members may also contact University Police to assist in the removal of rule violators.*

6. **Tobacco Products:**

The use of tobacco products by players, substitutes, coaches, and/or spectators associated with any team at an event sponsored by the Recreational Sports Department is **PROHIBITED** before, during, and/or after any contest. Any individual using such products will be asked to distinguish/remove product, is subject to removal from the premise, and may receive further disciplinary action. A *Sports Conduct* rating no higher than “2” will be given to the team.

B. SPORTS CONDUCT RATING

The Intramural Sports Conduct Rating System has been designed to emphasize the importance of good sporting behavior at all contests. Teams will be scored from 5-1 based on their behavior and sports conduct.

1. The behavior of a team and all participants of that team including, but not limited to players, coaches and spectators will be rated according to the sports conduct scale. Participants of the team will be rated according to their behavior as soon as they arrive at the facility, during the contest and until all participants leave the facility.
2. Teams must maintain an average rating at or above 3.5 in order to make the playoffs. Any team receiving a 2 or lower will be ineligible until the team captain meets with the Intramural Coordinator and is reinstated.
3. Individuals and teams will be rated for their conduct in all regular and post season contests on the following scale:

5- Excellent- Teams, players, coaches, and spectators cooperate fully with the rules, policies, and intramural staff. They display respect for their own players and their opponents. Teams start each contest at this level.

4- Good- Teams, players, coaches, and spectators exhibit a good level of sportsmanship but may have a few questionable sporting conduct issues related to but not limited to rules, policies, and the intramural staff. Teams may receive a warning, which is a courtesy reminder to encourage a high level of sports conduct.

3- Needs Improvement- Any flagrant foul or unsporting penalty will result in a reduction of the sports conduct score. Teams will receive no higher than a 3 for any penalty for poor sports conduct. Actions may include but are not limited to taunting, baiting, constantly questioning the judgment of the intramural staff, rough play, or threatening opponents or intramural staff.

2- Poor- Participants of a team that have accumulated multiple unsporting fouls or have had ejected participants may receive no higher than a 2. The team captain and all players that were penalized for poor behavior must meet with the coordinator of intramural sport in order to be reinstated.

1- Unsatisfactory- Any team that cannot complete a game by rule because they

have accumulated multiple unsporting fouls or the game was stopped because the safety of participants or staff was in danger will receive a 1 for sportsmanship. The team will be suspended and will have to be reinstated by the Coordinator of Intramural Sports.

SECTION 6 - EJECTIONS, REINSTATEMENTS & SUSPENSIONS

A. Ejections: ([click here](#) to see Ejection Form)

1. All **ejected participants are ineligible from ALL intramural activities** from the point they are ejected from a contest until they complete a reinstatement meeting (see Reinstatements below).
2. A second ejection will result in disqualification from that activity for the remainder of the season and may impact continued participation in other sports.

B. Reinstatements:

1. It is the duty of the team captain to notify an ejected player of the reinstatement policy. Ignorance of this policy is no excuse for an ineligible player playing in a contest.
2. It is the responsibility of the ejected participant to schedule a reinstatement meeting with the Coordinator of Intramural Sports.
3. All participants must be aware that any period of suspension will not begin until after an ejected player has been formally reinstated by the Coordinator of Intramural Sports and served the suspension issued by the Intramural Staff.
4. Penalty for an ejected player playing in another contest in the same or different intramural activity prior to reinstatement could result in possible forfeit of contest(s) played in and additional suspension time of ejected participant.

C. Suspensions:

1. Participants ejected from a contest for unsporting behavior will serve a minimum one game suspension of the next scheduled contest (including playoff competition).
2. Suspensions will be served in the activity and league the participant was ejected from and can carry over into playoff competition.
3. In order for a participant to serve the required suspension, the participant's team must compete in a contest in order for a game to count toward a suspension. Forfeits, defaults, and canceled games will not count toward a suspension.

SECTION 7 - PROTESTS

Team captains and/or acting team captains are allowed to file game protests in order to resolve eligibility of players, rule interpretations by officials, or a scoring error. Teams may not protest the judgment of an official. [Click here](#) for an example of the protest form.

A. Player Eligibility:

1. Player eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made during a contest, the teams will play the game under protest.
2. If an eligibility protest is upheld, any team with an ineligible player automatically forfeits the contest in question.
3. Any protest of eligibility will verify the eligibility of all players on both teams of the contest in question.
4. The Intramural Staff can consider the eligibility status of any player at any time.

B. Rule Interpretation

1. Teams or individuals may protest a rule interpretation by an official. Team captains or acting team captain can initiate a protest by declaring "I want to protest."
2. After a team captain declares a protest, the officiating crew will notify the Intramural Supervisor. The Supervisor is responsible for documenting the protest and will assist in the protest ruling.
3. A protest can be denied by the Supervisor because it is a non-protestable call or the protest is tardy in accordance with the sport rules.
4. Every effort will be made to resolve protest promptly. The decision made by the Intramural Staff on the site is the final decision made.

C. Scoring Protests

1. Teams may protest a scoring error or the score of the contest by notifying the official. Protests of a scoring error must take place as soon as possible in order to resolve the error in question. Once the captain signs the score sheet at the end of the game, the score is final.
2. Officials have the final say on scoring errors with information provided by the scorekeeper, the Intramural Supervisor, or any Intramural Staff. An official's decision is final (exception: Supervisor or scorekeeper may make final decision in non-officiated activities).

SECTION 8 - FORFEITS AND DEFAULTS

The following rules apply to all contests. The Intramural Staff asks that all participants arrive 15 minutes prior to game time. It is the responsibility of all captains and participants to legally sign in prior to game time. The scheduled game time is the start time of the contest.

- A.** Any team unable to attend a scheduled contest should notify the REC Info Counter (785-5225) as early as possible. Contest will be declared a default and a loss will be recorded. Opposing team will receive a "win". No conduct scores will be recorded for the contest.
- B.** Any team that fails to notify the REC Info Counter and does not have a player legally signed in at game time will be charged with a forfeit and a loss will be recorded. The opposing team will receive a "win". No conduct ratings will be recorded.
- C.** A second forfeit or default charged to a team in the regular season will result in immediate elimination from the league and forfeit of all remaining league games. This team will not be entered into post-season playoffs.
- D.** Teams must notify the REC Info Counter of a default 2 hours prior to competition. This will allow time to notify the opposing team, officials, scorekeepers, facility managers, and other Intramural Staff. No conduct ratings will be recorded.
- E.** Teams that do not call at least 2 hours before game time or don't show up at all will be charged with a forfeit. Teams charged with a forfeit must pay a \$5.00 (team) or \$1.00 (single/dual) re-entry fee at Recreational Eagle Center by 6:00 p.m. the following business day to continue league play. Failure to pay re-entry payment eliminates the team from the remaining league play and playoffs.
- F.** A team must provide the minimum amount of participants at the scheduled game time. If a team does not provide the minimum players at game time the contest is charged as a default. Scheduled game time is forfeit time. If you are unable to field a minimum team at

the schedule start time, you will be charged with a default. No conduct ratings will be recorded.

- G. If both teams have members show but neither team has the minimum amount of players at the scheduled game time, a double default shall be declared. No conduct ratings will be recorded.

SECTION 9 - TEAM CAPTAIN RESPONSIBILITIES

The following are responsibilities of the team captain. Please select a team captain who will ensure the following are completed to avoid any potential issues with your teams status in the league or conflicts related to game scheduling, management, and overall rules and policies.

- Enter team in desired sport on the due date by electronically entering into IMLeagues.
- Register appropriate number of participants on the official roster prior to participation.
- Team captain and/or representative(s) must be present at the designated captains meeting to become officially entered in the competition. Meeting dates will be posted on the bulletin boards and website. All organizational meetings are mandatory.
- Be thoroughly familiar with rule sheets and eligibility rules published in this handbook and discussed at the captains meeting. Inform players of all rules, policies, and procedures.
- Ensure all team members are eligible for intramural sports participation. See Section 1-B.
- Keep in close and frequent contact with the Recreational Sports website and/or bulletin boards in Mitchell Hall and the REC.
- Notify team members of the date, time, and place of each contest and make certain the team is present and ready to play at the scheduled time.
- Ensure each team member brings current UW-L I.D. to the playing site in order to present to intramural staff.
- Ensure all team members are signed-in prior to each contest with the official scorekeeper.
- Have team members play according to the rules of the game, behave and conduct themselves with the highest sportsmanship, and participate in accordance with all intramural policies.

SECTION 10 - TEAM NAMES

In an effort to create a fair, fun, and safe environment for all to compete, the Recreational Sports Department reserves the right to change team names that are inappropriate and/or offensive in any way. Team captains will be asked to select a new name. If the second team name is deemed inappropriate, the Intramural Staff will assign a team name.

SECTION 11 - PLAYOFFS

Participants must compete in at least one contest to be eligible for playoffs. Teams must win at least 2 games in order to advance into playoffs, unless otherwise designated. Teams may not play on the same league day and/or at the same time during playoffs. Therefore, it is recommended that teams carry additional substitutes. During final league game, teams will be given an opportunity to submit one team conflict. Playoff schedulers will attempt to accommodate conflict for first round game. However, there may be times when this is not possible.

EXCEPTION: *No conflicts accepted for flag football, softball, or soccer. Those sports will have a playoff captains meeting where they will select their own game times in the playoff bracket.*

The Recreational Sports Department reserves the right to move a team from one bracket to another if staff believes their win/loss record does not reflect the true talent of the team.

SECTION 12 - SCHEDULE

- A. All intramural schedules will be posted on at www.imleagues.com/uwlax.
- B. League schedules are subject to change, please check the schedule prior to all competitions.
- C. Postponements due to inclement weather or facility conflicts will be posted on the website.
- D. Postponements will be rescheduled only if time allows.
- E. Playoffs schedules will be posted on the website and bulletin boards in Mitchell Hall and the REC.

SECTION 13 - EQUIPMENT, DRESS, and JEWELRY

- A. Equipment: The responsibility of getting equipment to an activity is specific to each sport. Rules sheets given at the captains meetings will provide this information. Team captains assume responsibility of their team's proper use and care of all equipment used during contest. Some sport equipment must be furnished by the individual (i.e. footballs and softball gloves).
- B. Dress: All participants must wear athletic shoes and a t-shirt when participating in intramural sports.
- C. Jerseys: The Recreational Sports Department will provide colored jerseys for team sports. Team members should use a valid UW-L I.D. to check them out. All players must wear t-shirts with sleeves under jerseys to prevent jersey from contacting skin. Teams are allowed to purchase their own jerseys. However, there must be whole numbers placed on the jerseys (no symbols allowed).
- D. Headwear: Hats may not be worn during any activities (exception: softball and tennis). Headbands are allowed. Any headwear with a knot (i.e. bandanas) will not be allowed.
- E. Jewelry: Participants are encouraged to remove all jewelry for intramural competitions. All necklaces, rings, watches, and bracelets must be removed. Any player wishing to wear piercings may do so at their own risk, however, these must be taped if visible.

SECTION 14 - CARE OF INJURIES

First aid treatment is typically, but not always, available in the Athletic Training Room in Mitchell Hall and in the first aid pod at the REC during intramural contests. The Student Health Center is also available from 8am-4pm Monday through Friday. A physician is always present during the Health Center hours. A certified athletic trainer potentially is available for designated activities.

Any player who is bleeding must leave the game immediately. Bleeding must be stopped and the wound securely covered with a bandage before that player can continue playing.

Injured individuals must report to the intramural supervisor on duty at the time so he/she may complete an injury report (regardless of severity of accident). If necessary, students severely injured in intramural contests may need emergency treatment at the local emergency room. In this situation, the student assumes all financial obligations.

SECTION 15 - VOLUNTARY PARTICIPATION

Participation in all programs sponsored by the UW-La Crosse Recreational Sports Department is

voluntary. UW-La Crosse and the Recreational Sports Department are not responsible for accidents or injuries incurred during participation. Each student is advised to carry his/her own health insurance. Insurance is available through the university if desired. Interested students should contact the Health Center for further information.

SECTION 16 - AWARDS

- A.** Intramural champions receive specially designed t-shirts. These shirts will be presented to winners with a maximum allowance as designated below.
- | | |
|--------------------------|--|
| 4's Volleyball | -maximum of 6 |
| 6's Volleyball | -maximum of 10 |
| Basketball | -maximum of 10 |
| Dodgeball | -maximum of 12 |
| Floor Hockey | -maximum of 10 |
| Futsal | -maximum of 10 |
| Indoor Flag Football | -maximum of 8 |
| Indoor Soccer | -maximum of 12 |
| Indoor Ultimate Frisbee | -maximum of 12 |
| Outdoor Flag Football | -maximum of 12 |
| Outdoor Soccer | -maximum of 14 |
| Outdoor Ultimate Frisbee | -maximum of 12 |
| Softball | -maximum of 16 |
| | |
| Individual Sports | -maximum of 1 |
| Dual Sports | -maximum of 3 |
| Special Event | -based on event if outside of above activities |
- B.** Participants that were a part of a championship team but did not receive a t-shirt at the time of the championship game should come to the REC to claim their shirt. Extra t-shirts will not be given out to participants that are not in attendance of the championship game.
- C.** Teams with more members than the allocated amount of t-shirts are able to claim extra t-shirts at the end of the semester after every team has been awarded shirts. Please contact the Intramural Coordinator for extra t-shirts.

SECTION 17 - Appendices

[Ejection Form](#)

[Protest Form](#)



INTRAMURAL SPORTS EJECTION REPORT
University of Wisconsin – La Crosse
Recreational Sports – Intramural Sports



Intramural Sports Ejection Report

DIRECTIONS: This report must be completed by the employee who has ejected the individual from the intramural sports contest. It is vital that we have your description of the incident before the ejected participant meets with us. PLEASE PRINT CLEARLY.

Ejected Person's Name: _____ Team: _____

ID#: _____ Opponent: _____

Phone #: _____

Activity/Sport: _____ League Type (M, W, CR): _____

Ejection Date: ____/____/____ Game Time: ____:____ Site: _____

1. Ejected person's status: _____ Spectator _____ Faculty/Staff _____ Student

2. Reason for the ejection (check one or more):

- Threatening Behavior Intimidation Fight/Physical Abuse
 General Unsportsmanlike Conduct Verbal Abuse Policy Violation

Other: _____

3. Description of the situation (quote exact language used. Also, comment on the ejected person's behavior following the ejection):

4. Was the ejected person previously warned regarding behavior? YES NO

If yes, explain: _____

5. **RECOMMENDATION:** The official/employee completing this form should check one of the following statements. I recommend that...

- Reinstatement of the ejected person for the next game is appropriate.
 Careful consideration should be made before reinstatement is granted.
 Reinstatement of this individual would not be recommended.

Other: _____

 Print Name of Official /Employee Issuing Ejection Phone Date

 Official/Employee Witness Name Phone Date

 Official/Employee Witness Name Phone Date



PROTEST REPORT
 University of Wisconsin – La Crosse
 Recreational Sports – Intramural Sports



Check which type of Protest: Eligibility Rule interpretation Scoring Error

Activity: _____ Date: _____

Field/Court: _____ Scheduled Game Time: _____

Team Protesting: _____ Opponent: _____

Period/Inning of Play: _____ Time Remaining/# of Outs: _____

Score at Time of Protest: _____

Ball Possession/Position at Time of Protest: _____

Player Positions/Base runners: _____

Game Officials: _____

Scorekeeper: _____ Supervisor: _____

Protest: (check one) Upheld: Denied: Reviewed by Office (Eligibility): _____

Summary of Protest: Completed by Supervisor on Duty

If the protest is an eligibility protest, list the names of the players that the team is protesting. Let both team captains know that all players on both rosters are subject to review. If the protest is reviewing a rule interpretation please include why the team is protesting. If the protest concerns a rule interpretation, please include a summary of what is being protested, the initial decision, and the final decision. Use back of page if necessary.

FOR OFFICE USE ONLY

Received by: _____ Date: _____

If this is an eligibility protest, were the participants in question eligible? yes no

If no, was a forfeit charged to the team with ineligible players? yes no

Were the captains of both teams notified? yes no

If this is a rule interpretation protest, was further action needed to review this protest? If yes, please explain.

