

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

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!

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

Sue White, Director
Recreational Sports

INTRAMURAL SPORTS PROGRAM

INTRODUCTION

The goal of the Intramural Sports Program is to provide UW-La Crosse students, faculty, and staff with the opportunity to participate in his/her favorite type of competition, and to explore and enjoy new or untried sport activities. The Intramural Sports Program includes individual, dual, and team competition in a variety of events, and in men's, women's, and co-rec divisions. Activities are varied so that there is an opportunity for every individual to participate, no matter what his/her level of ability may be. 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, SCORERS, SUPERVISORS, and GRADUATE ASSISTANTS

The Intramural Sports Program is indebted to the group of individuals who serve as officials, scorers, intramural supervisors, and graduate assistants. They play a significant role in the success of the program, as they are our "front line" that interacts directly with our customers, the UW-L students, faculty, and staff. Without quality, hard working officials, scorers, 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 officiate and/or score keep intramural sports contests. Any interested student should complete an employment opportunities form found on 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 scorers 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 blanks 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 have a valid UW-L I.D. to participate in any intramural contest.
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 any teams for playoffs.
4. All participants listed on roster/addition form must read and sign the intramural liability waiver prior to participation.
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 (See Sec 1-B-7 Exception). 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
7. Any player competing on two teams in the same sport shall be suspended for one game. The player is assigned to the team he/she first competed with. All games player competed with on second team shall be declared forfeits.

EXCEPTION: An individual may compete on a co-rec team and a men's or women's team in the same sport.

8. Any player competing that is not officially listed on the roster will be removed from the contest immediately (game will continue). The player must check-in with scorekeeper, official, or supervisor.
9. Any player under an assumed name (using someone else's identification) will be ejected from that game or contest, which is immediately forfeited. 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 who is not affiliated with the University of Wisconsin – La Crosse will be ejected from that game or contest, which is immediately forfeited. 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. ATHLETIC ELIGIBILITY

1. Intercollegiate Athlete Eligibility:

- a. Members of varsity, junior varsity, or freshmen teams are not eligible for competition in that sport or corresponding sport(s).
- b. Persons who are practicing with intercollegiate teams will be treated as intercollegiate team members and are NOT eligible for intramurals in that sport or corresponding sport(s).
- c. Any person practicing with intercollegiate teams past the first scheduled contest will be considered an intercollegiate player for the entire year and is NOT eligible for intramurals that academic year in that sport or corresponding sport(s).

EXCEPTION: If a person leaves the intercollegiate team before the first scheduled contest in that sport, that person will be eligible to participate in intramurals in that sport.

2. Past Intercollegiate Athlete Eligibility:

- a. Persons who have completed their intercollegiate athletic eligibility (including varsity, JV, or freshmen team) will be eligible to participate in that sport or corresponding sport(s) in intramurals the academic year following completion of the sport.

ATTENTION: Volleyball and soccer players who complete eligibility during Fall 2009 are NOT eligible for spring semester. They are eligible for the 2010-2011 academic year.

- b. ALL former intercollegiate athletes are eligible for “A” league only (when applicable).
- c. No more than one (1) former intercollegiate athlete from the 2008-2009 academic year/season may participate on the same intramural team in corresponding sport and must also play “A”

(when applicable).

3. Club Team Eligibility:

- a. Intramural teams may have only one male and one female club member listed on official roster in corresponding sport (based on current club roster at time of ruling). If corresponding club is not co-rec, teams may not have 2 male or 2 female club members (only 1 male/female).
- b. ALL current club team members are eligible for "A" league only (when applicable).

ATTENTION: Teams may not have both a 2008-2009 former intercollegiate athlete and current club member(s) on the same team in their corresponding sport.

4. Professional Athletes:

Students, faculty, and/or staff members who would be ineligible for intercollegiate competition because he/she has lost his/her amateur standing shall be ineligible for intramural competition in that sport or corresponding sport(s).

5. 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.

ATTENTION: 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.

SECTION 2 - LEAGUE COMPETITION

1. 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.

2. 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 Eligibility B-7).

3. "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 members may reassign a team in obvious errors of classification.

- i. **NOTE:**A person may not play on both "A" league and "B" league teams in the same sport (see B-7).

4. 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

1. Entry fees for all individual activities and team sports will be charged to cover the cost of supervisors, officials, scorers, first aiders, and awards.
 - i. **NOTE:** Refunds for team entries will not be given once league play begins.
2. Fees will be paid at the time of the scheduled sports captains meeting. Failure to pay the fee at that time eliminates the entry unless openings remain after registration day.
3. Exact fee will depend on the sport/activity.
 - i. **NOTE:** Leagues for popular sports such as basketball close early on the due date. The Recreational Sports Staff recommends that you register your team early on the due date.

SECTION 4 - FREE AGENT LIST

1. 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 located on the bulletin boards at the REC or in Mitchell Hall across from the Recreational Sports Office. It is then the responsibility of others who are looking for team members to contact free agents to place them on a team.

SECTION 5 - SPORTS CONDUCT

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 individual members and for spectators directly related to the team. Conduct of players and spectators before and after the game will be 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 scorers:**

Any individual addressing a staff member, official, and/or scorer 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 scorer in such cases will be final. A sports conduct rating no higher than a "2" will be given to the team.

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

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)

3. **Fighting:**

Any incidents of fighting or inciting a fight with staff, spectators, opposing team members, teammates and/or coaches will result in immediate ejection from a contest (see Ejections on page 10). These incidents are subject to a forfeit by an offending team or a double forfeit by both teams.

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 "0" 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:**

- a. 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. If forfeited, a sports conduct score of "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.

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.

7. **Sports Conduct Rating:**

See conduct sheet for description of numbering system. Teams must maintain a minimum conduct score of "3.5" to be eligible for playoffs.

Participants involved in inappropriate behaviors outlined above may be subject to meeting with staff members of the Recreational Sports Department and/or Student Life. Upon review, further suspensions and/or termination from participation may result.

EJECTIONS, REINSTATEMENTS & SUSPENSIONS

1. **Ejections:**

- a. 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).
- b. A second ejection will result in disqualification from that activity for the remainder of the season. May impact continued participation in other sports.

2. **Reinstatements:**

- a. 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.
- b. It is the responsibility of the ejected participant to schedule a reinstatement meeting with the Coordinator of Intramural Sports.
- c. 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.
- d. Penalty for an ejected player playing in another contest in same or different intramural activity prior to reinstatement could result in possible forfeiture of contest(s) played and additional suspension time of ejected participant.

3. Suspensions:

- a. Participants ejected from a contest for unsporting behavior will serve a minimum one game suspension (next scheduled contest).
- b. Suspensions may be served in the activity that the participant was ejected from, or other activities in which the participant competes. Suspension from one intramural activity makes the participant ineligible from all intramural activities.
- c. 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 6 - 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.

1. Player Eligibility:

- a. Player eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made, the teams will play the game under protest.
- b. If an eligibility protest is upheld, any team with an ineligible player automatically forfeits the contest in question.
- c. Any protest of eligibility will verify the eligibility of all players on both teams of the contest in question.

- d. The Intramural Staff can consider the eligibility status of any player at any time.

2. Rule Interpretation

- a. 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."
- b. 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.
- c. 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.
- d. Every effort will be made to resolve protest promptly. The decision made by the Intramural Staff on the site is the final decision made.

3. Scoring Protests

- a. 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.
- b. Officials have the final say on scoring errors with information provided by the scorer, the Intramural Supervisor, or any IM Staff. Official's decisions are final (exception: Supervisor or scorer may make final decision in non-officiated activities).

SECTION 7 - 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.

- 1. Any team unable to attend a scheduled contest should notify the home facility 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.
- 2. Any team that fails to notify the home facility and does not have any players 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 scores will be

recorded for the contest.

3. A second forfeit or default charged to a team in the regular season will result in immediate elimination from the league and forfeiture of all remaining league games. This team will not be entered into post-season playoffs.
3. The Intramural Staff asks that teams that notify the home facility of a default 2 hours prior to competition. This will allow staff to notify the opposing team and the Intramural Staff.
4. Teams that do not call or show up 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 day to continue league play. No re-entry fee eliminates team from the league and playoffs.
5. 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 or forfeit. Intramural Staff decisions are final.
6. When neither team has the minimum amount of players at the scheduled game time, a double forfeit shall be declared.

SECTION 8 - TEAM CAPTAIN RESPONSIBILITIES

1. Enter team in desired sport on the due date by submitting an official intramural roster with a list of participant names, identification numbers, phone, and grade level.
2. Register appropriate number of participants on the official roster prior to participation (see rules B-3, B-4, B-5 under eligibility).
3. 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.
4. 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.
5. Ensure that all team members are eligible for intramural sports participation (see eligibility rules).
6. Keep in close and frequent contact with the Recreational Sports website and/or bulletin boards in Mitchell Hall and the REC.

7. Notify team members of the date, time, and place of each contest and make certain the team is present.
8. Ensure that all team members are legally signed prior to each contest and ensure each member has appropriate identification.
9. Ensure that all team members bring current UW-L I.D. to the playing site and present to intramural staff.
10. Have team members play according to the rules of the game, behave and conduct themselves in a sports-like way, and participate in accordance with all intramural policies.
11. Remember that winning at all costs is too costly!

SECTION 9 - 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.

SECTION 10 - PLAYOFFS

Participants must legally sign in, during 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 notify home facility of one team conflict (exception: no conflicts accepted for flag football or softball). Playoff schedulers will attempt to accommodate conflict for first round game. However, there may be times when this is not possible. The Recreational Sports Department reserves the right to move teams from one bracket to another if Supervisors believe that win/loss record does not reflect the true talent of the team(s).

SECTION 11 - SCHEDULE

1. All intramural schedules will be posted on the rec sports website (www.uwlax.edu/recsports/).
2. Playoffs schedules will be posted on the website (www.uwlax.edu/recsports/), and bulletin boards in Mitchell Hall and the REC.
3. League schedules are subject to change, please check the schedule prior to all competitions.
4. Postponements due to inclement weather or facility conflicts will be posted on the website.

5. Postponements will be rescheduled only if time allows.

SECTION 12 - EQUIPMENT, DRESS, and JEWELRY

1. 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 (footballs, softball bats and gloves).
2. Dress: All participants must wear shoes and a shirt when participating in intramural sports. Shoes with a rubber sole of a "turf" nature will be considered legal for outdoor activities. Football, track, and baseball spikes are illegal and therefore **PROHIBITED**.
3. 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 at the office/information counter. 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).
4. Headwear: Hats may not be worn during any activities (exception: softball). Headbands are allowed. Any headwear with a knot (i.e. bandanas) will not be allowed in contact sports (soccer, flag football, basketball, floor hockey and ultimate frisbee).
5. 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. Barrettes are not allowed.

SECTION 13 - CARE OF INJURIES

First aid treatment is typically available in the Athletic Training Room in Mitchell Hall and in the first aid pod at the REC during most 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 will also be available in the Physical Therapy Center.

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 that 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.

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.

AWARDS

Intramural champions receive specially designed t-shirts. These shirts will be presented to winners as listed below:

Team sports:

Basketball	- maximum 10
Flag Football	- maximum 14
Floor hockey	- maximum 10
Indoor Soccer	- maximum 14
Indoor Ultimate Frisbee	- maximum 14
Outdoor Soccer	- maximum 14
Outdoor Ultimate Frisbee	- maximum 14
Softball	- maximum 14
Volleyball (6's)	- maximum 10
Volleyball (4's)	- maximum 6

Individual Events:	- maximum 1
Dual Events:	- maximum 2
Special Events:	- based on event