

UNIVERSITY OF WISCONSIN-LA CROSSE
INTRAMURAL SPORTS
PARTICIPANT HANDBOOK
2019-20 ACADEMIC YEAR

UPDATED SUMMER 2019

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Introduction

The UW-La Crosse (UWL) Recreational Sports Department (Rec Sports) seeks to promote wellness, develop friendships and to encourage wise use of leisure time. As one of the most popular activities Rec Sports has to offer, the primary goal of Intramural Sports is to provide UWL students, faculty and staff with the opportunity to participate in activities in a safe and enjoyable environment. Intramural Sports includes individual, dual and team competition in a variety of events across men's, women's, co-ed (co-rec) and open leagues. Activities are varied, which creates an opportunity for all individuals to participate no matter skill level or ability. Of course, the goal is to win a coveted championship t-shirt!

Intramural Sports is truly a program "for the students, by the students." The program owes a debt of gratitude to the group of students working as officials, scorekeepers, supervisors and/or graduate assistants. These student staff members play significant roles in program development and success. They work with the thousands of participants involved in the program each year on a nightly basis. Without quality, dedicated and hardworking students, the Intramural Sports program would not be able to meet and exceed the expectations of our active campus community.

Overview

A Welcoming Place for Everyone

Intramural Sports is truly a place for everyone. Our program takes a lot of pride in offering different programs and services to the UWL campus community. Whether competitive or recreational in-nature, our goal is to help all of our participants have fun in a safe and supportive manner while creating memories and ties to UWL that are sure to last a lifetime!

Our teams are very competitive and our t-shirts are highly sought after. We do ask, however, teams keep in mind winning is not considered a top priority of our program. We will work hard to provide the best experience for all parties involved while maintaining safety, fairness and sportsmanship as key components of how the program and our affiliated activities operate.

Lastly, please consider the experience of other individuals. This includes your scheduled opponents, other teams/individuals who may be playing at a similar time or in other leagues, other groups or individuals in a facility space and staff. In order to provide the best experience and a welcoming environment for everyone, it is expected participants exhibit positive behavior and follow policies and procedures as they are outlined.

We understand not everything may make sense or seem fair and we're willing to work with you! For feedback or suggestions or to discuss your experiences, please [contact us](#).

For more on what helps create a welcoming environment:

[IM Sports Policy on Inclusion](#)

[Captain Responsibilities](#)

[Team Names](#)

[Forfeits](#)

[Participant and Team Conduct](#)

Contact Information

Administrative staff is available from 9:00 am to 6:00 pm (Monday thru Thursday and until 5:00 pm Fridays; excludes weekends and meetings). It is preferred a meeting appointment is scheduled ahead-of-time, but we'd love for you to stop by any time! If a staff member is unavailable, please contact our program via the following outlets:

Office: REC 143
intramurals@uwlax.edu
608-785-5221

[REC Hours of Operation](#)
Customer Service: 608-785-5225
[Rec Sports Website](#)

[Facebook](#): UW-L Intramural Sports (official)
[Twitter](#): @UWLRecSports
[Instagram](#): uwl_intramurals

Employment

Intramural sports employs students in the following roles:

Student Coordinator
Supervisor
Office Assistant
Official
Scorekeeper

Officials are employed to work the following activities throughout the academic year:

4's Volleyball	Dodgeball	Futsal	Wiffleball
6's Volleyball	Flag Football (indoor)	Soccer (indoor)	
Basketball (5v5 only)	Flag Football (outdoor)	Soccer (outdoor)	
Big Base Kickball	Floor Hockey	Softball	

Prospective officials do not need specific experience but are required to attend mandatory training clinics prior to each activity season. Training clinics cover material similar in-nature to what NFHS and WIAA certification exams and clinics cover.

Prospective officials must be eligible for hire according to guidelines set by the UWL Office of Human Resources and all appropriate employment forms (including I9 documentation) must be on-file before employment can begin.

For more information on officiating, please visit our [Become an Official website](#).

Scorekeepers are employed to work the following activities throughout the academic year:

3v3 Basketball	Flag Football (outdoor)	Softball
5v5 Basketball	Sand Volleyball	

If interested in being a scorekeeper for intramural activities, please contact intramurals@uwlax.edu as this position is hired using different guidelines.

Please [contact us](#) if you are interested in employment!

IMLeagues and Registration

All Intramural activity registrations, league payments, roster additions, schedules, playoff brackets and other information are organized online via [IMLeagues](#) (link is directed to a sign-in portal). Membership in IMLeagues is FREE and tied directly into the Registrar's system on-campus. To activate an account as a first-time user, simply sign in using your UWL-issued NetID and password.

Note: Team roster additions are done via IMLeagues only. No hard copies of roster addition sheets are available. It is recommended teams allow ample time to make proper roster moves. Scoresheets for the current night's activities are printed around 12:00 noon the day of competition. Roster additions made after that time may be permitted but must be confirmed by intramural staff.



Registrations for each activity will open in IMLeagues at 7:00 am based on dates listed on the [List of Sports website](#). Competitive sports staff will not hold spots for any teams as registration fills on a first-come, first serve basis. Teams are welcome to register in-person at the Recreational Eagle Center (REC) if they so wish but must schedule an appointment to do so ahead of time.

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IMLeagues and Registration (continued)

Notice of Disclaimer: IMLeagues is an online service used by UWL Intramural Sports for general program oversight and organization. UWL Intramural administrators are not the developers of IMLeagues and its website/app/generic content and do not specifically endorse or condone advertisements which may present themselves to participants (advertisements enabled by cookies and their settings on individual computers/tablets). If you or someone on your team experiences any difficulty with IMLeagues, do not contact the IMLeagues support team. For any issues related to troubleshooting in IMLeagues, contact intramurals@uwlax.edu immediately.

All participants must activate their IMLeagues account each year. Participants will be prompted to toggle automated notifications and emails that may be generated by IMLeagues (i.e. contest reminders, roster invitations, contest results, etc.). Individuals have the right to refuse this automated service, which is not subject to review by competitive sports staff. Competitive sports staff does reserve the right to overwrite participant settings in order to communicate and promote program operations.

IMLeagues also has an official smartphone app which allows all IMLeagues users and UWL Intramural Sports participants to conveniently register for/create teams, view schedules, receive news updates, track personal intramural involvement, interact with fellow teammates and much more!

The app, titled "IMLeagues," is FREE and is available for download via the Apple iPhone and Google Play stores. UWL and IMLeagues will not share personal information with app developers or other app users.

IMLeagues and its app employ a single sign-on feature which requires a one-time sign-in by users using their UWL-issued NetID and password.

Activity Schedule

The intramural calendar is divided into "quarters." Quarters one (1) and two (2) occur during the fall semester. Quarters three (3) and four (4) occur during the spring semester.

Fall 2019 Activities

First Quarter (registrations open Aug. 30)

- 3v3 Basketball
- 6's Volleyball
- Badminton
- Fantasy Football
- Flag Football
- Indoor Soccer
- Kickball
- Sand Volleyball
- Spikeball™

Second Quarter (registrations open Oct. 18)

- 4's Volleyball
- 5v5 Basketball
- Bag Toss
- College Bowl Pick 'Em
- Dodgeball
- Futsal
- Tennis
- Ultimate Frisbee

Spring 2020 Activities

Third Quarter (registrations open Jan. 24)

- 4's Volleyball
- 5v5 Basketball
- Bag Toss
- Futsal
- Ultimate Frisbee
- Wallyball
- Wiffleball

Fourth Quarter (registrations open Mar. 6)

- 6's Volleyball
- Badminton
- Big Base Kickball
- Dodgeball
- Indoor Flag Football
- Outdoor Soccer
- Softball
- Tennis
- Tournament Pick 'Em

Note: Activity offerings and registration dates subject to change.

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.

All participants registering via IMLeagues will electronically sign and agree to the following statement:

"I, the undersigned, in full recognition and appreciation of the hazards and exposures involved do hereby voluntarily agree to assume all of the risks and responsibilities involving my voluntary participation in programs sponsored by the Recreational Sports Department. Furthermore, I do hereby agree to hold harmless and indemnify the State of Wisconsin, the Board of Regents of the University of Wisconsin System, and the University of Wisconsin-La Crosse, their officers, agents and employees, from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the negligent actions or omissions of the undersigned in the course of participation in the Intramural Sports Programs sponsored by the Recreational Sports Department. I am fully aware that the University or State of Wisconsin does not provide health and accident insurance for injuries resulting from my voluntary participation in Recreational Sports. I also hereby grant the Recreational Sports Department permission to utilize my likeness for use by television, films or printed media to further the aims of the Department and release them from any/all claims in its usage. I have read and executed this document with full knowledge of its significance. In witness whereof, I have caused this release and indemnification agreement to be executed. By accepting this document, I acknowledge that I am 18 years of age or older."

If a prospective participant is under the age of 18, a participant waiver must be signed and returned by a parent/legal guardian. The waiver also must be approved and filed by competitive sports staff BEFORE the prospective participant is allowed access to participate.

Section 1: Eligibility and Free Agents

Current, fee-paying UWL students along with faculty/staff members are eligible to participate except those as-noted in the following rules:

A. Identity and Inclusion

Students, faculty and staff members can participate in the gender-specific league which affirms each participant's personal gender identity.

1. A participant identifying as male may participate in men's, co-rec. or open leagues. A participant identifying as female may participate in women's, co-rec, or open leagues.

Note: "Co-Rec" leagues may have gender-specific rules and restrictions based on a male-to-female to ratio. "Open" leagues have no specific rules or restrictions on participant ratios.

2. For equitable gender participation purposes, gender-related eligibility issues may be subject to review on an individual basis by Rec Sports professional staff and the Director of the UWL Pride Center.

3. In order to provide fair participation opportunities to the entire campus community, individuals MUST participate as themselves. This means individuals must provide their own UWL-issued ID and are not allowed to assume the identification of another individual.

Section 1: Eligibility and Free Agents (continued)

B. General Eligibility

1. Each person is responsible for their own eligibility.
2. Team captains are also responsible for ensuring the eligibility of all team members.
3. Participants **must** present a current and valid UWL-issued ID prior to a scheduled contest or when prompted by a member of the Rec Sports staff.
4. Participants may be added to a team's roster at any time during the regular season. No players may be added once the final day of the regular season has passed (unless approved by competitive sports staff).
5. Each participant may play on one single gender team, one co-rec team, and one open team per sport or activity.
 - a. A person may not play on an A team and a B team within the same league. For example, a person playing on a Women's B 6's volleyball team may not play on a Women's A 6's volleyball team during the same season.
 - b. A person may play on an A team and a B team in different leagues. For example, a person may play on a Men's A 5v5 basketball team and a Co-Rec B 5v5 basketball team.
6. Once a participant has checked into a contest on behalf of a singular team within a league, that individual is locked to that specific team for the duration of that activity's season (regular season and playoffs).

Exception: a player is permitted to play with a team and switch to a different team within the first two weeks of a season, as long as the new team is in the same gendered league as the previous team. This rule applies even if a player has competed in a contest within the first two weeks of the season with his/her previous team. The player wishing to change teams must contact competitive sports staff and both captains of the teams involved must approve the roster change. A player is permitted to exercise this right only once per team per activity season.

7. Registration closes for an activity following week two of its regular season. Players are not permitted to leave a roster to join another at this time.
8. Any participant competing in a contest who is not officially listed on a team roster will be immediately removed from the contest and play will resume. The individual must appropriately join a team on IMLeagues and check in with on-duty Intramural staff members prior to re-entering the contest. Teams are subject to in-game penalties for this infraction. If a participant is deemed ineligible, contests may be subject to a forfeit.
9. Any participant playing under an assumed name (i.e. using someone else's ID) will be immediately ejected from that contest and the ID will be returned to the administrative staff. The individual supplying and the individual using the ID will both have in-person meetings with competitive sports staff and a low sportsmanship rating will be applied to the contest (ID will be returned to its owner at these meetings). The team is also subject to receiving a forfeit for the contest.
10. Alumni and community members are not permitted to participate in Intramural activities as they are not paying fees that support the intramural sports program. If an individual has an alumni membership to use the facility, they may not participate in intramural sports.

C. Free Agents

If an individual wishes to enter an activity but is not affiliated with a team, they may place their name on the free agent list. The free agent list will be made available for each activity league or division on IMLeagues. It is the responsibility of other registered teams to contact individuals on the list.

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Section 1: Eligibility and Free Agents (continued)

Note: Competitive sports staff will not contact teams to place free agents, nor will the program distribute individual contact information. Intramural Sports will, however, contact individuals on the list in the event there are enough names to assemble a possible “Free Agents” team.

E. Intercollegiate Eligibility (NCAA, NAIA, NJCAA, etc.)

1. Members of a 2019-2020 UWL intercollegiate team are ineligible for competition in corresponding intramural activities while they are on the active team roster.
2. Individuals practicing with an intercollegiate athletic team will be treated as team members and are ineligible for corresponding Intramural activities.
3. Any person using intercollegiate eligibility with a UWL team (on the team roster or practicing with the team after its first scheduled contest) are considered a player on the team for the entire year and are ineligible for a corresponding Intramural activity. Certain allowances may apply at the discretion of competitive sports staff.
4. Members of a current UWL team are eligible for Intramural participation in any non-corresponding activity although it is highly recommended each member communicates their intentions to participate in Intramural activity with their coach.

Intercollegiate Athletic and Intramural Sports Corresponding Activity Table

Intercollegiate Sport	Corresponding UWL Intramural Activity
Baseball	Softball, Wiffleball
Basketball	3v3 Basketball, 5v5 Basketball
Football	Indoor/Outdoor Flag Football
Soccer	Indoor/Outdoor Soccer, Futsal
Softball	Softball, Wiffleball
Tennis	Tennis
Volleyball	4's/6's/Sand Volleyball, Wallyball

Note: In order to avoid the violation of any intercollegiate eligibility guidelines, intercollegiate athletes cannot participate in Fantasy Football, College Bowl Pick 'Em, or Tournament Pick 'Em

F. Former Intercollegiate Athlete Eligibility (includes transfer students)

1. Participants who have completed their intercollegiate eligibility (including varsity, JV or freshman teams) at any institution are eligible to participate in any intramural activity during the academic year following the completion of eligibility.

Football, Soccer, and Volleyball **players completing their eligibility** during the fall semester are eligible for Intramural activity in the corresponding activity come the spring semester. These athletes must participate in competitive (A) league (when competitive (A) league is offered) and **only one former athlete is allowed to be on a team roster.**

Leagues are considered “offered” when such league disparities are displayed in IMLeagues and the Rec Sports website. Leagues are also considered “offered” even if the leagues are full during registration.

2. Former intercollegiate athletes are eligible for competitive (A) league only (when competitive (A) league is offered) in their corresponding activity. See above section for the definition of what constitutes a league being “offered.”

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Section 1: Eligibility and Free Agents (continued)

3. No more than one (1) former intercollegiate athlete from the previous academic year may participate on the same Intramural team in a corresponding activity.

There are no restrictions on the number of athletes who are more than one (1) academic year removed from intercollegiate competition on a roster. However, those athletes must participate in the competitive (A) league when those leagues are offered.

G. Sport Club Athlete Eligibility

1. Intramural teams may have one (1) male or female current sport club member on its roster in a corresponding activity (based on the club roster at the time of registration). Teams may have one (1) male and one (1) female on its roster for co-rec leagues (including 4's Volleyball and Wallyball). Teams may have (1) sport club member on the roster for open leagues.

2. All current sport club members are eligible for competitive (A) league play only (when competitive (A) league is offered).

3. If a specific sport club team has not started its season at the time of the first scheduled league contest, the club roster from the previous academic year will be used.

Note: If an Intramural roster has participants who were added to a club roster in that corresponding activity during the Intramural season, the participant(s) in-question will remain eligible as long as they were added to the Intramural team roster prior to being added to the club team roster.

4. Teams **may not** have both an intercollegiate athlete from the 2018-2019 academic year and a current club member on the same team in a corresponding activity.

H. Professional Athletes

Students, faculty and/or staff members who classify as ineligible for intercollegiate competition due to loss of amateur athlete status are not eligible for Intramural competition in applicable corresponding activities.

I. Amateur Athletic Union (AAU) Teams

Teams participating in AAU leagues/tournaments may not participate as a team in Intramural competition. Individual team members may participate but no more than two (2) players may be on any one team roster.

J. Ruling on Ineligible Participants

1. The penalty for ineligible participants is the immediate removal of the individual(s) in-question from the contest and a possible contest forfeiture. Forfeited contests are subject to a forfeit fee.

2. Teams found to have more than the allotted number of eligible participants will be permitted to reduce their rosters without penalty. The individuals removed from the roster will be permitted to join another team in the same league without penalty as long as all other eligibility rules are followed.

3. If a participant's eligibility is questioned, a formal protest should be filed with the staff on-duty immediately. Participants, officials, scorekeepers, and Rec Sports staff members are permitted to question eligibility.

4. All rulings on ineligible participants made by competitive sports staff are final.

All eligibility situations and decisions are facilitated at the discretion of competitive sports staff. Scenarios often occur on a circumstantial basis and each scenario is to be treated in its own way. All actions taken by competitive sports staff will be done so by keeping ALL teams, ALL participants, safety, fairness, and fun in-mind.

Section 2: League Competition

Each activity will be divided into leagues (gender/competition based) and divisions (day/time based) if registration numbers/interest so warrants. Leagues and divisions are determined by past patterns of participation, facility availability and number of teams created during registration periods.

A. Men's, Women's, Co-Rec, and Open Leagues

Men's, women's, and co-rec leagues will be implemented (when appropriate). Within each league, divisions will be created to separate days and times of competition. Each activity and league will have differing divisions based on availability.

Note: Open leagues may be used for some activities. "Co-rec" leagues may have gender-specific rules and restrictions based on a male-to-female ratio. For the most part, "open" leagues have no rule changes or restrictions for a male-to-female ratio. Please see activity-specific rule books for "open" rule modifications.

B. Competitive, Intermediate, and Recreational Leagues

When applicable, leagues will be divided into Competitive (A), Intermediate (B), and Recreational (C) leagues to help separate teams based on skill level. League descriptions are listed below:

- a. Competitive (A) – The competitive league is the highest competition level available. This league is meant for those athletes that are playing intramural sports to win. Individuals on competitive league teams have experience with organized play in that sport.
- b. Intermediate (B) – The intermediate league is a combination of competitive and recreational. This league is meant for individuals looking to win but have less experience competing in organized play in that sport.
- c. Recreational (C) – The recreational league is the lowest competition level available. The primary goal of the recreational league is to have fun while playing intramural sports. This league is meant for individuals with little to no experience with organized play in that sport.

Note: The Competitive Sports staff reserves the right to move any team to a bracket more suited for their level of competition for playoffs. Factors considered when moving a team to a different bracket include but are not limited to:

- *Previous season performance with same/similar players*
- *Regular season win/loss record*
- *Margin of victory in regular season games*

C. Playoff Competition

There are separate playoff brackets assembled at the end of each regular season based on overall team records during league play. A league may have more than one playoff bracket based on the number of qualifying teams.

Section 3: Entry Fees and Refunds

Teams must pay the activity entry fee as part of the registration process. Fees are based on the type of activity (team/individual/singles/doubles) and the number of officials/scorekeepers required to facilitate a contest. Payment is accepted online via PayPal (no account required).

Any individual wishing to pay in-person (card, cash, or check) must contact intramurals@uwlax.edu to inform staff of their payment intentions as soon as possible. Any person wishing to pay in-person is not guaranteed a spot in a league/division as all registrations are done on a first-come, first-serve basis.

Section 3: Entry Fees and Refunds (continued)

2019-2020 Fee	Fee Applicable to the Following Activities
\$5.00 (singles)	Badminton, Tennis
\$10.00 (doubles)	Badminton, Bag Toss, Tennis
\$25.00	Kickball, Ultimate Frisbee, Wallyball
\$30.00	3v3 Basketball, 4's/6's/Sand Volleyball, Big Base Kickball
\$35.00	Dodgeball, Flag Football (indoor), Floor Hockey, Futsal, Soccer (indoor/outdoor), Wiffleball
\$40.00	5v5 Basketball, Softball
\$45.00	Flag Football (outdoor)
FREE	College Bowl/Tournament Pick 'Em, Fantasy Football

Competitive sports staff recognizes teams sometimes cannot participate for various reasons. As a result, refunds are permitted. To request a refund for your team entry, contact intramurals@uwlax.edu with the following information as soon as possible:

- Your name (person who paid for team)
- UWL student ID number
- Preferred phone number
- Preferred address to mail refund check (credit card refunds are not permitted)
- Activity in which you registered
- Reason for refund request
- Attach a copy of your PayPal receipt – make sure this is not the IMLeagues confirmation email*
 - ***refunds cannot be processed without the PayPal receipt**

Refunds are permissible for circumstances determined by competitive sports staff only and decisions rendered are final. It is also at the discretion of competitive sports staff on whether the full registration amount is to be refunded.

Please allow 2-4 weeks for refunds to be processed by the UWL Business Services Office. Refunds are distributed in the form of a check mailed to an address you provide. Online deposit is not an option for refund payment.

To avoid confusion and future refund situations, it is recommended captains only register one team at a time. It is also recommended captains confirm registration by checking their email address for a message from IMLeagues and PayPal. Do not delete your team from IMLeagues as competitive sports staff will do that for you.

Section 4: Captain Responsibilities

Team captains serve as liaisons between Intramural Sports and their respective teams. It is important captains understand policies and procedures set forth by the program so their teammates are well-informed during all facets of their participation. Individuals selected as captains must ensure responsibilities are adhered to in order to avoid potential issues regarding a team's status in league play or any conflicts related to scheduling, management, and/or overall operations.

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Section 4: Captain Responsibilities (continued)

Main captain responsibilities (in no particular order of importance) are as-follows:

- Read all intramural sports rules and policies prior to registering a team
- Register team in desired activity, league, and division in IMLeagues
- Complete online payment through IMLeagues and Paypal during registration
- Attend in-person captain's meeting (when applicable) or pass captain's quiz in IMLeagues
- Relay policy and rule information to all teammates prior to first contest
- Have a roster with an appropriate number of participants by the start of each scheduled contest
- Stay up-to-date with Intramural information displayed on websites, IMLeagues, and emails
- Notify team members of each contest date, time, and location
- Ensure each team member is a valid, fee paying UWL student or faculty member
- Ensure each team member presents a valid, UWL-issued ID to properly check in prior to each contest
- Assure sportsmanship and behavior is conducted in accordance to rules and policies
 - This includes team bench area and affiliated spectators
- Act as the point person for Intramural Sports in the event additional items are needed from team

Section 5: Team Names

In an effort to create a fun, safe, and comfortable environment for all participants, competitive sports staff reserves the right to change team names deemed competitively unfair, suggestively inappropriate, and/or offensive. Team names deemed excessively inappropriate or repeat offenders of this policy will be referred to the Office of Student Life.

Note: If a team name change is needed, the captain's last name may be used. This will also happen if there are duplicate team names within the same league.

For more information, please refer to the [Team Name Policy Document](#) online.

Section 6: Scheduling

All teams typically receive a 5-game regular season schedule, as long as they are registered before the season begins. In some instances, competitive sports staff may not be able to facilitate a full 5-game schedule (this is an especially common occurrence with outdoor soccer).

Intramural schedules are posted on IMLeagues following registration periods. Schedules are published as divisions fill and all teams/participants will receive an email memo when schedules are ready to view. Schedules are completed based on facility availability, number of teams in a league/division and the academic calendar. Schedules are subject to change at the discretion of competitive sports staff and teams are advised to review their schedules on an ongoing basis. Schedules will only change in-season if multiple teams agree and/or benefit from such a change (or if division additions/subtractions occur). Any postponements due to weather, facility conflicts or any additional appropriate reasons will be emailed to teams via IMLeagues. Any regular season contests lost will be rescheduled only if time and applicable schedules allow. Playoff brackets are posted on IMLeagues and available in-person at the REC information counter.

Note: Any scheduling questions should be addressed to intramurals@uwlax.edu immediately. If a team uses the IMLeagues app, it is encouraged teams verify their schedules in the app, via the IMLeagues website and with competitive sports staff to ensure scheduling accuracy as some schedule discrepancies are known to be displayed in the app.

Section 7: Playoffs

Teams must win at least one (1) contest and maintain a 4.0 sportsmanship rating in order to advance to postseason play. Teams scheduled for fewer than five (5) contests (forfeits excluded) will automatically qualify for playoffs as long as the sportsmanship requirement is met. For playoff qualification purposes, ties in standings will count as wins.

Note: It is recommended teams carry additional substitutes for playoffs as contest times may not be on the same day or time as league play. Remember, no roster additions are permitted unless approved by competitive sports staff once playoffs begin. Competitive sports staff reserves the right to move teams into certain brackets and all rosters are frozen once the regular season for an activity has concluded. A final reminder "memo" will be sent around week five of each activity season reminding teams of playoff-specific and roster rules.

A. Playoff Ranking Tie-Breakers

1. Overall Record (Wins vs. Losses)
2. Sportsmanship Rating
3. Head-to-Head Results
4. Point Differential (For minus Against)
5. Coin Toss (Best of One (1) Toss)

B. Individual/Dual Activities

Competitive sports staff will bracket playoffs based on final league standings following the final night of the regular season. In general, all playoff contests are scheduled within the normal league nights and times of season competitions. If a conflict occurs, intramural sports staff will try to reschedule contests, however, due to facility availability and time restrictions, it may not be possible.

C. Team Activities

Competitive sports staff will create bracket templates based on final league/division standings after the conclusion of the final night of the regular season. Based on the number of qualifying teams, competitive sports staff reserves the right to either automatically bracket playoffs or enable team bracket position selections.

Bracket selection order will be determined based on regular season standings. The top-ranked team will select their position first, with each subsequent team being permitted to make their selection after a ten-minute draft period for the previous team. If a previous team does not use their draft period, they do not lose it as all teams can make selections once their draft countdown has ended. Any teams not selected by the deadline on selection day will randomly be assigned a spot in the bracket. Home and away teams are assigned based on regular season seeds.

Example of the bracket selection process is as-follows:

Team (season results)	Selection Time (most selection periods will begin at 5:00 pm and last 24 hours)
Team A (5-0)	5:00 PM (may select any time between 5:00 pm until deadline)
Team B (4-1)	5:10 PM (won tie-breaker over Team C with a 5.0 sportsmanship rating)
Team C (4-1)	5:20 PM (lost tie-breaker with Team B with a 4.8 sportsmanship rating)
Team D (2-3)	5:30 PM (won tie-breaker over Team E with a +3 point differential)
Team E (2-3)	5:40 PM (lost tie-breaker with Team D with a -1 point differential)

Teams and participants will be notified of each posted bracket and applicable playoff information via email sent from intramurals@uwlax.edu. Please refer to your playoff email for activity-specific playoff operations and bracket procedures. All brackets will be displayed in IMLeagues.

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Section 7: Playoffs (continued)

D. Playoff Scheduling

Most contests in a playoff bracket will not be rescheduled unless inclement weather or other circumstances determined by competitive sports staff occur. Teams will be informed via email messages when playoff brackets are posted and teams are responsible for checking their respective bracket progressions to see when future contests are possible. Teams will not be individually-informed on which bracket they fall in, therefore, it is highly recommended each team member looks at all brackets in their league to find their team. Playoff contests will not be rescheduled due to scheduling conflicts of teams. Championships may be moved if a time can be found within the available facility space that works for both teams.

Intramural Sports must follow a strict facility and academic calendar schedule. Because of this, teams are not guaranteed to have playoff contests fall on the day and/or time of their regular season contests. It is recommended all teams look at the blank bracket when it is posted to look at available time options. Blank brackets will be available starting at 12:00 pm on the day brackets are ready for selection. Teams will always be notified when blank brackets are ready.

In the event a participant is scheduled to participate in multiple activities or with multiple teams at the same time during playoffs, that individual must select which team to play with.

Section 8: Activity-Specific Rules

Each activity has its own specific set of rules, which are established by the National Federation of State High School Associations ([NFHS](#)), the Wisconsin Interscholastic Athletic Association ([WIAA](#)) and/or the National Intramural and Recreational Sports Association ([NIRSA](#)).

Activity rules can be found online by visiting the Intramural Sports [rules website](#). Only rules for the current semester's activities are posted.

Competitive sports staff also welcomes suggestions for rule changes and/or improvements. Contact intramurals@uwlax.edu to address questions, comments, concerns and/or suggestions. Individuals are also encouraged to submit an online [Activity Suggestion Form](#) or [Rule Suggestion Form](#).

Section 9: Forfeits and Other Fees

Competitive sports staff recommends all participants arrive fifteen (15) minutes prior to their scheduled contest start time. It is the responsibility of all participants to legally check in. The scheduled contest time is the start time of the contest (no exceptions).

A. Forfeits

A forfeit occurs when a team:

- Notifies the REC information counter at **608-785-5225** of intent to not play prior to the start of the scheduled contest
- When a team cannot check in the minimum number of players required to start a contest
- When no members of a team show up for the contest (includes being late)

A forfeit results in a "win" and "5.0" sportsmanship rating for the opponent. The forfeiting team receives a "loss," a "3.0" sportsmanship rating. Teams should contact the REC at least two hours prior to their scheduled contest. Failure to call the REC two hours prior to a scheduled contest will result in a \$10 (team) or \$5 (singles/doubles) re-entry fee to be paid by the team's next contest. Forfeit fees are charged to the team captain and can be collected in-person at the REC (set up an appointment if choosing this option) or online via IMLeagues and PayPal. Failure to pay a forfeit fee on-time will result in a team being dropped from further regular season competition. There are no forfeit fees charged for playoff forfeits as teams would be eliminated from further competition.

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Section 9: Forfeits and Other Fees (continued)

B. Double Forfeits

If neither team has members show up for a contest, a “double forfeit” will be declared. In this instance, both teams will receive a “3.0” sportsmanship and a “loss” in the standings. An applicable re-entry charge may be assessed in this situation.

C. Forfeiture Out of a League

Failure to pay the re-entry fee by the next scheduled team contest may eliminate the team from remaining league competition and playoffs.

A second forfeit in the regular season may also result in immediate elimination from the league and forfeiture of all remaining contests. The team will not be entered into the playoffs as well. Forfeits occurring during playoffs result in the forfeiting team losing their spot in the bracket and being removed from further competition. Registration fees are not refundable due to a team being removed from league play because of forfeits.

D. Other Fees

Team captains or specific individuals may be fined for any equipment (property of UWL) which may be damaged or lost after being checked out/participated with. Fines are applied to an individual’s IMLeagues account and must be paid in-person or in IMLeagues (no exceptions). Failure to pay a fine may result in a hold being placed on an individual’s official UWL account.

Section 10: Results and Protests

Following competition in all leagues, scores, standings, sportsmanship ratings and individual participation will be recorded in IMLeagues. These statistics are viewable in your individual IMLeagues profile, your team page and/or your team’s league/division page. If anything is recorded incorrectly, please email intramurals@uwlax.edu immediately.

During contests, team captains are allowed to file protests in order to resolve issues related to eligibility of participants, rule interpretations by officials or a scoring error. Teams may not protest the judgment of an official.

A. Participant Eligibility

Participant eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made during a contest, the teams will finish the contest under protest.

If an eligibility protest is upheld, any team with an ineligible participant automatically forfeits the contest in-question.

Any protest of eligibility will verify the eligibility of all participants on both teams of the contest in-question.

Competitive sports staff can consider the eligibility status of any individual at any time.

B. Rule Interpretation

Teams or individuals may protest a rule interpretation by an official. Teams may not protest judgment.

After a team captain declares a protest, the officiating crew will notify the supervisor on-duty. The supervisor is responsible for documenting the protest and will assist in the protest ruling. A protest may be denied by a supervisor because it is not allowable by rule or the protest is tardy in accordance with the activity rules.

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Section 10: Results and Protests (continued)

C. Scoring Protests

Teams may protest a scoring error or the score of a contest. Protests of this nature must be made as soon as possible. Once the captain signs the scoresheet at the end of the contest, the score is final.

All protests can be filed at the contest site with a supervisor or online via the [Intramural Sports Protest Form](#). Protests must be filed within 24 hours of the contest in-question, regardless of the type of protest.

Every effort will be made to resolve protests promptly. Decisions rendered by competitive sports staff are final.

Section 11: Facilities

Intramural Sports leagues are played at five (5) different locations around campus. League competition will be played at the same facility for the duration of the regular season unless noted otherwise. Playoff contests may be moved to different locations in order to finish the season schedule around other existing reservations.

A. Recreational Eagle Center – “REC”

Activities Played Here: 4’s/6’s Volleyball, Bag Toss, 5v5 Basketball, Dodgeball, Floor Hockey, Futsal, Wallyball

Additional Notes: Administrative offices are located in this facility. IMLeagues will also be labeled with the location of your contest at this facility. This includes the use of the Multi Activity (MAC) Gym above the Fitness Center.

1. Any questions regarding Intramural activities can be addressed to the staff at the information counter.

B. Mitchell Hall

Activities Played Here: 3v3 basketball, 4’s volleyball, badminton, big base kickball, futsal, indoor flag football, indoor ultimate, wiffleball

Additional Notes: There are three gyms in Mitchell Hall (112, 113 and 114) in addition to the fieldhouse. Rec Sports also has a satellite office (room 118) that houses building managers and applicable equipment. IMLeagues will be labeled with the location of your contest at this facility.

1. Any questions regarding intramural sports can be addressed to the staff in room 118 between 11:00 am and 1:00 pm, or prior to the start/after any contests.

2. Equipment and jerseys can be rented out during periods in which Rec Sports has a staff member on-duty.

C. Veteran’s Memorial Field Sports Complex – “VMSC”

Activities Played Here: Kickball, outdoor flag football, outdoor soccer, softball

Additional Notes: The complex is divided into three playable areas: the stadium turf, the soccer/lacrosse turf, and the grass field. IMLeagues will be labeled with the location of your contest at this facility.

D. North Campus Recreational Fields

Activities Played Here: Softball

Additional Notes: If participating in softball, be sure to park on the street along East Avenue, not in the Facility Planning and Maintenance lot.

E. Campus Sand Volleyball Pits

Activities Played Here: Sand volleyball

Additional Notes: Contest locations will be posted in IMLeagues

For exact locations of our facilities around campus, please refer to the [UWL campus map](#)

Section 12: Weather and Cancellations

Weather and other circumstances unfortunately happen and can cause some inconveniences. Never assume a contest is cancelled for any reason. Competitive sports staff and/or REC customer service staff will ALWAYS contact team captains in the event of a postponement/cancellation.

Please see the following sections for specific information related to weather, cancellations and possible reschedules.

A. League Play/Regular Season

Competitive sports professional staff will do their best to reschedule regular season contests. If time does not allow for contests to be rescheduled, participants will be notified via email.

B. Playoffs

All canceled playoff contests are rescheduled. Participants will be able to view updated playoff brackets online via IMLeagues and schedule notifications are sent to team members via email.

All brackets possibly impacted by weather have built-in weather dates.

Note: Certain circumstances may prevent playoff brackets from being completed. In the event a playoff goes unfinished, competitive sports staff will render an impartial and final decision regarding award distribution.

C. Cancellations During an Activity

If an activity is in-progress and ends as a result of inclement weather or another circumstance, the activity may be rescheduled depending on rules of the specific activity and the parameters outlined in section 9-A.

D. Outdoor Activity Status Information

If an individual is unsure of the status of any intramural contest, it is advised the individual takes the following measures (in order) to receive an answer prior to arriving for said contest:

- Check IMLeagues or individual email inbox.
- Contact team captain or other team members.
- Contact the Rec Sports information counter.

Section 13: Equipment, Dress, and Jewelry

The responsibility of getting equipment to an activity, the proper dress for an activity, and the approved jewelry is specific to each sport. Please check specific sport rules for clarification. In general, the following rules are in place:

A. Equipment

All necessary equipment will either be provided or available for checkout prior to each contest. Game balls are always provided for each activity and must be used to maintain fair play. Any person checking out equipment assumes the responsibility of proper use and care of the equipment during its checkout period. Any damages caused by the user other than general wear-and-tear (or any items lost) are subject to a repair or replacement fee. **New this year:** softball gloves are available for checkout at the field.

Teams and/or individuals are permitted to bring their own equipment for warm-up periods and may use their equipment in contests if officials and opposing team members agree. UWL Rec Sports will not assume responsibility for damaged, misplaced, or lost equipment during an intramural contest.

B. Dress

All participants are required to wear appropriate apparel and footwear specific to each activity. Protective padding and specific requirements are dependent on each activity as well. In the event any article of dress is questionable, intramural sports supervisors will render a final decision regarding legality and allowance of said attire. Any questions regarding shorts/pants with pockets are addressed in each activity's specific set of rules. In general, pockets and zippers are not allowed in indoor/outdoor flag football.

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Section 13: Equipment, Dress, and Jewelry (continued)

C. Jerseys

Intramural Sports provides jerseys for team activities. Team members can check out jerseys with a valid UWL-issued ID from the REC information counter, Mitchell Hall office, or the intramural supervisor on-duty (for outdoor activities) prior to a contest.

Note: All participants using the provided jerseys must wear a sleeved shirt underneath in order to prevent contact with skin. Teams may utilize their own jerseys as long as they are similar in color, contrasting with opponents in color, have legal numbers (0-99) on the reverse side and have no duplicates.

D. Headwear and Jewelry

Hats with hard brims are not allowed and hats in general may not be worn during Intramural activities (exceptions: sand volleyball, softball, and tennis). Headbands and bandanas without hard knots are permitted and stocking hats are allowed.

Participants must remove all necklaces, rings, watches, and bracelets (medical bracelets okay). Any participant wishing to wear piercings or jewelry may do so at their own risk, however these items must be completely covered with non-transparent tape or other material. Rec Sports staff will not provide tape/bandages and jewelry must be removed for safety purposes regardless of situation. This is the same policy the WIAA and other intramural sports programs use. Intramural sports will never take possession of any jewelry or assume responsibility for any jewelry which may be misplaced, damaged or lost during an Intramural contest.

E. Lost and Found

There is a lost and found at the REC information counter and Mitchell Hall office (room 118). If an individual has lost any personal item at an intramural contest, they are advised to check these locations to see if their item has been recovered. There is no guarantee an item classified as lost by its owner will be recovered.

Note: Teams are subject to in-game penalties as determined by each activity's specific set of rules if a participant enters a contest and fails to abide by the policies outlined in this section.

Section 14: Participant and Team Conduct

A. Conduct at Competitions

To encourage positive conduct, the following policies have been developed:

1. Disrespect toward staff, officials or scorekeepers is subject to immediate dismissal upon request of any staff member. Team members, captains, spectators or entire teams may be asked to leave the playing area if displaying inappropriate behavior and/or using abusive language. Any contest may be forfeited if a team, participant or spectator exhibit inappropriate and/or disruptive behavior. The decision of the supervisor, official and/or scorekeeper in such cases will be final. A sportsmanship rating no higher than a "2" (possibly lower based on circumstance) will be assessed to the team in this event.
2. Shoving, striking or fighting with anyone before, during and/or after a contest, even though there may not be contact, will result in an indefinite suspension from all Intramural activities. The suspension length will be based on severity and the facts gathered by competitive sports staff. A sportsmanship rating no higher than a "1" will be assessed to the team (possibly both teams) in this event.
3. Displaying unsportsmanlike conduct is subject to disciplinary action for participants or teams including technical fouls, yellow cards, contest ejections or a team forfeit. A team displaying inappropriate conduct leading to a forfeit of the current contest will also receive a team suspension for at least the following contest (which may include playoff contests). A sportsmanship rating no higher than a "1" will be assessed.

Section 14: Participant and Team Conduct (continued)

4. Alcohol, tobacco, or drug consumption of any kind by participants and/or spectators associated with any team at a contest is **strictly prohibited** at all times. Any evidence or suspicion of inappropriate consumption may subject a team and/or individual(s) involved to a forfeit and further disciplinary action. A sportsmanship rating of “1” will be assessed to the team in this event.

Note: A staff member suspecting a player, coach, and/or spectators associated with inappropriate consumption at any time prior to, during, and/or after a contest 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.

B. Sportsmanship Rating

The sportsmanship rating system emphasizes the importance of good behavior at all contests. Teams will be given a score ranging from “5” to “1” based on behavior and conduct. The behavior of a team and all participants of that team (including spectators) are rated according to conduct before, during and after a contest. Teams must maintain an average rating at or above 4.0 in order to qualify for playoffs (in addition to meeting the win requirement). Any team receiving a “2” rating or lower will be ineligible for competition until the team captain meets with competitive sports staff.

5 - Excellent

Teams, players and spectators fully cooperate with all rules, policies and staff. They display respect for their teammates, opponents and staff. Teams start each contest at this level. Any forfeit win also results in a “5” rating.

4 - Good

Teams receiving this rating exhibit a good level of sportsmanship but may have a few questionable conduct issues related to but not limited to rules, policies and staff interactions. Teams may receive a warning, which is a courtesy reminder to encourage a high level of sportsmanship.

3 - Needs Improvement

Any flagrant foul, technical foul, yellow card or other unsporting penalty will result in a reduction of a team’s sportsmanship rating. Teams will receive no higher than a “3” rating for any penalty for poor conduct. Actions may include but are not limited to taunting, baiting, constantly questioning staff, rough play or threatening opponents and/or staff. A forfeit results in a 3.0 rating.

2 - Poor

A team having accumulated multiple unsporting fouls, technical fouls, double yellow or red cards or having any ejected participants will receive no higher than a “2” rating. The team captain and all participants penalized for extreme poor behavior are subject to ejection and must meet with competitive sports staff for re-entry.

1 - Unsatisfactory

Any team unable to complete a contest by rule because they have accumulated multiple unsporting fouls or the contest was stopped because the safety of participants and/or staff is compromised will receive a “1” rating. The team will be suspended and must meet with competitive sports staff for re-entry.

C. Ejections

All ejected participants are ineligible from all intramural activities from the point they are ejected from a contest until they complete a reinstatement meeting.

A second ejection will result in disqualification from that activity for the remainder of the season and may impact continued participation in other activities.

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Section 14: Participant and Team Conduct (continued)

D. Reinstatements

It is the duty of the team captain to notify an ejected participant of the reinstatement policy. Ignorance of this policy is not a valid excuse for an ineligible participant competing in a contest.

It is the responsibility of the ejected participant to schedule a reinstatement meeting with competitive sports staff. Any pending suspension will not begin until a reinstatement has been issued. If an ejected and/or suspended participant competes in a contest before they are deemed eligible, their team is subject to a forfeit, forfeit fine and addition time of ineligibility for the participant.

E. Suspensions

Participants ejected from a contest for unsporting behavior will serve a minimum suspension of one (1) contest, which will be applied to the next scheduled contest (including playoff contests). Suspensions do not include time missed retroactively.

Suspensions will be served in the activity in which the participant was ejected from and can carry over into playoffs. In order for a participant to serve the required suspension, the participant's team must compete in a contest in order for a contest to count toward a suspension. Forfeits and canceled contests do not count toward a suspension.

In the event a participant is the frequent recipient of any unsportsmanlike penalty, it will be at the discretion of the Rec Sports professional staff regarding additional disciplinary measures being taken.

F. Statement on Officiating and Staff Conduct

Many sportsmanship and behavior-related incidents stem from participants displaying dissatisfaction with contest officiating or staff conduct.

Please be advised competitive sports staff acknowledges mistakes will be made but not due to lack of effort. Officials and staff alike are thoroughly trained and are working as best they can to provide all participants with a fair experience. Competitive sports staff also trusts and supports these individuals to the highest level and their development is very important to us.

For any comments, suggestions or feedback related to staff performance, please [contact us](#).

Section 15: Injuries and Care

First aid treatment may be 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 contest immediately. Bleeding must be stopped and the wound securely covered with a bandage before that player can continue playing. Intramural supervisors will have minor first aid supplies with them at all times.

Injured individuals must report to the Intramural supervisor on-duty at the time so they 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.

Intramural sports professional staff and supervisors, along with REC facility/customer service staff are trained in CPR, First Aid, and AED competitive sports staff along with concussion recognition and protocol. Any participant exhibiting signs and symptoms of a concussion will be removed from the field of play and monitored for safety purposes. Appropriate medical personnel will be notified if the situation so warrants.

Section 16: Awards

Intramural sports champions receive specially-designed t-shirts. These shirts are presented to specific activity winners with a maximum allowance as designated below.

3v3 Basketball	5 shirts	Floor Hockey	10 shirts
4's Volleyball	8 shirts	Futsal	10 shirts
6's Volleyball	10 shirts	Kickball	15 shirts
Badminton (singles)	1 shirt	Sand Volleyball	8 shirts
Badminton (doubles)	3 shirts	Soccer (indoor)	12 shirts
Bag Toss (doubles)	3 shirts	Soccer (outdoor)	15 shirts
Basketball (5v5)	12 shirts	Softball	15 shirts
Big Base Kickball	15 shirts	Spikeball™	3 shirts
College Bowl Pick 'Em	1 shirt	Tennis (singles)	1 shirt
Dodgeball	12 shirts	Tennis (doubles)	3 shirts
Fantasy Football	1 shirt	Tournament Pick 'Em	1 shirt
Flag Football (indoor)	10 shirts	Ultimate Frisbee	12 shirts
Flag Football (outdoor)	12 shirts	Wallyball	6 shirts
		Wiffleball	15 shirts

T-shirts come in a variety of sizes ranging from Small to XXL. T-shirts may be exchanged for a different size at the discretion of the Rec Sports Staff. It is the captain's discretion as to who will be awarded a shirt if more members are on the roster than the allocated number of shirts available. Teams with more members than the allocated number of shirts are able to claim extra shirts at the end of the semester after every team and activity has been awarded shirts. All championship teams/groups will have their pictures taken to be added to the "Wall of Champions," which will be made available on social media outlets.

In the event supply of shirts is running low, priority will be given to a participant who has not received a shirt within the current academic year.

For more information, please visit the [UWL Rec Sports](#) website or contact:

intramurals@uwlax.edu

608-785-5225

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