

# **UW-La Crosse Intramural Sports**

## **Activity Participation Guidelines**

### **THANK YOU FOR REGISTERING TO PARTICIPATE WITH INTRAMURAL SPORTS!**

*UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu).*

**Please refer to the following guidelines before participating in your intramural activity (specific activities may have additional guidelines to be posted on IMLeagues and in team messages):**

- Intramural Sports strives to create a fun and welcoming environment for all parties involved. If anyone on your team EVER feels their safety, fairness and fun are compromised, please contact a supervisor on-duty or email [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) right away. **For immediate concerns to your safety and/or well-being, please contact University Police via their emergency line at 608-789-9999**
- Teams and their participants will be contacted at various times throughout the course of a season via IMLeagues email messages sent to UWL inboxes. Please do not ignore these messages as they will come from UWL IM Sports administration and contain important information regarding your season/experience
- Teams are expected to follow rules and policies set by the IM Sports program. There are general participation rules in addition to activity-specific rules which may be [found online here](#) or in IMLeagues
- It is recommended teams arrive to their playing location about 10-15 minutes prior to the start of their scheduled contest to allow time to properly check in with staff
- ALL participants MUST be wearing proper athletic attire. This include wearing t-shirts under all jerseys/pinnies rented from Rec Sports
- Participants MUST bring a current/valid, UWL-issued ID to each contest to properly check in with staff. IDs must be presented whenever participants are prompted to do so by staff
- Teams are expected to monitor their schedules in IMLeagues for contest information. If season schedules change for any reason, a message will be emailed to your entire division (administration reserves the right to make schedule changes)
- Staff members, including officials, are to be treated with respect. Anyone violating sportsmanship policies are subject to meeting with appropriate department and/or campus liaisons. Anyone is welcome to become an official for specific activities and can [learn more about opportunities here](#)
- Please do not wait until your season is over to address questions or concerns with our staff. We are here for you and have resources in-place to help you enjoy your experience as much as possible
- If your team cannot attend scheduled contest, please be sure to familiarize yourselves with our forfeit and default policy, located in section 15 of the [Participant Handbook](#)
- Teams must qualify for playoffs and do so by winning two (2) contests and maintaining a 4.0 sportsmanship average. Some circumstances (at discretion of administration) apply where teams may be permitted access to playoffs without meeting these qualifications