



**UWL Rec Sports**

**Intramural Sports  
Participant Handbook**

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## Contact Information & Program Overview

The intramural sports program is based out of the Recreational Eagle Center (REC).

Important Contact Info	
Email	intramurals@uwlax.edu
REC Info Counter	608-785-5225
Rec Sports website	<a href="http://uwlax.edu/recsports">uwlax.edu/recsports</a>
Facebook	UWL Rec Sports
Instagram	uwlrec

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 include individual, dual and team competition in a variety of events across men's, women's, co-rec (co-ed), and open leagues. Activities are varied, which creates an opportunity for all individuals to participate no matter skill level or ability.

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 our participants have fun in a safe and supportive manner while creating memories and ties to UWL that are sure to last a lifetime.

### Employment

Intramural sports is truly a program "for the students, by the students." This program would not be possible without the students working as officials, scorekeepers, and supervisors. 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, intramural sports would not be able to meet and exceed the expectations of our active campus community.

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 to what NFHS and WIAA certification exams and clinics cover. For more information on officiating, please visit our [Become an Official website](#).

### Voluntary Participation

Participation in all programs sponsored by UWL Rec Sports is voluntary. UW-La Crosse and Rec Sports are not responsible for accidents or injuries incurred during participation. Each student is advised to carry their own health insurance. Insurance is available through the university if desired. Interested students should contact the Student 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 by a parent/legal guardian. The waiver also must be approved and filed by Rec Sports staff BEFORE participation.

Rec Sports staff will provide care if any injuries occur while participating in intramural sports. Staff have the right to prevent any participant from continuing play when the staff judges that continued participation may put the person’s safety at risk.

### **Eligibility and Free Agents**

Current, segregated fee-paying UWL students along with faculty/staff members are eligible to participate in intramural sports. Students must remain enrolled throughout the entire semester to remain eligible.

### **Collegiate Athletes**

Current athletes and practice players of UWL intercollegiate teams are ineligible for competition in corresponding intramural activities while they are on the active team roster. Intercollegiate athletes cannot participate in Fantasy Football, College Bowl Pick ‘Em, or Tournament Pick ‘Em

Participants who have completed their intercollegiate eligibility at any institution are eligible to participate in any intramural activity during the academic year after they have quit the team or complete their eligibility. Football, soccer, and volleyball players completing their eligibility during the fall semester are NOT eligible for intramural activity in the corresponding activity come the spring semester. Former intercollegiate athletes are eligible for competitive (A) league only (if offered) in their corresponding activity. No more than one former intercollegiate athlete may participate on the same intramural team in a corresponding activity. Former varsity athletes may not play on the same team as current or former club members.

### **Sport Club Athletes**

Intramural teams may have two current/former sport club members on a roster in a corresponding activity. All current/former sport club members are eligible for competitive (A) league play only (if offered). Sport club members are defined as anyone who has completed necessary sport club paperwork in IMLeagues and is on the active club roster. Sport club athletes retain their status until the academic year after they have quit the team or completed their eligibility. This rule is in place to maintain fairness in intramural sports leagues. Current or former club members may not play on the same team as a former varsity athlete.

<b>Sport Club/Intercollegiate Sport</b>	<b>Corresponding Intramural Sport</b>
Baseball	softball, wiffleball
Basketball	3v3 and 5v5 basketball, HORSE, 3-point contests
Football	indoor/outdoor flag football
Soccer	indoor/outdoor soccer, futsal
Softball	softball, wiffleball
Tennis	tennis, pickleball
Volleyball	4's/6's/sand volleyball, wallyball

## **Olympic and 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 corresponding activities.

## **Ineligible Participants**

Rec Sports staff will assume responsibility for investigation of the eligibility of all participants, upon request. 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. Any participant known by Rec Sports staff to be ineligible will be removed from competition. Contests played with ineligible players will be recorded as a loss for the violating team.

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

## **General Eligibility**

Each person is responsible for their own eligibility. Team captains are also responsible for ensuring the eligibility of all team members.

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.

Each participant may play on one single gender team, one co-rec team, and one open team per sport or activity. 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.

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). A player may be dropped from a roster one time only, during the regular season. The player wishing to change teams must contact Rec Sports staff at [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu). A player is permitted to exercise this right only once per activity season.

All participants must appropriately join a team on IMLeagues and check in with on-duty intramural staff members prior to re-entering the contest. Participants must sign the waiver and pass the sport quiz to officially join the team roster. If a participant is deemed ineligible, they will be removed from play and the contest may be subject to a forfeit.

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.

## **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. Rec Sports staff will not contact teams to place free agents, nor will the program distribute individual contact information.

## UWL Student ID

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. 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.

Any participant playing under an assumed name (i.e. using someone else' ID) will be immediately ejected from that contest and the ID will be returned to Rec Sports professional staff. The individual supplying and the individual using the ID will both have in-person meetings with Rec Sports professional 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.

## IMLeagues and Registration

All intramural activity registrations, league payments, roster additions, schedules, playoff brackets and other information are organized online via IMLeagues. 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 (do not include @uwlax.edu with your NetID).

IMLeagues is an online service used by UWL Intramural Sports for general program oversight and organization. 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](mailto:intramurals@uwlax.edu).

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. Rec Sports reserves 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 participants to conveniently register for/create teams, view schedules, receive news updates, track personal intramural involvement, interact with teammates, and much more! The app, titled "IMLeagues," is FREE and is available for download via the Apple iPhone and Google Play stores. 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

Fall Semester		Spring Semester	
1st quarter	2nd quarter	3rd quarter	4th quarter
3v3 basketball	4's volleyball	4's volleyball	6's volleyball
6's volleyball	5v5 basketball	5v5 basketball	Badminton
Badminton	Bag toss	Bag toss	Dodgeball
Fantasy Football	College Bowl Pick 'Em	Futsal	Indoor flag football
Indoor soccer	Dodgeball	Sitting volleyball	Kickball
Kickball	Futsal	Ultimate frisbee	NCAA Bracket Challenge
Outdoor flag football	Tennis	Wallyball	Outdoor soccer
Sand volleyball	Ultimate frisbee	Wiffleball	Softball
Spikeball™			Tennis

Activity offerings are subject to change based on facility availability, weather, and demand.

## **League Competition**

### **League Definitions**

- Men's
  - Leagues designated for male-identifying students.
- Women's
  - Leagues designated for female-identifying students.
- Co-rec
  - Leagues designated for male-identifying students and female-identifying students to participate on the same team. Co-rec leagues always have requirements for ratios of players on the playing surface. Specific sport ratios can be found in activity rulebooks.
- Open
  - Leagues designated for anybody to play. There are no gender minimums or requirements in open leagues.

### **Identity and Inclusion**

All individuals are permitted to participate in a manner consistent with their gender identity. 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.

### **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:

- 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.
- 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.
- 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.

Rec 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

### **Team Names**

To create a fun, safe, and comfortable environment for all participants, Rec Sports 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. 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.

## 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 IMLeagues.

Rec Sports 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](mailto: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
- Activity & team name
- Reason for refund request
- Attach a copy of your receipt or bank statement (with transaction amount listed) – make sure this is not the IMLeagues confirmation email\*
  - Refunds cannot be processed without the PayPal receipt

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

Do not delete your team from IMLeagues prior to the refund being issued.

## Captain's Responsibilities

Team captains serve as liaisons between their respective teams and Rec Sports. It is important captains understand policies and procedures set forth by the program so their teammates are well-informed during 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.

- Reading and understanding all intramural sports rules and policies: ignorance of rules and policies is NOT an excuse for violations
- Registering team in desired activity, league, and division in IMLeagues
- Completing online payment through IMLeagues during registration
- Attending in-person captain's meeting and/or passing captain's quiz in IMLeagues
- Relaying policy and rule information to all teammates prior to first contest
- Staying up-to-date with intramural information displayed on websites, IMLeagues, and emails
- Assuring sportsmanship and behavior is conducted in accordance to rules and policies
  - This includes team bench area and affiliated spectators

## Scheduling

All teams typically receive a 4-game regular season schedule if they are registered before the season begins. In some instances, a full 4-game schedule may not be feasible. Schedules are posted on IMLeagues as divisions fill. Schedules are completed based on facility availability, number of teams in a league/division, and the academic calendar. If a team wishes to change leagues after registration, this may not be possible, but captains should contact [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) as soon as possible. Teams may need to move to a different division or league if the one they signed up for does not have enough teams.



Schedules are subject to change at the discretion of Rec 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.

## **Playoffs**

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. Playoff brackets are posted in IMLeagues.

Teams must win at least one contest and maintain a 4.0 sportsmanship rating in order to advance to postseason play. Teams scheduled for fewer than four 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. All regular season game results and sportsmanship become final at 10:00 am the day following the end of the regular season.

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 once playoffs begin. A final reminder will be sent via email around week four of each activity season reminding teams of playoff-specific and roster rules.

### **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)

### **Bracket Creation**

Rec Sports will create bracket templates based on final league/division standings after the conclusion of the final night of the regular season. Teams will either be assigned a bracket position based on seeds, or team captains will select their bracket positions.

### **Bracket Selection Process**

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 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.

Team (season results)	Selection Time (most selection periods will begin at 5:00 pm)
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 tiebreaker over Team C with a 5.0 sportsmanship rating)
Team C (4-1)	5:20 PM (lost tiebreaker with Team B with a 4.8 sportsmanship rating)
Team D (2-3)	5:30 PM (won tiebreaker over Team E with a +3 point differential)
Team E (2-3)	5:40 PM (lost tiebreaker 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](mailto:intramurals@uwlax.edu). The playoff email should be referenced for activity-specific playoff operations and bracket procedures.

## Playoff Scheduling

Most contests in a playoff bracket will not be rescheduled unless inclement weather or other circumstances 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. 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. 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. 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.

## 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](#)).

Rec Sports welcomes suggestions for rule changes and/or improvements. Contact [intramurals@uwlax.edu](mailto: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](#).

## Forfeits and Other Fees

All participants should arrive fifteen 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).

### Forfeits

A forfeit occurs when a team:

- Completes a forfeit form by 2:00 pm the day 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. If a team needs to forfeit, the captain should fill out the [forfeit form](#) by 2:00 pm on the day of their scheduled contest. Games scheduled for Sunday must be forfeited by 2:00 pm the Friday prior. Failure to complete this form by 2:00 pm on the day of the contest will result in a \$10 re-entry fee to be paid by the team's next contest. Forfeit fees are charged to the team captain and can be collected online via IMLeagues. 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.

### 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.

## **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. 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.

## **Other Fees**

Team captains or specific individuals may be fined for any UWL Rec Sports equipment which may be damaged or lost after being checked out/participated with. This equipment includes but is not limited to intramural jerseys, equipment from the Info Counter, intramural sports equipment, and UWL facilities equipment. Fines are applied to an individual's IMLeagues account and must be paid in IMLeagues. Failure to pay a fine may result in a hold being placed on an individual's official UWL account.

## **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](mailto:intramurals@uwlax.edu) immediately.

During contests, team captains may file protests in order to resolve issues related to scoring errors, eligibility of participants, or rule interpretations by officials. Teams cannot protest the judgment of staff.

## **Participant Eligibility**

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. Rec Sports can consider the eligibility status of any individual at any time.

## **Rule Interpretation**

After a team captain declares a protest, the officiating crew will notify the supervisor. 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.

## **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 prior to the end of the regular season, regardless of the type of protest. Every effort will be made to resolve protests promptly. Decisions rendered by Rec Sports staff are final.

## **Facilities**

Intramural sports leagues are played at 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. IMLeagues schedules will be labeled with the location of your contest at all facilities.

## **Recreational Eagle Center – “REC”**

- Activities: 4’s/6’s volleyball, bag toss, 5v5 basketball, futsal, wallyball
- Administrative offices are in this facility.
- Any questions regarding intramural activities can be addressed to the staff at the info counter.

## **Mitchell Hall**

- Activities: 3v3 basketball, 4’s volleyball, badminton, big base kickball, futsal, indoor flag football, indoor soccer, indoor ultimate, wiffleball
- 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 equipment.
- 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.
- Equipment and jerseys can be rented out when Rec Sports has a staff member on-duty.

## **Veteran’s Memorial Field Sports Complex – “VMSC”**

- Activities: kickball, outdoor flag football, outdoor soccer, softball, Spikeball™
- The complex is divided into three playable areas: the stadium turf, the soccer/lacrosse turf, and the grass fields.

## **North Campus Recreational Fields**

- Activity Played Here: softball
- Do NOT park in the Facility Planning and Maintenance lot. You will get a ticket if you park in this parking lot. Rec Sports is not responsible for parking tickets issued by UWL or the City of La Crosse.

## **Campus Sand Volleyball Pits**

- Activities Played Here: sand volleyball

## **Student Fieldhouse**

- Activities Played Here: TBD

## **Weather and Cancellations**

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

### **League Play/Regular Season**

Rec 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.

### **Playoffs**

If time in the academic year allows, 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.

### **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.

## **Outdoor Activity Status Information**

If an individual is unsure of the status of any intramural contest, they should take the following measures (in order) to receive an answer prior to arriving for a contest:

1. Check IMLeagues messages or email inbox.
2. Contact team captain or other team members.
3. Contact the Rec Sports information counter.

## **Equipment, Dress, and Jewelry**

### **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.

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.

### **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.

### **Jerseys**

Rec 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. 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. The replacement fee for lost or damaged jerseys is \$30.

### **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. Rec Sports staff will never take possession of any jewelry or assume responsibility for any jewelry which may be misplaced, damaged or lost during an intramural contest.

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.

## **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.

## **Participant and Team Conduct**

### **Conduct at Competitions**

We are all involved with intramural sports to have fun! 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 Rec Sports staff 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.

Shoving, striking or fighting with anyone before, during and/or after a contest, even if there is not contact, will result in an indefinite suspension from all intramural activities. The suspension length will be based on severity and the facts gathered by Rec Sports staff. A sportsmanship rating no higher than a 1 will be assessed to the teams involved in this event.

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.

Alcohol, tobacco, or drug consumption of any kind by participants and/or spectators associated with any team at a contest is strictly prohibited. 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. Any incident involving drugs or alcohol will be reported to the Dean of Students' office.

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.

### **UWL Discrimination, Harassment, and Retaliation Policy**

The following excerpt is from the [UWL Discrimination, Harassment, and Retaliation policy](#):

*“It is the policy of the University of Wisconsin-La Crosse to maintain an academic and work environment free of discrimination, discriminatory harassment, or retaliation for all students and employees. Discrimination is inconsistent with the efforts of the University of Wisconsin-La Crosse to foster an environment of respect for the dignity and worth of all members of the University community and to eliminate all manifestations of discrimination within the University. The University is also committed to the protection of individual rights under the First Amendment (and related principles of academic freedom) and in preserving the widest possible dialogue within its educational environment.*

*Discrimination is conduct that adversely affects any aspects of an individual's...participation in an institution's activities or programs or has the effect of denying equal privileges or treatment to an individual, on the basis of one or more characteristics of that individual's protected status or category as defined herein. Discriminatory harassment is a form of discrimination consisting of unwelcome verbal, written, graphic, or physical conduct that is directed at an individual or group of individuals' actual or perceived protected status and is sufficiently severe or pervasive so as to interfere with the*

*individual's...participation in institution activities and programs and creates an...environment that a reasonable person would find intimidating, offensive, or hostile."*

To ensure Rec Sports fosters this environment, participants, coaches, and/or spectators found violating this policy will be referred to the Dean of Students' Office.

### **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. Any team receiving a 2 rating or lower will be ineligible for competition until the team captain meets with Rec Sports staff. Participation with Rec Sports facilities and programs, including intramural sports, is a privilege that can be removed by any individual continually violating our sportsmanship policy.

<b>Sportsmanship Rating</b>	<b>Description</b>
5 - Excellent	Respect shown to all participants, staff, and spectators throughout the entire contest. If there are issues, participants speak to staff appropriately and respectfully. Contests won by a called-in or no-show forfeit.
4 - Good	Most of the contest was played with respect, but there were a few moments where teams/participants displayed disagreement/frustration with Rec Sports staff. Minor incidents of unsportsmanlike behavior towards opponents, spectators, teammates, or staff may have occurred. Teams may receive a warning, which is a courtesy reminder to encourage a high level of sportsmanship.
3 - Needs improvement	Repeatedly questioning the judgement/officiating abilities. Any flagrant foul, technical foul, yellow card, or other unsporting penalty will result in a reduction of a team's sportsmanship rating. Actions may include but are not limited to taunting, trash talking, cursing at anyone, rough play, mocking the skill level of opponents, or threatening opponents and/or staff. Any forfeited contest.
2 - Poor	A team having accumulated multiple unsporting fouls, technical fouls, double yellow or red cards or having any ejected participants. The team captain and all participants penalized for extreme poor behavior are subject to ejection and must meet with Rec 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. The team will be suspended and must meet with Rec Sports staff for re-entry.

### **Ejections**

Rec Sports staff reserves the right to remove any individual, team, or spectator from any UWL facility used for intramural sports. Participants may be ejected before, during, or after any contest by any Rec Sports staff member. 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.

Participants ejected from a contest for unsporting behavior will serve a minimum suspension of one contest, which will be applied to the next scheduled contest (including playoff contests).

## **Reinstatements**

It is the responsibility of the participant to email [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu) to schedule a reinstatement meeting with Rec Sports professional staff. At this meeting, Rec Sports staff and the participant will discuss the behavior that caused the poor sportsmanship and/or ejection. Any pending suspension will not begin until a reinstatement has been issued. The suspension will be communicated with the participant following the meeting. 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 additional time of ineligibility for the participant.

The team captain should 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.

## **Suspensions**

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

If 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 taken.

## **Statement on Officiating and Staff Conduct**

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

Rec 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. Rec Sports staff also trusts and supports these individuals to the highest level and their development is very important to us. Participants wishing to provide feedback about officiating performance should email [intramurals@uwlax.edu](mailto:intramurals@uwlax.edu). This feedback should be constructive and help improve the quality of our officiating.

## **Injuries and Care**

First aid treatment will be provided by the on-duty supervisor during intramural contests. The Student Health Center is available from 8am-4pm Monday through Friday for students seeking follow-up care. A physician is always present during the SHC hours.

Any player who is bleeding must leave the contest immediately. Bleeding must be stopped, and the wound must be securely covered with a bandage before that player can continue playing. Intramural supervisors will always have minor first aid supplies with them. Play can resume as soon as an injured participant is off the playing surface.

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, severe injuries in intramural contests may warrant a 911 call. In this situation, the student assumes all financial obligations.

Rec Sports student and professional staff are trained in CPR, First Aid, and AED, 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.



## Awards

Intramural sports champions receive specially designed t-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 can claim extra shirts at the end of the semester after every team and activity has been awarded shirts. All championship teams will have their pictures taken, which will be made available on social media outlets.

These shirts are presented to specific activity winners with a maximum allowance as designated below.

<b>Activity</b>	<b>Max # of shirts</b>	<b>Activity</b>	<b>Max # of shirts</b>
3v3 basketball	5	Kickball	12
4's volleyball	6	Outdoor flag football	12
5v5 basketball	10	Outdoor soccer	12
6's volleyball	8	Singles (racquet sports, bag toss, virtual IMs)	1
Dodgeball	12	Sitting volleyball	8
Doubles (racquet sports, bag toss)	3	Softball	12
Futsal	8	Ultimate frisbee	10
Indoor flag football	10	Wallyball	6
Indoor soccer	10	Wiffleball	12

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.