PARTICIPANT HANDBOOK

2015-16 ACADEMIC YEAR

Updated August 2015

Your guide to all things Intramural Sports!
NOTE: to visit a specific section of the handbook, click the underlined section header below

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Intramural Sports 2015-16 Participant Handbook
To the students, faculty, and staff of UW-La Crosse:

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

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

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

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

Let’s Play!

Sue White, Director
UW-La Crosse Recreational Sports
Phone: 608.785.6529
Fax: 608.785.5224
Email: swhite@uw.lax.edu

Rec Sports Website
INTRODUCTION

The UW-La Crosse (UW-L) 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 that Rec Sports has to offer, the primary goal of Intramural Sports is to provide UW-L students, faculty, and staff with the opportunity to participate in enjoyable activities from past experiences as well as to explore and enjoy new activities. Intramural Sports includes individual, dual, and team competition in a variety of events in men’s, women’s, co-rec, and open divisions. Activities are varied so there is an opportunity for every individual to participate no matter skill level or ability.

OFFICIALS, SCOREKEEPERS, SUPERVISORS, and GRADUATE ASSISTANTS

Intramural Sports is truly a program for the students, by the students. The program owes a debt of gratitude to the group of students serving as officials, scorekeepers, supervisors, and graduate assistants. These students play a significant role in the success of the program, as they directly serve the participants on a nightly basis. Without quality, dedicated, and hardworking students, the Intramural Program would not be able to meet and exceed the expectations of our active campus community. To all of you, we say “THANK YOU!”

All students are provided the opportunity to become an official for Intramural contests. Any interested student should complete an online application for employment found on the Intramural Sports Website (linked). Recreational Sports does not require officials to be certified by the WIAA, though such certifications are desirable. All officials and scorekeepers must attend all training sessions prior to league play to discuss rules and conduct for each sport. For more on officiating, please visit Section 24.

STAFF CONTACT INFORMATION

The Intramural Sports staff is dedicated to ensuring that each participant enjoys safe facilities and playing conditions, fair competition, and a fun atmosphere conducive to creating long-lasting memories and the best experience possible.

For any questions, comments, or suggestions related to Intramural Sports, please use the following information to get in touch with the program:

<table>
<thead>
<tr>
<th>Intramural Sports Coordinator</th>
<th>Intramural Sports Graduate Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matt Schneider</td>
<td>Brooke Hemstead</td>
</tr>
<tr>
<td>130D Recreational Eagle Center (REC)</td>
<td>140 Recreational Eagle Center (REC)</td>
</tr>
<tr>
<td><a href="mailto:mschneider@uwlax.edu">mschneider@uwlax.edu</a></td>
<td><a href="mailto:hemstead.broo@uwlax.edu">hemstead.broo@uwlax.edu</a></td>
</tr>
<tr>
<td>608-785-5221</td>
<td>608-785-5219</td>
</tr>
<tr>
<td>General Program Email Address</td>
<td><a href="mailto:intramurals@uwlax.edu">intramurals@uwlax.edu</a></td>
</tr>
<tr>
<td>REC Information Counter Staff</td>
<td>608-785-5225</td>
</tr>
</tbody>
</table>

Intramural and Rec Sports are also on social media:
Facebook: UW-L Intramural Sports (official)
Twitter: @UWLRecSports
YouTube: UW-L Rec Sports YouTube Page
**SECTION 1: ELIGIBILITY**

All current UW-La Crosse undergraduate and graduate students along with all faculty/staff members are eligible to participate in Intramural Sports except those as noted in the following rules:

### A. GENERAL ELIGIBILITY

1. Each person is responsible for their own eligibility.
2. Team captains are responsible for the eligibility of all team members.
3. Participants MUST present a valid UW-L-issued ID card prior to participation or when prompted by a Rec Sports staff member.
4. Participants may be added to a team’s official roster at any time during league play (regular season). No players may be added once playoff brackets have been published.
5. Each individual may participate for only one team per league (Men’s, Women’s, or Co-Rec) in any one sport. A person may also not participate on both an “A” and a “B” team in the same league.
   a. **EXCEPTION:** A participant may compete in single, gender-specific doubles, and Co-Rec doubles in the same sport.
6. Once a participant has checked into a contest for the first time, they are locked to that specific team for the duration of that sport’s season (regular league play and playoffs).
   a. If a participant competes for two teams in the same league, the participant will be assigned to the team in which they first competed with and all contests the participant played in with the second team will be assigned an automatic administrative forfeit.
7. Any player 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 player must check-in with the appropriate Intramural Staff members present prior to re-entering the contest. Teams are subsequently subject to in-game penalties (i.e. technical fouls, yellow cards, ineligible player penalties, etc. as determined by each sport-specific set of rules).
8. Any participant playing under an assumed name (i.e. using someone else’s identification) will be immediately ejected from that contest. That individual will be subject to ruling by the Rec Sports Professional Staff in regards to future participation. The team in which said participant plays on will receive a low sportsmanship rating and is also subject to receiving an administrative forfeit for the contest.

### B. INTERCOLLEGIATE (NCAA, NAIA, NJCAA, etc.) ATHLETE ELIGIBILITY

1. Members of a 2015-16 UW-L intercollegiate sports team are ineligible for competition in corresponding sport(s) (listed in the table on the next page) while they are on the active roster.
2. Individuals who practice with intercollegiate athletic team will be treated as team members and are ineligible for corresponding Intramural sports.
3. Any person using NCAA eligibility with an intercollegiate team (on the team roster or practicing with the team after its first scheduled contest) will be considered a player on the team for the entire year and are ineligible for activity in corresponding Intramural Sports.
INTERCOLLEGIATE (NCAA, NAIA, NJCAA, etc.) ATHLETE ELIGIBILITY - continued

4. Members of a 2015-16 UW-L intercollegiate athletic team are eligible for Intramural participation in any non-corresponding activity, although it is highly recommended that each member communicates their Intramural participation intent with their team coach or advisor.

NCAA and Intramural Sports Corresponding Activity Table

<table>
<thead>
<tr>
<th>UW-L Intercollegiate Sport</th>
<th>Corresponding UW-L Intramural Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Softball</td>
</tr>
<tr>
<td>Basketball</td>
<td>Basketball</td>
</tr>
<tr>
<td>Football</td>
<td>Indoor and Outdoor Flag Football</td>
</tr>
<tr>
<td>Soccer</td>
<td>Indoor and Outdoor Soccer, Futsal</td>
</tr>
<tr>
<td>Softball</td>
<td>Softball</td>
</tr>
<tr>
<td>Tennis</td>
<td>Tennis</td>
</tr>
<tr>
<td>Volleyball</td>
<td>4’s/6’s Volleyball, Wallyball</td>
</tr>
</tbody>
</table>

*Per NCAA rules, UW-L athletes CANNOT participate in Fantasy Football, College Bowl Pick ‘Em, or Tournament Pick ‘Em

The Intramural Sports Staff recommends that all current UW-L intercollegiate athletes seek advisement from their respective coaches as it pertains to participating in any Intramural activity.

C. FORMER INTERCOLLEGIATE (NCAA, NAIA, NJCAA, etc.) ATHLETE ELIGIBILITY (including transfer students)

1. Participants who have completed their intercollegiate eligibility (including varsity, JV, or freshman teams) at any institution will be eligible to participate in that sport or any additional corresponding activities in Intramurals during the academic year following their eligibility completion.
   a. Football, Soccer, and Volleyball players completing their eligibility during the Fall semester are eligible for Intramural activity in their corresponding sport in the Spring semester. These athletes must play on an “A” league team (when “A” league is offered) and only one former athlete is allowed to play per team.

2. Former intercollegiate athletes are eligible for “A” league play only (when league differences apply) in their corresponding sport(s).

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

4. There are no restrictions on the number of athletes that are more than one academic year removed from intercollegiate competition on a roster. However, it is strongly encouraged that those athletes participate in an “A” league when those leagues are made available.

D. SPORT CLUB PARTICIPANT ELIGIBILITY

1. Intramural Sports teams may have one (1) male or female sport club member on an Intramural roster in a corresponding sport (based on the sport club roster at the time of the registration period). Teams may have one (1) male and one (1) female on the roster for Co-Rec leagues (except for 4’s Volleyball and Wallyball).
SPORT CLUB PARTICIPANT ELIGIBILITY - continued

2. **ALL** current sport club members are eligible for “A” league play only (when league differences apply).

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

4. Teams may **NOT** have both an intercollegiate athlete from the previous academic year and a current club member on the same team in a corresponding sport.

E. **PROFESSIONAL ATHLETES**

Students, faculty, and/or staff members who would classify as ineligible for intercollegiate competition because of a loss of amateur athlete status are **NOT** eligible for Intramural competition in corresponding sport(s).

F. **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.

G. **GENDER ELIGIBILITY AND INCLUSION**

All students, faculty, and staff members can participate in the gender-specific league that affirms each participant’s personal gender identity.

   a. A participant identifying as a male may only participate in male, co-rec, or open leagues. A participant identifying as a female may only participate in female, co-rec, or open leagues.

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

   b. For equitable gender participation purposes, all gender-related eligibility issues will be subject to review on a case-by-case basis by Rec Sports Professional Staff and the Director of the UW-L Pride Center

H. **RULING ON INELIGIBLE PARTICIPANTS**

1. The penalty for ineligible player(s) is the immediate removal of the player from the contest **AND** the contest may be forfeited based on the ruling of the use of an ineligible player. All forfeited contests due to the involvement of an ineligible participant are subject to the application of a forfeit fee. Any fee assessed to a team is at the discretion of the Rec Sports Professional Staff.

2. Teams found to have more than the allotted amount of eligible participants will be allowed to remove the number of ineligible participants from the team roster without penalty. Those individuals removed from the roster will be permitted to join another team in the same league during that season as long as all eligibility rules are followed.

3. If a participant’s eligibility is questioned, a formal protest should be filed with the Intramural Sports Supervisor on duty immediately.

4. All rulings on ineligible participants made by the Rec Sports Professional Staff are final.
SECTION 2: LEAGUE COMPETITION

Each sport will be divided into leagues (gender based) and divisions (night/time based). Leagues and divisions are determined by past patterns of participation, facility availability, and number of teams during registration period.

A. MEN’S, WOMEN’S, AND CO-REC LEAGUES

Men’s, women’s, and co-rec leagues will be used (when available) to break sport into leagues. Within each league, divisions will be created to separate night and times of competition. Each sport and league will have different 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. “Open” leagues have no rule changes or restrictions for a male-to-female ratio.

B. “A” AND “B” LEAGUES

When applicable, leagues will be divided into A and B leagues to help separate teams based on skill level. Team captains will have the option to register their team(s) in an “A” league for higher competition or a “B” league for recreational play. 

“The skilled and competitive players typically play in “A” league while “B” league consists of recreational players. The team captain is responsible for evaluating the ability of his/her team. Intramural staff may reassign a team in obvious errors of classification.

C. PLAYOFF COMPETITION

There will be separate playoff brackets at the end of the season based on overall team records during league play. However, it is possible for a “B” league team to move into the “A” league playoff based on skill level, number of entries, and/or playoff availability.

SECTION 3: ENTRY FEES

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) played and the number of officials required to facilitate a contest. Payment of entry fees is accepted online via PayPal using debit/credit cards. No PayPal account is required to pay online.

Any individual wishing to pay in-person (card, cash, check, etc.) must contact intramurals@uwlax.edu or mschneider@uwlax.edu to inform the staff of their payment intentions AS SOON AS POSSIBLE. Any person wishing to pay in-person is NOT guaranteed a spot in a league, as registration is done on a first-come, first-serve basis (including online registrations).

<table>
<thead>
<tr>
<th>2015-16 Fee</th>
<th>Applicable 2015-16 Activities/Sports</th>
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</thead>
<tbody>
<tr>
<td>$5.00 (singles)</td>
<td>Badminton, Bag Toss, Racquetball, Shuffleboard, Tennis</td>
</tr>
<tr>
<td>$10.00 (singles)</td>
<td>Badminton, Bag Toss, Racquetball, Shuffleboard, Tennis</td>
</tr>
<tr>
<td>$25.00</td>
<td>Kickball, Indoor/Outdoor Ultimate, Wallyball</td>
</tr>
<tr>
<td>$30.00</td>
<td>4’s Volleyball, 6’s Volleyball, Big Base Kickball, Goalball, Softball, Wiffleball</td>
</tr>
<tr>
<td>$35.00</td>
<td>Floor Hockey, Futsal, Indoor Flag Football, Indoor/Outdoor Soccer, Trenchball</td>
</tr>
<tr>
<td>$40.00</td>
<td>Basketball</td>
</tr>
<tr>
<td>$45.00</td>
<td>Outdoor Flag Football</td>
</tr>
<tr>
<td>FREE</td>
<td>College Bowl Pick ‘Em, Fantasy Football, Pre-Season Basketball, Pre-Season Flag Football</td>
</tr>
</tbody>
</table>
SECTION 4: FREE AGENTS

If an individual wishes to enter an Intramural activity but is not affiliated with a team, that person may place their name on the free agent list. The free agent list will be made available for each sport, league, or division on IMLeagues. It is the responsibility of other registered teams looking additional players to contact the individuals on the free agent list. Free agents can also explore additional opportunities to join teams as well.

Please note the staff members of Rec Sports will not contact teams to place free agents, nor will the department distribute individual contact information. Intramural Sports will, however, contact individuals on the free agent list in the event that there are enough names on the list to comprise a possible “Free Agents” team.

SECTION 5: FACILITIES

Intramural Sports leagues will be played at four different facilities around campus. League competition will be played at the same facility for the duration of the regular season schedule, however playoff contests may be moved to different locations in order to finish the season schedule around other existing reservations on campus. The four facilities in-use for 2015-16 are as follows:

A. RECREATIONAL EAGLE CENTER – “REC”
   **Sports Played:** 4’s and 6’s Volleyball, Bag Toss, Basketball, Racquetball, Shuffleboard, Wallyball
   **Additional Notes:** Offices for the Intramural Coordinator, Graduate Assistants, Service Staff, and other Rec Sports Professional Staff are located in this facility.
   1. Any questions regarding Intramural Sports can be addressed to the staff at the front desk.
   2. Equipment/jersey rental and notice of defaults/forfeits will work out of the front desk.
   3. Rules, paperwork, upcoming league news, and other promotional items can be found at the front desk, on the bulletin board, or in other areas around the REC.

B. MITCHELL HALL
   **Sports Played:** 4’s Volleyball, Badminton, Big Base Kickball, Goalball, Floor Hockey, Futsal, Indoor Flag Football, Indoor Ultimate, Trenchball, Wiffleball
   **Additional Notes:** There are three gyms in Mitchell (112, 113, and 114) in addition to the field house. Rec Sports also has a satellite office area in Mitchell that houses building managers and all equipment checkouts. Please see the Intramural Calendar or view your team’s schedule on IMLeagues for exact location of any contests inside of Mitchell Hall.
   1. Any questions regarding Intramural Sports can be addressed to the staff at the Rec Sports office in room 118 between 11:00 am and 1:00 pm, or prior to the start of any contests.
   2. Equipment and jerseys can be rented out during all periods in which Rec Sports has a staff member on-duty.
   3. Rules, paperwork, upcoming league news, and other promotional items can be found on the bulletin board across from room 118.

C. VETERAN’s MEMORIAL FIELD SPORTS COMPLEX
   **Sports Played Here:** Flag Football, Kickball, Outdoor Soccer, Outdoor Ultimate, and Softball
   **Additional Notes:** The sports complex is split into three areas: the stadium (turf), the rec sports fields, and the soccer field. All equipment and jerseys needed for rental will be made available at the complex. Please see the Intramural Calendar or view your team’s schedule on IMLeagues for exact location of any contests at the complex. Fields are numbered with field one being closest to Reuter Hall. **Note that the soccer field should not be used for any warm-up activities prior to contests.**
D. NORTH CAMPUS RECREATIONAL FIELDS

Sports Played Here: Softball

Additional Notes: The North Campus Fields are for softball purposes only. All equipment needed for any contests will be provided at the fields prior to the contest.

SECTION 6: TEAM CAPTAIN RESPONSIBILITIES

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

Captain’s Responsibilities (in no particular order of importance) are as follows:

- Register team in desired sport, league, and division on IMLeagues during the registration period
- Complete online payment through IMLeagues for team registration
- Pass the online captain’s quiz and inform participants they have a quiz to take as well
- Have a roster with an appropriate number of participants by noon on the day of the first contest
- Attend any MANDATORY meetings scheduled – Meetings take place online unless noted otherwise
- Be familiar with rules, player eligibility, and inform all team players of rules before first contest
- Keep up-to-date with league information displayed on websites, IMLeagues, and bulletin boards
- Notify team members of each game date, time, and location so contests start on-time
- Ensure that each team member is a valid UW-L student or faculty member and brings their ID card to the competition site
- Ensure that all participants on team roster are properly checked in prior to a contest’s start time
- Ensure that team members play in accordance to the rules of the contest, behave and conduct themselves with the highest sportsmanship, and abide by all Intramural Sports policies

SECTION 7: SCHEDULES

All Intramural schedules will be posted on IMLeagues following completion of registration. Schedules will be published no later than one (1) calendar day prior to the start of the regular season and all teams/participants will receive email notifications when schedules are ready to view. Schedules are completed based on facility availability around campus, number of teams in a division, and the academic calendar. League schedules are subject to change at the discretion of the Intramural Sports staff, so please make sure to check the schedule prior to all contests. Schedules will only change in-season if multiple teams agree and/or benefit from such a change. Any postponements due to inclement weather, facility conflicts, or any other reasons will be posted on the department website, Facebook page, REC bulletin board, and participants will receive an email notification. Regular season contests will be rescheduled only if time allows. Playoff brackets will be posted on IMLeagues and bulletin boards throughout the REC and Mitchell Hall.

It is recommended that all participants download our FREE smartphone app, REC*IT, to conveniently view team schedules on the go! For more information on REC*IT, please visit Section 12.

For a list of activities offered for the current semester, along with registration dates, available league types, and more, please visit the Intramural Sports “List of Sports” webpage (linked).
SECTION 8: INCLEMENT WEATHER AND CANCELLATIONS

A. LEAGUE PLAY/REGULAR SEASON
   Any scheduled regular season activity that has been cancelled prior to its commencing WILL NOT be rescheduled unless appropriate circumstances as determined by the Rec Sports Professional Staff apply. In the event that a regular season rescheduling opportunity arises, Intramural Sports reserves the right to determine which teams will receive reschedules, in which teams with the fewest games played will be given priority and contacted about said opportunity first.

B. PLAYOFFS
   All cancelled playoff contests will be rescheduled. Participants will be able to view updated playoff brackets online via IMLeagues and schedule notifications will be sent via email to team captains via the email addresses each captain supplies to Intramural Sports.

   NOTE: Certain circumstances may prevent playoff brackets from being completed. In the event a playoff season goes unfinished, the Rec Sports Professional 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 some other circumstance, the activity may be rescheduled depending on the rules of the activity and the parameters as outlined in Section 8-A above.

D. OUTDOOR SPORTS STATUS INFORMATION
   If an individual is unsure of the playing status of any Intramural Sports activity, it is advised the individual takes the following measures (in order) to receive an answer prior to arriving for play:
   a. Contact the team captain or other team members
   b. Visit the Intramural Sports website or social media outlets
   c. Contact the Rec Sports Information Counter

SECTION 9: TEAM NAMES

In an effort 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.

NOTE: If a team name change is needed and the captain(s) cannot be reached by Intramural Sports administration, the team name will be changed to “Team (Captain’s Last Name).”

SECTION 10: SPORT-SPECIFIC RULES

Sport-specific rules are based on guidelines established by the National Federation of State High School Associations (NFHS) the Wisconsin Interscholastic Athletic Association (WIAA), and the National Intramural and Recreational Sports Association (NIRSA). Sport rules can be found online by visiting the Intramural Sports Rules Webpage (linked).

The Intramural Sports staff also welcomes suggestions for rule changes and/or sport improvements. If you have any questions, concerns, or suggestions regarding rules or sports offered, please email intramurals@uwlax.edu or submit the online Rule Suggestion Form (linked).
SECTION 11: IMLEAGUES

All Intramural Sports team registrations, league payments, roster additions, schedules, playoff brackets, and league information is completed online via IMLeagues (sign-in page linked). For information on how to use the various components of IMLeagues, please visit the Intramural Sports “Forms and Videos” webpage (linked).

NOTE: Team roster additions must be done online via IMLeagues only. No hard copy addition sheets will be made available at the site of competition. Please allow ample time to make the proper roster moves.

Registrations for each activity will open in IMLeagues at 7:00 am based on the dates listed on the “List of Sports” webpage (linked). Team captains will have the opportunity to “pre-register” a team up to 24 hours in advance by attending the online captain’s meeting (quiz) and completing registration payment. Doing this will put a team on the sport’s “waiting list.” When the official registration period opens the following day, captains will simply have to move their team directly into a league as quickly as possible. Completing “pre-registration” does not guarantee a team’s spot in a league and Rec Sports will not hold spots for any teams that are pre-registered.

NOTE: IMLeagues is an online service used by UW-L Intramural Sports to organize the Intramural Sports program. UW-L Intramural Sports Staff DO NOT develop the IMLeagues website and do not specifically endorse or condone the advertisements that may be visible to participants while on IMLeagues. If you or someone on your team has difficulty in IMLeagues, DO NOT contact the IMLeagues support team. For any troubleshooting issues related to IMLeagues, please contact intramurals@uw.lax.edu or mschneider@uw.lax.edu immediately.

SECTION 12: REC*IT

REC*IT is the official smartphone app of IMLeagues and UW-L Intramural Sports. REC*IT allows all IMLeagues users and UW-L participants to conveniently view individual schedules, UW-L Intramural Sports news updates, track personal Intramural involvement, interact with fellow classmates/friends/teammates, and so much more!

NEW for 2015-16: Participants can now register, create, and join a team straight from the REC*IT app. Anything you can do on IMLeagues, you can now do on REC*IT!

REC*IT is absolutely FREE and is available for downloading via the Apple iPhone and Android app stores. UW-L and IMLeagues WILL NOT share personal information with the REC*IT app developers or other app users.

For more on REC*IT, visit recitcollege.com or the Intramural Sports “Forms and Videos” webpage (linked).

For any troubleshooting issues related to REC*IT, please contact intramurals@uw.lax.edu or mschneider@uw.lax.edu immediately.
SECTION 13: EQUIPMENT, DRESS, AND JEWELRY

Each sport may have a specific set of rules regarding equipment, dress, and jewelry. Besides utilizing equipment provided by Intramural Sports, the responsibility of getting proper equipment to an activity and ensuring that participants are wearing appropriate athletic attire (including jewelry) are items captains should be aware of. In general, the following rules will be followed:

A. EQUIPMENT

All necessary team equipment will be provided, or is available to be checked out to participants prior to each contest. Games balls are also provided for each sport and must be used for competition to maintain fair play. Any person checking out equipment assumes responsibility of the proper use and care of the equipment used during the checkout period, and any damages caused by the user (including lost equipment) are subject to a replacement fee. Please note that softball gloves ARE NOT provided or available for checkout.

Teams can bring their own equipment for warm-up periods and may use their equipment if approved by game officials and opposing team members. UW-L 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 athletic footwear specific to each sport. Protective padding and specific requirements for apparel depend on each sport. In the event that any article of dress is questionable, the Intramural Sports Supervisor on duty will make a final decision regarding the legality and allowance of said attire. Any questions regarding shorts/pants with pockets will be addressed in each specific sport’s set of rules.

FOR YOUR SAFETY, POCKETS ARE NOT ALLOWED IN BASKETBALL OR FLAG FOOTBALL

C. JERSEYS

The Rec Sports Department will provide jerseys for team sports. Team members can checkout jerseys with a valid UW-L-issued ID card from the REC front desk, Mitchell Hall office, the Intramural Supervisor on duty prior to the contest.

a. All participants using the provided jerseys MUST wear a sleeved shirt under the jerseys in order to prevent contact with the skin. Teams may purchase their own jerseys if they would like, however the jerseys must have legal numbers (0-99) on the back with no duplicates (at minimum).

D. HEADWEAR

Hats with hard brims may not be worn during Intramural activities (exceptions: softball and tennis). Headbands are allowed. Any headwear with a hard knot (i.e. bandanas) will not be allowed.

E. JEWELRY

Participants must remove all jewelry for Intramural competitions. All necklaces, rings, watches, and bracelets must be removed prior to competition (medical bracelets are okay). Any player wishing to wear piercings or jewelry may do so at their own risk, however, these items must be taped with non-transparent tape if visible. UW-L Intramural and Rec Sports WILL NOT supply tape for these purposes and staff members on duty will ask participants to remove all items classified as jewelry if they are not taped. The UW-L Rec Sports Staff will not take possession of any jewelry or assume responsibility for any jewelry that is misplaced or lost during an Intramural contest.
Teams are subsequently subject to in-game penalties (i.e. technical fouls, yellow cards, equipment-related penalties, etc. as determined by each sport-specific set of rules) if a participant enters a contest and fails to abide by the section 13 policies.

If an individual has lost any personal item(s) at an Intramural contest, please contact the Rec Sports Information Counter for lost-and-found procedures. There is no guarantee that a specific item classified as lost by its owner will be turned in to the UW-L Rec Sports lost-and-found.

SECTION 14: PLAYOFFS

Teams must win at least two contests and maintain a 3.5 sportsmanship rating in order to advance into playoffs. Teams also scheduled for only 4 contests will make the playoffs no matter their record as long as their sportsmanship rating is above 3.5.

It is recommended teams carry additional substitutes as playoff contest times may not be on the same day or time as league play. Remember there are no team roster additions may be made once playoffs begin. The Intramural Sports Staff reserves the right to move a team from one bracket to another for any reason.

A. PLAYOFF RANKING TIE-BREAKERS
   1. Overall Win/Loss Record
   2. Sportsmanship Rating
   3. Head-to-Head
   4. Point Differential (points for – points against)

B. INDIVIDUAL/DUAL SPORTS
   Intramural Sports will bracket playoffs based on final league standings at the conclusion of the last night of the regular season.
   1. If playoff contests will run outside of typical division or league times, team captains will be able to submit one conflict during the last week of play.
   2. If playoff contests run during typical division or league play times, conflicts will not be collected.

C. TEAM SPORTS
   The Intramural Sports Staff will create playoff brackets with contest times and court/field assignments prior to the conclusion of the regular season. After all contests are finalized, team captains will select their team’s position in the playoff brackets online through IMLeagues. The selection order will be based on final seeding from regular season contests. The top ranked team will be allowed to start selecting first, with each additional ranked team allowed to start selecting 10 minutes after the previous team. Any teams not selected by the designated time on selection day will randomly be assigned a spot in the bracket. Home and Away teams are assigned based on where the team representative selects the initial bracket position. Higher-seeded teams may not necessarily be the home team.

Example:

<table>
<thead>
<tr>
<th>Team</th>
<th>Selection Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team A (5-0)</td>
<td>12:00PM (may select any time between 12:00PM and 11:59PM)</td>
</tr>
<tr>
<td>Team B (4-1)</td>
<td>12:10PM (won tie-breaker with 5.0 sportsmanship rating)</td>
</tr>
<tr>
<td>Team C (4-1)</td>
<td>12:20PM (lost tie-breaker with 4.8 sportsmanship rating)</td>
</tr>
<tr>
<td>Team D (2-3)</td>
<td>12:30PM (won tie-breaker with 3 goal point-differential)</td>
</tr>
<tr>
<td>Team E (2-3)</td>
<td>12:40PM (lost tie-breaker with 1 goal point-differential)</td>
</tr>
</tbody>
</table>
D. PLAYOFF SCHEDULING

Most contests that are in a playoff bracket WILL NOT be rescheduled unless inclement weather or other circumstances determined by the Rec Sports Staff occur. Teams will be informed via online communication messages that playoff brackets are posted online via IMleagues and teams must check their respective bracket outline for possible future contests. Teams WILL NOT be informed of which bracket they fall in, so it is recommended that each team member looks at all sport brackets to find their team. Schedule conflicts WILL NOT be examined or taken into account until the semi-final round of the sport (not necessarily the semi-final of each bracket).

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 of their regular season contests. It is recommended that all teams look at the blank bracket when it is posted to look at all available time options (do not just look at the first round; look at subsequent rounds should your team win). Blank brackets will be available for no more than one (1) calendar day to view and teams will receive an email notification when playoff time comes around.

The Intramural Sports Staff reserves the right to allow teams to select their playoff bracket position. Some playoff brackets will have teams placed automatically, based on the number of qualifying teams and times available to play compared to their respective regular seasons.

SECTION 15: FORFEITS, DEFAULTS, AND OTHER FEES

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

A. DEFAULT

A default will result in a “win” and “5” sportsmanship rating for the opponent. The defaulting team receives a “5” sportsmanship rating and has no charge for re-entry into the league.

Defaults occur when a team notifies the REC front desk (608-785-5225) three (3) or more hours prior to the start of scheduled contest or when members of a team show up to the contest but are unable to field a competitive team.

B. FORFEIT

A forfeit will result in a “win” and “5” sportsmanship rating for the opponent. The forfeiting team receives a “3” sportsmanship rating and will be charged a $10, $5, or $2 (singles/doubles) re-entry fee to be paid by the team’s next contest day through IMLeagues. Forfeit fees will be charged to the team captain. Forfeit fees will not be charged for playoff contests and teams will be eliminated from further contention should they forfeit or default during bracket play.

Forfeits occur when a team notifies the REC front desk (608-785-5225) less than three (3) hours prior to the start of the scheduled contest or when no members of a team show up for the contest, or show up after the contest has been declared a “forfeit” by the official or supervisor.
C. **DOUBLE DEFAULT/FORFEIT**
   1. If both teams have members show but neither team has the minimum amount of players at the scheduled contest time, a “double default” shall be declared. Both teams will receive a “5” for sportsmanship rating and not be charged a re-entry fee.
   2. If neither team has members show up to the contest, a double forfeit will be declared and both teams will receive a “3” for sportsmanship rating and be charged the appropriate re-entry fee.

D. **FORFEIT OUT OF THE LEAGUE**
   1. Failure to pay the re-entry fee by the next scheduled Intramural contest eliminates the team from remaining league play and playoffs.
   2. A second forfeit, default, or combination of the two in the regular season will result in immediate elimination from the league and forfeit of all remaining league contests. The team will not be entered into post-season playoffs. Forfeits or defaults that occur during the playoffs will result in the team losing their spot in the bracket and being removed from further competition.

E. **OTHER FEES**
   1. Team captains or specific individuals may be fined for any equipment that is damaged or lost after being checked out by a Rec Sports Staff member. Fines will be applied to an individual’s IMLeagues account and must be paid in-person (no exceptions). Failure to pay a fine may result in a hold on an individual’s student account.

**SECTION 16: REFUNDS**

Refunds are permitted. To request a refund for your team entry, email intramurals@uw.lax.edu or mschneider@uw.lax.edu with the following information as soon as possible:

Your Name
Student ID Number
Preferred Phone Number
Address to Mail Refund Check
Activity/Sport in Which You Registered
Reason for Refund Request
Attach a copy of your PayPal receipt – NOT the IMLeagues confirmation email

Refunds are permissible for circumstances determined by the Intramural Sports Staff and decisions are final. **An online service fee charged by IMLeagues is included in the team entry fee. This small fee is non-refundable.**

For example: Volleyball Registration: $30.00
Online Processing Fee: $2.00
Refund You’d Receive: $28.00

Please allow 3-6 weeks for refunds to be processed by the UW-L 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.

*Do avoid confusion and future refunds, it is recommended that captains only register one team at a time and confirm your registration by checking your UW-L-issued email address for a message from IMLeagues AND PayPal. DO NOT DELETE YOUR TEAM FROM IMLEAGUES. WE CAN DO THAT FOR YOU.*
SECTION 17: PARTICIPANT CONDUCT

A. SPORTS CONDUCT AT COMPETITIONS

The development of appropriate sports conduct is one of the major goals of the Recreational Sports Department at the University of Wisconsin-La Crosse. A team is responsible for the actions of participants and for spectators directly related to the team. Conduct of players and spectators before and after the contest is as important as the conduct during the contest. An individual or team must be able to accept defeat wholesomely without blaming others. Teams and individuals will be held responsible for both their own and their team’s behavior. To discourage non-positive conduct, the following policies have been adopted:

1. **DISRESPECT TOWARD STAFF, OFFICIALS, OR SCOREKEEPERS** is subject to immediate dismissal upon request of any intramural staff members. Team members, captains, spectators, coaches, or entire teams may be asked to leave the playing area if displaying inappropriate behavior and/or using abusive language. Any contest may be forfeit if a team, coach, individual participant, or spectator exhibit inappropriate or disruptive behavior. The decision of the supervisor, official, and/or scorekeeper in such cases will be final. A **Sports Conduct Rating** no higher than “2” will be given to the team.

2. **SHOVING, STRIKING, OR FIGHTING WITH A STAFF MEMBER, OFFICIAL, SCOREKEEPER, OR OPPONENT** 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 will carry a minimum of the current semester. A **Sports Conduct Rating** of “1” will be given to the team.

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 the following contest, including any playoff contests. A **Sports Conduct Rating** of “1” will be given to the team.

4. **ALCOHOL, TOBACCO, OR DRUG USE** of any kind by players, substitutes, coaches, and/or spectators associated with any team at an event sponsored by the Recreational Sports Department is **PROHIBITED** before, during, and/or after any contest. Any evidence or suspicion of this may subject the team or teams involved to forfeit the current contest and further disciplinary action. A **Sports Conduct Rating** of “2” will be given to the team.

**NOTE:** A staff member suspecting a player, substitute, coach, and/or spectator(s) associated with any team of drinking and/or using drugs 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. SPORTS CONDUCT RATING

The Sports Conduct Rating System has emphasizes the importance of good sporting behavior at all contests. Teams will be scored from 5 to 1 based on behavior and conduct. The behavior of a team and all participants of that team including, but not limited to players, coaches, and spectators will be rated according to conduct before, during, and after the contest. Teams must maintain an average rating at or above 3.5 in order to qualify for the playoffs. Any team receiving a 2 or lower will be ineligible for competition until the team captain meets with the Intramural Sports Coordinator.
SPORTS CONDUCT RATING – continued

Individuals and teams will be rated for their conduct in all regular and post-season contests on the following scale:

5- EXCELLENT

Teams, players, coaches, and spectators cooperate fully with the rules, policies, and intramural staff. They display respect for their players and their opponents. Teams start each contest at this level. Any default win, default loss, or forfeit win will also receive a “5”.

4- GOOD

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

3- NEEDS IMPROVEMENT

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

2- POOR

A team having accumulated multiple unsporting fouls, technical fouls, double yellow or red cards, or having ejected participants will receive no higher than a “2”. The team captain and all players penalized for poor behavior must meet with the Intramural Coordinator and Graduate Assistant in order to be reinstated.

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 or staff was in danger will receive a “1” for sportsmanship. The team will be suspended and will have to be reinstated by the Intramural Coordinator or Graduate Assistant.

SECTION 18: EJECTIONS, SUSPENSIONS, AND REINSTATEMENTS

A. EJECTIONS

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

2. A second ejection will result in disqualification from that activity for the remainder of the season and may impact continued participation in other sports.
B. REINSTATEMENTS
1. It is the duty of the team captain to notify an ejected player of the reinstatement policy. Ignorance of this policy is no excuse for an ineligible player playing in a contest.
2. It is the responsibility of the ejected participant to schedule a reinstatement meeting with the Intramural Coordinator and Graduate Assistant.
3. All participants must be aware any period of suspension will not begin until after an ejected player has been formally reinstated by the Intramural Coordinator and served the suspension issued.
4. Penalty for an ejected player playing in another contest in the same or different intramural activity prior to reinstatement will result in possible forfeit of contest(s) played in and additional suspension time of ejected participant.

C. SUSPENSIONS
1. Participants ejected from a contest for unsporting behavior will serve a minimum suspension of one (1) contest, which will be applied the next scheduled contest (including playoff competition). Suspensions will not include time missed retroactively.
2. Suspensions will be served in the activity and league the participant was ejected from and can carry over into playoff competition.

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, defaults, and canceled contests will not count toward a suspension.

In the event that a participant is the frequent recipient of any unsportsmanlike penalty (i.e. non-administrative technical foul, red/yellow card, ejection, etc.), it will be at the discretion of the Rec Sports Professional Staff in regards to applicable disciplinary measures taken.

SECTION 19: PROTESTS
Team captains and/or acting team captains are allowed to file protests in order to resolve issues related to eligibility of players, rule interpretations by officials, or a scoring error. Teams may not protest the judgment of an official.

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

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

2. Team captains or an acting captain can initiate a protest by declaring “I want to protest.”

3. After a team captain declares a protest, the officiating crew will notify the Intramural Supervisor. The Supervisor is responsible for documenting the protest and will assist in the protest ruling.

4. A protest can be denied by the Supervisor because it is not an allowable protest by rule or the protest is tardy in accordance with the sport rules.

5. Every effort will be made to resolve protest promptly. The decision made by the Intramural Staff on the site is the final decision made.

C. SCORING PROTESTS

1. Teams may protest a scoring error or the score of the contest by notifying the official. Protests of a scoring error must take place as soon as possible in order to resolve the error in question. Once the captain signs the score sheet at the end of the contest, the score is final.

Officials have the final say on scoring errors with information provided by the scorekeeper, the Intramural Supervisor, or any Intramural Staff. An official’s decision is final (exception: Supervisor or scorekeeper may make final decision in non-officiated activities).

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

SECTION 20: CARE OF INJURIES

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 administrators and supervisors, along with REC facility/customer service staff are trained in 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 21: CAMPUS CUP

The UW-L Campus Cup is awarded to the top Intramural “group” throughout the semester based on points earned from each sport or event offered. Every team is eligible to accumulate points for a designated group.

1. **Registration** for a group is done once a semester through IMLeagues in the Campus Cup tab. You must register your group within two weeks of your first scheduled contest. Your group affiliation name must remain the same for each sport or event to count towards the campus cup standings.
   
   a. Example: If your group name is *EAGLES* you must register all teams under the name *EAGLES*. Singles and doubles teams may be registered as *EAGLES – John Smith* to create distinction between teams by using team captain’s names.

2. **Roster Size** is limited to a maximum of 20 players per group. Teams may only be made up of members on your group roster. You may continue to add players throughout the semester until 20 members is reached.

3. **Qualifying Teams** will be limited in team sports to one team per league per sport. Singles and doubles teams will be limited to three teams per gender per sport. Teams could be registered in Men’s, Women’s, and Co-Rec in team sports, and up to three Men’s, three Women’s, and three Co-Rec singles/doubles teams.

4. **Awards** will be given to the first place team at the end of the semester. All group members will receive a Campus Cup t-shirt and forever have their name engraved on the Campus Cup.

5. All other Intramural Sports rules apply to groups participating in the Campus Cup. No special treatment will be given to campus cup teams related to registration or contest schedules. Points will be awarded based on league participation, competition, team sportsmanship, post-season results, signing up for special event tournaments, and for volunteering for Rec Sports Events\(^\text{^}\). Points will be deducted for forfeits, league dismissals, technical fouls, ejections, and having too many players on the team roster.

   For a complete breakdown of the Campus Cup points system, please visit the [Campus Cup webpage](link) (linked).

\(^\text{^}\) To receive points for volunteer service, **AT LEAST** three group members must be actively performing service in an approved event and proof of event volunteering must be submitted to the Intramural Sports office within one week of the date in which the service was performed. For a list of approved events for service, please contact the Intramural Sports Office at (608) 785-5221.

6. The Intramural Sports staff will manually keep track of point distribution and post updated standings throughout the semester. Any points/standings that may be visible online in IMLeagues are not official.
SECTION 22: AWARDS

Intramural Sports champions receive specially-designed t-shirts. These shirts will be presented to specific sport winners with a maximum allowance as designated below.

4’s Volleyball – maximum of 8 shirts    Soccer (indoor) – maximum of 12 shirts
6’s Volleyball – maximum of 10 shirts    Soccer (outdoor) – maximum of 14 shirts
Basketball – maximum of 10 shirts     Ultimate (indoor) – maximum of 12 shirts
Flag Football (indoor) – maximum of 8 shirts    Ultimate (outdoor) – maximum of 12 shirts
Flag Football (outdoor) – maximum of 12 shirts    Wallyball – maximum of 6 shirts
Floor Hockey – maximum of 10 shirts     Wiffleball – maximum of 12 shirts
Futsal – maximum of 10 shirts
Goalball – maximum of 8 shirts
Kickball (incl. Big Base) – maximum of 12 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.

Captains of championship teams will be given shirts for the members on their roster who were not in attendance during the championship contest (up to the allotted amount). It is up at the captain’s discretion as to who will be awarded a shirt if more members are on the roster than the allocated amount of shirts available. Intramural Sports reserves the right to double-check t-shirt forms with the submitted roster on IMLeagues for accuracy.

Teams with more members than the allocated amount of shirts are able to claim extra shirts at the end of the semester after every team and activity has been awarded shirts. Please contact the Intramural Sports Coordinator for extra shirts.

If any individual would like to submit a championship shirt design entry into Intramural Sports for future design consideration, please email a PDF, JPEG, or PNG file to intramurals@uw lax.edu. If an entry design is chosen, that designer will take home a shirt in each color offered (two shirts total).

All championship teams/groups will have their pictures taken to be added to the “Wall of Champions,” which will be made available on the Rec Sports Website, IMLeagues, and social media outlets. Please refer to waiver statement on page 18 for information regarding the use of an individual’s likeness.

SECTION 23: BECOME AN OFFICIAL

Intramural Sports hires student officials for the following activities:

4’s/6’s Volleyball    Flag Football    Goalball    Trenchball
Basketball            Floor Hockey            Soccer            Wiffleball
Big Base Kickball    Futsal            Softball

For more on officiating and to apply for the position, please visit our “Become an Official” webpage (linked)!

New to 2015-16: Join the Student Officials Association (SOA) for more training, guest speakers, and much more!
SECTION 24: 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.”

For any questions regarding Intramural Sports and the policies/procedures outlined in this handbook, please contact the Rec Sports Information Counter at (608) 785-5225 or email the program at intramurals@uwla.edu.

We’d love to hear from you!

Forms and Video Webpage (linked)
For suggestion and feedback forms

UW-LA CROSSE INTRAMURAL SPORTS
130D Recreational Eagle Center
uwla.edu/RecSports

THANK YOU, GOOD LUCK, and HAVE FUN!