



2023- 2024 Intramural Participant Handbook

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Intramural Sports are a component of the Competitive Sports Department within the SDState Miller Wellness Center. Intramural Sports offer a variety of experiences for students, faculty and staff, and community members including individual, dual, and team events. Participation can provide opportunities to have fun, learn new sports, meet new people, as well as offer a break from routine. The intramural sports staff works hard to provide quality experiences for all participants.

The Miller Wellness Center recognizes and celebrates the opportunities wellness provides by uniting individuals from distinct backgrounds in a common goal. We strive to provide inclusive spaces and programs for all students and members regardless of race, ethnicity, gender identity, class, creed, ability, gender expression, age, or sexual orientation, and foster an inclusive environment that enables all to succeed. The Competitive Sports Department strictly prohibits all forms of unlawful harassment, discrimination, or retaliation in any form. Anyone who violates this policy of zero tolerance is subject to appropriate disciplinary action.

SDSU Intramural Sports use rules and regulations from the National Intramural and Recreational Sports Association (NIRSA) and the NFHS (National Federation of State High School Associations). NIRSA is an organization that unites recreational sport professionals across the country and provides leadership and professional growth opportunities for students. NIRSA also hosts extramural tournaments for basketball, flag football, soccer, and tennis. For more information on NIRSA or competing in one of the tournaments, contact the Competitive Sports Office.

Injuries

The university is not responsible for injuries incurred to Intramural Sports participants or spectators while competing in intramural activities. We recommend that each participant carry health and accident insurance. All participants also sign a waiver of liability before access to Miller Wellness Center services.

The Intramural Sports Program will provide initial emergency care, providing bandages, ice, or a wheelchair for any participant injured in their contest. The Intramural Sports Program will not provide services or equipment to prepare or maintain a player's readiness to return to participation.

1. It is the responsibility of each participant to assess whether they have any health conditions which make it inadvisable to play. The University and Intramural Sports Program do not assume that responsibility.
2. The Intramural Staff should be notified of all injuries sustained during intramural competitions. If needed, the participant will be given first aid. An ambulance may be dispatched to assess an injury. There is no cost for injury assessment. Cost for ambulance treatment/transportation is the participant's responsibility. An accident report will be completed for all injuries. If you need a copy of the form, please contact the Competitive Sports Office.

Intramural Sports Officials will stop play when an injury resulting in open blood flow occurs, or when the injury can be compounded by further play (e.g., a participant down on the playing surface). Participants may not compete with open wounds, or when wearing clothing that contains any amount of blood or other bodily fluid (other than perspiration). We recommend participants seek medical attention for all injuries. All accidents and injuries must be reported to the Intramural Supervisor on duty. An incident report form must be completed and signed before returning to play.

Photo/Video Disclaimer

Recreation and Wellness Services may photograph or videotape Intramural Sports activities and participants for use in promotional materials. If you wish to refrain from being included in any photos or videos, please notify a staff member.

All photography, videotaping, voice-recording, etc. within the Miller Wellness Center and at intramurals must be pre-approved by administration, located in room 100. Guidelines:

- Once approved, individuals will receive a media pass that is to be worn at all times while taking photos, videos or voice-recordings in the facility. This will signify to facility staff that media access has been granted.
- The pass must be returned to Administration at the completion of the shoot.
- Media activity must be conducted without disruption or limitations to Miller Wellness Center operations, accessibility of equipment, entrances/exits, doorways, and high traffic areas.
- Media activity is permitted for noncommercial use only. It may not be published, sold, reproduced, distributed, or otherwise commercially exploited in any manner.
- Taking photos, video or voice-recordings of individuals without their consent is prohibited and is cause for immediate removal from the Miller Wellness Center and may be reported to UPD, Student Conduct Office, and/or Title IX Office.
- A suitable location and schedule for media activity must be agreed upon.
- Absolutely no photos are allowed in the lockers rooms. Capturing someone in your private image undressed or indecent can lead to criminal invasion or privacy - the act is illegal.

What You Should Expect: The IM Sports Experience

We ask for your understanding that our officiating program is developmental; our officials are constantly learning. And they are also working for close to minimum wage as opposed to the high school officials that you may have had experience with who make around \$1/min.

We recognize that even if we hired NFL/NBA/FIFA certified officials for our IMS events, you would probably still disagree with some calls here and there, so, please recognize that while disagreements are acceptable and part of sport, disrespect is not.

Remember that officials have different perspectives and positions on the courts and what may look like a foul from the bench may not be from under the hoop or on the field.

As a campus unit, Recreation and Wellness Services expects everyone to engage in this campus program according to campus policies and with mutual respect. I often encourage participants to think about how they might want to engage in a heated and somewhat disrespectful argument with an official about a technical or red card or unsportsmanlike penalty they just earned and ask the participant to think, "Would I treat a student assistant at the library this way because they didn't have the book I needed for class? Or would I treat my Residence Hall Advisor this way because they couldn't key me into my room immediately, but I had to wait a half hour?"

Contact: sdsu.competitivesports@sdstate.edu

Our staff will always do their best, and never make mistakes on purpose, and we will do our very best to prepare our officiating teams to provide this campus with a quality Intramural Sports program and experience so that everyone returns next season to play and participate and officiate.

Eligibility

The Intramural Sports Program was developed to provide competition/recreation for currently enrolled SDState students. Some eligibility restrictions are necessary to provide fair opportunities for participation. Violation of any eligibility rule will result in automatic forfeiture of that contest.

Individuals are encouraged to participate consistent with their gender identity. The participant's gender identity will also be applied when there is gender-specific rules or player ratio requirements in CoRec leagues. If an individual or team has questions or concerns related to gender identity and participation in intramural sports, please contact the Competitive Sports Office.

Intramural Sports Passes are also available for purchase for non-SDState students. Passes must be purchased in the Membership Office Monday – Friday from 8am-5pm. Each pass is redeemable for one semester.

1. Miller Wellness Center Members aged 18+ eligible to purchase:
 - a. Tournament Pass: play in all one-day tournaments \$5.00
 - b. League Pass: play in all league sports \$15.00
 - c. All-Access Pass: play in all leagues and one-day tournaments \$20.00
2. Non- Miller Wellness Center members can purchase an all-access pass for \$30.00.

The maximum number of sport club members on a team's roster must not exceed 50% of the number of players required to play that sport at full strength for their corresponding sport club. Any sport club member may participate in any singles or doubles event without restrictions.

A sport club member is defined as any student who appears on the sport club's DoSportsEasy team roster. The status of the membership exists for the entire academic year.

Any individual who is a current member of a team in an NCAA sport shall not be eligible to participate in that corresponding event in the Intramural Sports program.

Anyone who has played professionally in any sport shall be ineligible from those activities of the Intramural Sports Program in which they were a professional and related sports.

Team captains and team members are solely responsible for knowing the eligibility status of the players on their team. Games in which an ineligible participant participated will be automatically forfeited.

Participants will be required to check in to their intramural activity with their physical or electronic Jacks ID before each game with the Intramural Supervisor or Official. Use of another individual's ID to participate is a violation. If an Intramural Supervisor determines that an individual is attempting to check-in with false identification in order to participate in an intramural contest the following actions will occur:

1. First offense: the cardholder and player using the improper ID will be automatically suspended for the remainder of the league season and playoffs.
2. Second offense: the cardholder will be suspended from the Intramural Sports Program for the semester.
3. Third offense: the cardholder will be suspended from the Intramural Sports Program indefinitely and will be sent to Student Conduct.

Units of Competition and Skill Classification

Competition is divided into four divisions: co-rec, men, women, and Greek.

Men – open to all participants who identify as male.

Women – open to all participant who identify as female.

CoRec – open to all participants.

Greek – open to participants involved in a Fraternity or Sorority.

Leagues sports – Team Captains will choose a day and time to play each week. League sports typically run anywhere from 3 to 5 weeks of regular season play, and one to two weeks of playoffs.

If there are not enough entries to form a specific league, the Competitive Sports Office reserves the right to cancel or combine leagues.

One-Day tournaments - held in one day, with championships being played on the same day. Please check the Miller Wellness Center Portal for tournament details.

Yellow (Novice) – participation that focuses on the enjoyment of the activity, rather than competition.

Blue (Competitive) – participation with strong desires to win or be the best.

The Competitive Sports Office reserves the right to move teams to a playoff bracket that best reflects their season.

Players without a team

Students that would like to participate in a sport but do not have a team can list themselves as a free agent. The number of divisions you can sign up for is limitless. Participants can either reach out to teams or vice versa to be added to a team.

Cost

All on-campus sports are free to participate. Participation in off-campus leagues will be charged a non-refundable deposit. The team's deposit will be charged to the team captain.

Team Captain Responsibilities

Each team entered in an Intramural Sport must have a designated captain who will act as a liaison between the team and staff. Duties of the team captain include but are not limited to:

- Complete the required captain's meeting to be eligible for playoffs.
- Represent, or see that the team is represented at all competitions.
- Cooperate fully with all Intramural Staff.
- Ensure forfeit fees are paid.
- Ensure all teammates are aware of the rules of the game.
- Default scheduled games on FusionIM if you cannot field a team.
- Inform each team member of the sportsmanship system.
- Will be held solely responsible for spectator misconduct.
- The only individuals allowed to approach officials during any event.
- The only individuals allowed to protest player ineligibility or rule interpretation.
- In the event a player/spectator are ejected from the game, assume immediate responsibility for ensuring the player/spectators leave the vicinity.

- Appeal a low sportsmanship score.
- At the conclusion of your game, sign the scoresheet to verify the result and score.

Captain's Meetings

The Competitive Sports Office administers captain's meetings to all league team captains unless notified otherwise. Captain's meetings will be directly emailed to the team captain's student email. Sport specific information will be provided in order to best prepare a team for the rules and expectations pertaining to all intramural participants throughout the duration of the league. A knowledge quiz, codeword, and specific deadline will be included in the captain's meeting email. Completion of the captain's meeting is a requirement to gain playoff eligibility.

The Competitive Sports Office reserves the right to assume that all captains of an intramural team have thoroughly reviewed the captain's meeting information and relayed all information to any additional participants on their team.

Team Rosters

Teams will be placed into divisions on a first come, first-serve basis when the minimum player requirement is met. If leagues are full, teams will be waitlisted. Waitlisted teams will be contacted if a spot opens up in the league.

Players may be added to a team roster anytime during the *regular* season, granted they have not participated on another team and the maximum roster limit has not been reached. No roster changes can be made after the last regular season game. Non-students cannot be manually added to a team.

Exception: if an injured participant results in the team falling below the required minimum, a player may be added to the team.

The Competitive Sports Office does not recognize coaches.

Each team shall have a maximum number of players they may have on their roster. Doubles offerings will only be allowed one additional person on the roster.

Flag Football: 12
Softball: 14
Volleyball: 10
Basketball: 10
Sand volleyball: 8
Broomball: 10
Wiffleball: 12
Indoor Soccer: 12
Dodgeball: 10

An individual may participate on only one team per league (one men, women, or Greek team and a co-recreational team). Once a participant has checked into one game, they are on the roster for the remainder of the season and cannot join another team or be removed from the team's roster.

Team Names

It is the responsibility of the team captain to submit an appropriate team name. All names will be approved by the Competitive Sports Graduate Assistant. Any inappropriate names will be removed, giving the team one additional chance to enter a name. Failure to do so will result in a team name being provided. The following restrictions are

enforced:

- No suggestive or double meanings
- No vulgar language
- No reference to alcohol or drugs
- Avoid names that suggest acts of violence, crime, or sex
- No discriminatory references pertaining to a particular individual or group

Sportsmanship

Sportsmanship will be rated by a scale on which team and spectator behavior can be assessed before, during and after an intramural sport contest. The sportsmanship rating system is designed to measure a team's conduct. Technical fouls for hanging on the rim in basketball, or yellow cards for a slide tackle without contact, etc. will not be considered in the sportsmanship score unless done in direct defiance of an Official or Supervisor's direction.

If a captain feels as though they were given a rating they didn't deserve, they can submit an appeal by emailing the Competitive Sports Office no more than 24 hours after the appealed sportsmanship.

Rating System Criteria:

"5" Excellent Sportsmanship

Team members and spectators are respectful of opponents and officials. The captain calmly and politely converses with staff when needed and has full control of their team. Team members accept judgement decisions made by the officials and maintain a positive attitude throughout the entire game.

"4" Good Conduct and Sportsmanship

Team members and/or spectators exhibit good conduct and sportsmanship for the majority of the contest. Team members verbally complain about some decisions made by officials and/or show minor dissension which does not merit a technical foul/unsportsmanlike conduct penalty. Teams winning from a default or forfeit will be given this rating. All teams begin at this sportsmanship. Teams defaulting their game will receive a "4" sportsmanship.

"3" Below Average Conduct and Sportsmanship

Constant complaining from team members and/or spectators about some decisions made by the officials. This is the highest rating a team can receive with one unsportsmanlike call, yellow card, or technical foul. Teams forfeiting a game will receive a "3" sportsmanship.

"2" Poor Conduct and Sportsmanship

Consistent harassment of the officials. Captain exhibits minor control over themselves, their teammates, and/or spectators. This is the highest rating a team can receive with two unsportsmanlike calls, yellow cards or one red card, or technical fouls or an ejection. Team suspension will result and a meeting with the Competitive Sports Coordinator is required before further participation.

"1" Unacceptable Conduct and Sportsmanship

The team is completely uncooperative, out of control or shows no respect for staff or opponents. The team captain shows no control over the actions of his/her teammates or him/herself. Team suspension will result and a meeting with the Competitive Sports Coordinator is required before further participation. This is the highest rating a team can receive with three or more unsportsmanlike calls, yellow cards or one red card, or technical fouls.

Any participant given a conduct technical foul/unsportsmanlike conduct/yellow or red card must fill out a misconduct report with the Intramural Supervisor and may not return to play until the form is complete.

- First offense: a warning is given to the participant and sportsmanship rating will be no higher than a "3"
- Second offense: the participant will be suspended from all Intramural Sports until a meeting is set up with the Competitive Sports Coordinator.
- Third offense: the participant and captain will be suspended from all Intramural Sports until a meeting is set up with the Competitive Sports Coordinator. The participant will be suspended from that intramural league for the remainder of the season and will not be eligible for playoffs. That roster spot **will not** open for replacement.

Spectators and Fans

Spectators and fans are also expected to demonstrate sportsmanship during any intramural event. In the event that an individual acts in an unsportsmanlike manner, the Official or Supervisor has full authority to act as they see necessary to keep the game in control and protect the safety of all participants. If Intramural Officials and Supervisors can connect an unruly spectator to an Intramural team, Intramural Staff reserve the right to charge the Team Captain with an unsportsmanlike conduct/technical foul.

Ejections

The Intramural Sports Staff reserve the right to remove any individual, team, or spectator who interrupts the flow of a game in any manner at any time. An ejected player(s) must leave the playing area or Miller Wellness Center immediately and be completely out of visual confines of the facility.

Ejected players are ineligible to participate in all Intramural Sports activities until they meet with the Competitive Sports Coordinator and serve a subsequent suspension. Any person ejected from competition two times during the academic year will be suspended for the remainder of the academic year. If the ejection occurs at the end of the school year, the penalty may carry over to the next school year, if warranted. Further disciplinary action may be imposed through the conduct process as outlined in the Student Code of Conduct.

Regular Season League Schedules

Schedules will be created and posted on FusionIM following the registration close date. Any changes to the schedule will be communicated to captains through student emails.

Regular season games will not be rescheduled, with the exception of intramurals being cancelled due to unavailable staff. Teams will be notified by 3pm if games are cancelled. All intramural activities will be cancelled if SDSU is closed, including activities held off-campus. On weekends, individuals should assume all games are being played, unless notified via email.

Teams that forfeit TWO regular season games will be ineligible for playoffs and dropped from the league.

Playoffs

A single elimination playoff bracket will be utilized to determine the champion. Teams must have a minimum 3.0 sportsmanship to be eligible for playoffs and must be maintained throughout the playoff schedule to stay eligible. Teams will be seeded based on their winning percentage, followed by average sportsmanship rating and point differential. Any team not given the opportunity to play 50% or more of their regularly scheduled games due to weather or staffing cancellations will automatically be eligible for playoffs. In addition, participants must have played in at least one regular season game to be eligible for the playoffs.

All regular season game results and sportsmanship ratings become final at 12:00pm the day following the end of the regular season. It is the captain's responsibility to ensure that all information is correct prior to that deadline. The playoff bracket will be released the Friday afternoon after regular season games have ended.

Playoff scheduling will not follow regular season scheduling; the day and time of your playoff game may not line up with your regular season division. Teams playing in multiple sport playoff brackets are highly encouraged to inform the Competitive Sports Office of potential conflicts as soon as possible. Reschedules must be agreed upon by both teams and are not guaranteed.

Defaults

Teams knowing in advance that they will not be able to play a scheduled game are provided the opportunity to default that game. In order for a game to be considered a default, the requesting team must default the game on FusionIM by 3pm the day of the contest if Monday-Friday. For games on Sunday, the default must be submitted by 3pm Friday preceding the game. A default will count as a loss and will not be rescheduled. Sportsmanship for defaulted games of the requesting team is a "4".

Forfeits

Game time is forfeit time. However, if at minimum one team member is present, the team captain who is ready to play may choose to give their opponent a Grace Period not to exceed 10 minutes. If the Grace Period is granted, game playing time will be reduced by the time it took the opposing team to show up. Teams that do not have players present will not be given a grace period and will forfeit the game at game time. Sportsmanship for forfeited games is a "3". Teams fielding an ineligible player will also automatically forfeit that contest and all contests the ineligible player participated in.

Forfeit Fee

For any multi-week league, the forfeit fee is a \$25 +tax charge charged to the team captain. The amount of the fine is equal to or slightly less than the wages paid to our intramural employees for the time of the forfeited game. Team play will be revoked until the forfeit fee is paid. In the event of a second forfeit, a second fee will be assessed, along with elimination from the league or playoff bracket.

A forfeit fee of \$5 +tax will be charged for one-day tournaments. Participation will be revoked until the forfeit fee is paid.

Students will be notified via email when a forfeit fee is applied to their account. The fee can be paid online or at the Miller Wellness Center. If the fee is not paid by the end of the semester, the student will be restricted access from the Miller Wellness Center until it is paid.

If a team wins by forfeit, the following scores will be recorded:

Softball: 5-0

Flag Football: 10-0

Volleyball: 2-0

Basketball: 25-0

Soccer: 5-0

Broomball: 4-0

Dodgeball: 4-0

Cornhole: 2-0

Pickleball: 2-0

Wiffleball: 5-0

Awards

The champions of each league will receive championship T-shirts. Participants must have played in a minimum of one

Contact: sdsu.competitivesports@sdsu.edu

regular season game in order to be eligible to receive a championship shirt and must be present at the championship game in order to receive their shirt. Members of the winning team who are not present may contact the Competitive Sports Office to pick up their shirt. While efforts are made to ensure champions receive the proper size, we cannot guarantee accommodation of all sizes.

Inclement Weather

Every effort will be made to announce inclement weather postponements by 4:00PM Monday-Thursday and 10AM on Sundays for all outdoor sports. Cancellations will be communicated through email. If no email is received, assume games are still on.

Lightning Policy

If inclement weather arises during play, our policy is as follows: Games that are played outdoors that are stopped due to lightning within an eight-mile radius of the playing facility will not restart. Any game scheduled to take place following a game that was stopped due to lightning may only start as early as 30 minutes after the last lightning strike within an eight-mile radius.

- If less than 50% of a non-playoff game has been completed prior to being stopped due to inclement weather, both teams will tie.
- If less than 50% of a playoff game has been completed prior to being stopped due to inclement weather, the game will be rescheduled before regularly scheduled games.
- If more than 50% of any game has been completed prior to being stopped due to inclement weather, the game is considered final and the score at the time of stoppage will be recorded as the final score.

If games do not resume 1 hour following the first lightning strike, the remainder of scheduled games will be cancelled and entered in as a tie and communicated through FusionIM email.

Protests

Only protests regarding player eligibility and rule interpretation will be accepted. Protests which challenge the accuracy of a judgement call made by the Intramural Staff will not be accepted.

Player Ineligibility

Teams protesting eligibility must file a formal protest either with the Intramural Supervisor on duty or the Competitive Sports Office by 12pm the next day. During the regular season, any team found to be using an ineligible player will forfeit all games in which that individual played and be subject to removal from the league. During playoffs, if an eligibility protest is found valid, the protesting team will advance. Teams protesting the eligibility of a player participating in the championship game must make the protest before the conclusion of the game. In such cases, t shirts will not be awarded until the protest has been ruled on and resolved.

Rule Application

The team captain must make any protest involving rule applications to the Intramural Official at the time the incident in question occurs. The team captain should make a verbal protest which must include the word "protest" to the game official. This must happen immediately after the incident in question. If play has continued, the team can no longer protest the related call. The Intramural Supervisor will rule on the protest and play will continue. If the protest is granted, the team will not be charged the timeout. If the protest is denied, the team will be charged with a timeout. If the team does not have a timeout remaining, they will be subject to the sport specific delay of game penalty. If the team does not agree with the Intramural Supervisor's

ruling, they must file a formal protest with the Competitive Sports Office no later than 12pm the next day.

Formal Protests

Formal protests will be handled as follows:

1. All rule application protests not resolved at the time of occurrence, or any player ineligibility protest must be detailed completely on a protest form.
2. The protest form will include all necessary information regarding the protest included, but not limited to the rule in question, ruling by the Supervisor, and the game situation.
3. Protests will be received by the Competitive Sports Staff the next day to determine if the protest will be honored or not. Competitive Sports Staff will contact teams with the decision and course of action.

Conduct

All students are expected to comply with the Student Code of Conduct and Miller Wellness Center policies. All participants and spectators are expected to show a high degree of sportsmanship, including respect for authority, participants, and other spectators.

In accordance with university policy, fighting and malicious contact are strictly prohibited. University Police will be called immediately to determine appropriate action. Those involved in fights will be reported and receive suspensions from intramural competition for at least one semester. Those who threaten or initiate acts of aggression towards Officials or other applicable authority will be reported, suspended from the intramural sports program, and University Police will be called. In accordance with university policy, participants are responsible for intentional or negligent damage to personal and public property.

Alcohol, Drugs, Tobacco

SDSU Intramural Sports has a zero-tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, Miller Wellness Center staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as the University Police Department or the Brookings Police Department.