# Table of Contents

Introduction ........................................................................................................................................ 3  
Assumption of Risk .......................................................................................................................... 3  
How to Register ................................................................................................................................ 3  
  Team Name .......................................................................................................................................... 3  
  Free Agents ......................................................................................................................................... 4  
Eligibility ............................................................................................................................................. 4  
  Playoff Eligibility ............................................................................................................................... 4  
  Varsity Athletes ................................................................................................................................. 4  
  Related Sports ................................................................................................................................. 4  
  Ineligible Players .............................................................................................................................. 4  
Team Captain Responsibilities ............................................................................................................ 5  
  Before the Season ............................................................................................................................. 5  
  During the Season ............................................................................................................................ 5  
Identification ...................................................................................................................................... 5  
  ID Cards ............................................................................................................................................ 5  
  Improper Use of Identification ......................................................................................................... 5  
  Rightful Owner ................................................................................................................................. 6  
League Definitions ............................................................................................................................. 6  
  Men’s ................................................................................................................................................ 6  
  Women’s .......................................................................................................................................... 6  
  Co-Rec .............................................................................................................................................. 6  
Division Definition .............................................................................................................................. 6  
  Advanced ......................................................................................................................................... 6  
  Beginner ......................................................................................................................................... 6  
  Right to Move ................................................................................................................................. 7  
Roster Management ............................................................................................................................. 7  
  Roster Additions ............................................................................................................................... 7  
  Multiple Teams ............................................................................................................................... 7  
  Roster Changes ............................................................................................................................... 7  
Scheduling ........................................................................................................................................... 7
Team Scheduling ............................................................................................................................................. 8
Reschedule Policy ............................................................................................................................................ 8
Playoffs ............................................................................................................................................................ 8
Game Time ........................................................................................................................................................ 8
Attire ................................................................................................................................................................ 8
Jewelry ............................................................................................................................................................... 9
Jersey Policy ..................................................................................................................................................... 9
Coaches ............................................................................................................................................................. 9
Forfeits and Defaults ........................................................................................................................................ 9
Defaults ............................................................................................................................................................. 9
Advanced Notification Policy ............................................................................................................................ 10
Forfeits ............................................................................................................................................................. 10
Inclement Weather ......................................................................................................................................... 10
Protests ............................................................................................................................................................. 10
Player Eligibility ........................................................................................................................................... 10
Rule Interpretation ........................................................................................................................................ 10
Formal Protests .............................................................................................................................................. 11
Awards .............................................................................................................................................................. 11
Sportsmanship ................................................................................................................................................. 11
Ejections ........................................................................................................................................................... 12
Officials’ Feedback ......................................................................................................................................... 13
Job Opportunities .......................................................................................................................................... 13
Intramural Sports Staff ................................................................................................................................... 13
Introduction

The University of Mary Washington Intramural Sports program aims to offer community members a chance to participate in recreation and wellness through sport. Opportunities are aimed to offer members a chance to not only participate in traditional sports, but also experience less common sports. In order to provide a fun and competitive atmosphere, participants are given a choice to play based on skill and interest level. Sportsmanship and fair play is a key component to the intramural experience, and this manual lays out the rules and procedures for a successful Intramural experience. Any feedback is welcome as we strive to provide participants a fun and competitive environment so don’t hesitate to contact us.

Assumption of Risk

CONSENT AGREEMENT: By accepting, I understand that I am participating in the University of Mary Washington Intramural Sports Program at my own risk, and I hereby agree to indemnify and hold harmless the University of Mary Washington and its officers, agents, or employees from any liability in connection with the activity.

INSURANCE AGREEMENT: By accepting, I understand that the University of Mary Washington carries no medical or accident insurance which would benefit me should I become injured in Intramural Sports competition. By accepting, I acknowledge that I am adequately covered by medical and accidental injury insurance.

The Intramural Sports staff reserves the right to implement emergency rules relative to the program to ensure the safety of participants and staff.

How to Register

All participants must register through IMLeagues.com. All sport schedules will be posted on our website and through IMLeagues.

Information about how to sign up on IMLeagues can be found on our website: http://students.umw.edu/campusrec/imsports/registration/. Teams must be registered by the end of the registration date listed for each sport. Once the date has passed, no new teams may register. Individuals may be added to the roster until the playoffs. Any individual not listed on the roster for the playoffs will NOT be allowed to play in any playoff contest.

Team Name

Participants are responsible for selecting their own team names. Team names cannot make references to drug or alcohol use, sexual acts, or other vulgar acts as determined by the Intramural Staff. The Intramural Staff reserves the right to change any team name deemed unacceptable.
**Free Agents**
An individual may be listed as a free agent for any team sport. Teams will have the option to message Free Agents to join their team. If there are enough Free Agents, a Free Agent team may be created for the league.

**Eligibility**
All current University of Mary Washington students and faculty/staff with an EagleOne ID card are eligible to participate in the Intramural Sports program. Spouses and guests are prohibited to participate.

Students must remain enrolled for the entirety of the semester in order to participate. Failure to remain enrolled will result in being suspended from the Intramural Sports program.

**Playoff Eligibility**
In order to participate in the playoffs, a participant must have played in at least ONE regular season contest as well as registered in the IMLeagues. Failure to do either makes a player ineligible for the playoffs. It is the Captain’s responsibility to ensure their players are eligible.

**Varsity Athletes**
Present Varsity Athletes, as listed on the Athletics website, are not eligible to participate in a related sport. A team may have a maximum of TWO former Varsity athletes on a related Intramural Sport. A former athlete is anyone who was listed on the Varsity roster at any point in the previous academic year.

**Related Sports**

<table>
<thead>
<tr>
<th>Varsity Sport</th>
<th>Related Intramural Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer Teams</td>
<td>Indoor and Outdoor Soccer</td>
</tr>
<tr>
<td>Volleyball Team</td>
<td>Indoor and Beach Volleyball</td>
</tr>
<tr>
<td>Baseball and Softball</td>
<td>Softball</td>
</tr>
<tr>
<td>Basketball Teams</td>
<td>Basketball</td>
</tr>
</tbody>
</table>

**Ineligible Players**
The Intramural Staff will assume responsibility for investigating the eligibility of all participants, upon request. NOTE: Any individual that is known to be ineligible will not be allowed to participate.

Any team that uses an ineligible will forfeit all contests, in which the participant played in. If the ineligible player participated in playoff competition, the team will be eliminated from further competition.
Team Captain Responsibilities
Captains represent their teams to Campus Recreation. They will be the primary point of contact for Intramural Sports staff to discuss scheduling, cancellations, disciplinary actions among other things. The primary form of contact from staff will be through email.

Please refer to the forfeit bond section for information regarding forfeit and default procedures. Rosters may require a minimum number of participants to play, but players may be added until the playoffs. Players not listed on the roster will NOT be permitted to play for playoff contests.

Before the Season
- Ensure all participants for the team are eligible to play.
- Pay the forfeit fee for each sport.
- Attend the Preseason Captains Meeting.
- Educate team on all Intramural Sports procedures and sport rules.
- Notify teammate of game times.

During the Season
- Ensure all members are present and sign in 15 minutes before scheduled game time with their EagleOne ID cards.
- Ensure players and fans follow good sportsmanship for the duration of the game. Captains can be held responsible for the actions of fans and players.
- Notify all team members of cancellations.
- Follow forfeit procedures.
- Submit playoff conflict sheet.

Identification

ID Cards
Participants are required to bring their EagleOne to all competitions and present it to the Intramural Sports Supervisor before the game to check-in. Participants should register through IMLeagues.com prior to competition to help speed up the sign-in process.

Improper Use of Identification
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 EagleOne card will be confiscated and the offending individual will be unable to participate. The individual will be ejected as well as the player whose ID was being used improperly. Misrepresentation with an EagleOne card will not be tolerated based on the University of Mary Washington Honor Code.
Rightful Owner
If the rightful owner of a confiscated ID wishes to retrieve their ID, the individual may pick up his/her ID at the Fitness Center the following day. The rightful owner will be suspended from play until he/she has met from the Intramural Sport Administration Staff.

League Definitions

Men’s
Any eligible male student, faculty, staff regardless of skill level, may participate in this league. Women may not participate in any Men’s league unless no Women’s league is played. Men may only play on one Men’s team per sport regardless of division.

Women’s
Any eligible female student, faculty, staff regardless of skill level, may participate in this league. Men may not participate in any Women’s league unless no Men’s league is played. Women may only play on one Women’s team per sport regardless of division.

Co-Rec
Co-Rec leagues offer men and women an opportunity to play on the same team. All eligible students, faculty, staff are able to participate in Co-Rec league. Co-Rec leagues have requirements for the amount of male and female that must be on the field or court at a time. Information about sport specific rules can be found within each sport’s rulebook. Men and Women can only play on one Co-Rec team per sport regardless of division.

Division Definition

Advanced
The Advanced league is intended for those teams that have experience with organized play in the sport. The primary objective of this league is to win games. Teams registered in the Advanced league will participate in an elimination bracket at the conclusion of the regular season. The winning team will be named Intramural Champions for the sport.

Beginner
The Beginner league is intended for teams who would like to play the sport for enjoyment and/or learn about a new sport. The primary objective of this league is to have fun. Teams registered in the Beginner league will be awarded two additional games at the end of the regular season instead of an elimination bracket.
Right to Move
The Intramural Staff reserves the right to move any team to a more competitive bracket if it is determined that the team is of higher caliber than the division in which the team is registered. Factors to be considered may be, but not limited to, performance of players in previous seasons, regular season win/loss, or margin of victory.

Roster Management

Roster Additions
Eligible players who have not played on any Intramural Sports team in a league may be added to a team at any point. To be added to the roster, participants must register electronically through IMLeagues.com. If a player is not listed on the roster in the playoffs, they will not be allowed to participate in any contest. It is the Captain’s responsibility to ensure that all players are eligible and listed on the roster.

Multiple Teams
Participants may only compete on one single gender team and one Co-Rec team. You are not allowed to play on two teams in the same or different divisions. An individual declares their team affiliation by their first participation in that sport. Once an individual has checked for a team with the Intramural Sports Supervisor, he/she may not play for another team in that league for the remainder of the season.

Roster Changes
A player may be dropped from a roster one time only, during the regular season as long as they have only signed-in to participate in one game with the team in which they are looking to be dropped from. Once the playoffs begin, a player may no longer be dropped from a roster to play. The player who wishes to be dropped must email the intramural Sports Administrative Staff at umwimsports@gmail.com. This must be done within one week of the player’s last played game for the team they wish to be dropped from. NOTE: A player must play in at least one game for their team to be eligible for the playoffs.

Scheduling
The following times are when Intramurals will be scheduled throughout the year:

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday-Thursday</th>
<th>Saturday &amp; Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00pm-11:00pm</td>
<td>8:00pm-11:00pm</td>
<td>12:30pm-9:00pm</td>
</tr>
</tbody>
</table>

Typically, Intramural Sports will fall between the times listed above, but will not strictly stick to the time boundaries. Most Intramural events will take place Sunday-Thursday. The Intramural staff reserves the right to adjust times in order to ensure that all games are played in a timely manner.
**Team Scheduling**
Team Scheduling will take place after team registration has closed. Teams, who do not submit their forfeit fee and who do not attend the preseason captains meeting, where applicable, will not be scheduled. Teams will be scheduled for a minimum of three regular season games before the playoffs. This does not account for forfeits, defaults, or cancelled games. See Reschedule Policy for more information.

Teams will have the option to submit a conflict sheet during registration for recurring conflicts. Conflicts are not binding, but the Intramural Sports Staff will work to minimize conflicts as much as possible. Team conflict sheets can be submitted until 12:00pm (noon) the day following the end of registration.

*Schedules will be posted on IMLeagues.com. Captains will be notified once schedules are posted. It is the Captain’s responsibility to pass this information along to their teams.*

**Reschedule Policy**
The Intramural Sports Staff will attempt to reschedule conflicts due to other Intramural Sports conflicts and academic class that result in the team not having the minimum number required to start the game. Due to time, facility schedules, or game schedules, not all requests will be honored. Teams wishing to reschedule a game should notify the Intramural Sports Staff at umwimsports@gmail.com as quickly as possible. The more advanced warning, the more likely the game can be rescheduled.

**Playoffs**
All teams playing in the Advanced League will play in an elimination bracket to determine the Intramural Champion. All playoff teams must not have forfeited nor had more than ONE defaults. Teams must average at least a 3.0 sportsmanship rating to make the playoffs. Failure to meet the minimum sportsmanship rating will result in removal of the league.

Teams will be seeded based on winning percentage with the tiebreaker being accumulated sportsmanship points. Further ties will be broken on point differential.

Teams in the beginner’s bracket will not participate in a playoff bracket. They will be awarded two additional games should they meet the minimum sportsmanship rating.

**Game Time**

**Attire**
All participants are required to wear appropriate attire for the event. For all sports, shirts/jerseys, shorts/pants and shoes covering the top and bottom of the foot must be worn at all times. Flip-flops and sandals are not allowed. Combat boots and metal cleats are prohibited. Knee braces are
permitted with approved protective covers. Some sports may have additional requirements beyond those listed above.

**Jewelry**
The National Federation of State High School Association (NFHS) rules concerning jewelry will be followed. Jewelry (rings, watches, necklaces, ankle bracelets, earrings, rubber bands, etc.) and hard casts are prohibited. Placing tape or band-aids over jewelry will not be allowed. Participants will be required to remove any band-aids, tape, or head/sweatbands which, in the opinion of the Intramural Sports staff, may be covering a piece of jewelry. Medical Alert bracelets are allowed, and a person possessing one should check in with the supervisor on duty to have it taped and marked. Religious medallions/jewelry may be worn if preapproved by the Intramural Sports Administrative Staff.

**Jersey Policy**
Matching colored team shirts will be required in all team sports. The team is required to have all colors way the same shade of color to every game. Any player not wearing their team’s jersey color will not be allowed to play. The sport of soccer requires each goalie to have a different color shirt than his/her teammates and opponents.

Intramural Sports recognizes that in some cases T-shirt colors will not match entirely. To ensure that participants have the chance to play while keeping the integrity of the game, Intramural Sports Supervisors have the discretion to allow a participant to play when their T-shirt shade is close to the same color as their teammates, but does not exactly match their teammates. This does mean that a team could potentially play with a color one week, but unable to play the following week with the same color. Teams are advised to bring an alternative color to ensure their ability to play.

**Coaches**
The Intramural Sports program does not recognize coaches in any activity. Any participant may coach their team, but will not be granted any specific privileges normally allowed to a coach.

**Forfeits and Defaults**

**Defaults**
In order to reduce the number of forfeits in a league, defaults were created to help teams that may be missing some players at the time of competition. If a team does not have the minimum number of players at the scheduled start time of a game, but have at least half of the required number, they will be assessed a default. A default results in a loss for the offending team, but will not have any other repercussions. Teams get one default per season. Two defaults will count as a forfeit. A default in the playoffs will result in the team being eliminated.
Advanced Notification Policy
If a captain becomes aware that they may be lacking the required number of players for a contest, they may email the Intramural Sports Staff at umwimsports@gmail.com by 3:00pm on the day of their contest. Phone calls will not be accepted. Advanced Notification will result in a default and will count as a team’s one default for the season. Failure to reach the deadline will result in a forfeit.

Forfeits
A team that fails to have at least half of the minimum number of participants present at the scheduled start of the game will result in a forfeit. By forfeiting, the team will be removed from further competition and their $20 forfeit fee will be collected.

Inclement Weather
Every effort will be made to announce decisions to cancel outdoor games by 3:00pm on weekdays. In some cases, decisions may be made closer to game time. In the event of a cancellation, Intramural Staff will post information on our Facebook and Twitter and Captains will be notified by email. If the weather looks poor, it is advised that you continue to check our social media for updates. Once a contest is cancelled for the evening, the decision will not be reversed. Intramural Staff will attempt to reschedule cancelled games if schedules allow.

In the event of lightning during a contest, games will be postponed. All participants must leave the playing area and seek shelter. Games will resume after the last sighting of cloud to ground lightning. Shelter for the Campus Rec Field is located on the first floor of the parking deck.

Protests
Protests based only on player eligibility and rule interpretation will be accepted. Protests while challenge the accuracy of judgement calls made by officials or Intramural Supervisors will not be accepted.

Player Eligibility
If a team is protesting the eligibility of a player, they may report the protest at any point to the Intramural Supervisor. However, it is strongly encouraged that the protest be brought before the Intramural Supervisor as quickly as possible rather than waiting for the outcome of the contest. The protesting team must furnish proof of ineligibility to the supervisor.

Rule Interpretation
The team captain must make any protest involving rule interpretation to the Intramural Sports Supervisor 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. The official will announce to both teams that a protest has been called and will notify the Intramural Supervisor. This must
happen immediately following the play in question. If play has continued following the play in question, it can no longer be protested. The Intramural Supervisor will rule on the protest and play will continue. If the team does not agree with the supervisor’s ruling, they may file a formal protest with the supervisor on site. The remainder of the game will play “under protest.”

**Formal Protests**

Formal protests will be handled as follows:

1. All protests not resolved at the time of occurrence must be detailed completely on a protest form that will be completed by the Intramural Sports supervisor.
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. The protest will be interpreted by the Intramural Sports staff the following day and will determine whether or not the protest will be upheld. If the protest is upheld, the game will be resumed from the point of protest as quickly as possible. NOTE: If the protesting team wins the contest in the protest, the protest will be dropped.

**Awards**

The champions of the advanced league will receive champion T-shirts. The amount of t-shirts that will be awarded to teams will vary depending on the size of teams and sport. The number available will be told during the preseason captains meeting.

There will only be enough shirts present at the contest to cover the champions receiving a shirt. Not all sizes will be immediately available, but Intramural Staff can switch out Champ shirts for an appropriate size, if available, the day following the Championship.

**Sportsmanship**

Intramural Sports expects all participants and their spectators to conduct themselves in a sportsmanlike manner at all times. Unsportsmanlike conduct or other inappropriate behavior occurring in Recreational Sports indoor and outdoor facilities before, during, and after intramural events will not be tolerated. Teams and their captains will be held accountable for the actions of their players (both participating and non-participating) and their fans. Officials and the Intramural Sports staff have the authority to impose and enforce penalties on teams, players and/or fans that have committed offenses. Penalties for post-game, playoff, and tournament play violations may be carried over into subsequent games and/or sports seasons.

Following each game, officials and/or supervisors will evaluate team behavior and issue sportsmanship rating for all teams. Captains may view their sportsmanship rating online on IMLeagues. Questions regarding particular sportsmanship ratings should be directed to the Intramural Sports Staff by emailing umwimsports@gmail.com. In order to be eligible for the
playoffs, teams must have an average sportsmanship rating of 3.0 for all regular season contests. In the playoffs, teams must receive at least a 3.0 to advance to subsequent rounds.

The sportsmanship ratings will follow these guidelines:

“5” Excellent Sportsmanship: Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

“4” Good Sportsmanship: Team members display minor disagreement and unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team that wins by forfeit will receive a “4.”

“3” Average Sportsmanship: Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game. Teams that default will receive a “3” rating.

“2” Poor Sportsmanship: Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” or below. Forfeiting teams receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

“1” Unacceptable Sportsmanship: Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited—other than by not showing—may receive a “1” rating.

“0” Team Disqualification: Player(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

Ejections
The Intramural Sports staff reserves the right to eject any individual, team or spectator who interrupts the flow of the game in any manner. Players do not have to accumulate a minimum number of infractions to be ejected. Player may be ejected before, during or after any contest and ejections can be made by any official on the contest or any Intramural Supervisor or administrative staff.

The jurisdiction of the Intramural Sports staff begins when the participant or spectator enter the visual confines of the field/court and ends when the involved persons leave the facility in which the contest is being held and the visual confines of the playing area. Any ejected player(s) must immediately leave the playing area and the facility in which the event is being held. If the player
refuses to leave, the game will be forfeited by the team committing the infraction. Captains must assist Intramural Sports staff with retrieving the ejected participant’s identification. It is strongly encouraged that the ejected participant(s) cooperate with the Intramural Sports staff to ensure a smooth reconciliation of the situation and safety for everyone.

Anyone who is ejected will be suspended from all Intramural Sports activity until a meeting with Intramural Sports administrative staff has been conducted. Meetings are structured to provide an open dialogue to ensure all points of view are represented before outcomes are decided. It is in the best interest of the participant to coordinate a meeting in a timely manner to speed the process along. Ejected individuals who are found to be playing on a team prior to meeting with Intramural Sports staff will result in the team removal from the league as well as additional sanctions to the individual. Individuals may appeal rulings to the Director of Campus Recreation within one business day of the disciplinary action being handed down. Self-imposed punishment will **not** be accepted.

Appeals will only be heard for the following reasons:

1. Additional information provided not available at the time of the suspension meeting.
2. Suspension length not consistent with guidelines.

**Officials’ Feedback**

During each contest, Intramural Sports officials are monitored and evaluated by Intramural Sports supervisors and staff. These evaluations are used as a basis for improving job performance. Participants wishing to provide specific feedback about the official’s performance should email Intramural Sports Administrative Staff at umwimsports@gmail.com. These comments should be with the intent to help improve the quality of officiating in our program, not to release frustrations with the outcome of a contest.

**Job Opportunities**

Intramural Sports is always looking to hire students who would like to become officials and supervisors. All training and rules education will be provided. No previous officiating experience is necessary. Contact the Intramural Sports Staff by email at umwimsports@gmail.com if interested.

**Intramural Sports Staff**

The Intramural Sports Administrative Staff reserves the right to revise these procedures at any time and will make decisions regarding any items that are not specifically addressed above.