

# Intramural Sports Rules and Regulations

## *Concordia University*

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***Insurance/Injury Responsibility*** – Since participation in the Intramural sports program is on a voluntary basis, Concordia University will not accept responsibility for injuries sustained while participating in the Intramural Sports Program. However, all injuries should be reported to the supervisor in charge at the time of the accident for record keeping. Limited outpatient medical attention is provided by the Student Health Service, through which every full-time student is covered. It is strongly recommended that every participant in Intramural Sports be covered by a health and accident insurance policy.

***Eligibility*** – Registered students with at least 12 semester credit hours are eligible to participate, along with faculty and staff members. Students who are participating in varsity intercollegiate sports may not compete in that recreational sport (this includes Red-Shirts and transfer students who intend to play the following season). If a player is cut from the intercollegiate team, he/she may participate provided he/she is dropped before the first game, meaning they did not suit up or sit on the bench. Violations of eligibility rules will result in a forfeit of the contest in which the player was involved. Any questions regarding players' eligibility should be directed to the Athletic Director.

***Sportsmanship*** – Good sportsmanship shall be displayed before, during, and after Intramural Sports contests. As adults, all participants are expected to behave in a mature, sportsman-like manner, regardless of the heat of competition or quality of officiating. A team is responsible for the actions of any individual member or spectators directly related to the team. Any outbursts will result in disciplinary action. The following are considered to be evidence of poor sportsmanship and could result in disciplinary action:

- Profanity.
- Unnecessary delay of game.
- Striking or shoving an opponent or official.
- Arguing with officials concerning decisions (a request for clarification is allowed, as long as it is done in a mature manner by the team captain).
- Derogatory or abusive remarks or threats, directed toward an opponent or employee, i.e., provoking, taunting, and intimidating.
- Any attempt to physically injure an opponent or official. For example, a player who strikes an official could be suspended from school for at least one year.
- Individuals who persist in harassing officials, fighting, or committing flagrant fouls may be excluded from the program.
- Use of drugs or alcohol

## ***Rosters***

1. Rosters are due before the team captains' meeting for each respective event. Additions may be made at anytime during the regular season in writing, provided the individual(s) being added has not previously played for another team during the same season. The person must also have played two regular season games to be able to participate in the post-season tournaments.
2. Rosters must be written and signed by the team captain to be a participant in the event.
3. Roster forms are available in the Campus Life Office LU 122.

***Team Captain's Meetings*** – Each team wishing to participate in an Intramural Sport must have a representative in attendance at the team captain's meeting. These meetings provide the major link of communication between the Intramural Sports Coordinator and the team representatives. Rosters are collected, administrative policies and rules are discussed, and scheduling problems are covered in detail. Past experience has proved that these meetings are vital; therefore mandatory attendance is required. If a team captain is not available at the time of the meeting, another member of the team should take his/ her place or make other arrangements.

***How to get on a Team*** – If you are new to the program and wish to join a team sport, you should sign up or call the Intramural Sports Coordinator. They will put your name on a list and if someone needs a player, you may be called. You may also try the following options:

- Call the team captain and ask if they need a player.
- Attend games the first week of play, see who appears to be shorthanded, and ask to join.
- Form your own team, using other names that are on the list in the office.

***Skill Level for Team Sports*** – Normally, all teams compete in the same division. In some cases during tournament time, the teams with the best records will be placed in an "A" division and the remaining teams will be placed in a "B" division. This should ensure matched skill level and keep the tournament competitive.

***Forfeits*** – Forfeit time is five minutes after scheduled game time for all Intramural Sports events. In order to claim a win, a team must list the names of all players present on the game score sheet. If a team knows in advance that it cannot play a scheduled game, a make-up game may be played, considering the Intramural Sports Office was informed and the team to be played is able to meet at a newly scheduled time. If they cannot comply, a loss will occur.

Please be considerate and make sure you have enough people to play. We can understand circumstances may come up, but people signed up for this league to play and have fun, not to waste their time. Multiple forfeits may result in that team being removed from the league.