

Intramural Sports Handbook:

Mission Statement: The Intramural sports program strives to enrich the college experience for all students, staff and faculty by providing opportunities to participate in a healthy competition and leadership in organized recreational sports and activities.

Rules and Regulations:

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. Each individual participating in intramural activities does so at their own risk and **MUST** sign the participation waiver before participating in an intramural sport. However, all injuries should be reported to the supervisor in charge at the time of the accident/injury occurs 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, alumni, grad students, along with faculty, staff members are eligible to participate in intramurals. Students who are participating in varsity intercollegiate sports may not compete in that intramural 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. Participants who have competed intercollegiate athletic eligibility (including varsity, JV, or freshman teams) at any institution will be eligible to participate in that sport or corresponding sport(s) in intramurals the academic year following completion of the sport. Violations of eligibility rules will result in a forfeit of the contest in which the player was involved. Any questions regarding an intercollegiate athlete's eligibility should be directed to the Athletic Director.

League Competition

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

Men's, Women's, and co-ed leagues

Men's, women's, and co-ed leagues will be used (when available) to break sport into leagues. Each sport and league will have different divisions based on availability

Competitive and Recreational League

When applicable, leagues will be divided into competitive and recreational leagues to help separate teams based on skill level. Team captains will have the option to register their teams.

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 recreational league team to move into the competitive league based on number of entries, and/or playoff availability.

Sportsmanship

Good sportsmanship shall be displayed before, during, and after intramural sport 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. Each incident is judged on a case by case basis by the Coordinator for Intramural Sports. Appeals as deemed appropriate will be heard the Dean of Students.

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 each respective event and deadline.

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.

2. Instructions on how to sign up a team is on the [CUW website](#)
3. Rosters must be completed online at www.imleagues.com/cuw

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 email rec.sports@cuw.edu. Individuals who cannot find a team and want to participate in the sport will be known as a “free agent.” Free agents should sign-up and submit their name before the set deadline. If the free agent has not been placed on a team before the deadline, then that free agent must contact the Intramural Sports Office. 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. Or contact the Intramural Sports Office
- 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.

Team Captains Responsibilities

The responsibilities of each team captain are as follows:

- Team captain primary responsibility is to inform their team of information(ie: Abiding by the Intramural Handbook, schedule, rules, and game changes)
- The captain is responsible for updating the team on current rules and regulations associated with that particular sport.
- The captain is the representative of the team in all matters concerning the team and is the liaison between the Intramural Sports Office and all team members.
- It is the responsibility of the captain to sign up before set deadline.
- Team captain is responsible for the conduct of their team as well as the fans associated with their team.

Forfeits

Forfeit time is game time for all Intramural Sports events. In order to claim a win, a team must speak with ref or supervisor at the time ensuring the team receives a win. If a team knows in advance that it cannot

play a scheduled game, a make-up game may be played, considering the Intramural Office was informed and the team to be played is able to meet at a newly scheduled time based on the facilities available. 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 the specific team being removed from the league.

Open Gym

The gym will be open to students, staff and other university staff and faculty during regularly scheduled open gym hours. The hours of open gym are posted and subjected to change without prior notice. Open gym will not take place during scheduled athletic events but will reopen after the scheduled event has ended. Each student is responsible for their behavior and is required to follow the student conduct code. Failure to follow the student conduct code may result in action through the university and or Mequon PD. Each student is allowed one non-student visitor and is responsible for that guest's actions. When entering the gym for open gym, students must check-in with the gym monitor on duty before engaging in any other activity(ies). Students may check-out sporting equipment to use during open gym time by presenting their Falcon 1 card as a deposit.

Open Gym Hours

Sunday-Thursday	6pm-12am
Friday	6pm-10pm
Saturday	5pm-9pm

For any questions please contact Rec Sports at ext. 2039 or by email at rec.sports@cuw.edu