

INTRAMURAL SPORT GUIDE

2023-2024



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Campus Recreation
and Wellness

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Campus Recreation and Wellness Mission Statement

The mission of the Department of Campus Recreation & Wellness is to create a campus-wide culture of wellness by providing programs, services, and facilities for individuals to engage and sustain the active process of healthy living.

Overview of Intramural Sports

Intramural Sports is a program area within the Campus Recreation and Wellness (CRW) Department, under the Division of Student Affairs. It provides free opportunities for Western Carolina University (WCU) students, faculty, staff to participate in a wide array of sports activities. Participants are encouraged to join or form their own teams within the campus community either with friends, residence halls, or clubs/organizations.

This guide serves as a resource of policies and procedures to assist students in participating in Intramural Sports. It is the responsibility of each captain, team, spectator, coach, and participant to read, understand, and comply with these procedures, all WCU policies and procedures, WCU Code of Student Conduct and Community Creed found online on the [Department of Student Community Ethics website](#). In the interest of safety and fair play, CRW and the Intramural Sport Program reserve the right to implement rule changes or modifications regarding equipment, facilities, and/or participant eligibility.

Staff Directory

Assistant Director of Sport Programs

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Emergency (on campus)	x8911 campus phone
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Facilities Management	828-227-7226

Article 1 Participation and Eligibility

Intramural Sports participation policies are designed to provide an opportunity for everyone to participate in a safe, balanced, and fair competition. The policies cannot provide for all possibilities. Therefore, the Intramural Sports program reserves the right to rule on any eligibility status of participants not covered specifically by the following. Captains, participants and spectators are ultimately responsible for checking their eligibility. Ignorance of guidelines, policies, and procedures is not an acceptable excuse.

SECTION 1: INCLUSIVE GUIDELINES

- A. Participation in Intramural and Club Sports is a valuable part of the education experience of all students, and provides equal opportunity to any student regardless their race, color, religion, sex, sexual orientation, gender identity or expression, national origin, age, disability, genetic information, and veteran status.
- B. Disability
 - i. Individuals with disabilities may seek reasonable modifications, aids and services to ensure an equal opportunity for them to participate in an intramural or club sport unless the modification would fundamentally alter the sport or program.
 - ii. A modification might constitute a fundamental alteration if it alters such an essential aspect of the activity or game that it would be unacceptable even if it affected all competitors equally, or if it gives a particular player with a disability an unfair advantage over others.
 - iii. Please notify the Assistant Director of Sport Programs and the Office of Accessibility Resources if you are seeking reasonable accommodation and have a disability that might affect the safety of others.
- C. Gender Identity
 - i. Intramural Sports participation is based on one's self-identified gender which is done in good faith and consistent with a player's expressed gender identity.
 - ii. An individual's gender identity is applied when there are gender specific rules or player ratio requirements for co-ed divisions.
 - iii. Transgender or Non-binary individuals may play on the team that best matches their self-identification and expressed gender identity not purely on the sex indicated in official school records.
 - iv. Player eligibility is based on the gender identified on the official team roster.

SECTION 2: ELIGIBLE

- A. All current fee paying WCU undergraduate (6 hours) & graduate students (2 hours).
- B. Faculty/Staff who are members of the Campus Recreation Center.
- C. WCU Affiliates such as student or faculty/staff spouses, life and domestic partners, Aramark, and Americorp. Must have a Catcard (identification) and be a CRC member.

SECTION 3: INELIGIBLE

- A. Students who have not paid students fees or withdrawn from WCU.
- B. Contract workers for the university ex. flooring or construction companies.
- C. Campus ministries.
- D. Students from other colleges or universities.
- E. See also ineligible player in Section 8: Rosters.

SECTION 4: ID POLICY

- A. All participants must present their current WCU ID (CatCard) or virtual CatCard prior to participating in any Intramural Sports activity.
- B. Drivers licenses are accepted in lieu of a Catcard if a participant has played in at least one game.
- C. Misuse of Catcard and Assumed Name
 - a. Anyone found playing under an assumed name or using another student's I.D. or student number shall become ineligible for at least one game or can be suspended from all intramural sports for the remainder of the semester on the first offense. A second offense will result in suspension from participating in all sports for one year from the time of the infraction.
 - b. Any captain found using a player under an assumed name or using another student's I.D. or student number shall become ineligible for at least one game or can be suspended from all intramural sports for the remainder of the semester on the first offense. A second offense will result in suspension from participating for one year from the time of the infraction.
 - c. Any person found using an assumed name or using another student's I.D. or student number can be turned in for sanctioning with Student Community Ethics or, if not affiliated with the University, can be turned in to University Police for theft. The Assistant Director of Intramurals, Student Community Ethics, and/or Campus Police will handle all situations regarding CatCard fraud or identity theft.

SECTION 5: RESTRICTED PLAYERS

A restricted player is defined as an otherwise eligible participant with certain playing restrictions as a result of having benefited from advanced training and coaching opportunities in the same or non-related intramural sport.

- A. Varsity Athletes
 - a. Students who are listed on the current roster of a WCU varsity team or as a former member of a university/college/community college varsity team.
 - b. Any student who is a red shirt/transfer athlete is ineligible to participate in the corresponding sport.
 - c. Varsity athletes are considered as such during an entire academic year.

- d. Varsity athletes are eligible for all other Intramural sports outside of their competing and corresponding sport.
 - e. Former varsity members may compete in corresponding sports but only at the highest level of competition available.
 - f. See Section 4.A for limitations and restriction time periods.
- B. Professional and Semi Professional
- a. A professional is classified as someone who has forfeited their amateur status, received compensation or sponsorship for his or her performance, including appearance money, or who is recognized by that sport's governing body as a professional. It is the responsibility of the individual athlete to inform the Intramural Sports Program of their standing.
- C. Club Sport Athletes
- a. Each intramural sport team may have two-four club sport members including coaches on their roster for any activity relating to a corresponding club sport. (*Example: Club Baseball to IM Softball or Club Ultimate to IM Ultimate*).
 - b. A participant is deemed a Club Sport athlete if they are on the roster. Their club status remains for one semester following the last semester they were on the roster.
- D. Varsity and Club Sport Coaches
- a. Coaches may participate in corresponding sports but they carry club sport status and thus must follow club player restrictions.
- E. Intramural Sport Staff
- a. A person is deemed as Intramural Staff if they are currently employed by Intramural Sports. This includes the Associate Director, Assistant Director, program assistants, supervisors, and officials.

SECTION 6: LIMITATIONS FOR RESTRICTED PLAYERS

- A. Restricted players are restricted in the following sports:
- a. Football: 7 v. 7 and 4 v. 4 flag football
 - b. Basketball: 5 v. 5 and 3 v. 3 basketball
 - c. Baseball/Softball: slow pitch softball
 - d. Volleyball: volleyball and sand volleyball
 - e. Soccer: soccer and indoor soccer
 - f. Ultimate Frisbee: ultimate frisbee and disc lacrosse
 - g. Tennis: tennis singles and doubles
 - h. Disc Golf: disc golf singles and doubles
 - i. Climbing: indoor climbing competition
 - j. Golf: Golf tournaments

- B. Restricted players are ineligible to compete in their corresponding sport for the following time periods:
- a. Professional athlete: five years from the time he/she last played as a professional.
 - b. Varsity athlete (WCU or other institution): two full semesters (does not include summer) from the conclusion of the semester they last participated.
- C. Number of restricted players allowed on a roster in non and corresponding sports, no-combination of restriction players.
- a. Club sport athletes
 - i. 1-4 players needed = 2 club member allowed on corresponding roster
 - ii. 5-8 players needed = 3 club members allowed on corresponding roster
 - iii. 9+ players needed = 4 club members allowed on corresponding roster
 - b. Varsity players playing in non-corresponding sports
 - i. Sand Volleyball, 3 on 3 Basketball, 4 on 4 Flag Football = 1
 - ii. Volleyball, Basketball, Indoor Soccer, Dodgeball, Disc Lacrosse = 2
 - iii. Flag Football, Ultimate Frisbee = 3
 - iv. Softball and Soccer = 4
 - c. **Former varsity athletes playing in their corresponding sport are considered "club sport" athletes for one year from the conclusion of their one year corresponding sport ineligibility.**
 - d. Intramural Sport staff – same numbers as Club sport athletes.

SECTION 7: GREEK

- A. Any team that uses any variation of an official Greek organization's name as an Intramural Sport team name must abide by the following rules:
- a. All participants must be active members in good standing or new members who are going through the New Member Process of the recognized WCU chapter of the Greek-letter organization, and appear on the Chapter's updated roster within Greek Student Engagement and Development.
 - b. Greek alumni and advisors are ineligible to play with a Greek team.
 - c. If a Greek team is found to be playing with non-Gree members, the case will be filed to Greek life, but no Intramural sanctions will be imposed.

SECTION 8: FREE AGENTS

Any student wanting to play on a team sport, but unable to form a team on their own can register as a Free Agent. You can sign up for a sport as a Free Agent on IMLeagues. Free agents may join teams by varying methods:

- A. Team captains can go through the Free Agent lists on IMLeagues and pick players.
- B. Using IMLeagues, players can add themselves as free agents in a particular sport and contact team captains in an attempt to find a team to play on.

- C. The Assistant Director of Sport Programs might place Free Agents on teams in need of players or group together free agents to form a team.
- D. There is no guarantee of placement for Free Agents.



Article 2: Competition and Rosters

SECTION 1: DIVISIONS OF COMPETITION

- A. Men's - Composed of individual men or men's teams.
- B. Women's - Composed of individual women or women's teams.
- C. Coed - Composed of a certain # of players of each gender.
- D. Open - Composed of any # of players. No gender specification.

SECTION 2: COMPETITION LEVELS

Three types of leagues are offered with Intramural Sports. Each team or individual is encouraged to select the league which best suits their abilities and interests. The following leagues are offered:

- A. "Competitive" is designed for those with high skill seeking intense competition.
- B. "Recreational" is designed for those with beginner or intermediate skills seeking beginner to moderate competition.
- C. "Open" is designed for different competition levels and divisions.
- D. If no league is distinguished, then only one competition and division level is offered.

SECTION 3: LEAGUE AND TOURNAMENT STRUCTURES

- A. Leagues
 - a. Formed according to division (Men's, Women's, Coed, Open) and league (Competitive, Recreation, or Open) and conducted as round robin league play followed by a single elimination playoff.
 - b. All teams advance to playoffs in their divisions and leagues if all requirements are followed. (See Article 3, Section 2, B)
- B. Tournaments
 - a. Offered in single or double elimination format (depending on # of teams) and typically played over an evening or multiple days.
 - b. Reschedules are not accepted and participants are encouraged to play the entire tournament.
 - c. Unless otherwise stated, all tournaments require pre-registration.
- C. Scrimmage Games
 - a. Scrimmage games are used for training of Intramural Sport staff.
 - b. Participating in a scrimmage game does not count towards a player's eligibility.
 - c. If a player or team is ejected from a scrimmage game, a suspension is warranted and may result in being suspended the entire sports's season.
- D. Not Enough Team Entries
 - a. Intramural Sports may find it necessary to combine divisions where there are too few entries in a particular division.

SECTION 4: ROSTERS

- A. Playing for Multiple teams
 - a. A player is allowed to participate on one Co-ed team in addition to one Men's

or Women's team. Men or women may not participate in the opposite gender's league unless that gender's division does not make. (Assistant Director approval.)

B. Adding/Deleting Players

- a. Players can be added to rosters during any point in the season. By adding to the roster, participants acknowledge that they are eligible to play for that team and assume all responsibility if they are found ineligible.
- b. Once a player has signed in and played in two games for a team, they are locked to that team for the entire season and can't be removed.
- c. A player can only be removed from a team if they played in one or no games with that team. The Assistant Director must first be notified. If the player chooses to join another team, he or she is locked into that team for the remainder of the season.

C. Ineligible Players

- a. An ineligible player is one who does not meet all eligibility requirements
- b. Teams may not play with an ineligible person even by mutual agreement.
- c. It is the team captain's responsibility to make sure their team is eligible
- d. **Refer to section Article 3, Section 8 for penalty.**

D. Playoff Rosters

- a. Teams are allowed to add eligible players to their rosters all throughout playoffs.
- b. Players do not have to have played in a regular season game in order to play in playoffs.

Article 3: Policies and Procedures

SECTION 1: CAPTAIN'S ROLE

The following is a list of some of the responsibilities of team captains:

- A. Knowledgeable of all Intramural Sports rules and policies and communicate them to team members.
- B. Ensure team is present prior to game time with proper identification.
- C. Read all league emails from the Assistant Director of Sport Programs and pass any pertinent information on to team members.
- D. Ensure the correct eligibility of all players on their team.
- E. Inform all team members of game dates, times, and any schedule changes.
- F. Represent the team with communications with officials and supervisors.
- G. Keep team members, coaches and spectators under control before, during and after all intramural sport activities.

SECTION 2: LEAGUE AND EVENT REGISTRATION

- A. Intramural Sports utilizes IMLeagues.com for all sport registrations and information.

- B. IMLeagues offers a live support button in the bottom right corner of all pages; please use this button if you encounter any difficulties.
- C. All leagues, tournaments, and events require advance registration, if stated.
- D. Participants are required to attain an IMLeagues account in order to register / participate in Intramural Sports.
- E. Participants must register on their teams' rosters by game time in order to play.
- F. IMLeagues presents all the sports offered within the semester. Registration deadlines are listed for each sport. Each sport has a limit on the maximum number of teams and participants per division, therefore registration is approved according to a first-come, first-serve basis. Teams must have the minimum number of participants in order for team approval.
- G. Intramural Sport reserves the right to refuse or accept any late entry.

SECTION 3: SCHEDULING INFORMATION

- A. Schedules are viewable on IMLeagues.
 - a. Team Sports
 - i. Schedules are made available before the first contest in league play.
 - b. Tournaments and Events
 - i. Brackets/schedules are prepared before or at event site. Players are encouraged to play the entire tournament.
 - c. Play by Dates
 - i. Schedules are made available before the first contest in league play.
 - ii. Individuals must contact their opponent and play when both are available prior to the score report date.
- B. Regular Season
 - a. Every league sport receives a pre-determined number of regular season games.
 - b. It is crucial for teams to fill out their time preferences in order to best match their teams availability and ensure their team attends all scheduled games.
- C. Playoffs
 - a. Most leagues or events have a playoff tournament or championship series immediately following the end of regular season or pool play. The number of teams competing in playoffs vary according to number of registered teams. Playoffs are single elimination for league sports and either single or double elimination for tournaments.
 - b. Brackets are set-up prior to playoffs and schedules posted on IMLeagues. Game times are chosen at random and based off facility, staff, and time constraints.
 - c. To make playoffs, teams must maintain an average 3.0 conduct rating through the regular season and playoffs. (See Article 5, Section 6)

SECTION 4: TEAM NAMES

- A. The Intramural Sports Program reserves the right to request a team change their name or artwork that is deemed inappropriate or offensive to participants (including but not limited to: names involving profanity, racist, or sexually explicit). Please use proper judgment when selecting names and uniform artwork. If you are unsure if a team name or artwork is acceptable, contact the Intramural Sports office and speak with an Intramural Sports representative.
- B. Team names cannot include any verbiage that may affect programming, i.e., “no game this week”, “forfeit”, “bye”, etc.

SECTION 5: FORFEITS AND DEFAULTS

- A. Forfeits occur by the following:
 - a. Not enough players/tardiness/no show
 - i. Teams or individuals not ready to play with enough players to start the game within 10 minutes after the scheduled time for the contest will lose by forfeit.
 - ii. A team claiming an at-game time forfeit win must have the sports minimum number of players present at the scheduled game time and ready-to-play.
 - iii. Teams arriving late for a scheduled contest, but within the 10 minute forfeit time are assessed a penalty according to the sport rules.
 - iv. If neither of the teams arrive by the scheduled game time, the game is recorded as a double forfeit and each team receives a forfeit.
 - b. Eligibility
 - i. Teams who use an ineligible player. Player ineligibility is due to the player previously ejected, ruled ineligible for sportsmanship-related issues, or any fall under other intramural sports eligibility policies.
 - c. Poor sportsmanship
 - i. Game is ended by sportsmanship related issues.
 - d. If a team forfeits in any way they receive a conduct rating of 2 or lower.
 - e. The team that wins a game by forfeit receives a conduct rating of 4. However, if the forfeit is due to in game eligibility or sportsmanship issues, the original conduct rating given to the winning team will stand as is.
- B. Defaults occur by the following:
 - a. If it's impossible for teams to play a scheduled contest, and if the team captain or individual notifies the Assistant Director through email or phone by 2:00 p.m. the day of the game, the game is recorded as a default loss.
 - b. Intramural Sports will contact the opponent in case of a default. If you do not receive confirmation from Intramural Sports, the game is still on as scheduled.
 - c. If a team defaults a game, they receive a conduct rating of 3
 - d. The team that wins the game by default receives a conduct rating of 4.

- C. If a team has two forfeits, two defaults, or one default and one forfeit in a regular season, they are automatically dropped from further competition.

SECTION 6: RESCHEDULES AND INCLEMENT WEATHER

- A. Reschedules
 - a. If a team knows in advance it cannot make a contest, it must follow the following procedures:
 - i. The team captain wanting to reschedule contacts the Assistant Director stating their need to reschedule.
 - ii. The Assistant Director will provide the dates and times available. It is then the responsibility of the rescheduling captain to contact the opponent to agreed upon open time slots.
 - iii. It is highly encouraged teams work with each other in rescheduling a game.
 - iv. Once a reschedule is agreed upon, BOTH captains must contact the Assistant Director stating their confirmation of the accepted time slot.
 - v. A reschedule is not official until the Assistant Director has responded to both team captains confirming the new date and time of the contest.
 - b. Both teams must agree to the reschedule time slot prior to the originally scheduled contest and by the following parameters:
 - i. For week day games, rescheduling is required by 2pm the day of the game
 - ii. For a Sunday game, rescheduling is required no later than 4pm on the Friday before the contest.
 - iii. No game is postponed beyond the date of the final season game.
 - iv. All postponed games are played prior to the following scheduled contest.
- B. Postponements/Inclement Weather
 - a. Contests are often times postponed or canceled due to poor weather, poor field conditions, or power outages. As part of university protocol, we are required to postpone any activity at least 30 minutes with a notification of lightning within 10 miles.
 - b. A decision to play or cancel games is made by 3:00 pm the day of the inclement weather. The Intramural Sports supervisor may cancel games on site, if necessary.
 - c. If time, space, and personnel are available, games may be rescheduled.
 - d. Outdoor sports are played in all types of weather and are only cancelled when there is a danger to participants or possibility of field damage.

SECTION 7: SPORT RULES AND RULE CHANGES

- A. Sport rules are based on National Intramural Recreational Sports Association (NIRSA), National Associations, and National Federation of High School rules with modifications, when appropriate.
- B. General rules and regulations for each sport are made available to students before competition begins and are found on Imleagues.
- C. The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications. Before doing so, the Intramural Sports program will notify participants through electronic messaging.
- D. Teams can't agree to a different set of rules.

SECTION 8: PROTESTS

Intramural Sports realizes on occasion an official or supervisor may incorrectly interpret and/or enforce a policy or rule. The purpose of a protest is to insure a correct application. The following procedures are in place when making an official protest.

- A. Game Records
 - a. On occasions errors are made with inserting game records.
 - b. Teams should notify the Assistant Director immediately if they see a game record is wrong.
 - c. Game records including scores and win/loss are final once the regular season ends and playoff brackets are sent out.
- B. Rule Interpretation
 - a. Only protests concerning rule interpretations NOT judgment calls are allowed.
 - b. Judgment calls include: charge in basketball, lift in volleyball, flag was pulled, etc.
 - c. Captains must protest on the field of play at the time of the incident before the next live ball situation. The captain should first notify the head official, and then the supervisor. If the captain does not immediately notify the official of their intent to protest, they waive all rights to protest that call.
 - d. Upon notification by the captain of a rules interpretation protest, the official/supervisor shall stop the game and notify both teams of the protest. The supervisor will make a decision on the protest. If the captain is unhappy with the supervisor's ruling, an official protest form is filled out. The existing game situation is written and explanation of captain, officials, and supervisor decision. Both team captains shall sign the protest proceedings and agree to continue according to the supervisor's and official's ruling.
 - e. Protests not following this procedure are null and void.
 - f. Rule interpretations protests filed after a completed game are not accepted.
 - g. If a protest is upheld, the contest is replayed from the point at which the protest occurred, as determined by the score sheet and protest form. The Intramural

Sports Program will set a replay date and time.

- h. The Assistant Director shall have the authority to establish special rulings whenever deemed necessary. Sometimes exceptional situations occur.
- C. Player Eligibility
 - a. The Intramural Sports Program does not assume the responsibility for checking on the eligibility of participants. However, any cases called to the program's attention by written protest is dealt with according to eligibility rules.
 - b. An organization or individual may protest the eligibility of an opponent. All participants must present their student I.D., faculty/staff I.D., at the game site if requested by the game official. If the player cannot present proper identification at this time, they are not allowed to participate until they can present one.
 - c. All protests concerning player eligibility is filed in writing with a formal written protest.
 - d. When protesting eligibility, a team must protest specific individual(s). Entire teams cannot be "blanketed" by protest.
 - e. Regular Season Player Eligibility Protest
 - i. If a protest is filed before or during a regular season contest and it is known by the IM supervisor that the player is ineligible, the player and captain will be notified and given the choice of whether or not the player will participate. If the ineligible player plays, the contest is a forfeit.
 - ii. If a protest is filed before or during a regular season contest begins and it is NOT known by the site supervisor that the player is ineligible, the player and both captains are notified the contest is being played under player eligibility protest, and the Intramural Sports staff will contact the captain the following business day. If the player chooses not to participate, then the protest is void.
 - iii. If an eligibility protest is filed after the game, the protest deadline is noon the next business day, the player in question is reviewed and a determination is made as soon as possible.
 - iv. If the protesting team wins the contest, the protest filed is negated.
 - v. If a player is found to be ineligible (in accordance with the protest deadline), his or her team will forfeit the game in question in which the ineligible player participated. If a player is determined to be ineligible after the protest deadline, that player will be unable to participate in future contests. The team will not incur a forfeit but given **a two sportsmanship rating for each game the player played in.**
 - f. Playoffs Player Eligibility Protest
 - i. The eligibility protest deadline is noon the next business day.
 - ii. If the IM staff are notified before the game, during, or when the player arrives, the player and both captains are notified that the contest is being

played under eligibility protest. If the protested player chooses not to participate, then the protest is void.

- iii. If the protesting team wins the contest, the protest filed is negated.
- iv. If a protest is formally filed after the game and by the deadline, the IM Staff will make a determination on the validity of the protest. If the eligibility protest is found valid, the guilty team will forfeit and the protesting team will advance, with all previous rounds remaining the same.
- v. If an eligibility protest is filed after the deadline and found valid, the guilty team will forfeit, however the protesting team will not advance.
- vi. **Championship Shirts - if a team is found to have an ineligible player and a eligibility protest is filed before the deadline and found valid, the guilty team must give back their shirts. CRC and Intramural Sports access are blocked until the shirt is returned.**

SECTION 9: EQUIPMENT

The Intramural Sports Program will furnish standard equipment for all activities with the exception of personal items (softball gloves, shin guards, etc.). Participants may check out equipment from the Campus Recreation Center equipment checkout.

SECTION 10: ATTIRE POLICY

- A. Jewelry - Participants are not permitted to wear any visible jewelry. Sport specific rules dictate some exceptions. The Intramural Sports staff WILL NOT provide bandages or athletic tape to cover jewelry items.
- B. NO casts/splints are not allowed on parts of the body above the hip. Players are permitted to wear braces below the hip.
- C. Headgear Policy: Headgear is not allowed to be worn by any participant during an intramural event, except for one-piece head/sweat bands that do not have to be tied or do not have any form of knot(s). Illegal headgear consists of any hats, bandannas, baseball caps, winter/wool hats, metal or hard plastic headbands and any other such similar headgear. Elastic headbands and hair control devices without metal, hard plastic, or bandannas without knots are permitted. For outdoor sports, winter/wool hats are allowed. Baseball-like hats are allowed only during Intramural Softball and Sand Volleyball.
- D. Religious Headwear – In the event a participant may not expose his/her uncovered head, the intramural supervisor may approve a covering or wrap which is not abrasive, hard or dangerous to any other player, and is attached in such a way that it is highly unlikely to come off during play.
- E. Prosthetic Devices - They are allowed and please refer to each general sport specific rule for accommodations.

- F. Medical Alert Bracelets – Medical alert bracelets must be taped and may be visible.
- G. Footwear
 - a. Indoors – all players must wear athletic, closed toed shoes with non-marking court soles. Hard-soled shoes of any kind are not permitted.
 - b. Outdoors – all players must wear athletic, closed toed shoes (except for Sand Volleyball). Metal cleats, spikes, or toe cleats are not permitted.
- H. Apparel
 - a. Participants must wear athletic style shirts, shorts, or pants. Denim and khaki style shorts or pants are not permitted. See specific sport rules
 - b. All participants must wear shirts except for Sand Volleyball.
- I. Uniforms
 - a. Team uniforms are not provided, however it is strongly encouraged that teams wear matching colors.
 - b. Intramural Sports will provide colored pennies for those teams without matching colors or uniforms.
- J. Members of the Intramural Sports staff, including student supervisors and game officials, may ban the use of any footwear, apparel or equipment deemed hazardous to participants. All decisions made by the Intramural Staff on duty shall be final.

SECTION 11: PETS

Keep pets leashed and attended to at all times. If an intramural participant owns the pet, that participant is responsible for finding someone to be with the pet while they are participating. It IS NOT acceptable to bring a pet and tie it to a fence or pole while participating. Pet owners are also responsible for cleaning up after their pets and disposing of their waste properly. No pets are allowed in the football stadium or at indoor venues.

- A. Service Animals
 - a. Certified ADA Service Animals are permitted in indoor venues and the stadium. However, as stated by the ADA, if the service animal is an immediate threat or causing major distractions to the site, the owner and service animal will be asked to leave.

SECTION 12: ELECTRONIC AND SOCIAL MEDIA

Video, audio, other electronic media, and social media are not acceptable means to make decisions or judgments in Intramural Sports. The Associate or Assistant Director has authorization to use such media for situations which may relate to the Student Code of Conduct.

SECTION 13: INTRAMURAL SPORTS STAFF AUTHORITY

Intramural supervisors and officials have the authority to rule on any situation not specifically covered in the rules as deemed necessary to ensure the safety and well-being of the participants and of the Intramural Sports program. This includes, but is not limited to issuing warnings, ending game play, ejecting participants and fans, and making weather decisions.

Article 4: Standards of Conduct

SECTION 1: SPORTSMANSHIP STATEMENT

The Intramural Sports program believes good sportsmanship is an integral component of intercollegiate competition, and encourage and promote sportsmanship by student-athletes, coaches, and spectators. We wholeheartedly embrace the position that, in order for sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty, and responsibility before, during, and after all athletic contests. We encourage fans to support their team, recognize the outstanding performance of opponents, and work to exhibit good sportsmanship. We are committed to providing a bully free, safe environment.



SECTION 2: PARTICIPANT, COACH, AND SPECTATOR CONDUCT

- A. All students should read, understand, and follow all WCU policies and procedures as well as the WCU Code of Student Conduct found on the [Department of Student Community Ethics website](#).
- B. Every team is responsible for the conduct of its players and spectators. Any conduct judged as detrimental to the participants, program, or contest, may result in loss of the contest, suspension of individual players, suspension of entire team, referral to Student Community Ethics, or other appropriate action.
- C. Intramural Sports supervisors, officials, and staff jurisdiction is in effect from the time a team and spectators arrive at the playing site until the time they leave. Incidents outside of these limits may be examined as well. Thus, the captain and other players should be ready to act and prevent misbehavior and/or unsportsmanlike conduct of teammates and spectators.
- D. Participants may be sanctioned for any harassment of staff or other participants that takes place on or off Campus Recreation & Wellness premises/time if reported by staff members or other participants who provide proof (including electronic form of harassment: social media, text messages, etc.)
- E. Any participant, coach, and spectator who commits, incites, or aids others in committing any of the following acts of misconduct shall be subject to disciplinary procedures by the Intramural Sports Program.
 - a. Player or spectator hits, strikes, or pushes an Intramural Sports employee.
 - b. Hitting or striking another player or spectator.
 - c. Threatening behavior (verbal or physical) before, during, or after a contest toward an Intramural Sports employee, (student or professional) player or spectator.
 - d. Verbally abusing an official or any other Intramural Sports staff.
 - e. Actions that potentially cause equipment/ facility/personal damage or injury.
 - f. Failure to cooperate with Intramural Sports staff after a player or team ejection.
 - g. Any person using an assumed name, or using a WCU photo I.D. illegally.
 - h. Illegally playing for more than one team. Each team may be subject to forfeit all games in which the illegal player participated.
 - i. The Assistant Director of Sport Programs will handle personal conduct situations that are not covered by the above rulings in an appropriate manner.
- F. Unsportsmanlike conduct will be classified under the following categories based on the judgment of the IM Sport professional staff and paired with the given sanction.
 - i. Unsporting Behavior (minimum suspension 1 contests): Any individual disqualified from a contest or found to be addressing an official, another participant or spectator, or other program personnel in an unsportsmanlike manner.
 - ii. Flagrant Unsporting Behavior (minimum suspension 2 contests): Any individual

flagrantly offending another individual, including participants, spectators or any program personnel verbally, physically, or in writing.

- iii. Endangering (minimum suspension 2 contests): Any individual ejected, disqualified or found to be endangering the safety or welfare of another participant.
- iv. Flagrant Endangering (minimum suspension remainder of season): Any individual flagrantly endangering the safety or welfare of others will be suspended from competition for the remainder of the season, semester, 365 days, or indefinitely.
- v. Fighting (minimum suspension 365 days): Anyone that is involved in a fight will be removed immediately.
- vi. Cheating: Any individual who is responsible for cheating will be suspended from competition according to the following guidelines:
 - a. Violation eligibility rules: The individual will receive a minimum suspension for the remainder of the season in the sport in which the violation occurred. The individual may remain eligible to participate in other IM events during that time.
 - b. Playing while under suspension: The individual will receive an additional 365 day suspension from Intramurals.

SECTION 3: EJECTIONS

- A. Any person or team ejected from a game or game site must leave the game site immediately and is suspended from participating in further intramural sports competitions.
- B. Participation is not required for an ejection from Intramural Sports.
- C. Length of suspension will depend on the severity and repeated action that resulted in the ejection.
- D. Major Infractions
- E. Unsporting Behavior: minimum suspension: 2 contests

SECTION 4: ELECTRONIC AND SOCIAL MEDIA

- A. Sportsmanship and conduct expectations of the Intramural Sports Program extend to social networking websites such as Facebook, Twitter, etc. Participants who are found to have posted unsportsmanlike comments/materials online are subject to disciplinary actions through the Department of Campus Recreation and Wellness and Student Community Ethics.

SECTION 5: ALCOHOL, DRUG, AND TOBACCO USE

Participants who decide to use alcohol or drugs prior to participating in intramural sports are placing themselves and other players at risk, as the combination of each and physical activity of any nature is extremely dangerous. It is medically proven that alcohol and drugs will slow a person's motor skills.

- A. The use of alcohol, drugs, tobacco (chewing, smoking, vapor, e-cigs) are strictly prohibited at all Intramural playing sites and during game play.
- B. The Intramural Sports staff assigned to the playing contest have the authority and responsibility in making decisions regarding individuals who are not permitted to participate based on:
 - a. A player's, coach, or spectator breath smells of alcohol
 - b. A student is suspected of drinking alcohol
 - c. A student's actions and language are deemed as being under the influence
 - d. Other players or staff have noticed a student under the influence
- C. If a player is suspected of participating or attempting to participate while under the influence of alcohol or drugs, they will be ejected from the contest and will be asked to leave the playing area and facility.
- D. Any participant who participates in any activity under the influence of alcohol/drugs will be suspended from ALL Intramural Sports activities indefinitely. Such violation may also be subject to prosecution under the terms of the Code of Student Conduct.
- E. It is the responsibility of the captain to make sure that all players and spectators are not violating these rules. Failure to do so may cause the team to forfeit.

SECTION 6: TEAM CONDUCT RATING SYSTEM

The team conduct rating system is intended as an objective scale by which each team's attitude and behavior is assessed throughout a sport's season. Players, teams, or spectators who receive unsportsmanlike penalties or ejections before, during, or after an contest is included in the rating. The team captain is responsible for educating everyone affiliated with their team about the system. To encourage acceptable conduct before, during, and after contests, officials and/or supervisors shall make decisions whether to warn, penalize, or eject persons and/or teams for poor sportsmanship.

- A. After every game the officials and supervisors shall determine the team conduct ratings
- B. Conduct ratings given at the game site ARE NOT NEGOTIABLE.
- C. Teams must have a minimum cumulative 3.0 rating for playoff eligibility.
- D. During playoffs teams must maintain at 3.0 Conduct Rating in order to continue play. Anything below a 3.0, the team is ineligible until the captains meets with the Assistant Director of Sport Programs.
- E. The Intramural Sports Program staff also reserves the right to review or change any rating given to a team.

SECTION 7: TEAM CONDUCT RATINGS

4 Rating: Outstanding sportsmanship - Players and spectators cooperate fully with the officials about rule interpretations and calls. The captain has full control of their teammates, fans, and bench. Team members and spectators were respectful of opponents with no dissension shown whatsoever.

3 Rating: Good Sportsmanship - Team members verbally complain about decisions made by the officials and/or show minor dissension which may not merit an unsportsmanlike penalty. Teams and spectators are respectful of opponents with minor incidents.

Teams that default or receive one unsportsmanlike penalty will not receive higher than a 3 rating.

2 Rating: Average Sportsmanship - Team members show verbal dissent (yelling, questioning calls, etc.) towards officials and are disrespectful towards opponents and officials on a number of occasions. The team captain shows minor control over themselves and their teammates and spectators.

Teams that forfeit, receive two unsportsmanlike penalties on two individuals or team, or have an ejection will not receive higher than a 2 rating.

1 Rating: Poor Sportsmanship - Team members and spectators persistently question and complain to officials and constantly comment to opposing players. The team captain exhibits little or no control over themselves and their teammates and spectators. Players are verbally/physically abusive and cannot calm themselves down.

Teams receiving three unsportsmanlike penalties on two individuals or team, or an ejection and one unsportsmanlike penalty will not receive higher than a 1 rating.

0 rating: Poor/Game Ending Sportsmanship - Team members are completely uncooperative and are out of control. Multiple ejections or blatant unsportsmanlike conduct has occurred. Captain has no control of himself/herself and his/her teammates.

Teams receiving three unsportsmanlike penalties on three individuals or team, or two ejections will not receive higher than a 0 rating.

SECTION 8: ZERO OR ONE TEAM CONDUCT RATING

- A. Any team that receives a zero or one rating are notified by the intramural supervisor and given a notification.
- B. The entire team is suspended and ineligible from further competition in that sport until the captain meets with the Assistant Director of Sport Programs. It is the captain's responsibility to schedule a meeting with the Assistant Director.
- C. Depending on severity, one team "0" rating could result in a team dropped from further competition.

- D. Regardless of the length of the season or tournament, two "0" (poor) ratings will result in a team automatically dropped from any further competition.
- E. Teams receiving a "0" (poor) conduct rating in a weekend tournament are eliminated from further tournament competition.

SECTION 9: ONGOING / REPETITIVE UNSPORTSMANLIKE PENALTIES

- A. Unsportsmanlike penalties are tracked and rolling throughout a participant's intramural sports career.
- B. If a participant receives three unsportsmanlike penalties during a sport season or a semester, they are suspended from that sport until they meet with the Assistant Director of Sport Programs



Article 5: Risk Management and Safety

SECTION 1: ASSUMPTION OF RISK AND INSURANCE

Statement: Campus Recreation and Wellness believes that participation is a positive; well-being experience that fosters health benefits and provides enjoyment to all our participants. Participation in the Intramural Sports program is completely voluntary and individuals recognize and appreciate the dangers inherent in the activities. Individuals participate at their own risk and assume responsibility for their own health and safety. Western Carolina University and the Campus Recreation and Wellness Department are not liable for injuries sustained during participation in any intramural sport activity. It is strongly recommended that all participants consult a physician and/or have a physical examination prior to participation. WCU does not provide personal accident/health insurance. Therefore, participants are urged to secure their own adequate health coverage. While we strive to provide safe and well-supervised activities and facilities, there is an inherent potential for serious physical injury, including death, in all sport activities. In the event a individual chooses to receive care at a hospital, clinic, or other medical center either by emergency transportation or private vehicle, any billed services are the participant's responsibility to pay.

SECTION 2: INJURIES AND BLOOD BORNE PATHOGENS

Statement: Participation in sport activities may cause injury and exposure to blood borne pathogens. The Intramural Sports Program will make every effort to minimize exposure to it's employees and participants. Intramural Supervisors are trained and certified to respond to emergency and blood exposure situations. We ask that they be contacted immediately to respond to any injury. In the event a participant is injured:

- A. Intramural Supervisors, who are certified in Red Cross First Aid will assist the injured participant with basic response including but not limited to cleaning and bandaging scrapes or cuts, providing ice packs or helping to splint or isolate injured body parts.
- B. If deemed necessary by Intramural Staff or requested by the injured party, Campus EMS is contacted to provide an initial recommendation of care. The injured party has the ability to accept or refuse any recommended care by Intramural Staff or Emergency Personnel.
- C. A complete report of the injury is filled out on site with the Intramural staff.
- D. **Blood Rule:** If a player sustains an injury that causes bloodshed, the player must leave the game until the bleeding is stopped and wound bandaged (if necessary). The player may not return to the game if there is blood on any of their uniform pieces, they must remove the uniform and replace with another legal uniform piece to continue.
- E. Participants are be permitted to participate in Intramural Sports at the University if they do not agree to all of the rules and regulations.
- F. Participants who reenter a game after establishing an injury do so at their own risk.

Article 6: Awards/Championships/Travel

SECTION 1: AWARDS

Appropriate awards are presented to sport/activity winners as listed below:

- A. **League Sports:** T-shirts are awarded to members of the highest competition championship team.
- B. **Tournaments:** T-shirts are awarded to each individual champion or team.

SECTION 2: INTRAMURAL TEAM TRAVEL POLICY

The Intramural Sports Program supports travel of teams to designated **NIRSA EXTRAMURAL TOURNAMENTS**. Intramural Sports will pay the NIRSA registration fee for a Women's, Men's, and Coed team for Flag Football and Basketball.

- A. Travel Requirements - Intramural teams are granted permission to travel on behalf of the university only when the following criteria are met:
 - a. The team wins the Intramural League associated with the sport for which they are traveling on behalf of the university.
 - b. Must attend a NIRSA flag football or basketball regional/national tournament.
 - c. A minimum of 80% of original team members from the Intramural league must travel. In the instance that all members cannot travel and the team needs more members to participate, the team can elect to pick up other Intramural participants from the league in which they participated. Ex: A Coed team can only pick up individuals who played in the Coed league.
- B. Required documents
 - a. Prior Approval Travel Request Worksheet – Due two weeks in advance of travel. Forms submitted after that deadline are not accepted.
 - b. Tournament Registration Form – Due two weeks in advance of travel to have enough time for registrar verification.
 - c. Emergency Action Plan and Travel Roster – Due three business days prior to travel and is the document the program will keep on file in case of emergency.
 - d. Individual Assumption of Risk/Release – Due three business days prior to travel and states the individual takes full responsibility for traveling on behalf of the university.
- C. Vehicle Use
 - a. If the University provides funds and a professional staff member is able to travel with the team, the ideal mode of travel is via university vehicle.
 - b. If the University provides funds and a professional staff member is able to travel with the team, but not everyone fits in the university vehicle, personal vehicles are utilized. Team members may be reimbursed a pre-determined amount based on available funds.
 - c. If the University provides funds and a professional staff member is unable to travel with the team, personal vehicles are utilized and CRW will reimburse the vehicle owners a pre-determined amount based on available funds.

d. If the University does not provide funds for travel, team members are required to use personal vehicles and are responsible for all associated fees.

D. Paying Own Way Travel

a. If a WCU team chooses to pay their own expenses and travel on behalf of WCU to a tournament or other form of extramural tournament, certain criteria must be met for the team to receive registrar confirmation of enrollment and be approved for travel on behalf of WCU (despite no University monetary support). Teams who wish to travel in this capacity must contact the Assistant Director of Sport Programs no later than two weeks prior to travel.

