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Campus Recreation & 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 offers a wide array of sports activities that cater to virtually any member of the Western Carolina University Community. All intramural activities are FREE to students, faculty and staff of WCU. Participants are encouraged to form their own teams within the campus community either with friends, residence halls or clubs/organizations.

This handbook outlines the rules and procedures that will guide the success of the Intramural Sports program. It is the responsibility of each captain, team, spectator, coach, and participant to be knowledgeable of and comply with these policies and procedures. In the interest of safety and fair play, the Campus Recreation and Wellness Department and the Intramural Sport Program reserve the right to implement rule changes or modifications regarding equipment, facilities, and/or participant eligibility.

Intramural Sports Sportsmanship Statement
The Intramural and Club Sport programs believe good sportsmanship is an integral component of intercollegiate competition. 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 enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

The Intramural and Club Sport programs encourage and promote sportsmanship by student-athletes, coaches, and spectators. We are committed to providing programming in a safe environment free from bullying. Offensive language including profanity, derogatory remarks around a person’s race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, social economic class, religion, or professional status, or other intimidating.

*Revised from the NIRSA Sportsmanship Statement

Staff Directory
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Important Phone Numbers
Campus Recreation Main Line – 828-227-7069  
Intramural Sport Rain Line – 828-227-8808  
University Police (227-8911) Emergency 8911, Non-Emergency 730
Article 1: Participation

Section 1. Eligibility
Eligibility rules for Intramural sports are designed to provide an opportunity for everyone to participate in a safe, balanced, and fair competition. The rules listed below cannot provide for all possibilities. Therefore, the Intramural staff reserves the right to rule on the eligibility status of participants not covered specifically by the following rules.

Eligible
A. All current WCU undergraduate students carrying minimum of six semester hours
B. All current WCU graduate students carrying a minimum of two semester hours
C. Students involved in internships or student teaching
D. Faculty/staff who are members of the Campus Recreation Center. Non-members must sign a waiver form in order to participate.
E. Student and Faculty/staff spouses, life and domestic partners must first get a Cat Card (means for identification), then pay $10 per semester to Campus Recreation and Wellness in order to participate.

Ineligible
F. Students who have not paid students fees or withdrawn from WCU
G. Contract workers for the university
H. Southwestern Community College Students

Section 2. Non-Discriminatory/Inclusive
A. Participation in Intramural and Club Sports is a valuable part of the education experience of all students.
B. Intramural and Club Sports 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.
C. Disability Student Athlete Policy
   a. Students 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 be a fundamental alteration to the sport and program. 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.
   b. Please notify the Associate Director for Intramural and Club Sports and Disability Services if you are seeking reasonable accommodation.
D. Transgender Student Athlete Policy
   a. Intramural and Club Sports expects participation to be based on one’s self-identified gender and that it is done in good faith and is consistent with a player’s expressed gender identity.
   b. A player’s gender identity will be applied when there are gender specific rules or player ratio requirements for co-rec divisions.
   c. Transgender 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.
   d. Player eligibility will be based on the gender identified on the official team roster.
Section 2. ID Policy
A. All participants must present their current WCU ID (CatCard) prior to participation in any intramural sports activity. There will be NO EXCEPTIONS to this rule!

Section 3. Restricted Player Categories
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 related intramural sport.

A. Varsity Athletes
   a. A varsity athlete is defined either as a currently listed member of a university varsity team or as a former member of a university/college/community varsity team who was on the roster.
   b. Students who are “Trying Out” or who are “Working Out’ with a team are ineligible for participation in that sport until they voluntarily withdraw or are cut from the team prior to the first scheduled varsity match.
   c. Any candidate/red shirt/transfer for a varsity, freshman, or reserve squad who are practicing formally with the team or given equipment are ineligible to participate in the corresponding sport.
   d. Varsity athletes are eligible for all other Intramural sports outside of their competing sport and corresponding sport.
   e. Varsity athletes are considered as such during the entire academic year.
   f. Former varsity members may compete in corresponding intramural activities but only at the highest level of competition available.
   g. 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 playing professional. It is the responsibility of the individual athlete to inform the Intramural Sports Office of his or her standing.

C. Club Sports
   a. A person is deemed a Club Sport player if he/she participates in a club contest or practice following a designated “try-out” period, pays club dues, or appears on the club roster or waiver form.
   b. Once deemed a club member, he/she will be considered a club player with regard to intramurals during the semester he/she is playing as club player and for one full semester after they last appeared on the roster or the date on their most recent signed club sport waiver.
   c. Removal of the person from any club roster does NOT affect his/her intramural status as a club player.
   d. Club Sport members may compete in corresponding intramural activities only at the highest level of competition available. They may compete in any other non-corresponding sports without restriction.

D. Varsity and Club Sport Coaches
   a. Coaches may participate in corresponding sports but are considered as a club sport player and thus must follow club player restrictions. There is no limit on coaches in other non-corresponding sports

E. Intramural Staff
   a. A person is deemed as Intramural Staff if he or she is currently employed by CRW Intramural Sports. This includes the Associate Director, Assistant Director, graduate assistants, supervisors, and officials.
   b. Intramural staff may compete at any level.
Section 4. Limitations for Restricted Players

A. Restricted players are restricted in their sport and corresponding sports as follows:
   a. Football: 7 on 7 and 4 on 4 flag football
   b. Basketball: 5 on 5 and 3 on 3 basketball
   c. Baseball/Softball: slow pitch softball
   d. Volleyball: volleyball and sand volleyball
   e. Soccer: soccer and indoor soccer
   f. Softball: slow-pitch softball
   g. Ultimate Frisbee: Ultimate Frisbee and Disc Lacrosse
   h. Tennis: Tennis singles and doubles
   i. Disc Golf: Disc Golf singles and doubles
   j. Climbing: Indoor Climbing Competition
   k. Running Events: Cross country and track meets
   l. Golf: Golf league or tournaments

B. Restricted players are ineligible to compete in their sport or 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 from the conclusion of the semester last competed.

C. Number of restricted players allowed in corresponding sports on an entire team roster. Games played with more than the allotted number of club or varsity members will be forfeited.
   a. Club players
      i. 1-4 players required for sport = 1 club member allowed on corresponding intramural roster
      ii. 5-8 players required for sport = 2 club members allowed on corresponding intramural roster
      iii. 9+ players required for sport = 3 club members allowed on corresponding intramural roster
   b. Current varsity players 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 - no limitation on #’s.
   d. Intramural staff – same numbers as Club players.

Section 5. Rosters

A. Team/Individual/Dual Rosters
   a. Rosters can be made up of various individuals across campus.
   b. Roster size varies by sports, event or tournament. See the specific sport for roster size.

B. Playing for Multiple teams
   a. A player is allowed to participate on one Co-Rec team in addition to one Men's or Women's team (a men's team includes Fraternity league). Women may not participate in any Men's league unless no women’s division is offered. (Approval from the Assistant Director must be given first).

C. Adding/Deleting Players
   a. Additions to rosters may only be made during the regular season. Captains may add players through IMLeagues. By adding to the roster, participants acknowledge that they are eligible to play for that team and assume all
responsibility for any actions taken by the Intramural Sports staff if you are found to be ineligible.

b. Teams may not delete players from their teams, unless they haven’t played. Once a player has played and signed on to a team, they are locked to that team for the entire season.

c. Exception – If a player first played in a team’s first regular season game, then they can be removed from the team and play on another team if they have not already played for the other team or in a second game. Must notify Assistant Director before next game.

D. Ineligible Player

a. An ineligible participant is one who does not meet all eligibility requirements, uses an assumed name, has been suspended from intramural participation, or violates any of the following restrictions. He or she may be suspended from further play.

b. A player shall not be allowed to play on two organized teams in the same division or league. Example: A player cannot play on two men’s, two women’s, or two co-recreational teams.

c. Teams may not play with an ineligible person even by mutual agreement.

d. Teams with an ineligible player will forfeit each game played with the ineligible player. It is the team captain’s responsibility to make sure his/her team members are eligible to play.

e. If an ineligible player is found in the playoffs, the team will be eliminated from the tournament and either the last team playing against the disqualified team will advance or the playoff opponent will advance by forfeit.

E. 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.

F. Greek

a. Any team that uses any variation of its official Greek organization name or chapter must abide by the following rules.

i. Participants must be active members in good standing or new members who are going through the New Member Program of the recognized WCU chapter of the Greek-letter organization. All social Greek-letter organization participants must be on the Chapter’s updated roster in the Office of Fraternity and Sorority Life.

ii. Greek alumni and advisors are ineligible to play with a Greek team

G. Playoff Rosters

a. Rosters are locked for playoffs. In order for players to be eligible for playoffs, they must be listed on the printed imleagues roster by the end of the regular season and have played in at least one regular season game.
b. Players not previously listed on a team’s Imleagues roster during playoffs will not be allowed to play under any circumstances.

c. Failure to create an Imleagues account and add yourself to your team could result in a player not being eligible for playoffs.

Section 6. 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 at imleagues.com/wcu

Free agents may join teams by varying methods:
   A. Team captains can go through the Free Agent lists on imleagues.com and pick players to be on their team.
   B. Free agents may be placed on teams in need of players by the Assistant Director for Intramural Sports
   C. Using imleagues.com, free agents can add themselves as free agents in a particular sport and contact team captains in an attempt to find a team to play on. A group of free agents may all be placed on a team together.
   D. You are not guaranteed a team as a Free Agent.
   E. Intramural Sports does not force players on teams
Article 2: Competition Format

Section 1. Divisions of Competition
A. Men’s - Composed of individual men or men’s teams, which may, but are not required to, represent the various residence halls, Greek organizations or independent groups.
B. Women’s - Composed of individual women or women’s teams, which may, but are not required to, represent the various residence halls, Greek organizations or independent groups.
C. CoRec - Composed of teams consisting of players of each gender. Teams may, but are not required to represent the various residence halls, Greek organizations or independent groups.

Section 2. Competition Levels
Intramural Sports competition is divided into three (3) different leagues. Each team or individual is encouraged to select the league which best suits their abilities and interests. The following leagues are offered:
A. “Competitive” league is designed for teams/individuals with high skill levels, seeking intense competition.
B. “Recreation” league is available for those with beginner or intermediate skill levels, seeking a moderate level of competition.
C. “Open” league offers a combination of different competition levels and divisions.
D. If no league is distinguished, then only one competition and division level will be offered.

Section 3. League and Tournament Structures
A. Team Sports
   a. Leagues will be formed according to division (Men’s, Women’s, CoRec, Greek) and league (Comp, Rec, or Open). Team sport leagues shall be conducted with round robin league play followed by a single elimination playoff.
   b. All teams shall advance to playoffs in their respective divisions and leagues if all requirements are followed. (See Article 3, Section 2, B)
   c. Intramural Sports may find it necessary to combine divisions where there are too few entries in a particular division.
B. Tournaments
   a. Tournaments are offered in single or double elimination format (depending on number of teams) and will typically be played over one evening. On some occasions, they may be played over multiple days.
   b. During tournaments, reschedules will not be allowed. Participants must be available to play the entire tournament.
C. Individual/Dual
   a. The structure of individual and dual sports will be based up the number of entries. They may be conducted as round robin play followed by a tournament, a single elimination tournament, or a double elimination tournament.
   b. Individuals and teams shall be placed in brackets according to league.
   c. Intramural Sports may find it necessary to combine divisions and leagues, or cancel the tournament, in instances where there are too few entries.
D. Scrimmage Games
   a. Scrimmage games are used for training purposes for the intramural staff and will be treated as such.
   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 season of that sport.
Article 3: Policies and Procedures

Section 1. Captain’s Role
The following is a list of some of the responsibilities of Intramural team captains:

A. Be knowledgeable of all Intramural Sports rules and policies and able to communicate them to team members.
B. League Sport captains must take a quiz on imleagues in order to register their team.
B. Ensure team is present at least 10 minutes prior to game time with Cat Cards.
C. Read all league emails from the Assistant Director of Intramural Sports and pass any pertinent information on to team members.
D. Ensure the eligibility of all players on his/her team. If there are any doubts, the Assistant Director can help verify eligibility.
E. Inform all team members of game dates, times and any schedule changes.
F. Be the team’s representative to communicate with officials and supervisors.
G. Keep team members, coaches and spectators under control before, during and after all intramural games.
H. Address any questions or concerns of team with Assistant Director of Intramural Sports.

Section 2. League and Event Registration
A. Registration for both team and individual sports can be found online at reccenter.wcu.edu by clicking IMLeagues under Intramural Sports or by logging in directly to www.imleagues.com/wcu and creating an account or team.
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 will require pre-registration on www.imleagues.com/wcu.
D. Participants are required to attain an IMleagues account in order to register/participate in a league or tournament. Participants must be on their respective teams’ rosters at game time in order to play.
E. 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 will be approved according to a first-come, first-serve basis. Teams must have the minimum number of participants in order for a team to be approved. Campus Recreation reserves the right to refuse or accept any late entry.

Section 3. Scheduling Information
A. Schedules
   a. Team Sports
      i. League play schedules shall be prepared and made available before the first contest in league play. The schedule can be viewed on imleagues.com. Playoffs will begin immediately after league play.
   b. Tournaments and Events
      i. Brackets/schedules shall be prepared before or at the game site. Players have to be available for the entire tournament/event.
   c. Play by Dates
      i. If the sport is a play by date format, individuals should contact their opponent and play when both are available prior to the score report date.
B. Playoffs
   a. Most events will have a playoff tournament or championship series following the regular season. The number of teams competing in the playoffs will vary according to number of teams entered in each activity. Playoffs will be single elimination for league sports and either single or double elimination for tournaments and events.
   b. Brackets will be set up prior to the tournament, and schedules will be posted on imleagues.com. Game times will be chosen at random.
   c. In order to make playoffs, teams must maintain a 3.0 conduct rating through the regular season. (See Article 5, Section 6)
   d. Playoffs will typically begin immediately after the regular season ends.
   e. In order for a player to be eligible for playoffs, they must have competed in at least one regular season game and they must be listed on the team’s active roster on imleagues. If a player is not listed on the printed imleagues roster the night of the game, they will not be able to play.

Section 4. Team Names
   A. The Intramural Sports Program reserves the right to change any team name that is deemed inappropriate or offensive to participants (including but not limited to: names involving profanity, are offensive, or sexually explicit in nature). Please use proper judgment when selecting names and uniform artwork. If you are unsure if a team name will be accepted, contact the Intramural Sports office and speak with an Intramural Sports representative. If uniform artwork is deemed inappropriate the team will be asked to not wear the uniforms.
   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
      a. Not enough players/Tardiness/No show
         i. Teams or individuals not ready to play with enough players present to start the game based on the rules for the sport in question, within 10 minutes after the scheduled time for the contest, will lose by forfeit.
         ii. A team claiming an at-game time forfeit must be present at the scheduled game time and ready-to-play with the minimum number of players needed for the specific sport.
         iii. Teams arriving late for a scheduled contest, but within the 10 minute forfeit time, will be assessed a penalty according to the sport rules.
         iv. If neither of the teams arrive by the scheduled game time, the game will be recorded as a double forfeit and each team will claim a forfeit.
      b. Eligibility
         i. One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, and ruled ineligible for sportsmanship-related issues, etc.
      c. Sportsmanship
         i. Game is ended by sportsmanship related issues.
      d. If a team forfeits in any way they will receive a conduct rating of 2 or lower
      e. The team that wins the game by forfeit will receive a conduct rating of 4. However, if the forfeit is due to in game eligibility or sportsmanship issue, the original conduct rating given to the winning team will stand as is.
B. Defaults
   a. If it’s impossible for a team, individual or doubles team to play a scheduled contest, and if the team captain, individual or doubles team notifies the Intramural Sports office in person or by phone by 2:00 p.m. the day of the game, the game will be scored as a loss by default.
   b. The intramural office will contact the opponent in case of a default. If you do not receive confirmation from the intramural office, the game has not been defaulted.
   c. If a team defaults a game, they will receive a 3 for their conduct rating.
   d. The team that wins the game by forfeit will receive a 4 conduct rating.

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

Section 6. Reschedules and Inclement Weather

A. Reschedules
   a. In the event a team knows in advance it cannot make a contest, the intramural staff may agree to reschedule if time and space are available. For a contest to be officially rescheduled, the following procedures will need to be followed:
      i. The team captain must contact the Assistant Director for Intramural Sports stating his or her need to reschedule.
      ii. If time and space allow, the AD will provide the dates and times available for a reschedule. It is then the responsibility of the postponing captain to contact the opponent regarding an agreed upon new time.
      iii. Once a reschedule has been agreed upon, BOTH captains of the contest must contact the AD stating their confirmation of the accepted reschedule.
      iv. A reschedule is not official until the AD has responded to both team captains confirming the new date and time of the contest.
   b. Reschedules must be completed and agreed upon by both teams prior to the originally scheduled contest. For week day games, rescheduling has to be completed by noon the day of the game.
   c. For a contest on Sunday, reschedules will be accepted no later than 4pm on the Friday before the contest.
   d. During the regular season, no game may be postponed beyond the date of the final season game. During playoffs, all postponed games must be played prior to the following scheduled contest.

B. Postponements/Inclement Weather
   a. Contests may be postponed or canceled due to poor weather, poor field conditions, or power outages.
   b. A decision of whether to play or cancel games will be made, in most cases, at 3:00 pm the day of the inclement weather. The Intramural Sports supervisor may cancel games on site, if necessary. Information on the status of games is available by calling the CRW Adverse Weather Line at 828-227-8808.
   c. If time, space, and personnel are available, games may be rescheduled. Teams should check IMLeagues for rescheduled games. The Intramural staff will attempt to contact captains about rescheduled games due to inclement weather, but it is ultimately the captains responsibility to check themselves.
   d. Outdoor sports may be played in all types of weather and are only cancelled when there is a danger to participants or the possibility of damaging the fields.
Section 7. Sport rules and rule change
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. The rules of each sport will be discussed at the managers meeting and are also available on imleagues.com and the Intramural Sports web page.
B. General rules and regulations for each sport will be made available to students before competition begins. 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 Office will notify participants through team managers.
C. Teams can’t agree to a different set of rules.

Section 8. Protests
The Intramural Sports Program realizes that on occasion an official or supervisor may incorrectly interpret and/or enforce a rule. The purpose of a protest is to insure an equal opportunity for victory.
A. Rule Interpretation
   a. Protests can only be made concerning rule interpretations and player eligibility, NOT judgment calls.
   b. Judgment call examples: charge in basketball or lift in volleyball
   c. Protests must be made on the field of play at the time of the incident before the next live ball situation. The team captain should first notify the head official, and then the supervisor. If the captain does not immediately notify the official of his/her intent to protest, he/she waives all rights to protest that particular call.
   d. Upon notification by the team captain of a rules interpretation protest, the official/supervisor shall stop the game. The supervisor will make decision on the protest. If the captain is still unhappy with the ruling, a protest form will be filled out. The existing game situation will be written and explanation of captain, officials and supervisor decision. Both team captains shall sign the protest proceedings and agree to continue according to the supervisors and officials ruling.
   e. Protests not following this procedure will not be considered
   f. Once a team has been eliminated from play (i.e. too many forfeits, a protest renders them ineligible, losing a game that knocks them out of playoffs), they are not able to file a protest of any kind.
   g. If a protest is upheld, the contest will be replayed from the point at which the protest occurred, as determined by the score sheet. The Intramural Sports Program will set a date and time.
   h. The Assistant Director shall have the authority to establish special rulings whenever deemed necessary. Sometimes exceptional situations occur.
B. 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 will be 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, he/she will not be allowed to participate until he/she can present it.
   c. All protests concerning player eligibility must be filed in writing with a formal written protest. A protest form should be obtained at the game site or at the campus rec center. When protesting eligibility, a team must protest specific individual(s). Entire teams cannot be “blanketed” by protest.
d. REGULAR SEASON, PLAYER ELIGIBILITY PROTEST
   i. If a protest is filed before or during a regular season contest and it is known by the site supervisor that the player is ineligible, the player and captain will be notified before the game begins 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 captain will be notified that 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 will not affect the team.
   iii. If an eligibility protest is filed after the game or at another time during the regular season, the player in question will be reviewed and a determination will be made as soon as possible.
   iv. If a player is found to be ineligible (in accordance with the protest deadline), his or her team will default all contests 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, however, will not incur a forfeit.

e. PLAYOFFS, PLAYER ELIGIBILITY PROTEST:
   v. All eligibility protests must be filed prior to the clock starting any contest. The player and Manager will be notified that the contest is being played under player eligibility protest. If the protested player chooses not to participate, then the protest will not affect the team.
   vi. If the protesting team wins the contest, the protest filed will be negated.
   vii. If a protest is filed in writing with a site supervisor before the playoff contest begins, the Intramural Sports Staff will make a determination the next business day on the validity of the protest. If the eligibility protest is found to be valid, the guilty team will forfeit and the protesting team will advance, with all previous rounds remaining the same.
   viii. In the case a player arrives late and a protest is warranted for their eligibility, the official protest may be completed at the time of arrival.

Section 9. Proper Attire
A. Jewelry - Participants are not permitted to wear any visible jewelry. The Intramural Sports staff WILL NOT provide bandages or athletic tape to cover jewelry items.
B. NO casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal, hard plastic, or metal hinges are required to cover it with padding, foam, or another material that will safely cover the area.
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, bandanas, 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 bandanas without knots are permitted. For outdoor sports, winter/wool hats are allowed. Baseball-like hats are allowed only during Intramural Softball.
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. Medical Alert Bracelets – Medical Alert bracelets must be taped and may be visible.
F. Footwear
   a. Indoors – all players must wear athletic shoes with non-marking court soles. Hard-soled shoes of any kind will not be permitted.
   b. Outdoors – all players must wear athletic shoes (except for Sand Volleyball). Metal cleats, spikes, or toe cleats will not be permitted. Molded soles are permissible.

G. Apparel
   a. Participants must wear athletic style shorts or pants. Denim and khaki style shorts or pants are not permitted. Pockets and belt loops are not allowed in Flag Football.
   b. Shirts must be worn in all activities.

H. 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.

I. 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 10. 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 upon presenting their CatCard. However, certain items may not be available for checkout.

Section 11. Pets
All pets must be leased and attended to at all times. If an intramural participant owns the pet, then that participant is responsible for finding someone to be with the dog 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. Please dispose of any pet waste in the trashcans. No pets are allowed in the football stadium or at indoor venues.

Section 12. Electronic and Social Media
Video, audio, other electronic media, and social media may not be used to make decisions or judgments in intramural sports. The Associate or Assistant Director has authorization to use such media for situations in which may relate to the Student Code of Conduct.

Section 13. IM Employee 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, stopping the game and making weather decisions.
Article 4: Sportsmanship and Conduct

Section 1. Spirit of Competition Philosophy

Team sports activities find their origin in the basic human need for play. Winning and losing are mere outcomes of this play. Abusive language toward officials, supervisors, other participants, and manipulation of the rules are not "part of the game." This negative sport behavior distracts from the satisfaction of competing, exercising, and enhancing relationships.

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.

Every team is responsible for the conduct of its players and fans. Any conduct judged as detrimental to the participants, program, or any contest, may result in loss of the contest, suspension of the individual players, suspension of the entire team, referral to Student Community Ethics, or other appropriate action. Failure to comply with requests from the Intramural Staff will result in forfeited contests.

Section 2. Participant, Coach, and Spectator Conduct

A. Participants, coaches, and spectators are subject to all sportsmanship policies from the time they arrive at the game site until the time they leave. 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 (ex. Facebook, text messages).

B. 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. Action(s), which could potentially cause equipment or facility damage and/or personal injury.
   f. Failure to cooperate with Intramural Sports staff (i.e., not giving name, not completing forms, etc.) after an ejection.
   g. Any person using an assumed name, or using a Western Carolina University 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 for Intramural Sports will handle personal conduct situations that are not covered by the above rulings in an appropriate manner.
Section 3. Ejections
A. Any person ejected from a game or game site must leave the game site immediately and will be suspended from participating in any intramural competition.
B. Participation is not required to be ejected from Intramural Sports.
C. Length of suspension will depend on the severity and repeats of the action that resulted in the ejection.
D. All ejections carry an indefinite suspension and denied access to the CRC until the ejected person has met with the Assistant Director of Intramural Sports. It is the participant's responsibility to schedule an appointment with the Assistant Director to review his/her eligibility. All ejections will be reviewed on a case-by-case basis.
E. Player suspensions are effective after the meeting with the Assistant Director (i.e., no self-imposed penalties). There are no appeals of ejection/conduct suspensions. Team players and captains are expected to be cooperative and honest when asked for assistance in identifying teammates who may be involved in incidents. Failure to do so may result in a team and individual penalty including game or season forfeiture.
F. Captains and teams are responsible for their players. All ejections will affect the team's conduct rating. One ejection results in a 2 rating and two ejections result in a 0.

Section 4. Alcohol, Drug, and Tobacco Use
*Western Carolina University must comply with all laws concerning alcohol, drug and tobacco use on state property.* 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 has been medically proven that alcohol and drugs will slow a person's motor skills.

A. The use of alcohol and/or drugs is strictly prohibited at all Intramural playing sites. This includes electronic and vapor cigarettes.
B. Tobacco (chewing or smoking) is not allowed on the Intramural fields or other activity areas as well as 50 feet from any structure on campus per university policy 45. If a person is using either, they will be asked to refrain from using it at that particular site.
C. 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 student's 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
D. 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.
E. 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.
F. 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 possibly forfeit the game.
Section 5. Team Conduct Rating System

The team conduct rating system is intended to be an objective scale by which each team’s attitude and behavior can be assessed throughout the intramural league and playoff seasons. Behavior before, during, and after an intramural sport contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after intramural 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 carry a minimum cumulative 3.0 Conduct Rating in order to be eligible for playoffs. Teams that do not have the minimum conduct rating WILL NOT be entered into the playoff bracket.
D. During playoffs teams must maintain at 3.0 Conduct Rating in order to continue play. Anything below a 3.0, the team will be ineligible until the captains meets with the Assistant Director for Intramurals.
E. The Intramural Sports Program staff also reserves the right to review or change any rating given to a team.

Team Conduct Ratings:

Outstanding sportsmanship - 4

Players and spectators cooperate fully with the officials about rule interpretations and calls. The captain has full control of his/her teammates, fans, and bench. Team members and spectators were respectful of opponents with no dissension shown whatsoever.

Good Sportsmanship – 3

Team members verbally complain about some decisions made by the officials and/or show minor dissension, which does not merit an unsportsmanlike penalty. Teams and spectators are respectful of opponents with only minor incidents.

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

Average Sportsmanship – 2

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 himself/herself and his/her teammates and spectators.

Teams that forfeit, receive two unsportsmanlike penalties, or one ejection will not receive higher than a 2 rating
Below Average Sportsmanship – 1

Team members and spectators related to that team persistently question and complain to officials and constantly comment to opposing players. The team captain exhibits little or no control over himself/herself and his/her teammates and spectators. Players are verbally abusive and cannot calm themselves down. Any team that receives a 1 for a contest must have their captain meet with the Assistant Director to determine the eligibility status of their team. The team will not be allowed to play and will forfeit each contest until that meeting occurs.

*Teams receiving more than two unsportsmanlike penalties will not receive higher than a 1 rating.*

Poor/Season Ending Sportsmanship – 0

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. Any team that receives a 0 for a contest must have their captain meet with the Assistant Director to determine the eligibility status of their team. The team will not be allowed to play and will forfeit each contest until that meeting occurs.

*Teams receiving multiple individual unsportsmanlike penalties or two ejections will not receive higher than a 0 rating*

Section 6. Unsportsmanlike Penalties

A. Teams will be notified by the Associate or Assistant Director of their one or zero conduct rating the day after their game.
B. Team is suspended until the captain meets with the Assistant Director for Intramural Sports. It is the captain’s responsibility to call and schedule a meeting with the Assistant Director. A team is ineligible for any intramural sport competition in this activity until this meeting occurs.
C. Depending on severity, one team “0” rating could result in a team being dropped from a league, playoffs, or tournament.
D. Regardless of the length of the season or tournament, two “0” (poor) ratings will result in a team being automatically dropped from any further competition.
E. Teams receiving a “0” (Poor) sportsmanship rating in a weekend tournament are eliminated from further competition regardless of the outcome of the game.

Section 7. Ongoing/Repetitive Unsportsmanlike Penalties

A. Unsportsmanlike penalties are tracked and rolling throughout a student’s intramural career.
B. If a player receives multiple penalties during a sport season or semester, they are suspended from that sport until they meet with the Assistant Director for Intramural Sports. (Please see specific sport rules for # of penalties)

Section 8. 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.
Article 5: Risk Management and Safety

Section 1. Assumption of Risk and Release from Liability

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 and recreation program is completely voluntary. Individuals recognize and appreciate the dangers and hazards inherent in the activities described in this Agreement. 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 and recreation sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical examination prior to participation. Western Carolina University 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. Individuals hereby release and hold harmless the State of North Carolina, The University of North Carolina, Western Carolina University and all their officers, employees, and agents from all liabilities and damages which the individual has now or which may arise out of or in connection with the individual’s participation in this activity.

Individuals will indemnify and hold harmless Western Carolina University and its officers, employees, agents and volunteers from and against any and all claims, damages, losses, expenses, demands, liabilities, causes of action, including without limitation any and all costs and expenses (including reasonable attorney’s fees and expenses) imposed upon or asserted against the Western Carolina University in connection with investigating or defending such claim, demand, liability or cause of action, relating to or arising out of individual’s participation in sport activities contemplated by this Agreement.
Section 2. Injuries and Blood Borne Pathogens

Statement: Participation in sport activities may cause injury and exposure to blood borne pathogens. Blood borne pathogens are pathogenic microorganisms that are present in human blood and can cause diseases in humans. These pathogens include, but are not limited to, Hepatitis B virus and Human Immunodeficiency Virus (HIV). The Intramural Sports Program will make every effort to minimize exposure to its 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 member of the Intramural Staff who has been certified in Red Cross First Aid will assist the injured participant with basic measures including but not limited to cleaning and bandaging scrapes or cuts, providing ice packs or helping to splint or isolate injured body parts. If deemed necessary by Intramural Staff or requested by the injured party, Campus Police and an ambulance will be 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. If the injured party chooses receive care at a hospital, clinic or other medical center either by emergency transportation or private vehicle, any services will be billed to the participant. It will be the participant’s responsibility to pay for those services.

A. All injuries should be reported to the Intramural/Facility supervisor on duty, and a complete report of the injury should be recorded on the proper form. This report, when appropriate, should be completed at the activity site. This form can be obtained from the student supervisor on site.

B. The University and its staff are not responsible for any injuries incurred while participating or as a spectator in the Intramural Sports Program.

C. **Blood Rule:** If a player sustains an injury that causes bloodshed, the player must leave the game until the bleeding can be stopped and wound bandaged (if necessary). The player may not return to the game if there is blood on any of his/her uniform pieces, all bloody clothing must be removed and replaced by another legal uniform piece to continue.

D. Participants will not be permitted to participate in Intramural Sports at the University if they do not agree to all of the rules and regulations.

E. 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 will be presented to sport/activity winners as listed below:

A. League Sports: T-shirts will be awarded to members of the highest competition championship team.

B. Tournaments: T-shirts will be awarded to each champion individual or team

Section 2. Intramural Team Travel Policy
A. The Campus Recreation & Wellness Intramural Sports Program supports travel of Intramural teams to designated NIRSA extramural tournaments if all criteria are met. Currently CRW will pay the NIRSA registration fee for a Women’s, Men’s A, and CoRec team registration for Flag Football and Basketball.

B. Team 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 Co-rec team can only pick up individuals who played in the WCU Co-rec league.

C. Required documents
   a. Prior Approval Travel Request Worksheet – These forms are due two weeks in advance of travel. Forms submitted after that deadline will not be accepted.
   b. Tournament Registration Form – This form is due two weeks in advance of travel to have enough time for registrar verification.
   c. Emergency Action Plan and Travel Roster – This form is due 3-business days prior to travel and is the document the department will keep on file in case of emergency.
   d. Individual Assumption of Risk/Release – This form is due 3-business days prior to travel and states the individual takes full responsibility for traveling on behalf of the university.

D. 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 will be 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 will be 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 will be required to use personal vehicles and will be responsible for all associated fees.

E. Paying Own Way Travel
   a. If a WCU team chooses to pay his/her 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 for Intramural Sports no later than two weeks prior to travel.