SOCIAL MEDIA

• For up to date information and activity pictures

• “Like” us and favorite us on Facebook - WCU Campus Recreation

• Follow and tweet us at @WCUCampusRec
UPCOMING INTRAMURAL EVENTS

• Goal Ball
  • Drop in January 14th from 7-9pm in Reid Upstairs
• Innertube Water Polo
  • Register by February 3rd

• Basketball League
  • Register by January 19th
• Dodgeball Minor League
  • Register by January 26
DISC LACROSSE PRESENTATION

• It is highly recommended that all participants review this presentation, as it contains important information regarding intramural sport policies and Disc Lacrosse rules.

• As additional supplement, the Intramural Participant Handbook and rules are viewable at:
  • Intramural Sports Website
  • IMleagues website: click on the info link on the left side of page, then click handbooks and manuals

• Unawareness is not an excuse
DISC LACROSSE MINOR LEAGUE

• Disc Lacrosse I will be played as minor league this year
• Regular season games will be played on Monday (Feb. 2 and 9th) and Tuesday (Feb. 3rd and 10th)
• Playoff bracket will be on Monday, Feb. 16th and Tuesday, Feb. 17th
• Team must win one game to make playoffs
NEW REGISTRATION REQUIREMENT

• To ensure that intramural team participants have a good understanding of our policies and procedures, league sport team captains are now required to complete a captains quiz to register their team
• This quiz must be passed with a 80%.
• The quiz is based on the intramural handbook/presentation/rules and provides important information that will aid each team during their intramural sports season.
INTRAMURAL STAFF

• Associate Director for Intramural and Sport Clubs
  • Jonathan Johnston
  • jdjohnston@wcu.edu
  • 828-227-8807

• Assistant Director for Intramural Sports
  • Haley Bosco
  • hbosco@wcu.edu
  • 828-227-8806

• 6 supervisors and 16 officials
CONTACT AND TIMES

• Associate Director
  • 9-12 and 1-5pm Monday-Friday
  • In and out of the office during the day

• Calls and emails
  • If received after 5pm during the week, you will not get a response until next day
  • If received after 5pm on Friday, you will not get a response until Monday
INTRAMURAL SUPERVISORS

• Policies?
• Sport Rules?
• Facility Concerns?
• Employee Concerns?
• Protest?
• Eligibility?
• First Aid?

• Ask an Intramural Supervisor!
STUDENT OFFICIALS

- The success of the Intramural Sports program is contingent upon the quality of its staff and participants.
- Intramural contests are officiated by fellow Western Carolina students. They are not professionals and are paid minimum wage for the service they perform.
- They deserve and expect your cooperation, respect and sportsmanlike behavior.
- They are trained to perform these jobs and we expect them to officiate to the best of their ability.
- We invite you to apply for the student officials' job available with our Intramural Sports Program.
IMLEAGUES

www.imleagues.com/wcu

• All players must have an imleagues account to be listed on a team
• Used for:
  • League announcement emails and texts
  • Schedules, scores, rosters, standings, policies and Rules
  • Adding players
• To be approved and scheduled for the basketball league, teams must have a minimum of 5 players joined on imleagues by registration end.
IMLEAGUES NOTABLES

- Always click Western Carolina University at the top to see a current list of sports and their league/tournament information.
- Game notifications can now be sent to your phone or email. Click your name top right, then notifications.
- Click on home at the top to see a list of your game times and an calendar of upcoming sports and registration deadlines.
TIME PREFERENCES

• Each division has different time options that are left available or unavailable
• Input your teams time preferences before league registration closes
• System will best fit your preferences within your teams schedule
• Not 100% guaranteed
• Time preferences will not apply in playoffs
POLICIES AND PROCEDURES
PLAYER RELEASE

• A player may only be released from a team if they first played for a team in their first regular season game and have not since played for another team or in another game

• They must notify an Intramural Sports professional staff member before they participate with another team

• Failure to notify will result in the second team they played for forfeiting the game and then the player will be stuck playing with the first team. Possible suspension may be served
ASSUMPTION OF RISK & INJURIES

• Strive to provide safe and well-supervised activities and facilities, however there is an inherent potential for physical injury or death in all sport activities.

• All participants are strongly encouraged to have a yearly medical examination and to carry medical insurance coverage.

• Participation in sporting activities may cause injury and exposure to blood borne pathogens.

• First Aid Care (IM Supervisors)
TEAM CAPTAINS

As a captain, I agree to and are fully responsible for the following regarding my team:

- Teams schedules
- Eligibility of players
- Behavior of myself, players and spectators
- Informing yourself and players of rules and policies
- Communication and cooperating with all IM Staff
- Being a team leader
FACILITY POLICIES

- Reid Gym Upstairs (201 and 202)
- Enter through Reid Building before 9 pm
- After 9 pm, must enter through stairwell on backside of Reid Building
- If door is shut please inform IM Supervisor
- Restrooms at Dining Hall
TOBACCO, ALCOHOL, DRUG USE

• **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.

• **Alcohol/Drugs** are not allowed on the intramural fields/facilities

• If a player or spectator is suspected of being under the influence of alcohol or drugs, they will be removed from the contest.
CHECK IN REQUIREMENTS

• All players must present their CatCard to the IM Supervisor prior to playing in each game
• No ID = No play
• Other forms of identification will not be accepted
• Captains responsibility to make sure all players are checked in
MIS-USE OF ID

• Any person caught misusing a University ID or falsifying name is subject to suspension from Intramural Sports

• Incidents may be reported to Student Community Ethics as it’s a violation of student code of conduct

• Either of the above could also result in game forfeit and suspension from Intramural Sports and the Campus Recreation Center
ELIGIBILITY

• Only current WCU student, faculty/staff or faculty/staff spouse/partner
• Playing with ineligible players will result in forfeit and suspension of players involved
• Teams can’t agree to play with an ineligible players
• Ask up front with all eligibility concerns to avoid a forfeit in season
FACULTY/STAFF AND SPOUSE/PARTNERS

- Faculty/Staff
  - Must show Faculty/Staff CatCard

- Faculty/Staff/Student Spouses/Partners
  - Must have and show a Spouse/Partner CatCard
  - Pay a $10 Intramural Fee at the Rec Center
  - IM sticker is put on CatCard at Rec Center
RESTRICTED PLAYERS

- Allowed **two** ultimate frisbee club players on enter roster (current and past semester players)
- Allowed **two** varsity athletes on enter roster
- If Athletics recognizes a player as a varsity athlete in this academic year, then they will be identified as such **during the entire academic year**
ROSTERS

• Rosters
  • Players may only play on one CoRec team and one men’s/women’s team
  • Once a player checks in for a team that’s it

• Adding
  • Add any players at any time on IMLeagues and game site
  • Ask all players if they have played with another team

• Removing
  • You can remove players if they haven’t checked in for a game, once they check in after a team’s first game, they are permanently on your team
ROSTER MAX

• 12 players
• Different for each sport, so double check
• Can add if open spots available on game sheet
• If no space available, you can scratch out a player who has zero games checked in and add a new player. That player will then be deleted from the team.
• Captains responsibility to know how many players on their team
RESCHEDULES

• Check with Associate or Assistant Director if there are any available times open
• Contact the other teams captain and agree on one of the open times
• Contact the Associate or Assistant Director, once agreed upon
• We have to receive confirmation from both captains before a reschedule game is approved
• All reschedules must be fully approved by noon the day of the original game. Friday by 4pm if a Sunday
• Don’t assume a game is reschedule unless you’ve heard from an Intramural Sports staff member
PARTICIPANT CONDUCT

• Participants are expected to treat Intramural Sport staff and fellow participants with respect.
• Teams and captains are responsible for their own behavior.
• Please only have captains speak with officials and do so in a respectful manner.
• Baiting and verbal abuse of supervisors or officials will especially not be tolerated!
• Supervisors and officials have every right to end any game if they deem it necessary.
PARTICIPANT CONDUCT

- Examples of unsporting behavior
  - Taunting, cursing or gesturing lewdly at other teams or IM Staff
  - Failure to leave the court after getting out
  - Continuously arguing with an official
  - Unsportsmanlike spiking the ball
  - Physical contact/altercation with other players or IM Staff
  - Anything else deemed unsporting by IM Staff

- Failure to compose players or comply with requests from the Intramural Staff will result in a forfeited contest and further disciplinary actions
PARTICIPANT CONDUCT

- Physical contact directed towards an Intramural Sport staff member or involving participants will result in severe consequences.
- All participants are governed by the Intramural Sport Handbook and the WCU Student Code of Conduct
- Any incidents may be reported to DSCE as a violation of the code
- Additionally, participants may have CRC facility access privileges revoked
SPORTSMANSHIP RATING

- Team Conduct Rating System
  - Zero to four scale
  - Must have 3.0 cumulative score to qualify for playoffs
  - Game officials/supervisors give ratings at end of game
  - Given ratings are NOT NEGOTIABLE

- One and Zero Ratings:
  - Team is suspended from season play until Captain talks with the Associate Director
  - Depending on severity, one or zero ratings could result in a team being dropped from the league
UNSPORTSMANLIKE CONDUCT

- Teams that receive 4 UC’s total, 3 UC’s on 3 individual players or or have two ejections in their game will forfeit that game
- Unsportsmanlike conduct (UC’s) penalties are tracked and rolling throughout a student’s intramural career
- Players receiving three UC’s during a semester will have to speak with the Associate Director before they are eligible to play again
EJECTED PLAYER

• Must leave fields/facility immediately
• Automatically suspended from all Intramural Activities
• CRC is access is denied
• Must set up an appointment with Associate Director before eligible to play
• Game suspension is dependent upon incident severity and case by case
FORFEITS/DEFAULTS

- Forfeits
  - 10 minute grace period with penalty
  - Clock starts at game time
  - Losing team = 2 and winning team = 4

- Defaults
  - Call by 2 pm the day of the game to default
  - Losing team receives a 3 and winning team a 4

Once a team forfeits or defaults twice or has one forfeit and one default they will be removed from the league.

Do not call other teams telling them you are forfeiting!
LATE PENALTY

- 0-3 Minutes = 1-0
- 3-6 Minutes = 2-0
- 6-9 Minutes = 3-0
- At 10 minutes = match forfeited (4-0)
PROTESTS

• A team captain must make the protest with the IM supervisor/official at the instant the question occurs.

• If disagree with IM Supervisors final decision, a protest form will then be filled out.

• Protests may only be filed concerning rule interpretations, policies or procedures and player eligibility.

• Protests that challenge the accuracy of a judgment call by officials or supervisors will not be accepted.
ELIGIBILITY PROTEST

- All eligibility protests must be filled in writing with a protest form
- Phone calls, hear say, or emails will not be taken as formal eligibility protests
- In the regular season, eligibility protests can be filed before, during, or after the contest
- In playoffs, eligibility protests must be filed before the game starts, if player arrives mid game, then protest may be filed then
RULES

• The Intramural Sports Program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.
• Teams and players may not agree upon a different set of rules
• Unawareness is not an excuse!
ARGUING CALLS

• Players may NOT argue calls at any time. Period.
• If you are out, just walk off the court.
• Unsportsmanlike penalties will be given and include
  • Arguing calls
  • Cursing at or taunting of players or IM staff
  • Continuous disobedience of IM staff
• Players who receive two unsportsmanlike penalties will be ejected from the game
ROSTER

- Five players, three required to avoid forfeit
- Any combination of guys and girls.
- All players must be checked in
- All players must bring their Cat Card to play (NO EXCEPTIONS!!)
ATTIRE

• Only athletic style pants, shorts and shirts are allowed and must be worn
• Teams are encouraged to wear similar colored shirts
• Improper attire
  • Hats or bandanas tied with knots
  • Metal cleats, open toed shoes, boots, or boat shoes
  • Jeans, cargo or straight shorts, and belts
JEWELRY

• No jewelry of any kind
• All jewelry if worn must be taped down, stay taped down or taken off.
• If a supervisor deems any jewelry unsafe, you will have a choice to take it off or not play
• Tape will not be provided by IM Staff
EQUIPMENT

- Casts or splints of any nature are not allowed
- Game discs will be provided.
- All equipment and attire decisions are at the discretion of the supervisor on duty
GAME FORMAT

- Continuous running 25 minute game clock
- Mercy Rule: If team is up by 7 score under two minutes.
- One timeout per game, none in OT
  - Only thrower with possession can call timeout
  - Disc is left at the sport of called timeout
  - Any player can timeout after a score and before next pull
OVERTIME

• Regular Season
  • Coin toss will decide receive, throw or direction
  • One three minute period period
  • Game can end in a tie

• In playoffs
  • One overtime period will be played, if still tied, then play and time continues until the next team scores.
SELF OFFICIATED

• Players are responsible for calling their own fouls
• Players resolve own disputes
• Supervisors may make a ruling if a dispute doesn’t come to agreement. Decision is final
• Ultimate is a game of fair play, honesty and sportsmanship.
• Teams may not agree to different set of rules
THE START

- Beginning of game throw off-determined by coin-toss. The winning captain shall have choice of throw, receive or goal to defend.
- All players must be in their respective end zones until the disc is released.
- Throw off does not need to be caught in flight. If disc is touched in air and dropped, throwing team gains possession.
- If disc goes out of bounds before goal line, the receiving team takes from the point out of bounds.
SUBSTITUTIONS

• May only be made:
  • After a team has scored and before throw-off
  • To replace an injured player
  • At half-time
ADVANCING THE DISC

• Disc is advanced by throws and catches in any direction. No handoffs
• Thrower must maintain pivot foot like basketball
• 2-steps after catch
  • Must retain pivot foot
  • If more steps, return to point where gained possession
• Momentum CANNOT take you across the goal line
  • Must step back across goal line into field of play
ADVANCING DISC

• Deflections are not allowed amongst offensive players
• A player may catch their own throw if touched by another player
• No tipping of disc to oneself
• If opposing players grab disc at same time, the disc goes to offense
• Throwers have 10 seconds to advance disc
DEFENSE

- Double teams are allowed
- A defender may block disc with hands, feet, face or body
- Must allow the thrower room to follow through with their throw (Arms length plus disc). The disc may not be grabbed from opposing player
VIOLATIONS

• There should be no contact between opposing players except minor contact during catches.
• Picks and screens are prohibited
• Throwing foul is during an attempt to throw.
• Delay of game (10 second). Defending must count out loud (stall 1..2..etc.) Turn over if not released.
• In the event of violation, the defense “checks” the disc and offense must freeze. Disc given to offense then play resumes
PLAYOFFS

• Brackets will be posted soon after regular season ends
• Teams make playoffs if they fit the following criteria
  • Win at least one game
  • Teams have an avg. 3.0 conduct rating. (NO EXCEPTIONS)
• All teams must maintain a 3.0 through playoffs or automatically dropped from competition
PLAYOFF PLAYER ELIGIBILITY

- Rosters lock after the last night of regular season.
- Players must have participated in at least one regular season game.
- Must have an imleagues account and be listed on the printed imleague’s roster.
- If not listed on game site playoff roster, will not be allowed to play that night.
- Adding players can only be done through the Associate or Assistant Director.
STANDINGS

- Teams will receive the following points in the standings for every league sport and these points will help determine playoff seeding
  - 4 points for win
  - 3 tie
  - 2 points for forfeit or default win
  - 1 point for loss
  - 0 points for default loss
  - -1 point for a forfeit loss
STANDINGS

• Tie Breaking Method:
  • Winning %
  • Head to Head
  • Game point differential
  • Sportsmanship Rating
FREE AGENTS

• Don’t have a team?
  • Sign up as a free agent on imleagues
  • Come out to the intramural facilities
  • Facebook
    • WCU Campus Recreation and Wellness
    • WCU Intramural Sports Free Agents

• Captains use these resources to pick up players
• Free agency is not a guarantee as captains make the choice to pick up free agents
FINAL REMINDERS

• Tell teammates to register on imleagues and join your team!
• Double check player eligibility
• Review over detailed rules and policies
• Need five minimum players on imleagues roster to make league
• Any questions please come ask!
GOOD LUCK!