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

• 4 on 4 Flag Football Minor League
  • Register by March 15

• Kickball Minor League
  • Register team by April 6

• Disc Golf Doubles
  • Saturday, April 11 at 2:00pm
  • Pre-register by April 9th
  • Show up by 1:45pm
• 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
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
  • jdjohston@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 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

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
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

• Volleyball varsity (WCU or other universities) athletes must be two full semesters (summers don't count) removed from playing to be eligible and includes all divisions, red shirts, practice squads, working out with them, etc.

• Allowed one non-volleyball athlete on entire 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
RESTRICTED PLAYERS

• Volleyball professional and semi-professional players are not allowed to play intramural volleyball

• Club Players
  • **Allowed one club volleyball player on entire roster**
  • Clubs players are identified as those who have appeared on the roster or waiver form and considered as such **one semester after their last appearance on roster or waiver form**

• Varsity and Club Sport Coaches
  • Coaches may play in their corresponding sport, but they will be considered a club sport player.
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 a game, once they check in, they are permanent on your team (see player release exception)
ROSTER MAX

• 10
• Can add if 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 roster
• Remind all players to get an imleagues account and join your roster
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.
ASSUMPTION OF RISK & INJURIES

• Strive to provide safe and well-supervised activities and facilities, 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)
SPORTSMANSHIP

• Forfeits, defaults, and eligibility affect your rating
• Poor sportsmanship towards each other will not be tolerated
• Verbal abuse of officials will especially not be tolerated!
• Supervisors and officials have every right to stop any game if they deem it necessary
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

• 0-9 Minutes = Option and one point for every minute late applied to each set.
• At 10 minutes = game forfeited (2-0, 10-0/set)
PROTESTS

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

• 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.
WEATHER

- IM Rain Line updated by 3pm and throughout the evening
- Call: 828-227-8808
  - Do not call the rec center, IM pro staff asking about weather
- Rained out games will not be rescheduled unless its playoffs
- See rules regarding game completion or no result due to weather issues in game.
FACILITY

- The Village Sand Court
- NO trash shall be left on the sidelines!
- NO alcohol
- NO tobacco (including chew)
RULES

• All games will be governed by High School Federation rules the following Intramural Sports modifications.

• 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!
ATTIRE

• Only athletic style pants, shorts, shoes and shirts are allowed
• Casts or splints of any nature are not allowed
JEWELRY

- No rings, necklaces, watches or bracelets
- Must be taped down if wearing bracelets
- 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

- Only the IM volleyballs will be used during game play
- Sunglasses and hats are allowed
- All equipment, jewelry and attire decisions are at the discretion of the supervisor on duty
PLAYERS

• A team consists of four players, but you may start a game with two.
• A player may sub in unlimited times but only to his/her previous position in the line-up and only for that same person.
GAME FORMAT

- Best two of three, rally scoring. First two sets go to 15 (win by 2) with a cap of 17. The third set will also be rally scoring to 17 (win by 2) with a cap of 17.
- Teams are allowed one timeout per set.
- Switch sides every 5 points.

SERVE

• Teams must follow a service order
• A serve is legal if it touches the net and goes over.
• A serve can take place anywhere behind the back line.
• The server has five (5) seconds to serve the ball after announcing the score.
• The server cannot step on the service line to serve, or step over the service line until the ball has been contacted.
PLAYING THE BALL

• A team cannot hit the ball more than three (3) times before sending it over the net.
• Contacting the ball with any part of the body is legal.
• Blocks don’t count as hits.
• It is legal to set the ball over, no matter if the setter is perpendicular to the net or not; as long as it is not lifted.
• It is legal to double hit a hard driven ball momentarily, but only on the first team contact or hard driven ball.
BOUNDARIES

- A ball that hits the boundary lines is in bounds
- The ball must be played within the posts
- Players can pursue the ball outside the court
NET PLAY

• A player may not touch the net at any time
• Going under the net is legal as long as there is no contact or interference with an opponent.
• All players may attack at the net
• Reaching over the net is only permitted when a team has finalized their attempt to attack
• No open hand tips/dinks. Alternatives include; cobra, palms, heel of hand, knurled fingers, or the back of the hand.
CO-REC MODIFICATIONS

• CoRec – 2m:2f, 2m:1f, 2f:1m, 1m:1f
• Substitutions must be male for male, female for female
• New Rule
  • If the ball is hit 3 times, then both genders must have touched it before it goes over.
  • If it hits two guys or two girls and goes over that’s now legal
PLAYOFFS

• Brackets will be posted soon after regular season ends
• All teams make playoffs if they fit the following criteria
  • 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 four minimum players on imleagues roster to make league
• Any questions please come ask!
GOOD LUCK!