

Dominican University Intramurals Policies

PURPOSE

It is the mission of the Dominican University Intramural Program to administer a program of individual and team activities at both a competitive and recreational level to members of the campus community. Our purpose is to provide a relaxed yet structured environment while creating opportunities for participants to exercise, have fun, develop skills, and build relationships. The intramural program will promote leadership, integrity, and lifelong fitness in the spirit of friendly competition.

Intramural participation is a privilege, not a right. All participants, officials, and student workers will operate in a community of cooperation while upholding the highest standards of fair play and integrity. All players are expected to exercise good judgment in caring for the safety of others as well as themselves. Competitive play is expected however, a win-at-all-costs attitude will be strongly discouraged. Participants will conduct themselves in a manner consistent with the values and mission of Dominican University.

Health and Risk Statement

The Office of Intramural, Club Sports, and Camps (ICSC) believes that participation in recreational sports is a positive and healthy experience that can provide many benefits to its participants. To foster these benefits, and to maximize enjoyment for all participants and staff, the consumption of alcoholic beverages before, during and immediately after participation is prohibited (and a violation of Dominican University policy). Individuals or teams who violate this policy will not be eligible to participate.

All participants are strongly advised to have an annual medical examination and proper medical insurance coverage. While we strive to provide safe and well-supervised activities and facilities, there is an inherent risk for physical injury in all sport activities.

Liability

In consideration of being permitted to participate in Dominican University Recreation, I agree to the following:

1. Risks: I understand that the risk of injury is simply a part of participating in any sport. Further, I understand that intramurals involves a high level of activity which may result in physical injury such as, but not limited to, injuries to joints, arms, hands, legs, which may range from fractures to sprains. I assume the risk of participating in such a sport.

2. Waiver and Releases: With such knowledge in mind, I hereby promise not to make any claim against Dominican University, its trustee, officers, employees, or agents (releasees), for any such injury whether or not caused by negligence of the releasees. And to the fullest extent permitted by law I will indemnify and hold harmless Dominican University (and its trustees, officials, employees, and agents) against the claim of any other person who may make claim based in whole or in part upon any act or omission to act performed.

3. Promise to Abide by Rules: I promise to and will familiarize myself with the rules and regulations that pertain to recreation. I agree to follow those rules.

ROSTER GUIDELINES AND PROCEDURES

- All Dominican University students, faculty, staff and Alumni are eligible to participate in the Intramural program.
- Two current/former varsity athletes in that same/similar varsity sport are allowed on an intramural roster.
- A player shall be considered ex-varsity if s/he has competed in at least one regular season competition at Dominican University in a specific sport during the past five years.
- Varsity Athletes participation during their traditional season is at their head coaches' discretion.
- Co-Ed teams must consist of at least 25% of either gender participating on court/field at all times.
- To participate, a player must be on the team roster.
- To be eligible a new player must be added to the roster by 3 pm of the game day before rosters are frozen.

***If any team is found guilty of any roster violations, that team will forfeit all games up until that point.*

PROCESS FOR TEAM FORMATION

- All intramural registrations must be completed online.
- Please download the PDF labeled "Intramural registration info"
- Teams must be formed in accordance with the "Roster Guidelines and Procedures". A captain should register the team before players are added.
- Individuals that cannot find a team on which to play may fill out a "Free Agent" form. The Coordinator of ICSC will attempt to place all "Free Agent" registrations but there is no guarantee of placement.
- Players may not participate on more than one team in a league.
- New players may be added to a roster until the midpoint of the regular season. If players are not added by this deadline they absolutely may not participate.

CAPTAIN'S RESPONSIBILITIES

- Submit online team registration and make sure all players know how to register.
- Represent your team by attending the mandatory captains' meeting before the season begins. If you are not able to attend you may send another representative from your team.
- Failure to attend the captains' meeting means that your team will not be able to compete in the upcoming season.
- Scheduling and other relevant issues will be discussed at this meeting so be prepared to share any concerns with the Coordinator of ICSC.

- It is the captain's responsibility to communicate any information given at the captain's meeting to his/her team members.
- Ensure that all team members have knowledge of and meet the eligibility requirements of the intramurals program.
- Ensure all team members have signed in at the beginning of each game.
- Team captains are the only team representative allowed to discuss rule interpretations and player eligibility with the intramurals staff.
- Educate and model the importance of sportsmanship to all players and spectators associated with your team.
- Work to create a safe and fun intramural experience for all.

Sport Rules and Equipment

- All contests shall be governed by rules adopted from the NCAA, Illinois High School Athletic Association, amateur rules, etc. Modifications will be made to adjust for risk, space, time and number constraints.
- The Intramural Program reserves the right to institute any rule change and will notify team managers in a timely manner.
- The Intramural Program will furnish standard equipment for most activities.

Conduct and Sportsmanship

- Every team is responsible for the conduct of its players and fans. Any conduct judged as detrimental to the participants, program or any particular contest, may result in loss of the contest, suspension of the individual player, suspension of the entire team, or other appropriate action.
- Teams are encouraged to adhere to the following principles while participating in the Intramural Program:
 - Accept defeat as graciously as victory.
 - Respect fellow participants.
 - Respect and accept decisions by officials and supervisors.
 - Play by, and within, the rules.

***Dominican University students will be held responsible if any of the following occur: Harassment (verbal or otherwise) including sexual, racial, ethnic or religious harassment that causes injury, distress, emotional or physical discomfort will not be tolerated. The intramural staff will actively enforce all these aspects to ensure that participants feel welcome, safe and enjoy the benefits of the intramural activity.*

Player Conduct

Striking, fighting or any other inciting action (whether physical or verbal) will result in automatic player(s) suspension, team suspension, and/or possible expulsion of the player(s)/team. Additional sanctions may be imposed pending investigation of the incident. Suspension of a longer duration is entirely possible.

Individuals who have been ejected (e.g. red card) from a contest will not be eligible to participate in any intramural sport/activity until they have made an appointment with the Coordinator of ICSC prior to their next scheduled game.

Physical or verbal abuse of an employee of the Intramural Program or fellow participant will result in an automatic suspension. A team must maintain control of its members and exhibit a high standard of sportsmanship.

Any individual or team suspended and/or expelled from Intramural activities due to violations of Intramural Guidelines or sport rules will have the opportunity to participate in due process to ensure protection of rights. The Coordinator of ICSC will hear information from all involved parties and make an appropriate decision.

Communication

Much of the success of an intramural program is dependent on communication! The Team Captain must remain in contact, throughout the year, with the staff members of the Intramurals program and vice versa. The Team Captain must make sure that correct telephone numbers and e-mail addresses are listed on the entry form. The Assistant Captain should be an individual with a telephone number and e-mail address different than that of the Team Captain.

Schedule Information

Schedules will be passed out at the Captain's meetings, as well as other pertinent information. Schedules will also be posted on the Intramural Website, as well as the bulletin board in Power by the Coordinator of ICSC office.

PENALTIES FOR ELIGIBILITY VIOLATIONS

Individual Sport

Any person found to be ineligible after competition has begun will be dropped from the league and/or tournament.

The last defeated opponent will typically assume the disqualified person's position in the tournament. In doubles competition, the same penalties will apply. The ineligible person's partner will not be able to compete with a new partner.

Team Competition

Any team found to have ineligible player(s) during or after competition will forfeit the contest. All points won in games or events in which an ineligible player was used, will be forfeited.

All ineligible players may not play with the team on which they were found to be ineligible. The ineligible player is also barred from participation in intramural activities for the remainder of the semester.

Elimination Tournament: The results of the last game only shall be reversed when an ineligible person(s) was used.

Any awards won by ineligible player(s) on teams must be returned.

Free Agency

a. The Coordinator of ICSC does not guarantee placing individuals on a specific team; however we do provide a service called the "Free Agency List." The "Free Agency List" is designed to aid those interested in participating in a particular sport that are lacking a partner or team to play with. Participants searching for additional interested players to complete their team can also utilize the list. The "Free Agency List" will be available at the Team Captain's meeting.

b. "Free Agents" are encouraged to attend the Captain's meeting, because this is where they will be able to meet with captains to try to find a team to participate with.

Team Captain's Meeting

a. The Team Captain, or one other team representative, who is on the team, must be present. Attendance is MANDATORY for the Captain's meeting.

b. An individual may only represent ONE team during the meeting (roll will be taken). If a team is not represented at the meeting the team will be dropped from the league and unable to participate in that particular sport.

c. At this meeting, the specifics of the sport will be discussed, rules will be explained and free agents will be able to meet with captains to try to be placed on a team.

Protests

Player Eligibility: A protest may be made at any time. Any team or individual protesting the eligibility of a player must furnish proof that the player is ineligible. In the event of an obvious violation of eligibility rules, a protest may be granted. To ensure honest sport competition, protests of alleged eligibility violations should be made prior to games rather than waiting to determine the outcome of the contest.

Rule Interpretation: A coach, manager, or captain can lodge a protest on an official's or supervisor's rule interpretation, but must do so at the time of the incident. If a protest is going to be lodged, a coach,

manager or captain must say, "I protest" and complete the necessary paperwork. (*Protest form is available online*)

Judgment Decisions: Players or managers may NOT protest any official's judgment calls.

Procedure for Protests: A protest concerning rule interpretation must be lodged with the official and supervisor at the time of the incident. The officials will stop play and gather with the team manager and student supervisor for the correct ruling. The student supervisor will act as the arbitrator and make a decision.

***In circumstances where an individual feels a protest should be filed, he/she must notify the supervisor that a protest is being registered and the protest form must be completed and submitted in writing to the Coordinator of ICSC by 12 PM the day after the incident in question (Monday for weekend games). Protests lodged after this time will not be considered.*

Grace Period, Postponed Games and Forfeits

Grace Period: Teams will typically be permitted a ten (10) minute grace period after the scheduled start time, before a forfeit is declared.

If teams arrive after the grace period, team managers may meet with the supervisor and game official(s) to determine if time will allow for the game to be played.

Both team managers must sign the score sheet indicating they agree to play the game. The game may not be protested for tardiness once they agree to play.

Additional penalties for tardiness may be instituted, and will be noted in the rules.

Postponed Games: Postponed regular season games may not be rescheduled unless space and time permits. Players and/or teams must be in mutual agreement of any make-up games in cooperation with the Intramural program.

Games will not be postponed because of social engagements, organization meetings, etc. If a player or team knows of potential conflicts, notify the *Coordinator of ICSC* at 708-524-5952 in advance so conflicts can be minimized.

In some cases postponements may be necessary due to inclement weather or unforeseeable situations. Teams will be notified by email if games are to be canceled due to weather at least one (1) hour before game time, if possible.

If time permits, an e-mail will be sent to all managers and officials concerning game cancellations.

If a team is not on the playing site, signed-in on the score sheet and ready to play at the scheduled time with the allowable grace period, the game is forfeited to the team that is present. If neither team is present on time with the allowable grace period, a double forfeit shall be declared. Ignorance of the playing schedule is not an excuse.

Forfeits: A team will be forced to forfeit if it does not have the minimum number of designated players to start each contest. Minimum number of players will be given for each specific activity in the captains meeting and be available online with that specific sports registration page.

Any team that has more than two forfeits will be removed from the league. This is to ensure the integrity of the league and its competitors. Forfeits hurt each league as a whole along with the individual team scheduled to play the forfeiting team that specific week.

Officials

a. Game officials will be provided by the intramurals program, most Intramural officials are students. These students are working in one of the most difficult conditions possible – in front of their peers. The Coordinator of ICSC hires and trains all of our officials. Their work for our program is a learning experience and not a full-time job, so please respect and cooperate with your game officials.

b. The game officials will conduct a brief pre-game conference with the team captains prior to each game beginning. The pre-game conference is held, primarily, to establish start-of-play direction, to discuss basic procedures and to remind teams about sportsmanship. Concerns and/or questions regarding rules, policies and procedures should have been clarified at the sport's Captain's meeting or by the Coordinator of ICSC prior to the beginning of the season.

c. Teams and individuals (including spectators) should respect the decisions of the officials. Only the team captain or designated alternate captain is allowed to converse with the officials during a game contest.

Playoffs

Teams that are scheduled in a regular season league will be eligible for a single elimination post-season playoff tournament. Playoffs will be decided by:

a. The top records will advance into the playoffs. The number of teams will be decided by the Coordinator of ICSC.

b. A forfeit counts as a loss for the forfeiting team.

*** While games may possibly be rescheduled during regular season, this is not possible during playoffs. Due to time and facility limitations, teams may play a twice a week or twice in one day. Teams that make it into the playoffs must be prepared to play when necessary.*

c. Tie Breaker Procedure

A. If a two-way tie exists, it will be broken by head to head record.

B. If a three-way tie exists, it will be decided by the following:

1. Point differential

2. If two teams have same point differential then that will go to head to head between those two teams.

C. If all three teams have same point differential, total points scored will break the tie.

d. A player must play in at least 1 regular season game to be eligible for the playoffs.

Blood Rule

- Any player who is bleeding must be substituted for until the bleeding stops.
- Any Intramural staff member or game official has the authority to remove the player from the contest immediately.
- Before any participant re-enters the contest all bleeding must be stopped and all open wounds/lacerations must be covered.
- If any player has blood on his/her clothing he/she will be removed from the contest. Even a participant with someone else's blood on their clothing will be removed from the contest. The participant is ineligible to re-enter the contest until the clothing saturated with blood is removed.
- It is suggested that each player bring an extra pair of shorts and t-shirt.
- If clothing saturated with blood cannot be replaced, that individual will not be allowed to participate.

Emergency Situations

Your assistance is crucial in the event of an emergency. We ask that you please immediately contact the Intramural supervisor or a Athletics department staff member in the event of an emergency (medical emergency, injury, power outage, fire, etc.) or you witness an unusual incident (fighting, vandalism, disregard for policies and procedures, etc.). Even if it seems minor, we ask that you please report it to a staff member. Staff members will follow facility policies and procedures and/or the emergency action plan to immediately deal with emergencies.

All injuries, medical emergencies, and incidents no matter how minor, should be reported to the intramural supervisor. Individuals involved with an incident, injury, medical emergency, etc. will be asked to help the intramural supervisor fill out an accident or incident report and may need to speak with campus safety and security if warranted.

Championship T-shirts

Championship t-shirts will be awarded to Intramural Champions. Shirts will be available directly after the championship game. In case shirts are not going to be available, the team captain is responsible for picking up the shirts at the Coordinator of ICSC office at the designated time. Captains will receive t-shirts for the amount of players on their roster.