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Welcome to the Wellness Center RecSports Department

To the students, faculty, and staff of the University of North Dakota,

Thank you for participating in the long history of the Intramural program at the University of North Dakota. The Intramural program aims to provide opportunities for all students to participate in lifetime sports and embrace the Seven Dimensions of Wellness. Our goal for the program is to become the best extracurricular program on campus as well as the best Intramurals program in North Dakota, the North Central Conference, and NIRSA (National Intramural Recreational Sports Association) Region 5. Only with your help can we achieve these goals.

The strong tradition of intramural sports guides our department today. Therefore, policies, procedures, and sports rules have been developed and are reviewed each year to provide participants a safe, fair, and fun environment. We ask that you learn these guidelines and respect the rules of participation, as intramural participation is a privilege to the campus community.

Our pledge is to continue improving with new ideas as well as honoring the rich history of the University of North Dakota Intramural program. We hope you appreciate our enthusiasm as much as we appreciate yours. Together we will create a great experience and lasting memories.

Sincerely,

Patrick Marcoe, Assistant Director of Wellness Programs
INTRAMURAL STAFF

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http://und.edu/health-wellness/wellness/rec-sports/

Intramural Sports Chain of Command

Asst. Dir. of Wellness Programs

Intramural Program Manager

Intramural Program Manager

Intramural Supervisors

Intramural Officials & Scorekeepers

Captains

Participants
Statement of Liability

There are certain risks of injury that are inherent to participation in sports. These types of injuries may be minor or serious and may result from the actions or inactions of the participant or others. Maintenance of good physical health and appropriate financial planning in the form of insurance in the event of a physical mishap can give you more peace of mind while participating. Each participant will be required to sign an Assumption of Risk Waiver prior to participating in any Intramurals event.

Health, Injuries and Blood Policy

The Intramurals Sports Program will provide initial emergency care, such as provision of bandages, ice or immobilization to any participant injured during their contest. **THE INTRAMURALS PROGRAM WILL NOT PROVIDE SERVICES TO PREPARE OR MAINTAIN A PLAYER’S READINESS TO PARTICIPATE** (i.e. taping ankles, providing tape for personal items, etc.). Participants need to bring their own tape, etc. and prepare themselves to play.

All participants are strongly urged to have a yearly medical examination and to carry medical insurance coverage. Student Health has information entitling all students to a special rate from an insurance company.

Participation in sporting 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 (HBV) and Human Immunodeficiency Virus (HIV). The Intramurals program will make every effort to minimize exposure to its employees and participants. Because the Intramurals staff is trained and certified to respond to emergency and blood exposure situations, we ask that they be contacted immediately to respond to any injury.

Whenever an Intramurals sports participant suffers a laceration or wound where oozing or bleeding occurs, the competition shall be stopped at the earliest possible time, and the participant will be required to leave the field of play. The participant will not be allowed to return to the competition until the wound has been covered and the oozing or bleeding has stopped. Additionally, any participant with blood or other bodily fluids on their clothing will not be allowed to continue participation until the stained clothing has been removed and replaced.

The University and its staff are not held responsible for any injuries incurred while participating or as a spectator in the Intramurals program. The Intramurals staff should be notified of ALL INJURIES sustained during Intramurals competition. If needed, the participant will be given first aid and referred to their physician or Student Health. An ambulance may be dispatched TO ASSESS AN INJURY (PARTICULARLY IN THE EVENT OF HEAD, NECK AND BACK OR MAJOR JOINT TRAUMA). COST FOR AMBULANCE TREATMENT/TRANSPORTATION IS THE PARTICIPANT’S RESPONSIBILITY. An incident report will be completed for all injuries and a copy will be sent to the Safety and Environmental Health Office on campus.
Code of Student Life

University of North Dakota students and their actions are subject to the University of North Dakota: Code of Student Life. The Wellness Center and the Intramurals program will vigorously enforce all sections of the code to insure that participants feel welcome and enjoy the benefits of a recreational activity. The entire Code of Student Life is contained in the Student Handbook or available online at the Division of Student Affairs. (http://und.edu/student-affairs/code-of-student-life/).

Alcohol, Tobacco, and Illegal Drugs

The Wellness Center believes that participation in recreational sports is a positive, healthy experience that provides enjoyment to our participants. To foster health benefits and maximize enjoyment for participants and student staff, consuming alcoholic beverages before, during, or after participation on site is a violation of University policy. Individuals or teams who violate this policy will not be eligible to participate.

No individual will be allowed to participate in any activity if it is suspected that he/she is under the influence of drugs or alcohol. Spectators and players are prohibited from bringing to and/or consuming alcohol/tobacco at an activity site. Individuals violating this rule shall be removed immediately.

Any participant removed from an Intramural activity due to a violation of the alcohol/tobacco policy shall be suspended from that team’s next scheduled contest much like the penalty for an ejected player.

Any team that has a participant removed for a violation of the alcohol/tobacco policy, does not cooperate fully with Intramurals employees in resolving alcohol violations by spectators associated with their team, is found possessing or consuming alcohol/tobacco, or leaves evidence of alcohol/tobacco usage at an activity site shall automatically receive a “0” sportsmanship rating for that contest and will be placed on probation or suspension for the remainder of the season.

PROCEDURES

Online Registration & Payment

1. Obtain specific registration information for the activity of your choice at the Wellness Center or on the Wellness Center website. Information regarding dates of registration, entry fees, etc. for each sport is available online. All activities are subject to change. A complete schedule can be found online at und.edu/intramurals.

2. All teams must be registered through IMleagues and then paid in full online or at the Wellness Center Welcome Desk.
3. Once a team has registered via IMleagues, payment instructions will be emailed out. A team must be registered and paid in full, before they are officially in the league. Registration opens approximately two weeks prior to the registration deadline for most sports. All registrations and payments must be completed online and submitted to the Intramurals office by 11:55 PM on the registration deadline day.

4. Players must also individually register, sign the online waiver, and join their team on IMleagues as well. This must be done BEFORE THEIR FIRST CONTEST. Note: IMleagues registration is done only once for each individual, joining a team however is not.

5. If the league you are looking for is filled you will be automatically put onto a waiting list through IMleagues. Payment will NOT be required to be placed on the waiting list.

6. If the registration deadline has passed for an event, please contact the Intramurals office to be placed on the waiting list for that program by sending an email to the Program Manager.

7. Any applicable registration fees must be paid online at the time of registration. A team will not be considered registered for a sport if their registration fee has not been paid. VISA, MasterCard, or Discover are accepted for online payments.

8. Captains must complete the mandatory captain's quiz for their sport. A team will not be placed on the schedule if this is not completed.

Refund Policy

- 100% Refund if a team withdraws BEFORE the end of registration.
- 50% Refund if a team withdraws AFTER the end of registration and BEFORE the schedule is posted online.
- No Refund will be given once schedules have been posted.
- In the unfortunate event of cancellation due to inclement weather or other reasons, all efforts will be made to reschedule the contest. However, there will not be a refund if games cannot be rescheduled.

Levels of Competition

Team Captains are responsible for selecting the appropriate level of competition. However, RecSports reserves the right to move individuals/teams up or down in competition level or tournament placement when prior intramural play reflects skill level that warrants such action.

Men - Open to all participants who are male students, faculty, or staff of the University. If a Women’s division is not offered or unable to field enough teams, female participants will be allowed to play in the Men’s division.

Women - Open to all participants who are female students, faculty, or staff of the University.
Coed - Open to all men and women participants who are students, faculty, or staff of the University. Specific male to female ratio rules apply to each sport.

Open - The open division has no requirements as to the number of men and women participating on a team who are students, faculty, or staff of the University.

D1 - This level is for higher skilled and competitive players. Team players’ abilities range from an intermediate to an advanced skill level.

D2 - This level is for those who desire a less competitive level of competition than D1. Team players’ abilities range from beginner to an intermediate skill level.

D3 - This level is designated for participants who are interested in an atmosphere where emphasis is placed on participation and fun rather than competition.

TEAM CAPTAINS

Each team entering an Intramurals activity must have a captain. The Captain must be invested in the intramural program, as well as their team. He/she will serve as the liaison between the Intramurals program and the team. Team Captains are held to a higher standard than other team members.

The captain’s responsibilities:

1. Be a member of the team.

2. Organize the team and submit complete and correct team/player information on all registration forms.

3. Complete the MANDATORY Captain’s quiz for each registered sport, or their designee.

4. Keeping contact information up to date in the Intramurals office.

5. Be familiar with all intramural eligibility rules and ensure their roster consists of only eligible players. The Intramurals Office will check any player that the manager is concerned about.

6. Notify team of scheduled games. Any schedule changes in terms of date, time, and location of a contest will be posted on the online Intramural Schedule. Teams directly affected will be contacted by email of any changes.

7. Check with the Wellness Center for potential weather cancellations and pass that information along to the team.

8. Be familiar with the Intramurals handbook rules, regulations, policies, and procedures and ensure they are followed, and communicating this information to the team.
9. Ensure that those representing your team, including players, fans, etc. play according to the rules of the game and conduct themselves as good sports before, during, and after a contest.

10. Promptly responding to Intramurals staff concerning schedule changes, eligibility inquiries, protests, and player ejections.

11. Check your email and the Intramural website regularly for updates and/or changes from the Intramurals staff. During playoffs, a daily check is recommended.

12. Notifying the Intramurals office if their team will not be showing for a scheduled contest.

13. Assisting in the recruitment of sports officials and register for scrimmage games when offered. These games are essential to the officials training program.

14. Completing an end of season evaluation.

**Sport Rules**

Rules and regulations are designed for the safety and protection of participants. It should be understood that by participating in Intramurals contests, each individual has agreed to abide by all rules and regulations and is responsible for his/her behavior.

All contests shall be governed by Intramurals rules adopted from NCAA, NIRSA, North Dakota High School Athletic Association, or amateur rules. Modifications will be made to adjust for risk, space, time, and number constraints. The rules for each sport will be made available to all participants before the competition in that sport begins. The Intramurals program reserves the right to institute any rule change and will notify team managers within one week of the changes.

**Team Names**

It is the responsibility of the captain to submit a proper team name for their Intramurals sports team. If a name is not given at the time of registration, a name will be assigned to the team. The following are guidelines for team names:

- No vulgar language
- No reference to alcohol or other drugs
- No innuendos
- No reference to sexually explicit, invasive or violent activities
- No discriminatory reference (race, religion, color, national origin, age, sex, sexual orientation, height, weight, marital status, handicapped, veteran)

Any questionable team names will need to be approved by the Coordinator of RecSports before the team will be allowed to play.

**Sponsorships**

Teams are allowed to have a sponsor. The sponsor cannot advertise alcoholic beverages or illegal products. Teams are allowed to purchase their own t-shirts for uniforms; however, t-shirts
cannot display any profanity or anything that would be considered vulgar to the University of North Dakota community.

Any questionable sponsors will need to be approved by the Coordinator of RecSports before the team will be allowed to play.

**Free Agents**

The Free Agent list is available for individuals seeking to play on teams. Individuals are encouraged to register for their desired league as a Free Agent. If your team is short of players, please check the list found on imleagues.com/UND. Click your team’s league and under the league tab on the left side is the Free Agent list.

**SCHEDULING**

**Leagues**

Major team sports are scheduled into leagues based on level of competition/skill level. League sports consist of a six week season, unless otherwise stated, in a round robin format, and a single elimination post-season tournament consisting of all teams that qualify. The availability of leagues within a division will be based on the number of teams entered and desired level of competition.

In the event there are not enough entries to form a specific league, some leagues may be combined.

All intramural schedules will be posted online at [www.imleagues.com/UND](http://www.imleagues.com/UND). Schedules are subject to change, be sure to regularly check the website for updates.

**Playoffs – Post Season Tournaments**

The following guidelines will apply to the scheduling of postseason tournaments for league sports:

- Any team that does not have one forfeit or two defaults on their record, has a cumulative average of “3” or above sportsmanship rating, and has won two contests during league play is eligible for the postseason tournament. Some exceptions may apply.
- A draw will count as a win during the regular season. All contests will follow overtime rules to determine a winner during playoffs.
- Playoff games cancelled due to inclement weather will be rescheduled at the earliest time available to the Intramurals program, pending time constraints.
- Tournament brackets will be posted on the Intramurals website and the bulletin boards located in the Student Wellness Center. Only brackets posted on the bulletin boards
and the website will be considered official. Teams are responsible for checking the
brackets.

- Playoff games must be played as scheduled. No postponements or rescheduling of
  playoff games will be considered, unless due to weather cancellation or postponement.
- Teams will play on different nights and times during playoffs than during the regular
  season. Therefore, it is recommended that teams carry additional substitutes.

Playoff positions will be determined by:
1. Overall record/Win Percentage
2. Sportsmanship rating
3. Fewest points/goals allowed per game
4. Coin flip

**Rescheduling**

Once the league and/or playoff schedule has been posted, no games shall be rescheduled
unless by the Intramural staff, in order to accommodate facility conflicts.

During playoffs, postponed/cancelled contests due to weather must be rescheduled within a
period of time, which will not delay progress of the tournament itself.

**Weather Postponement/Cancellations**

In some cases postponement and/or cancellations may be necessary due to inclement weather,
facility scheduling concerns or an unforeseeable situation. For weather concerns, call the
Wellness Center Front Desk at **777-9355 or 777-3256** before your scheduled game time for an
update on the game schedule.

All decisions regarding weekday games will be made by 3:30 pm at the latest.
Cancelled/postponed (by the Intramurals staff) games will be rescheduled if space and time
permits. The Intramurals program makes decisions regarding inclement weather as early as
possible.

The sport supervisor has the authority to postpone and/or cancel a contest in the event the field
or weather conditions make it hazardous to continue. Cancellations will be shared via the
Intramural website.

**DEFAULTS/FORFEITS**

**Grace Period**

Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to
have the minimum number of players required to start a game at the scheduled game time.
However, the opposing team captain will be offered the option of taking the win by forfeit or
default or waiting 5 minutes for the minimum number of players to show. In the event the
captain decides to wait, that decision is irreversible. The minimum number of players for each
sport will be listed on sport rules.
Forfeits

A forfeit is given to a team if:
- No players are on site by the end of the grace period.
- A team uses a player who is ineligible or participates under an assumed name.
- Unsportsmanlike conduct

Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.
- One forfeit will result in that team being ineligible for the playoffs.
- Two forfeits will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

Defaults

A default will be granted to each team that has players present to participate but does not meet the minimum requirement of players to play. Each default will result in a loss for that team. Defaulted games will not be rescheduled. Teams may call the Intramurals office at least 6 hours prior to their game if they are unable to make their game. This will be considered a default.
- One default will result in team receiving a “3” sportsmanship rating.
- Two defaults will result in that team being ineligible for the playoffs in their sport, but left on the schedule.
- Three defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

Exception: Hockey teams are NOT ALLOWED TO FORFEIT OR DEFAULT any games without consequences. Any forfeit will result in the team being dropped from the schedule for the remainder of the regular season and playoffs. No exceptions – NO EXCUSES!!!!!

PARTICIPANT ELIGIBILITY

Eligibility Liability

Each participant is responsible for their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protest(s). The Intramurals program will check the eligibility of players if an opposing captain lodges a protest or the Intramurals program has reason to believe the person in question is not eligible. The Intramurals office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The
Intramurals program reserves the right to handle eligibility violations without a formal protest. **IGNORANCE OF ANY INTRAMURALS RULE IS NOT AN EXCUSE!**

**Who is Eligible?**

The following are eligible to enjoy all Intramurals privileges and will retain that status until they withdraw, graduate or fail to comply with eligibility rules or other guidelines:

- All regularly enrolled UND Students
- Faculty/Staff Members working in any department or college of the University
  - Must be a Wellness Center Member
  - If not a Wellness Center Member, they must purchase a Wellness Center Day Pass for each day of an intramural contest. The receipt from the Wellness Center must be presented at each contest.

Only players who can show their valid UND ID or Wellness Center membership card are eligible to play.

**Assumed Name**

Anyone who participates under an assumed name or uses someone else’s ID shall be declared ineligible for all Intramurals programs for the entire school year. A team guilty of using such a player will forfeit all contests in which the ineligible player participated and may be dropped from the league for the remainder of the season.

**Intercollegiate Team Members, Junior/Community College and Former College Varsity Athletes**

**Intercollegiate Team Members:** “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team.

“ACTIVE” members shall be defined as any athlete who is on an intercollegiate team within one week of the intercollegiate team’s first scheduled contest.

**Junior College/Community College:** athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.

**Former College Varsity:** athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.

**Professional/Semi Pro Athletes**

Any student, faculty or staff member who is or has been a professional player or athlete is ineligible for two (2) years from the date of the last professional participation in that sport or a related sport. A professional/semi pro player or athlete is defined as one who has received monetary remuneration for his/her athletic services.
**Sport Club Members**

Sport club members are eligible to participate in Intramurals team activities. There will be a limit of two (2) club athletes per team in the same or equivalent sport in which they participate. Club members are those persons who have participated in practices/games with club during the current academic year, paid membership dues to club or are listed as a member of club on the sport club roster.

**High School Players**

High School students enrolled in UND classes are not eligible to participate in Intramurals sport programs. Non-UND students are not allowed to participate in the Intramurals program, except faculty/staff that are Wellness Center Members.

**Intramurals Staff**

All Intramurals staff members are eligible to participate in Intramurals activities. The participating officials are required to clock out during their game and exemplify good sportsmanship and the values of the Intramurals program. At no time may a staff member play in and officiate during a game. Hockey officials are allowed to play on two teams only in two different divisions.

**General Rules**

An Intramurals participant may only play on ONE MEN’S/WOMEN’S TEAM AND ONE COED TEAM for that particular sport, regardless of level of competition. For example, a male player can play on a Men’s D1 Team, but then would be ineligible to play for a Men’s D2 Team in the same sport. The male player could still play for 1 coed team.

Participants must be added to the roster via IMleagues and at the game site during the regular season. Players must have played at least one regular season game in order to be eligible for the playoffs (i.e. no players may be added during the playoffs). (Exception hockey officials are allowed to play on two teams only in two different divisions).

**Penalties for Eligibility Infractions**

Any team or individual found guilty of violating any of the eligibility rules include, but not limited to:

- Receive a forfeit for each game played with the ineligible player
- Not be eligible for the playoffs in that sport
- The Intramurals program shall interpret the individual’s eligibility to engage in further contests
Identification Cards

All participants must present a valid UND ID or Wellness Center membership card prior to playing in ALL Intramurals. Individuals failing to present a valid ID card will not be allowed to participate.

ROSTERS

Adding Players to Roster

Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added through IMleagues and added to the team roster before they can participate.

Team Participation

Any individual whose name appears on more than one team roster is considered to be an official member of that team which he/she FIRST plays for and is ineligible to play on any additional team. An individual may play on only ONE all male/female team and ONE coed team. A player listed on a score sheet cannot switch teams for the remainder of that sport, league or tournament. Any player who has played but has not signed the online waiver or is not listed on the team roster subjects his/her team to forfeiture of that game. Any individual that has not signed the online waiver or is not on the team roster will be considered an ineligible participant.

Transferring Teams

A player wishing to change teams after they have already played for another team will not be allowed to transfer. (Exception: Intramurals administrative approval for special cases will be allowed to transfer). You must remain with the same team all season long.

EQUIPMENT AND ATTIRE

Equipment

The responsibility of getting equipment for an activity is specific to each sport. Rule sheets will provide this information. Team captains assume responsibility of their team’s proper use and care of all equipment during a contest. It is at the discretion of the intramural staff to ban the use of any equipment deemed hazardous to participants.
**Uniforms**

Each team is encouraged to have some type of dress, which provides uniformity in color for all participants. In cases where teams do not have uniforms, all players will be required to wear a scrimmage vest supplied by the Intramurals office.

If a team provides their own jerseys, single or double digit whole numbers must be put on them and each player must have a different number. Any other type of number will be prohibited. Every player on that team must have a jersey that is the same color or have a scrimmage vest that is the same color as the jersey otherwise that team will be required to wear the jerseys provided by the Intramurals sports office.

Uniforms supplied by the team will not include any profanity or degrading statements regarding any race, religion, or gender. All uniforms need to be approved by the Coordinator of RecSports. In the event two teams have the same jersey color, one team may be asked to wear scrimmage vests.

**Headwear**

Hats may not be worn during any activity, unless specifically stated in the sports rules. Stocking caps and rubber/cloth elastic bands may be used to control hair. Bandanas that are tied with a knot are not permitted.

**Footwear**

All participants are required to wear proper or appropriate footwear for competition. At no time will any combat boots, dress shoes, or full metal cleats be allowed. Open toed sandals, bare feet or just wearing socks is prohibited.

For gym sports, all shoes must be non-marking, soft soled rubber. All metal braces shall be covered so none of the metal can be seen or felt. It is the discretion of the Intramurals staff to ban the use of any footwear or equipment that he/she may deem hazardous to participants.

**Jewelry**

No jewelry may be worn during an Intramurals sports activity. All participants are expected to remove all jewelry prior to the start of the contest. Jewelry consists of any visible rings (including wedding rings), watches, necklaces, earrings, studs, bracelets, rubber bands, and any other similar jewelry. Any player that refuses to remove jewelry during a contest will not be allowed to participate.

All penalties associated with the violation will be assessed (e.g. 10 yard unsportsmanlike, Technical Foul, etc.). The player to whom the penalty is given must leave the game until the
next opportunity to substitute according to the rules governing the sport and remove the jewelry. A player does not have to leave the game if either team calls a charged time out, but jewelry must still be removed.

This is a SAFETY rule, and applies to ANY and ALL JEWLERY! NO EXCEPTIONS will be made for jewelry that is intended to be permanent or not removable for any reason. Tape, band aids or any other substance will not be allowed to cover any jewelry.

Any participants required to wear medical bracelets or medical medals will be permitted to do so. However, they must be taped to the body with medical data visible.

TEAM/PARTICIPANT CONDUCT

Sportsmanship Ratings

A development of team and individual sportsmanship is of fundamental importance. The sportsmanship rating system is intended to emphasize the importance of good sportsmanship at all contests. Behavior before, during, and after a contest will be included in the rating.

The rating system is based on a four point scale. A team is responsible for the actions of the individual team members and spectators related to their team before, during, and after the contest. The designated game captain is responsible to calm difficult situations and to restrain troubled teammates.

Intramurals Officials and/or Sport Supervisors shall determine Sportsmanship Ratings. Teams must maintain an average rating at or above “3” in order to make the playoffs. Only a “0” rating may be appealed by the team captain.

“4” Sportsmanship Rating – Excellent
- All players cooperate fully with staff, officials, and opposing players throughout the game. The captain exhibits control over their team and spectators, communicates respectfully with officials and opponents. The team demonstrates excellent sportsmanship and maintains an attitude of complete cooperation.

“3” Sportsmanship Rating – Good
- Actions and attitudes of captain and team members are at an acceptable level. There is little to no complaining and an attitude of cooperation for the most part exists. The team does not show any aggressive dissent toward game officials and/or opponents.

“2” Sportsmanship Rating – Needs Improvement
- Team members and/or spectators exhibit verbal dissent toward opponents and/or game officials. Team members persist in questioning officials. The team has been warned about unnecessary roughness. Spectators related to the team fail to conduct themselves in an orderly fashion. NOTE: Any team that has a player receive a technical or ejected for any reason will receive no higher than a 2 rating.
“1” Sportsmanship Rating – Poor

- Team members continually exhibit dissent toward game officials, staff, and/or opponents either on or off the playing field/court. Repeated warnings and/or disciplinary penalties are given for unsportsmanlike behavior. The team and/or captain fail to cooperate with officials to keep game running in an orderly fashion. The team after being warned continues to play with unnecessary roughness.

Consequences for “1” Rating
1. Team captain will be informed by the Sport Supervisor of the “1” rating.
2. Team is suspended until captain meets with the Coordinator of RecSports. The captain shall be held responsible to initiate the meeting in a timely manner to ensure availability of staff (preferably several days before team is scheduled). Teams will forfeit any games scheduled on subsequent days prior to the meeting. During the meeting the manager/captain will be notified of the suspended status of their player(s).
3. Regardless of the length of the league season, two unacceptable ratings will equal a season ending rating and the team will automatically be dropped from any further competition.
4. The eligibility of players from both teams will be reviewed. (Violation of any eligibility rule will cause a contest to be automatically forfeited.)

“0” Sportsmanship Rating – Abusive (language, fighting & protesting)

Any one of the following may lead to a season ending rating;

- Team behavior is completely uncooperative and shows no respect for officials, staff, and/or opponents. The team captain displays no control over the actions of team members. Multiple penalties are given to a player, coach, or team spectator for unsportsmanlike conduct. A team member or spectator strikes, physically contacts, or threatens an opponent or intramural staff member. Team behavior warrants as discontinuance of the game for any reason. Spectators clearly related to the team engage in disorderly conduct that violates university regulations or jeopardizes the officials’ control of the game. The team shows willful disregard for the policies and/or property of UND.
- Failure of ejected participant(s) and/or spectator(s) to leave the vicinity immediately, or returns to cause additional problems.
- Team fails to cooperate/comply with Intramurals staff/university officials while performing their duties; falsely represents or withholds any information requested.
- Team members are under the influence of drugs or alcohol.
- Alcohol or the remnants of alcohol is found in a team’s locker room or changing area assigned to them.

Consequences for “0” Rating
1. Team captain will be informed by the Supervisor of the “0” rating.
2. Team may face disqualification from the remainder of the season.
3. The eligibility of players from both teams will be reviewed. (Violation of any eligibility rule will cause a contest to be automatically forfeited)
4. Notification of Dean of Students office for review.
5. The usage of facilities and/or wellness center services will be reviewed.
**Sportsmanship Rating Appeals**

Only a "0" rating can be appealed by the captain. A written appeal must be filed within 5 days of the rating. During the appeal process, the burden of proof shifts from the Intramurals program to the manager. IT IS NOT A HEARING. The process is a review of the record of the incident(s) and reasons for the season ending behavior. Teams will remain dropped from any further competition during the appeal process.

Acceptable reasons for an appeal are; new information concerning the contest becomes available, and/or the sanction is too severe for the offense. The Student Wellness Advisory Committee, and/or person(s) designated by said position, will review the appeal. *During playoffs, the Intramurals office, prior to the next scheduled contest, will hear the appeal.*

**Team Conduct Resulting in a Forfeit**

In addition to the sportsmanship rating system, the following team behavior will result in a game being immediately stopped and FORFEITED (regardless of score or time remaining):

1. Three (3) separate individuals receiving any combination of warning or ejections and/or two (2) separate individuals receiving an ejection.

2. Failure of ejected participant(s) and/or spectator(s) to leave the vicinity immediately or returning to the vicinity during or after the game. A player cannot return for the second game when back-to-back games are scheduled.

3. The team is ‘confirmed’ to be using an ineligible player.

4. Any player(s) and/or spectator(s) other than the designated game captain, leaving the team area/bench to join a situation in the game. *A person’s intentions are irrelevant.*

5. Failure of a captain or team to provide required information to the Intramurals program. Any inappropriate behavior following the forfeiting of a game could lead to a season ending rating. Serious on site situations will also result in initiating the involvement of campus police and the referral to the Dean of Students Office.

**Individual Player Conduct**

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.

All participants, coaches, and fans that choose to participate in the Intramural Sports Program at UND are expected to act in a sportsmanlike manner and comply with the spirit of intramurals as well as the UND rules, policies, and procedures associated.

Any participant, coach, or fan who is ejected from the UND Intramural Sports Program is immediately ineligible for further competition in any intramural contest until he/she is reinstated by the Coordinator of RecSports or his/her designee.
It is the individual's responsibility to schedule an appointment with the Coordinator or his/her designee to review his/her behavior and subsequent eligibility in any UND intramural contest.

All ejections carry a MINIMUM 1 game suspension. The Coordinator will determine any further sanctions/suspensions and schedule a date for reinstatement.

**Due Process**
1. All additional sanctions/suspensions may be appealed for review by the Student Wellness Advisory Committee. Individuals wishing to appeal a decision must submit a written request to the Coordinator of RecSports (777-3256) within 5 class days of the suspension notification. In the event of an appeal, any suspension or sanction imposed will remain in effect until a recommendation is made by the Student Wellness Advisory Committee.

2. Participants who wish to appeal the decision of the Student Wellness Advisory Committee may appeal to the Wellness Center Director of Operations or their designee.
   - Students have the right to appeal a disciplinary or academic sanction or action.
   - An appeal from any decision must be made in writing to the appellate board/officer within five class days after the sanction or action appealed is announced. A notice of appeal is informal, but shall contain the student's name and the date of the decision or action.
   - Referenced from "Basic Appeal Procedures" within the *Code of Student Life*.

**Major Offenses**

Any participant who is ejected for a major offense is suspended from ALL intramural activity until official reinstatement. After serving a major offense suspension, you must schedule a meeting with the Coordinator of RecSports in order to be reinstated. It is the individual’s responsibility to make the appointment. If an appointment is not made, the participant will stay on suspension.

The captain, unless they are the offender, will not be required to meet with the Coordinator and is eligible to play in the next game. Major offenses & their ramifications include but are not limited to:

**Physical contact or attempting to strike a RecSports employee (official, supervisor, administrator, etc.)**
- 1<sup>st</sup> offense: Remainder of academic year and 1 full academic year after
- 2<sup>nd</sup> offense: indefinite suspension

**Verbally abusing/threatening an Intramurals employee or another player, spectator, etc.**
- 1<sup>st</sup> offense: Remainder of academic semester and 1 full academic semester after
- 2<sup>nd</sup> offense: Remainder of academic year and 1 full academic year after
- 3<sup>rd</sup> offense: indefinite suspension

**Fighting/attempting to strike another individual or involved in an altercation (please see specific sport rules for further details)**
- 1<sup>st</sup> offense: Remainder of academic semester and 1 full academic semester after
- 2<sup>nd</sup> offense: indefinite suspension
Playing under the influence of alcohol or drugs
- 1st offense immediate removal and a minimum 1 game suspension
- 2nd offense Remainder of academic semester and 1 full academic semester after
- 3rd offense indefinite suspension from Intramurals

Intentional damage/destruction of facilities/equipment
- 1st offense Participant removed from the game, team charged with a loss, team and
  player suspended until player pays to have the damaged equipment fixed or replaced
- 2nd offense Participant given indefinite suspension and will be charged for the
  replacement of the damaged equipment

If spectators are involved in a major offense, the ramifications are as follows:
- 1st offense Spectators will be banned from the Wellness Center and all Wellness
  Center Programs (intramurals, special events, etc.) for remainder of academic semester
  and 1 full academic semester after, team suspended for minimum 1 game
- 2nd offense Spectators will be banned from the Wellness Center and all Wellness
  Center Programs (intramurals, special events, etc.) for remainder of academic year and 1
  full academic year after, team suspended for remainder of academic semester and 1 full
  academic semester after

Profane language/obscene gestures
- 1st offense Removed from the game and suspended the next game
- 2nd offense Removed from the game and suspended for remainder of the semester
- 3rd offense Removed from the game and suspended for remainder of academic semester and 1 full academic semester after

**In order to be reinstated after a major offense suspension, you must schedule a meeting with the Coordinator of RecSport or their designee.

***In addition to the aforementioned sanctions, the Intramurals program and the Wellness Center will send a copy of the sanction letter to the UND Dean of Students Office. This letter will be placed into your permanent file at the University. If the action warrants, the Intramurals program will refer the case to the Dean of Students Office, who will deal with your case.

PROTESTS

Team captains are allowed to file game protests in order to resolve eligibility of players, rule
interpretations by officials, or a scoring error. NO PROTESTS SHALL BE ENTERTAINED
THAT CONCERN JUDGMENT CALLS ON THE PART OF AN OFFICIAL. Games protested
over the interpretation of rules, which are upheld by the Intramurals office, with the infraction
believed to have a bearing on the final outcome of the game (in most cases), shall be played from that point, excluding time limit infractions.

**Player Eligibility**

1. Any team or individual protesting the eligibility of a player should have sufficient reason to believe that the player is ineligible.

2. Player eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made during a contest, the teams will play the game under protest.

3. If an eligibility protest is upheld, any team with an ineligible player automatically forfeits the contest in question.

4. Any protest of eligibility will verify the eligibility of all players on both teams of the contest in question.

5. The Intramural Staff can consider the eligibility status of any player at any time.

**Rule Interpretation**

1. Only a captain can lodge a protest on an officials or supervisor’s rule interpretation, but must do so at the time of the incident.

2. After a protest is declared, the officiating crew will notify the Intramural Supervisor. The Supervisor is responsible for documenting the protest and will assist in the protest ruling.

3. A protest can be denied by the Supervisor if it is a non-protestable call (i.e. judgment calls) or the protest is tardy in accordance with the sport rules.

4. Every effort will be made to resolve protests promptly. The decision made by the Intramural Staff on the site is the final decision made.

5. If the protesting party is not satisfied with the decision of the on-site Supervisor, they may appeal to the Coordinator of Intramurals, however, any protest taken to the Coordinator of Intramurals will not result in a change in the result of the game. It will only serve as a clarification for future reference.

**EXTRAMURAL TOURNAMENTS**

Some sports (basketball, football, and hockey) will have state or regional tournaments. The Wellness Center and the Intramurals program may pay the entry fee for either the state or regional tournament for the winner of the men’s, women’s and coed leagues.

All teams have the opportunity to participate in the state and regional tournaments; however, they must pay their own entrance fee, not to be reimbursed by the Wellness Center. Lodging and travel expenses are not included in any fees paid by the Wellness Center.
Some tournaments limit the number of entries from one university, therefore the winners and runner-ups of the respective leagues have priority. If a winner has not been established in that sport, a team may be selected from the currently registered teams in that sport, at the discretion of the Intramurals staff.

STUDENT EMPLOYMENT

The Intramurals program could not be conducted on a successful level without the services of nearly 100 student officials and supervisors. Previous experience as an official is desirable, but not required. Training clinics are required at the beginning of each sport to teach the skills necessary. Preference will be given to students who are currently enrolled at UND. None of these jobs will prevent participation on a team. The program provides practical training and “hands-on” experience in the organization and administration of the overall program and its activities. The University of North Dakota is an equal opportunity educator and employer.

JOB DESCRIPTIONS

Applicants should be mature, self-motivating, possess a willingness to learn and lead, capable of making decisions/problem solving/resolving conflict in group situations, committed to promoting and valuing cultural diversity, interested in customer service, and capable of acting in a professional manner while performing their duties.

Job descriptions and qualifications for employment are available at the Student Wellness Center student employment section of the website ([http://und.edu/health-wellness/wellness/team/join.cfm](http://und.edu/health-wellness/wellness/team/join.cfm)). Workload is adjusted to accommodate class schedules and Intramurals participation.

**Intramural Supervisor**
Shall represent the Intramurals program and will:
- Assist in the preparation and supervision of the activity areas and officials during Intramurals team sports
- Assist in the coordination of special events
- Work at other special events and team sign-ups.
- Have knowledge of program policies in order to assist players and teams.
- Have specific knowledge of game rules in order to serve as an interpreter of rules to assist players and officials.
- Handle on-site conflict situations, protests, discipline, etc.
- Handle first aid/emergency situations when necessary.

**Sport Official**
Shall represent the program and officiate Intramural team sport contests. Must have rule knowledge in the specific team sports as well as general knowledge of program policies. Training clinics are conducted prior to the activity beginning. Prior experience is desirable but not necessary.
How to Become an Official

The Wellness Center encourages students from diverse backgrounds to investigate employment opportunities within the Intramurals program. Experience is not necessary (but preferred); the desire to learn and participate is. The Intramurals staff will provide training to all officials. Every official will be required to attend training sessions, which may include:

- Officiating clinics and meetings
- Rules examination
- Observation of games
- Continual evaluation and performance feedback

Officials are primarily University of North Dakota students and are considered UND employees. They assume a very important, but difficult task. Their role is to produce a healthy sportsmanlike and enjoyable game situation.

Therefore, it is the responsibility of all participants to respect the judgment of the official. The Intramurals program will make every effort to obtain the best possible officials. Any student who wishes to work as an official should inquire in the Intramurals office.

Intramural Participation

The Intramural Staff encourages participation in Intramural programs. An official interested in playing in any Intramurals event must abide by the same rules and guidelines as other participants.

Officials are not permitted to wear their work uniform while competing in any Intramurals activity; this includes being on a team’s sideline or bench, or wearing the uniform inside out.

Officials are expected to exhibit the best possible sportsmanship and are held to a higher standard.
## 2015-2016 INTRAMURAL SCHEDULE

Dates and times are subject to change. Visit [imleagues.com/und](http://imleagues.com/und) for the most up to date information.

<table>
<thead>
<tr>
<th><strong>Fall Sports</strong></th>
<th><strong>Days and Times</strong></th>
<th><strong>Registration Dates</strong></th>
<th><strong>League Start</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>6’s Volleyball</td>
<td>M-Th 8, 9, 10pm</td>
<td>8/24/15 - 9/2/15</td>
<td>9/8/15</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>T 4:00, 4:40, 5:20, 6:00, 6:40, 7:20pm</td>
<td>8/24/15 - 9/2/15</td>
<td>9/8/15</td>
</tr>
<tr>
<td>Flag Football</td>
<td>M/W &amp; T/Th 4, 5, 6pm</td>
<td>8/24/15 - 9/2/15</td>
<td>9/8/15</td>
</tr>
<tr>
<td>Tennis</td>
<td>M/W, T/Th 4, 5, 6</td>
<td>8/24/15 - 9/2/15</td>
<td>9/8/15</td>
</tr>
<tr>
<td>Outdoor Wiffle Ball</td>
<td>M/W</td>
<td>8/24/15 – 9/2/15</td>
<td>9/8/15</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Sun-Th 9, 10, 11pm</td>
<td>10/1/15 - 10/14/15</td>
<td>10/19/15</td>
</tr>
<tr>
<td>Basketball</td>
<td>M-Th 8, 9, 10pm</td>
<td>10/5/15 - 10/18/15</td>
<td>10/21/15</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>M-Th 4, 5, 6, 7pm</td>
<td>10/5/15 - 10/18/15</td>
<td>10/21/15</td>
</tr>
<tr>
<td>Badminton</td>
<td>M 7:30, 8:15, 9:00, 9:45pm</td>
<td>10/5/15 - 10/15/15</td>
<td>10/19/15</td>
</tr>
<tr>
<td>Pickleball</td>
<td>T 7:30, 8:30, 9:30, 10:30pm</td>
<td>10/5/15 – 10/15/15</td>
<td>10/20/15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Spring Sports</strong></th>
<th><strong>Days and Times</strong></th>
<th><strong>Registration Dates</strong></th>
<th><strong>League Start</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Hockey</td>
<td>S-Th 8, 9, 10pm</td>
<td>1/11/16 - 1/20/16</td>
<td>1/25/16</td>
</tr>
<tr>
<td>Badminton</td>
<td>T 7:30, 8:15, 9:00, 9:45pm</td>
<td>1/11/16 - 1/27/16</td>
<td>2/2/16</td>
</tr>
<tr>
<td>Pickleball</td>
<td>M 7:30, 8:15, 9:00, 9:45pm</td>
<td>1/11/16 – 1/20/16</td>
<td>1/25/16</td>
</tr>
<tr>
<td>Basketball</td>
<td>M-Th 8, 9, 10pm</td>
<td>1/11/16 - 1/20/16</td>
<td>1/25/16</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>M-Th 4, 5, 6, 7pm</td>
<td>1/11/16 - 1/20/16</td>
<td>1/25/16</td>
</tr>
<tr>
<td>Racquetball</td>
<td>M/W 7:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6’s Volleyball</td>
<td>M-Th 8, 9, 10pm</td>
<td>2/15/16 - 3/2/16</td>
<td>3/10/16</td>
</tr>
<tr>
<td>Broomball</td>
<td>M/W, T/Th 8pm, 9pm</td>
<td>2/28/16 - 3/9/16</td>
<td>3/21/16</td>
</tr>
<tr>
<td>Dodgeball</td>
<td>M/W 4, 5, 6, 7pm</td>
<td>3/21/16 - 3/30/16</td>
<td>4/4/16</td>
</tr>
<tr>
<td>Indoor Wiffle Ball</td>
<td>T/Th 4, 5, 6, 7pm</td>
<td>3/21/16 - 3/30/16</td>
<td>4/5/16</td>
</tr>
</tbody>
</table>

Participant Handbook updated August 13\textsuperscript{th} 2015.