

FLORIDA SOUTHERN COLLEGE INTRAMURAL SPORTS



WELLNESS

PARTICIPANT MANUAL
2026 - 2027

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Disclaimer: The Intramural Sports Office reserves the right to make changes or additions to the participant manual at any time.

INTRODUCTION

The purpose of this handbook is to establish policies and procedures that govern participation in the Intramural Sports program at Florida Southern College. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an excuse for failure to comply. The Intramural Sports Office reserves the right to modify these rules in whole or in part at any time as necessary. If you have questions, comments, or suggestions for these rules or the intramural program in general, please contact the Intramural Sports Office.

What are intramural sports? A variety of individual/dual/team events/sports available to FSC students, Staff, Faculty and spouses (must pay \$25.00 intramural membership per year). See the Assistant Director of Wellness – Intramural Sports & Facilities for more information.

PARTICIPATION

Each participant should be knowledgeable of the rules, policies and procedures of the event or activity in which participating. Each participant has the right to expect a fair opportunity to participate, while at the same time maintaining a high level of sportsmanship and respect for opponents, teammates and the Intramural Sports staff.

Participation in any event or activity is strictly voluntary. Failure to abide by the guidelines set forth by intramural sports staff may result in removal from the event or activity. All participants are responsible for their own actions, as well as the actions of their fans or others who come to support the team.

ELIGIBILITY REQUIREMENTS

Intramural sports activities are available for all current FSC students, faculty, and staff.

All participants must provide proper identification at the intramural contests. (FSC Student ID or Faculty/Staff ID and ID#). **You must have your FSC ID in order to participate.** If you do not have your FSC ID with you, you must have a slip from the FSC Safety Office in order to participate, no exceptions.

All individuals eligible for intramural sport activities must comply with any rules, regulations, and policies established by the Intramural Sports staff. Eligibility will end upon withdrawal from school, termination of employment, failure to comply with rules and regulations, or failure to uphold expected standards of sportsmanship.

An individual will not be permitted to represent more than one single-gender organization or team (as a player) in the same sport. Once a player has signed in for one team, that player cannot participate as a player for another team in the same activity. You are not on a roster until you check in on the score sheet for a game with your FSC ID. If an individual participates on two teams in the same sport (ex. A Men's A team and a Men's B team) they will be suspended for the next game in that sport. The second team he participated on will earn a forfeit since he was an illegal player.

An individual participating under an assumed or false name or an individual who provides an ID other than their own shall be barred from intramural competition until seen fit by the Intramural Office.

Intramural staff reserves the right to confiscate any IDs that are used in a false manner. Team captains may also be penalized for allowing illegal players to participate.

Professional Athletes

An individual shall not be eligible to participate in the sport or related sport in which he or she has played professionally within the last two years. Related sports examples:

- a.) Professional football - - flag football
- b.) Professional baseball - - slow pitch softball
- c.) Professional volleyball - - sand volleyball, volleyball
- d.) Professional soccer - - soccer
- e.) Professional basketball - - 5v5 basketball, 3v3 basketball, free throw contest, 3-point contest
- f.) Professional tennis - - tennis, pickleball
- g.) Professional disc golf - - disc golf scramble

Definition of a professional athlete: Someone who has earned money in the last calendar year in their respective sport / activity.

Collegiate Athletes

Candidates for varsity, junior varsity or developmental intercollegiate programs are not eligible for intramural participation in the related sport(s) in which they are practicing. **This includes all players on the roster and other people who are practicing with the team.** Participants must sit out one full year since they were last listed on the roster (including undergraduate, graduate, or doctoral students from any NCAA/NAIA recognized school) before intramural eligibility can be reinstated. Intramurals will verify varsity rosters using online postings from athletics as a first method.

If an individual or team captain believes the online athletics roster is not correct the individual/team captain should notify the intramural office via email **prior** to the teams/player's next game in that sport so the intramural office can contact the NCAA compliance officer on campus to double check the roster. If the Intramural Office is notified of an issue, any game that an athlete participated in will be forfeited.

Club Athletes

Club Athletes are individuals who have participated with a Club Sport within the same Florida Southern academic year. **Intramural Sport teams are eligible to have a maximum of two Club Athletes on their roster in related sport(s) in which they are participating.** Related sports examples:

- a.) Equestrian - - No Current Like Sport
- b.) ESports - - Rocket League, League of Legends, Overwatch, iRacing and Valorant
 - a. eSports Exceptions:
 - i. eSports will only be restricted if a like sport is added. For example, if the Intramural Sports program added an Overwatch Tournament, an eSports Club Athlete would not be eligible to participate.
- c.) Men's Ice Hockey - - Floor Hockey
- d.) Any other Club Sport added by the college

Non-FSC students are not eligible to participate in the Intramural Sports program. Any non-student found to be participating would cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship score of zero being averaged into the team's overall Sportsmanship Rating. **The only exceptions**

to this policy are ROTC members from partner schools. These participants are only allowed to participate on ROTC teams, and no other single-gender or CoRec teams.

REGISTRATION PROCEDURES

With the exception of drop-in events, all intramural activities have a registration period. During this period is when participants may create their teams for each open activity. Individuals may also register as individual free agents during this time if they do not currently have a team to play with. Further details regarding the Free Agent program is found later in this manual.

Unless otherwise promoted, all registrations will be done online using the IMLeagues website, located at <http://www.imleagues.com/flsouthern>. Each participant will need to create an IMLeagues account in order to create a team, sign-up on an existing roster, or register as a free agent for a sport.

Be aware that certain activities may have limited registration due to limited number of team spots (Ex. Bowling Tournament). For these events, a waiting list will be open once capacity is hit, and teams will be able to register on that list in the event that a spot opens up in the league/bracket.

LEAGUES & DIVISIONS

Most intramural events will offer leagues or brackets for Men's, Women's and CoRec participation. For some sports, single-gender leagues may be broken down into A-league and B-league. A-League would be geared towards a higher level of competitive play, while B-league would be geared towards more recreational-based play.

There are no requirements in regards to previous experience or skill level to participate. However, if a team participating in a B-league sport displays the capability to effectively compete in A-league, they may be required to register for A-league the following season.

TEAM NAMES

If more than one team requests the same name, the team which registers first will be allowed to use the requested name. Efforts will be made to contact the team captain of the remaining team or teams and an alternate name may be used. If the Intramural staff is unable to contact the team captain for an alternate name prior to publication of the schedule, the name may be altered or the name of the team captain will serve as the team name for the remainder of competition.

When selecting a team name, teams are cautioned to:

- a) Ensure that the selected name is in good taste; team name will be changed if not.
- b) Ensure the name is not offensive to individuals or groups.

The Intramural Office reserves the right to refuse inappropriate team names. If a team enters competition with an inappropriate name, the name of the team captain will serve as the team name for the remainder of competition.

If a team wishes to compete for the All-Sports Championship, they must play using the same team name throughout the year. Greek teams competing for All-Sports will only receive points credit for teams under their organization's name.

GAME TIME PREFERENCES

When registering a team for league sports, captains may be prompted to enter in time preferences for when their team is available to play. Teams are given the option to block off a set number of times that their team would be unavailable. Teams have the ability to block off reoccurring weekly times, as well as select a detailed view of the season and block times on specific dates.

There are a limited number of time slots per sport you are able to block out per week. Blocking out times DOES NOT guarantee that you will not be scheduled for that time, as we have to ensure that each team receives a certain amount of games. Time preferences are not taken into consideration during playoff scheduling.

FREE AGENT PROGRAM

For dual and team events, participants may register on IMLeagues as a free agent. When you register as a free agent, the Intramural Sports office will attempt to place you on teams that may be looking for players. You may register as a free agent in both the single-gender league and a CoRec league.

If there are a sufficient number of free agents to meet the minimum requirement for the sport, the Intramural Sports office will place all of those participants on a Free Agent team. The office will contact each free agent and make them aware that the team has been created, and will designate a captain.

Please note: registering as a free agent DOES NOT guarantee placement on a team or participation in the sport. However, the office will do everything it can to help find you an opportunity to participate.

CAPTAIN'S MEETINGS

When the captain registers their team for an event, they will receive an email with information regarding the sport's captain's meeting. Captain's meetings information can also be found on the Wellness website and the league's registration page on IMLeagues. In the event the captain cannot attend the set meeting, another representative from the team must be present. The representative does not have to be a player for your team, but it is preferred.

All teams that don't show up will be charged \$10.00 to be paid prior to the end of the regular season, and failure to pay the fee may result in your team being dropped from playoff contention.

ROLE OF THE TEAM CAPTAIN

Behind every successful intramural team is a team captain who is committed to ensuring that their team members know the intramural sports policies and rules, and to represent his/her team whenever necessary. Listed below are some of the duties and responsibilities of a team captain.

1. Register and create your team on IMLeagues.
2. Attend the mandatory captains' meeting for each sport.
3. Know eligibility rules, individual sport rules, and forfeit rules.
4. Checking email/IMLeagues regularly to be aware of any changes.
5. Inform team members of game times.
6. Follow all protest procedures.
7. Make sure that players are checked-in at the playing site ten minutes prior to the scheduled start time with current FSC photo ID and with proper attire/equipment.
8. Inform the Intramural Sports staff of any contact telephone number or email address changes throughout the season.
9. Make sure that you verify the scoresheet before leaving the playing site to ensure that the

- final score, players' names, and winner are recorded correctly.
10. Assist in identifying teammates who may be involved in incidents/ejections.
 11. Inform ejected teammates of intramural procedures to be reinstated for intramural play.
 12. Notify the intramural office immediately (within 2 business days) of any incidents before/during/after scheduled intramural contests.

****More sports may be added to the schedule that are not classified below****

ROSTERS/ADDING PLAYERS

Captains are encouraged to have their team members register on IMLeagues and join their roster online

League Sports	<i>Flag Football, Indoor Volleyball, 3v3 Basketball, Softball, Soccer, 5v5 Basketball, Sand Volleyball, Floor Hockey, Ultimate Frisbee</i>
One-Day/Weekend Team Tournaments (Individual/Doubles Tournaments)	<i>Kickball, Indoor Soccer, Cornhole, Dodgeball, Kan Jam, Pickleball, Spikeball, Bocce Ball, Wiffleball, eSports Competitions, Handball, Tennis</i>
Special Events	<i>Swim Meet, College Bowl Pick 'Em, NIRSA Day Drop-In Events, March Madness Bracket Challenge, Trivia Night, Golf Scramble, Disc Golf Scramble, Bowling, 9/11 Stair Climb Challenge, Bingo Night, Sprint Triathlon</i>

prior to competition. However, participants may sign on to a roster at the intramural contest. The player must bring his/her FSC ID card to the team's game to be added to the roster. Players can be added at the game site or online through the final day of the regular season. Rosters are frozen after the last regular season game, and no new players will be added. It is the responsibility of the team captain to ensure that once the season has ended, all players who participated are listed on their roster online prior to their first playoff game. If a player is missing, the captain must contact the office prior to showing up at the game site to resolve the error. No adjustments to playoff rosters will be made at the game site.

After a player is added at the game, the following day, the office will check to make sure the player is eligible. If the player is found to be ineligible for any reason, the team will forfeit any games that the illegal player participated in.

Players may be added to a team roster but not dropped or taken off. Once a player checks in for a team and is put on the score sheet, he/she is on that team and cannot play for another on in the same sport (including playoffs). If a player does wish to change teams due to reasonable circumstances, they must schedule a meeting with the Intramural Office and they will discuss the process of switching teams.

TYPES OF COMPETITION

**Drop-In events that require no pre-registration: Participants must show up during the drop in time (ex. 7-10pm) with his/her FSC ID*

EXTRAMURAL TOURNAMENTS

Each year, intramural champions and interested teams may represent Florida Southern College in Flag Football and Basketball against champions from other colleges and universities. Information on extramural events will be provided to campus champions and interested teams during the season. For more information, please contact the Intramural Sports Coordinator.

FORFEITS AND DEFAULTS

If a team fails to show for a contest and has not made arrangements with the Intramural office, it will forfeit the game. In addition, the team will be required to pay the forfeit fee to participate further in the program. If neither team appears for a game or fields the required number of team members, both teams are charged with a forfeit. Any team forfeiting twice during an activity's season will be dropped from further play during the season, in addition to being fined a fee for both forfeits.

It is the goal of the Intramural program to schedule and play as many games as possible. To deter forfeits and hold teams accountable, a forfeit fee is in place. For all sports with a regular season and playoff, there will be a \$25.00 forfeit fee. If a team forfeits a contest, they will be required to pay the forfeit fee of \$25.00 prior to their next scheduled contest unless other arrangements are made with the Intramural office. Failure to pay the forfeit fee will result in the team and each player listed on the roster at that time being suspended from further participation in the program. Any team that forfeits during the playoffs for a league sport will be charged \$50.00.

Any team or individual that does not show up for a one-day/weekend tournament or special event will also be charged \$25.00 forfeit fee.

A default is a game that is recorded as a loss but is not considered a forfeit. A team may receive a **one-time default** if they are unable to attend a game. The only way to default a game is to have the team captain submit an email to the Intramural office explaining why his/her team needs to forfeit. This email must be submitted by noon the day of the game. If the game is on a Sunday, the captain must email the office by noon of the Friday prior to the game. The email must state your team name, game day/time, and the reason why your team has to default. Teams are granted only one default per season. Any other missed games throughout the remainder of the season would be counted as forfeits.

GAME DAY GRACE PERIOD

If no team members have signed in at their scheduled game time, the game is forfeited and the win is awarded to the other team.

If a team has at least one player signed in on the roster at game time, they will be awarded a grace period in concordance with their specific sport rules. If the minimum require number of players arrive within the grace period, the game/match may begin. However, the game clock will start at the scheduled game time, and will not be added back to the game clock. In addition, the team who was prepared to play at the scheduled game time will receive a set number of points in accordance with the specific sport rules for every minute of the grace period.

RESCHEDULING A GAME

Intramural games are tightly scheduled, with very little room to switch games around. In the event you would like to request a game be rescheduled, you may contact the Intramural office. Both teams would have to agree to the new proposed game time. If not, the original game time will stay set. If the

adjustment would require swapping game times with another game, ALL FOUR TEAMS would have to agree to the switch, or the original game times will remain as previously set.

Any time switching or cancelations are not official unless approved and handled by the Intramural Office. Please be aware that not all requests for time change can or will be accommodated.

Disclaimer: The Intramural Office reserves the final right to adjust the game schedules as needed.

INCLEMENT WEATHER/POSTPONEMENTS

In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day's first game. Teams should always assume that games are still on unless informed otherwise by the intramural office.

If games are canceled due to weather or facility conditions following weather, an email and text message will be sent out via IMLeagues to all teams, as well as notifications posted on all intramural and Wellness Center social media accounts.

All outside activities will be postponed/cancelled when lightning strikes within eight miles of campus. Activities will be suspended for no less than thirty minutes, or until the "All-Clear" alert is given from our weather alert system. During the period of inclement weather, all participants and staff must clear the outside playing area and seek shelter.

If a contest is postponed due to weather, the Intramural Office will attempt to reschedule the game, but no guarantees can be made. For most sports, if a certain point of time has been reached in the game, the current score at the time of delay would stand as final. (Example: If we have already advanced to the second half of the game in flag football, the score at the time of cancelation would stand as final)

Example: Team A does not meet the minimum number of required players for their 3pm soccer game until 3:04pm. The game would start with Team B leading 4-0, and the game clock would display no higher than sixteen minutes left in the half when the game starts.

TEAM ATTIRE

Team members will be required to be in matching shirt/jersey colors during Flag Football, Basketball, Soccer, Floor Hockey, Team Handball, and Ultimate Frisbee. In soccer and handball, the designated goalies must also wear colors different than those of field players to ease in recognizing their specified position privileges. The Intramural staff does provide team pennies that may be worn for intramural contests in the event that a team is not in a uniformed color. For sports requiring foul tracking, a number must be worn and assigned to each player.

Athletic shoes must be worn for all events. Non-marking rubber-soled athletic shoes must be worn in the gymnasium. Running shoes or shoes with pliable rubber or molded cleats may be worn on playing fields. Cleats are allowed to have metal tips, as long as they are in good shape and the metal is not at risk cause a cut or injury. Metal spikes or cleats, or boots, are allowed in any sport.

Athletic shorts or pants must be worn for all athletic events. No jeans, khakis, or cargo-style shorts will be allowed to be worn during intramural contests.

For flag football, pockets ARE NOT ALLOWED on shorts. They may not be taped or zipped shut, nor may they be worn inside-out, as these variations still pose the risk of injury to participants. For the first two weeks of season, the Intramural staff may allow participants with pockets the chance to sign in and play.

However, they will not be issued a flag belt, and will be deemed down by one-hand touch at the officials' discretion.

JEWELRY POLICY/ILLEGAL EQUIPMENT

All intramural events will be separated into three categories: "Zero Contact", "Minimal Contact", and "Moderate Contact". For all Zero Contact activities, there will be no restrictions in regards to jewelry or casts/braces.

For all Minimal Contact and Moderate Contact sports, the following items are prohibited from being worn:

- Earrings with hoops
- Metal or rigid sunglasses
- Metal watches (Ex: Fossil, Rolex style watches)
- Rigid or pointed jewelry which may cause harm to fellow participants, at the discretion of the Intramural staff
- Casts
- Hard, metal, or rigid braces without approved covers

In Minimal Contact sports, any other jewelry that does not appear on the prohibited items list is allowed to be worn. This includes items such as stud earrings, rings, necklaces, bracelets, ankle bracelets, fitness trackers, non-metal watches, rubber bands, etc. Rubber Wedding Bands may be worn in all Minimal Contact Sports.

In Moderate Contact sports, all items that appear on the prohibited items list are not allowed to be worn. Any other jewelry must not be exposed and must be covered up. Participants will be removed from the contest at any point if jewelry becomes exposed. They may return once the jewelry is no longer exposed. Be aware that the Intramural staff will NOT issue band-aids or athletic tape for the purpose of covering up jewelry. Rubber Wedding Bands may be worn in all Moderate Contact sports, except for Flag Football.

For all sports, medical alert jewelry is allowed but must be taped down in Moderate Contact sports. Tape is not provided to cover jewelry.

Hats may be worn only in Sand Volleyball, Softball, and all Zero Contact sports.

When in doubt, see each sports specific set of rules for more jewelry clarification.

Zero Contact Sports

Disc Golf
Trivia Night
Bowling
Cornhole
eSports Tournaments
NIRSA Day Drop-In Events
Pickleball
Bocce Ball
Swim Meet
Sprint Triathlon
Flex Golf

Minimal Contact Sports

Kickball
Indoor Volleyball
Sand Volleyball
Softball
Dodgeball
Spikeball
Baseball5
Bouldering Competition
Pickleball

Moderate Contact Sports

Flag Football
3v3 Basketball
Indoor Soccer
Soccer
5v5 Basketball
Floor Hockey
Ultimate Frisbee
Grass Hockey
Team Handball

PROTEST PROCEDURES

Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of a game official. Protests will be received and considered when concerning:

1. A misinterpretation of a playing rule
2. A misapplication of a rule to a given situation
3. Failure to impose the correct penalty for a given violation
4. Matters of player eligibility

To protest, the following procedures must be strictly observed:

1. Notification of intent to protest must be made at the point the matter in question occurs, and immediately before play continues. The captain of the protesting team shall notify the officials that s/he wants to file a protest.
2. The Intramural Supervisor on duty will then render a decision and play will continue.
3. If the captain wants to protest the decision rendered by the Intramural Supervisor, then s/he must write a brief statement concerning the protest and submit it to the office. (See #4)
4. To file a formal protest, contact the Intramural Office. A protest must be submitted in writing to the Intramural Office by noon of the business day following the incident.
5. Formal protests require a \$5.00 deposit fee. If the protest is upheld, the fee shall be refunded. If the protest is rejected, the fee shall not be refunded.
6. The Intramural Office does not assume responsibility for investigating the eligibility of all participants but will investigate any properly protested cases.

Examples:

1. A team wants to protest a pass interference call – Ineligible for protest, as it is based off of the judgment of the official.
2. A team wants to protest that an official enforced a twenty-yard penalty for pass interference- Eligible for protest, as the correct enforcement by rule is a ten-yard penalty.

AWARDS

Champions of each league/bracket in an event will receive Intramural Champion T-shirts.

WAIVER OF LIABILITY

As a participant in Intramural Sports at Florida Southern College, I am fully aware of the risks and hazards connected with my participation in such sports ("Activity"), and hereby elect to voluntarily

participate in the activity, knowing that the activity may be hazardous to my property or myself. I voluntarily assume all responsibility for any risks of loss. Property damage, or personal injury, that may be sustained by me, on any loss or damage to property owned by me, because of being engaged in the activity, whether caused by the negligence of Florida Southern or its employees or agents or otherwise. I hereby Release, Waiver, Discharge and Covenant not to sue Florida Southern College, the Board of Directors, their officers, servants, agents or employees (hereinafter "Releases") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or caused by the negligence of the Releases or otherwise, while participating in Intramural Activity at Florida Southern College. It is my express intent that this Release and Hold Harmless Agreement (hereinafter "Agreement") shall be deemed as a Release, Waiver, Discharge and Covenant not to sue the above named Releases. I hereby further agree that this Agreement shall be constructed in accordance with the laws of the State of Florida.

PLAYER CONDUCT – DISCIPLINE

Participants and spectators that choose to practice unsportsmanlike behavior before, during, or after a contest, directed toward a participant, official or a staff member may be ejected from that contest. A contest official, intramural supervisor or a member of the intramural staff may administer the ejection. An ejection following the completion of the contest can still have a bearing on the outcome of the game (ex. Forfeit, technical points administered, etc.)

Please note, a player may be suspended from Intramural Activities after the fact if the office staff deems a reason to do so.

Examples of unsportsmanlike conduct which will result in ejection include, but are not limited to:

- The use of profanity, vulgar, and/or abusive language
- Disrespect toward an official or staff member
- Unnecessary roughness
- Excessive technical fouls
- Flagrant actions toward an opponent
- Flagrant actions toward an official
- Fighting or inciting a fight
- Any sport-specific offenses outlined in specific sport rules

Following an ejection, the following actions will be taken:

1. Any player or spectator who is ejected from an intramural contest as a result of unsportsmanlike conduct shall be required to leave the facility and parking lots surrounding the area immediately. Failure to cooperate with the staff and leave the facility immediately will result in the intervention from the safety office.
2. Any player or spectator who is ejected from an intramural contest as a result of unsportsmanlike conduct is automatically suspended from all intramural activity until official reinstatement.
3. Any player or spectator who willfully causes the destruction of or damage to equipment belonging to the College and Intramural Sports shall be held responsible for all subsequent damages and any costs of repairs or replacement.
4. Any player or spectator who verbally threatens, strikes, or physically abuses any intramural staff member or official will be immediately suspended from all participation for a minimum period

of one year. Such actions will result in the immediate intervention of FSC Safety, Student Accountability, and possible criminal charges. **Please be aware that any and all types of verbal and/or physical abuse toward any staff member of Intramural Sports will not be tolerated under any circumstances.**

5. Any team, its individual players, and associated spectators that are involved in a “team” fight (most or all the team members or spectators present) will be immediately suspended from further participation in that sport. This is the minimum period of suspension, which may be increased, depending upon the severity of the incident. In addition, individual instigators/participants that are identified will be subject to individual disciplinary sanctions. Leaving the bench area will cause the team(s) to forfeit the contest and its team members to be placed on disciplinary probation for a period of one year. A team will include all participants who are signed in on the game sheet at the time of the fight. Members that are not present will not be subject to suspension.

Any individual who has been ejected from an intramural event is not eligible for any sport until he/she meets with the Intramural Office to discuss the incident. If an individual is ejected, that individual's team may play one-person down, as long as it does not fall below the minimum required for the sport. If it does, that team forfeits the match.

Once the individual has been contacted by the Intramural Office regarding their suspension, they must meet with the Assistant Director of Wellness – Intramural Sports, in order to resolve the matter. For each week that a meeting does not occur, an additional week suspension may be added to their punishment. The suspension will not begin until after the suspended person has met with the Assistant Director. In order to earn reinstatement, the ejected participant must **submit a letter/email requesting reinstatement.**

Items to include in the email/letter requesting reinstatement:

1. Outline of events surrounding ejection
2. Actions that led to the ejection
3. Assurance that the behavior will not occur again
4. How the behavior will be avoided in the future
5. Days/times you are available to meet

A player ejected from an intramural contest will be suspended from all intramural activities for a mandatory minimum of one (1) game. The full length of the suspension/punishment will be determined by the Assistant Director, based on the severity of the incident and cooperation/attitude of the suspended player. Each incident will be reviewed on a case-by-case basis.

If a suspended player participates in a game during their suspension, the team they played for will receive a forfeit for that game, whether they were aware of the suspension or not.

Any and all types of illegal physical contact, gestures, spitting, verbal attacks or other combative actions (fighting) involving spectators, players, captains, teammates, and/or intramural staff/officials may result in that individual(s) being suspended from all intramural events for the rest of his or her academic or professional career. Depending on the severity of the incident, further disciplinary action may be warranted. **Any and all types of violence will not be tolerated. “She/he hit me first,” or “I was defending myself” are not acceptable excuses for fighting.**

All participants that are ejected from an intramural event will be placed on probation for a determined amount of time following their suspension. If it is considered to be late in the school year, then the probationary period may carry over into the next semester. (If the next semester is the summer semester, then the probation may carry over into the fall semester) If during this probationary period the ejected participant is involved in any other intramural disciplinary proceedings he/she may be subject to suspension for one calendar year (365 days) once his/her sanctions have been decided upon. It is up to the Assistant Director's discretion to determine the appropriate probation period for the participants and/or team(s) in question.

Even if it is the last contest for their team, the ejected person's suspension will continue for all Intramural activities until the person meets with the Intramural Office.

TOBACCO, ALCOHOL, & CONTROLLED SUBSTANCES

Tobacco, alcoholic beverages, and controlled substances are prohibited at all intramural sport activities, regardless of the participant's age and the location of the event. Individuals who appear to be under the influence will be removed from the activity/facility, will be suspended from further intramural participation, and FSC Safety and the Student Accountability office will be notified.

SPORTSMANSHIP

In an effort to maintain a high quality of sportsmanship in our Intramural Sports program, the following sportsmanship expectations have been adopted.

Team Sportsmanship Rating System

The development of team and individual sportsmanship is of fundamental importance in all intramural sports activities. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sport contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after intramural sports contests, officials and/or supervisors shall make decisions whether to warn, penalize, or eject persons for poor sportsmanship. These decisions are final. The Intramural Office will rule on further penalties as a result of unsportsmanlike conduct.

A team is responsible for the actions of the individual team members and spectators related to it. The team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Office.

Rating Method

The officials shall rate each team in each contest. The authority of the officials' rating exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the score sheet. In all cases, Intramural Supervisors and the Intramural administrative staff may provide input, which may raise or lower the rating. Supervisors may amend any rating for inappropriate conduct use of an ineligible player, use of a

suspended player, and/or inaccuracy in reporting by a team or its spectators before, during, or after a contest.

Rating Factors

The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team's sportsmanship rating:

- Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other Intramural staff.
- Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperate by providing any information requested by an Intramural official or staff member.
- Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
- Respect is shown for FSC Wellness staff, facilities and equipment.
- Individuals/ teams clean up after themselves, their spectators and others after each game. The HWC Gym, Barnett Field, Jenkins Field House, Callahan Field, Lake Bonny and any other field/court must be left in proper condition.

The following actions and behaviors by team members, spectators, and/or team followers can have a negative effect on a team's sportsmanship rating:

- Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
- Team captain exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or Intramural staff. Does not provide information requested by any intramural sports official/staff while performing duties.
- Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
- Taunting an opponent or opposing team spectator (trash talk).
- Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural staff member.
- Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
- Any threatening behavior (verbal and/or nonverbal) to any FSC Intramural Sports or Wellness Center employee, participant, or spectator that occurred before, during, or after an Intramural Sports contest.
- Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
- Individuals/ teams do not clean up after themselves, their spectators and others after each game. The HWC Gym, Barnett Field, Jenkins Field House, Callahan Field, Lake Bonny and any other field/court is left in poor condition.

- Damage to or destruction of any FSC or FSC Wellness Center facilities.

Rating Scale

Team sportsmanship is graded following each contest according to the following scale and criteria:

Rating 4: Excellent conduct & sportsmanship: Team members cooperate with officials and opposing team. Captain calmly approaches officials about interpretations and calls. The captain has complete control of teammates. Officials feel that the team was respectful throughout the entirety of the contest, and they did not have to admonish or tell them to calm down. Players were not verbally complaining about the calls to the referees or showing dissent, and players were showing respect to the other team and officials after a foul was committed. The team displayed behavior throughout the game that was fair and showed respect to all involved (players, officials, and all IM staff). **This should be awarded if officials felt there were no problems for that team throughout the contest (were calm and respectful the whole contest) and the team showed respect for their opponents and officials.**

Rating 3: Good conduct & sportsmanship: Team members verbally complain about some decisions made by officials and/or show minor dissension, which do not merit an unsportsmanlike conduct penalty. For example, one or two players may verbally complain about calls to the referee or show minor dissent. As long as these reactions are not performed by more teammates and they do not warrant further punishment like a yellow/red card in soccer, a technical foul in basketball, or an ejection in basketball, football, or softball, this sportsmanship rating may be awarded. Once any unsportsmanlike penalties are awarded, teams are not eligible for this sportsmanship rating. Teams are showing respect for each other; however, officials feel that improvements could be made in their attitude and reactions to their decisions (react in a calmer fashion, show more respect, etc.). **This should be awarded if officials felt that there were some problems for that team (arguing calls, teammates being angry over a call) but overall, the captain and their teammates were in control of themselves and did not further escalate their arguments to receive unsportsmanlike conduct penalties.**

Rating 2: Average conduct & sportsmanship: Team shows verbal dissent towards officials and/or opponents which may or may not merit a technical foul or unsportsmanlike conduct penalty. Captain exhibits minor control over teammates but is in control of themselves. This is the highest rating a team may receive after receiving an unsportsmanlike penalty (yellow/red card in soccer, technical foul in basketball, or an ejection in basketball, football, or softball). The officials feel that most of the team showed no respect throughout the entirety of the match for their calls or towards the other team. A team does not need to receive an unsportsmanlike penalty to be given this rating, however most of the team must display verbal dissent, unsportsmanlike behavior, or other behavior deemed to be rude or foul by the officials (continual arguments over decisions, foul language, dissent, etc.). The captain does display remorse for the actions of their team and/or displays some control of them during the contest (telling them to stop arguing, making teammates back away from officials, not being a part of the violent behavior or encouraging it, apologizing for the actions of their teammates, etc.). **Teams that receive one unsportsmanlike conduct penalty may receive no higher than a "2" rating. This should be the designated sportsmanship rating if officials felt that the captain had some control of their teammates during and after the contest, but that their teammates were displaying unsportsmanlike behavior towards their opponents and the officials throughout the entire game.**

1 point (Harassment, Ejections): Unacceptable Sportsmanship

Teams constantly comment to the officials and/or opposing teams from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. Majority of individuals on

this team are disrespectful of opponents or officials on a regular basis. Teams that receive a second unacceptable rating ("1") in the same sport or activity are subject to immediate dismissal from league or tournament play.

0 points: Season Ending Rating

The following actions can result in an "F" sportsmanship rating:

- Team is completely uncooperative and out of control before, during, or after intramural sports contest(s).
- Team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators.
- Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.
- Team fails to cooperate / comply with intramural sports administrative staff / University officials while performing their duties; falsely represents or withholds any requested information.

***Teams which receive a "0" rating are subject to immediate dismissal from league or tournament play.**

Team Sportsmanship & Playoff Eligibility

A team must have a "2.75" average or better sportsmanship rating during regular season league games to be eligible for the playoffs. The average sportsmanship rating will be calculated similar to the grade point/game ratio.

Playoff Tournament Sportsmanship

Any team which receives a "0" sportsmanship rating during the playoffs will be immediately dismissed from further tournament play and subject to further disciplinary action.

A losing team which receives a "1" or "0" sportsmanship rating in their final playoff game is subject to further disciplinary action as a team in subsequent sports, as individuals when appropriate, or to the team captain.

CONCUSSION PROTOCOL

1. If any participant is suspected of having direct head-contact with another object with excessive force or is showing the symptoms of a concussion (floor / ground, participant, etc.), they will be removed from play and will not be allowed to return. The participant will be directed to be evaluated by a licensed Medical Professional.
2. The participant who has had direct head contact with another object of excessive force or suspected of having a concussion, will not be allowed to participate in their teams next scheduled event. The participant will be suspended on IMLeagues for one calendar week and must serve this "suspension" unless they are cleared by a licensed Medical Professional."

COVID-19

The Intramural Sports program is committed to providing safe programming throughout the COVID-19 pandemic. This manual will be updated as policies and procedures for participants and staff alike are changed to provide the safest atmosphere possible for all parties involved. Sports and tournaments may

be rescheduled or cancelled based on COVID procedures and protocols that are constantly being developed within the college. The Intramural Staff will keep participants informed on these decisions.