

INTRAMURAL SPORTS HANDBOOK

Southern Oregon University



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What are Intramurals?

Intramurals are recreational programs at the team, dual, or individual level organized to promote fun and competition among the SOU community (students, faculty, and staff). We strive to enhance the recreational experience of the SOU Community by promoting positivity, wellness, team work, and community development through Intramural sports.

For more information about Intramural Sports, please visit the Campus Recreation website at recreation.sou.edu.

Campus Recreation Mission Statement

Campus Recreation enhances the educational experience of the SOU Community by promoting wellness, personal development and leadership through inclusive programs, services, and facilities.

Campus Recreation Vision Statement

SOU Campus Recreation will be an innovative leader by providing a stimulating, challenging, and inviting environment that facilitates the development of leaders and a culture of wellness on campus.

Campus Recreation Values

Play is essential
Lead with integrity
Have courage and accept challenge
Commit to engage
Build community
Be compassionate
Live well

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Anti-Discriminatory, Gender-inclusive Statement & Explanation

Discriminatory harassment, hazing, and/or bullying based on race, color, national origin, disability, status as a veteran, religion, sex, sexual orientation, gender identity, age, and other identifiers is not tolerated as part of the SOU Intramural Sports program. SOU's anti-harassment policy can be found here:

https://inside.sou.edu/assets/policies/Code_of_Student_Conduct_091820.pdf.

Health, Injuries, and Insurance

The Intramural Program may provide initial emergency care, such as the provision of bandages, ice or immobilization to any participant injured during their contest. Staff must be notified of all injuries.

THE INTRAMURAL PROGRAM WILL NOT PROVIDE SERVICES TO PREPARE OR MAINTAIN A PLAYER'S READINESS TO PARTICIPATE.

1. Participants need to bring their own tape, etc. to prepare themselves to play.
2. The Intramural Program DOES NOT carry health or accident insurance for the participants.
3. It is the responsibility of every person participating in intramural sports to ascertain whether they have any health conditions which make it inadvisable to participate in that sport. The University and Intramural Program DO NOT assume that responsibility. Persons who are uncertain should consult their physician prior to participation.
4. The Intramural staff should be notified of ALL INJURIES sustained during intramural competition. If needed, the participant will be given first aid and referred to their physician and/or the Student Health and Wellness Center. An ambulance may be dispatched TO ASSESS AN INJURY (PARTICULARLY IN THE EVENT OF HEAD, NECK and BACK OR MAJOR JOINT TRAUMA). THERE IS NO COST FOR INJURY ASSESSMENT. COST FOR AMBULANCE TREATMENT/TRANSPORTATION IS THE PARTICIPANT'S RESPONSIBILITY.

5. An accident/injury report will be completed for all injuries. If you need a copy of the form, please contact the Campus Recreation office as this form may be necessary for your insurance company.

Participant Safety

The safety of all who participate in the program is of utmost importance to the organization and administration of each activity.

Jewelry

Most Intramural activities require the removal of all jewelry including but not limited to watches, chains, bracelets, necklaces and piercings. In these activities, only medical alert or religious jewelry may be worn. Medical alert bracelets must be secured with tape so no sharp edges or chains are exposed while still leaving the medical alert visible. Religious jewelry must be taped securely to the body and be covered by clothing. Rulings by the intramural staff regarding jewelry are final.

Blood Rule

In an effort to maintain a safe playing area, all participants must adhere to the following BLOOD RULE:

- Any player who is bleeding must be substituted out until the bleeding stops.
- An intramural staff member or game official has the authority to remove the player.
- If by removing the player who is bleeding, the team falls below the minimum number necessary to play (sport specific), the game clock will stop to allow the player to receive first aid care and stop bleeding. Either an intramural supervisor or game official must approve the player to re-enter the game.

Message to Team Captains

Thank you for signing up to participate with SOU Intramurals as a Team Captain! This is a position that comes with some important responsibilities within the Intramural Program. You are the team's leader and it is critical that you are committed to performing the duties expected of you as the captain.

All Team Captains are responsible for the following:

- Registration of your team.
- Being the direct contact for the Intramural staff.
- Communicating to team participants, ALL rules and guidelines established by SOU Campus Recreation.
- Checking schedules, standings, scores, etc. and communicating information to team members.
- Confirming the eligibility of all team players and ensuring roster is valid. This includes confirming each participant is on the FusionIM roster and has signed the Assumption of Risk and Release of Liability.
- Team attendance at scheduled games.
- Checking in your team prior to each Intramural Activity.
- Maintaining control of your team and spectator behavior in terms of conduct, safety and sportsmanship before, during and after your intramural games.
- Notifying intramural staff of any issues related to your team.

This handbook was created as a resource to help guide you and your team through various aspects of the Intramural Program. If after reading this handbook you feel that you cannot accept the responsibility of being a team captain, please pass it along to someone else who may be better suited for this duty or designate a co- captain to assist you.

Good luck to your team and remember to have fun, compete and play fair!

Eligibility

The goal of the Intramural Program is to provide an open and inclusive environment for competition and recreation during the academic year for current SOU students, faculty and staff. Eligibility restrictions are necessary to provide fair opportunities for participation. Violation of any eligibility rule will cause a contest to be automatically forfeited. Each participant should be prepared to present his/her SOU ID card at any time when participating in an Intramural activity. We require all players to meet the following eligibility guidelines to participate:

1. All **current students, faculty and staff** are eligible to participate in intramural activities. Alumni are not eligible to participate.
2. All participants are **REQUIRED** to read and sign the **SOU Assumption of Risk and Indemnity form** prior to participating in any intramural events. The waiver can be signed electronically through FusionIM and/or you may complete a hard copy on-site at your first event. You are only required to sign the waiver once per academic year unless otherwise stated.
3. Participants may be asked to present a current, valid SOU ID card at ALL intramural events.
4. Current intercollegiate athletes (Varsity) are ineligible to compete in the **same or similar** intramural sport (e.g., varsity basketball players cannot play intramural basketball). *Exception: Seniors who have completed their NAIA eligibility may participate after their final season of participation. There will be a maximum of two (2) seniors on the court/field at a time on a team playing the same or similar sport.*
5. Participants may only belong to **one team per sport** (i.e.: a player may not play games for two different intramural volleyball teams). However, participants are able to play on a coed team, as well as a single gender team. Once a participant signs up and plays for a team, they are on that team for the duration of the league or tournament. Switching teams is not allowed once play has begun.
6. Any team found to have used an ineligible player will forfeit all games in which that player participated.
7. Only players listed on a roster prior to the last regular season game AND have played in at least one regular season game will be eligible for playoffs.

Registration and Participation

Registration for Intramural leagues and most Intramural events will be through an online program called FusionIM. FusionIM can be accessed through the Campus Recreation Member Portal at rec.sou.edu. All team captains and team members must create an account and register through FusionIM.

Login and Account

SOU students, faculty, and staff will be able to register for Intramurals on FusionIM using their SOU account credentials. On the homepage of the Member Portal (rec.sou.edu), click "login" at the top right corner, and choose "SOU ID" as your login option.

Registering for Intramurals

Once you are logged in to your member portal account, you are ready to register for Intramurals.

1. Scroll down the page and click the "FusionIM" icon, then click on "Register."
2. You'll see a list of current sports offered during the term. Click on each sport and league to get to the division level and you'll see the available divisions in each league. Note: each division has Game Slots when games could be scheduled for that division.
3. Once you decide which division you'd like to register in (see below for more information on divisions), click "Register." There are a few options for registering:
 - a. **Create a Team (team captains)** - This option is for captains who want to create a new team. Captains will be able to name the team, invite members, and add free agents. Once your team has been created, you can access your team details page (click FusionIM, then click "My Teams"). Under "Roster" you can see everyone who has joined your team. Under "Pending Roster" you can see members who have requested to join your team, invite other members to join your team, or browse the free agent list.
 - b. **Join a Team** - when registering, click join a team to register on a specific team. You can also join a team by accepting an email invite from a team captain.
 - c. **Register as a Free Agent** - want to participate but don't have a team to join? Register as a free agent and captains looking to pick up more players can add you to their team or Campus Recreation staff will assign you to a team before the start of the league.

Important Note: Campus Recreation reserves the right to change any team names deemed inappropriate, so please exercise good judgment when choosing a team name.

Divisions of Competition

Intramural Leagues will typically be designated as one of four formats: Open, Coed, Men's or Women's. Participants in SOU intramural sport programs are welcome to participate in alignment with the person's self-identified gender.

When the league interest demands it, divisions may be created for specific activities based on level of play/competition. Players and teams are encouraged to select the level of play that best suits their skills.

- **"COMPETITIVE"** leagues are for players whose skill level is generally moderate to above average and participants/teams are invested in competing for the league championship.
- **"RECREATIONAL"** leagues are for teams who just want to play and participate for fun. The majority of participants may not have experience in that particular sport or are not heavily invested in winning the game. Instead their emphasis should be on recreation and having an enjoyable experience.

Team Roster

All intramural participants must be registered with FusionIM and on an official roster prior to participation. Participants may also sign a waiver on-site at their first game to be placed on an FusionIM roster by the Intramural Staff.

- **Adding Players to a Team Roster**
Team captains may add players to a roster up until the first game of the regular season. Any player added is required to do so through FusionIM to be considered eligible.
- **Post-Season Eligibility**
To be eligible for postseason playoffs or tournaments, a player must have played in at least **one regular season game** for their team. It is the responsibility of all team captains to verify their team roster after their last regular season game. Once playoffs or the tournament begins, that will be the official roster for the duration of postseason play. If a player is not on a roster once playoff or tournament play begins, they will be considered ineligible and their team forfeits the game and will be dropped from postseason play.
- **Switching Teams**
Players are only allowed to be on ONE team roster in any league. Players may switch teams at any point **prior** to the first day of league play. Once a player has participated on a team, the player is permanently on that team for the duration of the league.

Free Agents

Participants can register for any league/event as Free Agents. Captains looking for extra players can browse through the list of free agents to complete their roster on the FusionIM

website. Free agents are encouraged to contact teams in the leagues they are interested in as well. Teams that have a “looking for players” icon next to their team name are actively seeking to add players. Free agents may be added until the start of the regular season. Although the IM Staff will assist, it cannot be guaranteed that all free agents will be placed on a team.

Officiating

Most intramural leagues will be officiated by student Intramural Officials, unless otherwise stated. Some intramural events will be self-officiated by the teams participating (i.e.: 3 v. 3 Basketball). Individual and team sportsmanship is of paramount importance in all self-officiated activities. In almost all cases, there will be an Intramural Lead present who is responsible for the overall management and operation of the intramural activities. During playoffs, the use or number of officials may be increased from the regular season.

When participating, remember that you are being officiated by your peers, who are performing a difficult task to the best of their ability and deserve to be treated respectfully. If you have an interest in becoming an intramural official, please notify an intramural staff member or the Campus Recreation department to receive more information on potential opportunities.

Forfeits

Forfeits have a negative impact on the intramural program, both on other participants and the IM staff. It is understood that situations do arise where teams are unable to participate. It is the responsibility of each team, specifically team captains, to avoid forfeits by following all intramural guidelines and sport specific rules. During playoffs, any team that forfeits a contest will automatically be disqualified and removed for playoffs. This includes forfeit of championship games and matches.

Game time is forfeit time.

- Any team forfeiting two games will be automatically dropped from competition.
- Any individual or team may be assessed a forfeit for unsportsmanlike conduct.
- Teams may also be assessed a forfeit for inappropriate conduct of their guests (spectators).
- Teams forfeiting during playoffs will be ineligible to advance and continue play.

- Forfeits are detrimental to the intramural program and are strongly discouraged!

Teams may receive a forfeit for the following reasons:

1. "No show" for the scheduled event (no prior notification).
2. Showing up late for their scheduled game (There is a 10-minute grace period for teams to have the minimum number of players arrive).
3. Cannot make a scheduled game or fail to notify intramural staff at least 2 hours in advance the team cannot make the game.
4. Showing up on time without the minimum number of players for that event.
5. Any unsportsmanlike conduct and/or behavior of a team, player, or spectator, resulting in the contest being ended by intramural staff.
6. Knowingly misrepresent a score.
7. Use of ineligible players will result in forfeiting of all prior games that player was used.
8. Knowingly giving inadequate information (ex. Name, ID#, etc.) or falsifying administrative intramural documents (ex. Registration form, roster update, etc.)
9. Refusal to abide by the rules, regulations, and/or directions given by intramural staff.
10. Misconduct toward any intramural staff.

Sportsmanship and Conduct

The Intramural program is based on a foundation of sportsmanship. **Unsportsmanlike conduct will not be tolerated.** Any person may be ejected from a game and playing area at any time without warning for significant unsportsmanlike conduct. Any player ejected from an intramural event will be suspended from any future intramural events until the player meets with a Campus Recreation staff member. Ejections may result in a minimum of one game suspension, but players may be suspended for as long as a full year or more, depending on the severity of the incident and prior conduct of the individual.

Individual Participant Code of Ethics

1. As a participant in Intramural Sports, I will abide by the word and spirit of both the playing rules and Intramural Sports Guidelines and Procedures.

2. As any sport competition requires two teams and officials, I will strive to ensure that teammates, opponents and officials are given every opportunity to fully enjoy Intramural Sports.
3. I will respect the decisions of game officials.
4. I will not engage in any tactic, strategy or behavior that puts a teammate, opponent or any other person at an unnecessary risk of injury.
5. I will encourage others to abide by the Participant Code of Ethics.
6. I will behave graciously regardless of the outcome of my game or match.

Grounds for ejection include, but are not limited to:

- Use of obscene or offensive language.
- Disruptive, abusive, or unsportsmanlike behavior.
- Threatening or disrespecting another player or intramural staff.
- Intentionally shoving or striking another player or intramural staff.
- Leaving the bench area to join an altercation.
- Playing while under the influence of drugs or alcohol.
- Mistreating or vandalizing SOU facilities or equipment.

Discipline

All participants and spectators involved in activity that results in suspension from an intramural activity will be reported to university officials. Certain situations may lead to further judicial action beyond the control of the intramural program. Any suspended team or individual must be reinstated by the Campus Recreation department to resume participation

Suspension: Individual participants and teams may be suspended from intramural activity for the following reasons:

1. Any individual exhibiting aggressive behavior or intentional physical contact.
2. Any individual involved in a fight. **Under no circumstance will fighting be tolerated.**
3. Any individual ejected from an activity or facility.

4. Any individual that verbally or physically threatens or intimidates any intramural staff.
5. Any individual that exhibits willful disregard for facilities, equipment, or policies.
6. Team exhibits poor sportsmanship.
7. Team violates rules and/or policies established by the Intramural program or University.
8. Team fails to control the actions of their players, bench personnel, team representatives, and team spectators.
9. Team fails to properly identify their players and present ID when requested.

Alcohol/Drugs/Tobacco

The use of tobacco products by participants, spectators and staff at Intramural events is prohibited. The use, possession, sale and/or consumption of alcohol/drugs at any intramural activity are strictly prohibited and in violation of SOU conduct regulations for faculty, staff and students. In addition, players or spectators who have consumed and/or are under the influence of alcohol/drugs are a safety concern both to themselves and others at the contest. Individual(s)/team(s) will not be allowed to play after consuming or are under the suspicion of consuming alcohol/drugs. If the contest has begun, player(s) will be removed from the contest and may result in possible suspension from further intramural participation. Individuals may be referred to the CPS and/or to the Dean of Students office.

Scheduling

Game Schedules

Schedules will be posted on the FusionIM website. Teams must assume they will be scheduled for any time slot for their chosen league. While we will try our best, there is no guarantee that we will be able to resolve scheduling conflicts. When teams arrive at their games, Captains will be required to check-in with the Intramural staff on-site.

Playoff schedules, if applicable, will be available online following the final regular season. The intramural staff will not reschedule games that teams do not attend. **Be sure to check game schedules frequently as they may change and be on time for your games!**

In general, intramural activities conducted outdoors will be played rain or shine. In cases of unsafe playing surfaces or playing conditions (lightning, hail, extremely hot or cold weather,

etc.), games will be postponed or cancelled. The intramural staff will determine if conditions are playable and update teams through the FusionIM website.

Equipment

Footwear

In all sports players must wear athletic type shoes that cover the foot completely and have non-marking soles. Sandals, boots and open toe shoes are NOT allowed. Exceptions are made for sports such as Sand Volleyball where bare feet are appropriate.

For outside sports cleats are limited to studs or projections that do not exceed ½ inch in length and are made with nonabrasive rubber or rubber-type synthetic material that does not chip or develop a cutting edge.

Equipment Check-Out

Although most participants have their own equipment or purchase equipment as a team/organization, a limited amount of equipment specific to the intramural sport is available for checkout. Users are responsible for payment for the loss and/or any and all damages/repairs to equipment items (other than normal wear and tear). All equipment must be checked out from the SRC front desk. A participant may check out basketball jerseys for her/his team with a current SOU ID card.

Awards

The Intramural program will award Championship T-Shirts for most leagues/events in which champions are determined. Players must be listed on the roster to be guaranteed a shirt. A limited number of t-shirts are available for each championship team and will typically be distributed immediately following the championship game. Championship teams and individuals will be recognized by posting of team pictures on the Campus Recreation website and social media pages.