

Intramural Sports Handbook

University of Portland



Welcome!

Thanks for checking out the Intramural Sports program at UP. This handbook will fill you in on what you need to know to get involved. If you have unanswered questions after reading the handbook, please give us a call at 943-8749 or 943-7177, or stop by Howard Hall.

The Intramural Sports program at the University of Portland offers students, faculty, and staff a unique opportunity to compete in a friendly, social atmosphere. Tournaments and leagues emphasize the spirit of the game and cater to athletes of all skill levels. If you're just trying out a sport or if you've played for years, you'll enjoy the experience of participating in intramural sports!

Mission of the Intramural Sports Program

Enhance the quality of life at the University Of Portland by providing a healthy and social outlet, through athletic competition.

Who Can Play?

Current University Of Portland students, faculty, and staff, in good standing, are eligible to participate in intramural sports.



Spirit of the Game

Intramural Sports embraces the concept of the Spirit of the Game which includes playing within the spirit of the rules, harboring good will toward opponents and officials, and accepting responsibility for victories and defeats. An Intramural Sports experience with an opponent who understands the Spirit of the Game is enjoyable because it includes respect, appreciation, competition, and fun.

How to Enter a Team

- Check the semester's IM calendar.
- Organize friends, house & hall mates, co-workers, professors, university president, RA, etc., to form a team.
- Decide which skill level division to play in.
- Pick up an entry form from the IM Office, on the second floor of Howard Hall.
- Fill in the form completely with availability.
- Turn in the entry form before the entry deadline, usually 5pm on Thursday.
- Captains attend mandatory captains meeting and receive schedule.

Note: There is no entry fee.



Roster size

Maximum roster size for any sport is twice the number of players one team has in the game at one time, or 12, whichever is less.

Free Agents

If you don't have a team, but want to play, sign up on the Free Agents list, located outside the Intramural Office. We'll put you on a team or teams will call you to fill their roster. It's easy to get involved!

Team Captains

Intramural Sport captains are the communications link between the IM office and league participants. It is vital that captains share any pertinent information with teammates to help them prepare for league competition and to keep them up to date with changes during the season.

Additional Responsibilities:

- Attend captains meeting
- Verify player eligibility
- Ensure that conduct of players and spectators is within the spirit of the game

The Mandatory Captains Meeting

IM staff covers critical information for captains to help them prepare for the season, including policies, schedules and rules. Teams who miss this meeting forfeit their first league game and may lose their spot in the league if another captain at the meeting is on the waiting list.

Sport Rules

Rules for each sport will be available at the captains meeting and at our website (Fall '05). Captains should go over the rules with teammates prior to their first match. In many cases, rules are based on National Federation High School rules and have UP modifications.

Schedule and League Format

The IM staff determines league format and length based upon the weather, facility availability, the semester calendar, and our goal of offering a diverse set of sports to satisfy the sports enthusiasts on our campus. The IM staff develops a schedule for each league & division and emphasizes league play with a small number of teams qualifying for the playoffs.

Leagues & Divisions

When leagues, such as Women's Basketball, have sufficient entries, Intramural Sports offers more than one skill division Division I (DI) and Division II (DII).

- Division I is the higher skill level (formerly "Pro"). Players with high school or college experience should play DI.
- Division II (formerly "Rec") is more recreational in nature. Players with less experience should play DII.
- Players may only play on one team in a division.
- Division II teams can have a maximum of one player who plays and/or who is on their roster who also plays on a DI team.
- Teams will forfeit any games using ineligible players.

Equipment

In most sports, the IM program will provide all equipment necessary. Equipment restrictions are in place in some sports to protect the facilities in use. Please note the following restrictions:

- No cleats on Shipstad Quad; cleats on Strong St & Practice fields only.
- Court shoes only in Howard Hall & LP Tennis Center

Spirit of the Game Rating

- Officials give a S.O.G. rating after each match.
- Scores range from zero to eight. Eight is excellent. Teams need at least a 4.5 S.O.G. average to qualify for the playoffs.
- Scores are posted the day after each match.

Sports Officials

The University Of Portland employs almost 30 sports officials each year. All Intramural Sport officials and supervisors are UP students who are trained by the IM staff. Officiating is a difficult, but rewarding job. In order to attract the most qualified officials to



to the job, we ask that IM participants allow them to grow and improve by treating them well. If the officiating environment is enjoyable, our

staff will stay on the job longer, they will improve with experience, and the overall level of officiating will improve. If players yell and try to intimidate our officials, they won't want to do it, and everyone loses. It pays to treat our officials well. It also will help your S.O.G. rating!

Forfeits and Reschedules

- The IM office does not reschedule matches unless our staff made an error. Please make sure to check your players' availability and include this on your entry form. We may not be able to honor all schedule requests.
- If you cannot field a team for a match, notify the IM office at least 24 hours before the match. You will receive a 4.0 S.O.G. score for the match. Failure to contact the office will result in an unexcused forfeit and a 3.0 S.O.G. score. Teams with two or more unexcused forfeits will be dropped from the league. During a tournament, your team will be dropped after the first unexcused forfeit.

Weather

Captains should call the IM office after 3pm the day of their match in the case of inclement weather. Generally games will be played unless in the judgment of the IM staff it is unsafe to play or travel to the match, or if playing will cause undue damage to fields. Regular season cancellations due to weather will not be made up.

Protests

All questions of rule interpretations will be handled on the field. Judgment calls may not be protested. The only acceptable protest is one that concerns player eligibility. Intramural Sports will respond to eligibility questions brought to their attention by players or intramural staff.

Eligibility

- Current University Of Portland students, faculty, and staff, in good standing, are eligible to participate in intramural sports.
- Players who are on their team's roster and have signed the assumption of risk statement for their team, are eligible to play if they have met all other eligibility standards and have not had their eligibility revoked due to disciplinary sanctions.
- Spouses and alumni are not eligible.
- Intercollegiate athletes are not eligible in the same or similar sport for nine months after their last intercollegiate match.
- Playoff Eligibility- Players must play in at least one regular season game to be eligible for the playoffs. If a player was on the roster but could not play for medical reasons, they may petition to gain eligibility for the playoffs.



Player & Spectator Conduct

The Intramural Sports program strives to maintain a fun and welcoming playing environment for players of all skill levels. The Spirit of Game rating system is in place to ensure that teams are rewarded for positive team behavior during matches. Occasionally, players or teams lose track of the purpose of intramural sports and demonstrate unacceptable behavior. These players may receive disciplinary sanctions.

- If a player or team bench receives an unsportsmanlike conduct penalty, they are subject to the sport's penalty as well as a \$5.00 fine. This fine must be paid before the match can continue. If the team cannot pay the fine, they forfeit the match.
- Any player who receives two unsportsmanlike conduct penalties in the same match or commits an act that is so severe that, in the judgment of the officials, warrants disciplinary action, will be ejected from the match.
 - Upon this ejection, the player is indefinitely suspended from all intramural participation. The player must schedule a meeting with the Director of Recreational Services to discuss the incident.
 - The incident also may be referred to the Judicial Review board if the severity warrants it.
 - The Director will review information from the IM staff and listen to the player's input. The Director will then rule on the player's Intramural status.
 - If the player is unsatisfied with the ruling made by the Director, an appeals board of students and faculty/staff members will be assembled to hear the case. They will then rule on the case. The ruling of the Appeals Board will stand and cannot be appealed.
- Playing under the influence of alcohol or other drugs; dangerous play, taunting, fighting with players, officials or scorekeepers; are all unacceptable behaviors which may result in player suspensions. This is not a complete list. Note: Player and spectator behavior requirements extend to the period of time before and after matches.
- Teams which repeatedly receive low S.O.G. scores and demonstrate unacceptable behavior may be suspended from the league. The team captain is then required to meet with the Director of Recreational Services to discuss their team's behavior. The Director will rule on the team's status.
- Spectators are considered part of the team they are supporting. Unsportsmanlike behavior by them may result in the team and the individual being penalized.

Physical Fitness

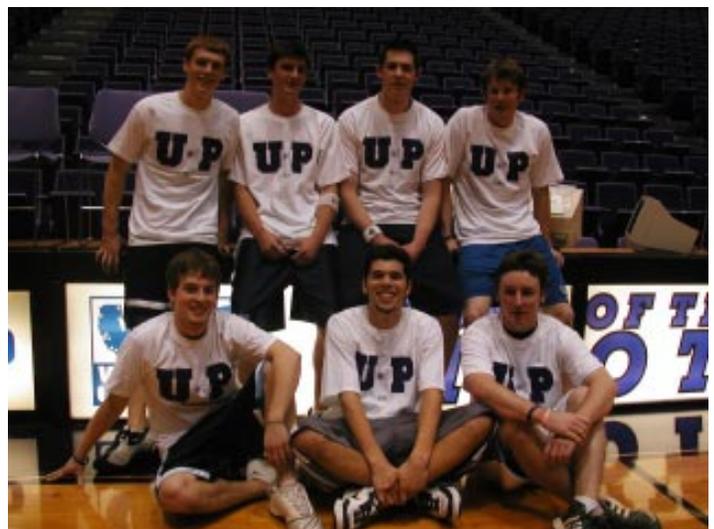
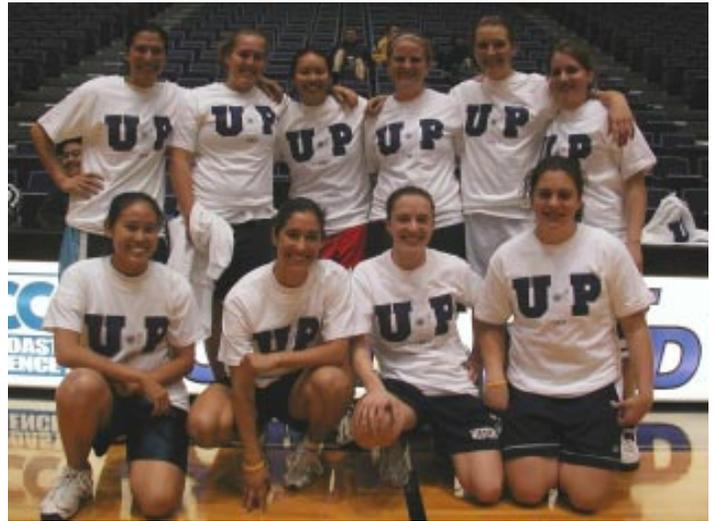
It is the responsibility of each player to verify that they are physically fit to participate in intramural sports. Intramural sports can be vigorous and participants should not take part unless they have excellent health & fitness. A player should seek clearance by a medical physician if he or she is in doubt of his or her health status.

Insurance

The Intramural Sports program and the University Of Portland do NOT provide insurance and assume no responsibility for accidents or injuries occurring before, during, or after Intramural Sports competition.

Championship T-shirts

The Intramural Sports program awards championship t-shirts to winners in each sport. In each sport a maximum number of t-shirts to be received by a team is set by the staff. This number is generally 150% of the number of players on the court/field during the sport. There are small variations to this number for some sports. Only players who actually play will receive t-shirts. Teams may purchase additional t-shirts for players on their team.



Intramural Sports, 943-8749, 943-7177
Recreational Services, 943-7177
