Intramural Sports

Participant's

University, East Bay

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HANDBOOK PURPOSE /

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The purpose of the Intramural Sports Participant Handbook is to provide participants with a comprehensive set of policies and procedures that govern the Intramural Sports program in order to provide a safe and fair environment for participants. The handbook is designed to educate and inform, and serve as a guiding document for the program. The handbook outlines important information for participants including but not limited to: player eligibility, registration information, league and tournament formats, and sportsmanship guidelines.

It is the responsibility of each participant to read the stated policies and procedures. After reading the Participant Handbook, the participant should understand the expectations set forth before, during, and after competition. By participating in the Intramural Sports program, it is assumed that the participant has read and accepted the policies and procedures.

This handbook will be made available to all current and prospective participants. The handbook may be viewed on the Intramural Sports website. When requested, a hard copy of the handbook will be made available. The Intramural Sports program reserves the right to update and change the handbook as necessary. Updates will be made available immediately and subsequently posted online. Any questions or concerns regarding the policies and procedures should be directed to the Student Assistant Coordinator for Intramural Sports or Associate Director of Recreation.

INTRODUCTION

Within Recreation, Wellbeing, and University Unions (RWUU), the Intramural Sports program is designed to provide a wide range of recreational sports and activities to the diverse Cal State East Bay community. RWUU encourages all members of our community, regardless of skill level, to stay active and involved. Intramural Sports provides an inclusive setting to build relationships, hone skills, and enjoy fun and friendly competition through sport and fitness.

PARTICIPANT SAFETY

Assumption of Risk

Participation in the Intramural Sports program, and any program or service provided by RWUU is completely voluntary. Participation in any physical activity comes with the inherent risk of injury even when strict safety measures are in place. Participants are aware of the risks associated with participation which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, death and/or property damage. Participants are strongly encouraged to obtain adequate health insurance and consult their physician before participating

in any activity. Student Health and Counseling Services (SHCS) offers resources on how to obtain insurance. Please contact SHCS for more information.

Blood and Bodily Fluids

If and when an Intramural Sports staff member observes a player participating with an open wound, while bleeding, or with blood on their clothing, that player will be required to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and/or the clothing is changed.

Additionally, play will not resume until any blood/fluid that has spilled onto the playing surface has been properly contained and cleaned by the custodial staff. This could result in a delay of game situation. If a game is delayed due to blood or other bodily fluids on the playing surface, the IM Sports Office will attempt to reschedule the game. If the game cannot be rescheduled and has passed the halfway point such that it is deemed an óofficial gameô the result will stand as is.

First Aid/Head Injuries

If you or a member of your team sustains an injury while participating in an Intramural Sports game, report it to a student staff member on site. They, or building staff, will have basic first aid and ice. Some staff members are also trained in, or possess certifications in, CPR/AED and basic First Aid.

If you or a member of your team sustains a head injury while participating, it is important to know the signs and symptoms of concussion. The CDC has a variety of resources online that speak to the signs and symptoms as well as how to proceed if you or a member of your team has a suspected concussion (CDC Heads Up Site).

The following are some common physical, mental, and emotional symptoms (both observed and reported) that a person may display:

Seek help immediately. Do not wait.

Power Outages/Unforeseen Circumstances

Non-Matriculating Students (students enrolled in classes but not pursuing a degree, or students taking a semester off) must purchase a RAW membership in order to participate.

Faculty and Staff members currently employed by Cal State East Bay must purchase a RAW membership in order to participate.

Alumni are not eligible to participate in Intramural Sports at this time; however, they still can be active members of the RAW and use the facility.

Members of the community are not eligible to participate in Intramural Sports at this time; however, they still can be active members of the RAW and use the facility.

Sponsored Guests of RAW members and Day Pass Holders are not eligible to participate in IM Sports at this time; however, they can still access the Recreation and Wellness facility with their sponsor.

Varsity Athletes

A ñVarsity Athleteò is an individual who participates in an intercollegiate contest, attends regularly scheduled practices for a span of more than two weeks, or appears on any official intercollegiate team roster. ñVarsity Athletesò include those athletes that may have played at another school before attending Cal State East Bay. For the purposes of IM Sports eligibility, practice team players, red shirt players, and former varsity players are all considered ñVarsity Athletes.ò

ñVarsity Athletesò are allowed to participate in their same or related sport in the Intramural Sports program. However, no intramural sports team may roster more than two (2) ñVarsity Athletesò that are playing in their same/similar sport (e.g. an intramural basketball team may not roster more than two ñVarsityò basketball players). There is no limit to the number of ñVarsity Athletesò that can play on a single roster in a non-related/similar sport (e.g. an intramural volleyball team may roster five baseball ñVarsity Athletesò). ñVarsity Athletesò retain their status for two years from the date of their last participation for the intercollegiate team.

Olympic and Professional Athletes

A professional athlete is an individual that has been financially compensated for participation in a professional or semi-professional league. Olympic athletes are individuals who have competed for their country in the Olympics or World Championships, but not Olympic Trials. Current/Former professional and Olympic athletes are not allowed to participate in their related sport.

Eligibility Protests

If at any time you feel that a team is in violation of the eligibility requirements, you may file an official protest. Protests must be submitted in writing (email suffices) no more than 24 hours upon conclusion of the game/contest in question. All protests will be investigated by the Intramural Sports staff.

Eligibility Penalties

Penalties will be administered by the Intramural Sports staff if a team/player is found to be ineligible and may include player(s) suspension, team suspension, team default, or game/team forfeit.

Roster Limitations

All rosters for team sports are limited to the respective sport format roster size multiplied by two, plus two. Ex: 5v5 Basketball (5 x 2) = 10 + 2= **12**; 6v6 Indoor Volleyball (6 x 2) = 12 + 2= **14**

Captains may add eligible players to rosters at any time within the first half of the season. Rosters will lock at the mi

As a reminder, Cal State East Bay requires students and staff to have their Cal State East Bay Bay Cards on their person at all times while on campus. Presenting a false ID is a violation of University policy and is cause for immediate ejection and suspension from the IM Sports program. Situations involving individuals attempting to use false IDs will be documented, and those attempting to participate with a false ID, as well as those who are the rightful owner of the ID, will be treated as an ineligible player risking team/game forfeiture and potential loss of other RAW access privileges.

REGISTRATION

The Cal State East Bay Intramural Sports program utilizes an online/mobile sport scheduling application for league management called FusionPlay. Participants are prompted to download FusionPlay to make or join an intramural sports team. For more information and step by step instructions participants can reference the FusionPlay Player App Guidebook. Individuals requesting assistance can contact the RAW at rawcenter@csueastbay.edu

Free Agents

Free Agents are individuals who do not already have a team to play on. Free Agents interested in joining a team can also sign up online via FusionPlay. Choose a sport and league and if you see one available, add yourself to the team named ñFree Agents.ò If there is no team listed as ñFree Agentsò complete the registration process as a Free Agent for the sport(s) you are interested in playing. You may request to join a team that is looking for Free Agents. Free Agents that have not joined a team by the start of the season will be automatically placed into the FREE AGENT TEAM. Free Agents are still allowed to move from this team to another team, provided they have not played on the Free Agent Team in any games as of that time.
Individuals requesting assistance can contact the RAW at rawcenter@csueastbay.edu

Team Names

Intramural Sports reserves the right to change or alter any team name that is deemed inappropriate or otherwise offensive. This includes the use of sexually implicit team names or names including profanity or crude slang. Please ensure that a team name or any artwork is appropriate before including it on any team jersey.

CAPTAIN’S RESPONSIBILITIES

Intramural Sports participants form their own teams and register during the designated registration window. Each team entered into a league or tournament must have a designated captain.

Intramural Sports team Captains serve a crucial role as the liaison between their teammates and the Intramural Sports staff. Intramural Sports will relay information to the captain (commonly by phone, email, text, or push notifications) that should be disseminated to team members. The captain should ensure that all team members are aware of the Intramural Sports policies and the sport rules. Co-Captains are encouraged in the event that the teamôs captain is unable to attend a specific game during the season.

The captain is responsible for:

1. Reviewing the Intramural Sports Participant Handbook
2. Completing the registration process online prior to the deadline
3. Verifying eligibility of all r

Playoff eligibility is determined by

of both male and female identified players on the field/court at all times. Participants are encouraged and welcomed to participate according to their asserted gender.

Highly competitive and skilled players and teams are encouraged to participate in Division A if offered. Champion T shirts are awarded to the winning team in both Divisions.

Although still competitive, teams that are interested in an environment where they can continue to build skills, are encouraged to participate in Division B if offered. Champion T shirts are awarded to the winning team in both Divisions.

PROPER ATTIRE

Participants must wear attire that can be described as ñathleticò in nature. This is for the protection of all participants. Jeans are not considered athletic attire.

T-Shirt Policy/Uniform Requirements

Matching colored team shirts are required in all variations of basketball, soccer, flag football, and certain tournaments and special events. The sport of soccer requires each goalie to wear a color different from that of his/her teammates and opponents. The sport of basketball requires each player to have a different one or two digit, permanent number at least 4 inches tall on the back of the shirt/jersey.

Teams should arrive at an agreed upon color prior to their first game. Teams should not consider white or gray a color. Teams are required to have colors of the same shade. For example, a team would not be allowed to wear sky blue and navy blue in conjunction as these colors are vastly different.

Teams are also required to bring an alternate white or gray shirt in the case of a color conflict with the opposing team. If the supervisor determines there is a color conflict, teams will be asked to wear their alternate jerseys. If neither team has an alternate jersey, the teams must work together to ensure the game can be played. If neither has their alternate jersey, thus causing a game not to be played, **both teams** will forfeit the contest.

Jewelry

Jewelry is not permitted to be worn during any Intramural Sports activity. Participants are expected to remove jewelry prior to the start of the game. Officials and Leads have the authority to remove or bar any participant from competition if they feel the jewelry poses a safety risk to the owner or an opponent. Examples include: rings, earrings, necklaces, bracelets, watches, studs, etc. Medical bracelets and religious jewelry is permitted provided it is securely taped to the body.

Footwear

For all indoor sports, players must wear athletic type shoes that completely cover the foot. Sandals, boots, or open toe shoes are not permitted. In addition, five-finger shoes are not allowed. For outdoor sports, players must wear athletic shoes or cleats. Cleats are limited to studs that do not exceed ½

un-of

As a courtesy to the opposing team and staff, teams are encouraged to default games rather than ñno-show/forfeit.ò Teams that do not default a game, and do not show up, or show with fewer than the required players, will be charged with a forfeit and the corresponding $15 forfeit fee.

PLAYOFFS

All league sports will conclude with a playoff bracket following the regular season. Eligibility for playoffs depends upon many factors including sportsmanship, winning percentage, number of teams in the league, etc. etc.

Sportsmanship

To

Sports staff member. A warning does not have to be given before a participant is ejected. Captains are expected to assist with ejected players and required to provide information on an ejected player or spectator if the player/spectator does not volunteer information.

Players receiving more than one unsportsmanlike conduct penalty (i.e. two yellow cards, two technical fouls, etc.) will be ejected from the contest.

Any ejected participant is automatically placed on indefinite suspension from **all** Intramural Sports activities. Ejected players must schedule a meeting with the Intramural Sports staff in order to clear a suspension (no self-imposed penalties). Suspension lengths will vary based on severity of actions and the nature of the incident.

Cases involving physical or verbal abuse between participants, spectators, and/or staff **will be** reported to the Office of Student Conduct, Rights and Responsibilities.

Participation Guidelines

The following Cal State East Bay Intramural Sports Participant Behavior Guidelines have been developed by the Recreation and Wellness Department in order to enable Cal State East Bay to deal fairly with participant-related issues and concerns impacting the Intramural Sports Program.

Participants are expected to conduct themselves in a sportsmanlike manner. Sportsmanship is defined as those ñqualities and behavior befitting a sportsmanò This is further defined as:

(a) Abiding by the letter and the spirit of the rules of play;
(b) Treating opponents with courtesy and generosity;
(c) Playing his or her best but never losing sight of the fact that it is a

(a) Failure to abide by a decision of the game official will result in removal from further play.
(b) Should unsportsmanlike conduct persist after the participant has been removed from the field/court of play, then they shall be removed from the area of play.
(c) Should the participant refuse to leave the area of play, as directed by the official, or should the participantôs unsportsmanlike conduct be flagrant or persistent, the game will be declared a forfeit win by the opposing team. UPD may also be alerted at this time.
(d) Any participant who is removed or ejected from a game must meet with the Associate Director of Recreation and/or the Director of Recreation and Wellness Services prior to being reinstated/allowed to play again. If they ignore this rule, any and all games that they have participated in, regardless of if it is the same sport or not, will be declared a forfeit win for the opposing team.

Spectators

CSU East Bay Intramural Sports does not recognize ñcoaches.ò Only officials and players are allowed on the playing field. Spectators are expected to act in a respectful manner at all times. Any spectator who engages another spectator, official, or participant in inappropriate