

2023-2024

Intramural Sports Participant Guide



**Campus
Recreation**
A&M-COMMERCE



@tamuccampusrec



tamuc.edu/campusrec



@tamuccampusrec



@tamucimsports



@tamuccampusrec

Table of Contents

CAMPUS RECREATION OVERVIEW	3
INTRAMURAL SPORTS OVERVIEW	3
Staff Directory	4
Important Phone Numbers.....	4
PARTICIPATION.....	4
Eligibility	4
ID Policy.....	4
Restricted Players	5
Greek Participation.....	6
Free Agents	6
Non-Team Substitutes.....	6
CODE OF CONDUCT.....	6
Ejections.....	7
Sporting Behavior Rating Guidelines	7
LEAGUE & DIVISION FORMAT.....	7
Divisions of Competition	7
Competition Levels.....	8
League and Tournament Structures.....	8
Rosters	8
POLICIES & PROCEDURES.....	9
Captain’s Responsibilities.....	9
Team Registration.....	9
Team Names.....	9
Schedules	9
Reschedules	9
Forfeits & Defaults	10
Sport Rules & Rule Changes.....	10
Inclement Weather	10
Protests.....	11
EQUIPMENT & ATTIRE.....	12
Facility Rules	12
RISK MANAGEMENT & SAFETY.....	13
Assumption of Risk	13
Injuries	13
Concussions	13
AWARDS & TOURNAMENT TRAVEL.....	14

Championship Gear.....	14
Tournament Travel.....	14

ADDENDUM A: Greek Point Information
 ADDENDUM B: Sportsmanship Rating Criteria

CAMPUS RECREATION OVERVIEW

Mission Statement

We connect, educate, and inspire people to lifelong activity and well-being.

Vision Statement

We aspire to be leaders in student development and collegiate recreation through programming, services, and facilities that reflect the highest industry standards.

Core Values

Integrity: We are committed to the highest level of ethical and professional behavior and actions.

Continuous Improvement: We are committed to safe and creative programs, services, and facilities that invite feedback, promote fun, and consistently seek opportunities for growth and innovation.

Service: We are committed to the effective and efficient use of student resources while providing exceptional service that is passionate, proactive, friendly, and professional.

Teamwork: We strive to develop a strong appreciation for the benefit of working mutually as a group toward a common goal; together we can achieve more.

Student Development: We are committed to engaging students with experiences and skill development opportunities that empower personal growth and enhance transferable skills.

Community: We promote and celebrate campus and community partnerships to enhance quality of life.

Well-being: We strive to provide the tools for others to develop positive habits that create a balance in mind, body and spirit.

INTRAMURAL SPORTS OVERVIEW

Intramural Sports is a program area within the Campus Recreation Department. It provides Texas A&M University-Commerce (TAMUC) students, faculty, and staff the opportunity to participate in a wide variety of sports programs throughout the year. Participants may create their own teams, or can join as a free agent to be picked up by a team that is in need of extra players.

The Intramural Sports program utilizes [IMLeagues](#) and the [Lions Rec Sports App](#) to post schedules, scores, standings, and all other updates related to the activities and programs that are hosted. In addition, information can be found on:

- [Campus Recreation Website](#)
- [Twitter - Intramural Sports](#)
- [Twitter - Campus Rec](#)
- [Facebook](#)
- [Instagram](#)

This guide highlights the policies and procedures of the Intramural Sports program. It is the responsibility of each captain, participant, coach, and spectator to read, understand, and comply with these policies and procedures while participating in Intramural Sports.

The Intramural Sports program reserves the right to implement rule changes or modifications regarding equipment, facilities, and/or participant eligibility to maintain safety and fair play.

Staff Directory

Associate Director
Jonathan Johnston
jonathan.johnston@tamuc.edu
903-468-3175

Important Phone Numbers

Morris Recreation Center	903-468-3181
Outdoor Adventure Center	903-886-5164
University Police (Emergency)	903-886-5111
University Police (Non-Emergency)	903-886-5868
Hunt Regional Health Care ER	903-886-3161

PARTICIPATION

Participation policies are in place to provide opportunities for everyone to participate in a safe, balanced, and fair competition. All possibilities cannot be covered within this guide, so the Intramural Sports program reserves the right to rule on any eligibility status as necessary.

The Intramural Sports program provides equal opportunity to all students regardless of their race, gender identity or expression, sexual orientation, national origin, religion, age, disability, or veteran status.

Disability

- Individuals with disabilities may seek reasonable modifications, aids, or services to ensure an equal opportunity for them to participate in Intramural Sports, unless the modification would fundamentally alter the sport or program.
- Please notify the Assistant Director of Intramural and Club Sports if you are seeking reasonable accommodation and have a disability that might affect the safety of others.

Eligibility

Eligible Participants

- Current fee-paying TAMUC undergraduate and graduate students
- Faculty and staff employed by the University
 - Must have a membership through the Morris Recreation Center (MRC) in order to participate in activities that take place at the MRC

Ineligible Participants

- TAMUC alumni
- Contract workers for the University (ie. SSC, Sodexo, construction companies, etc.)
- Students from other colleges or universities
- Faculty and staff that do not have an MRC membership (applies to sports taking place in the confines of the MRC)
- Spouses and/or life and domestic partners of students, faculty, or staff

ID Policy

- All participants must present a photo id (Lion Card, Government issued identification, Virtual ID card with a picture on the Lion Rec Sports App upon check-in at any Intramural Sport event.
- Anyone found playing under an assumed name, not currently a student, or using another student's identification, shall become ineligible for at least one game or could be suspended from all activities until further notice.

Restricted Players

Restricted players are those that are deemed ineligible based on certain criteria as outlined below.

Varsity Athletes

Varsity athletes are eligible for all other Intramural Sports outside of their corresponding sport. Athletes are ineligible in their corresponding sport for one full calendar year from the team's final game played during their last season on the roster as a varsity athlete. Varsity athletes are defined as:

- Students listed on the current roster of a TAMUC varsity team or as a former member of a university/college/community college varsity team.
- Students who are in the process of "trying out" with a team (unless they voluntarily withdraw or are cut from the team prior to the first scheduled varsity match).
- Any student that is a current red-shirt or transfer athlete that is on the practice squad and formally practicing with the varsity team.

Professional & Semi-Professional Athletes

A professional is classified as someone who has forfeited their amateur status, received compensation or sponsorship for their performance, or who is recognized by the sport governing body as a professional. It is the responsibility of the athlete to inform the Intramural Sports program of their standing. Former professional athletes are ineligible for five calendar years (in corresponding sports) from the last game played as a professional athlete.

Club Sport Athletes

A participant is deemed a club sport athlete if they coach, participate in a club contest, pay club dues, and/or appear on the club roster. Athletes are considered a club sport athlete for the entire academic year in which they were a part of the club team. For example, if a Club Soccer player decides not to play on the club team in the fall of 2024, but played in the spring of 2024, they would not be considered a club player for intramural sport competition, as the academic year for this time period runs from August 2023-May 2024. If a player played on a club team in the fall of 2024, but then did not play in the spring of 2024, they would be considered a club player for intramural sport competition due to the dates of the academic year.

Club athletes may compete in corresponding Intramural Sport activities, but can only compete at the highest competition level. Intramural teams are also limited to the amount of club sport members/coaches they can have on one team. The restrictions are as follows based on the maximum number of players on the field/court at one time:

- 1-3 player teams = 1 club member
- 4-5 player teams = 2 club members
- 6-8 player teams = 3 club members
- 9+ player teams = 4 club members

Intramural Sport Staff

A person is considered as Intramural Sports staff if they are currently employed by the Intramural Sport program. This includes the Coordinator, program assistant, supervisors, and officials. The restrictions are as follows based on the maximum number of players on the field/court at one time: Intramural Sport staff can compete at any level. The restrictions are as follows based on the maximum number of players on the field/court at one time:

- 1-3 player teams = 1 (except for non-officiated doubles teams)
- 4-6 player teams = 2
- 7+ player teams = 3

Limitations Explained

Varsity, Professional, Semi-Professional, and Club Sport athletes are restricted in the following corresponding sports:

- Football – 7v7 and 4v4 flag football
- Basketball – 5v5 and 3v3 basketball, 3-point contest
- Baseball/Softball/Slow-pitch Softball – slow-pitch softball, hitting derby
- Volleyball – volleyball, wallyball, and sand volleyball
- Soccer – outdoor soccer, arena soccer, soccer tennis, and futsal

Greek Participation

Any active Greek student organizations can compete in the Greek divisions (when offered) and for Greek Cup points. Participants must be active members in good standing with the University. Non-active alumni and advisors are ineligible to play with a Greek team.

Greek Points

Points are awarded for each event offered throughout the academic year. The Fraternity and Sorority with the most points following the last Intramural sport for the spring semester will receive the Greek Cup trophy for that academic year. Points are given at the conclusion of each event. Standings will be updated and sent out via Twitter at the end of each league sport as well as at the end of the semester. See Addendum A for a specific Greek Point breakdown.

Free Agents

Any student that is unable to form their own team, but would still like to play a team sport, can register on IMLeagues as a Free Agent. Registering as a Free Agent lists you on IMLeagues as such and allows for captains of other teams to see students that want to play, but may not have enough for a full team. If captains need extra players this is where we direct them to find players for their teams. There is no guarantee that Free Agents will be placed on a team.

Non-Team Substitutes

In the event that a team is short on players and cannot meet the minimum player requirements, there is an option to have up to two substitutes from another team. Non-team substitutes may only be used to meet the minimum player requirements. Should players from the original team show up after the game has started, then they will replace the substitutes. Substitutes must have an active account on IMLeagues in order to be eligible to play. Substitutes can only be used for the regular season and will not be allowed during playoffs or tournament play.

CODE OF CONDUCT

The Intramural Sports program believes good sporting behavior is an integral component of intercollegiate competition. We wholeheartedly embrace the position that, for positive sporting behavior to prevail, team representatives participants, and spectators must display respect, fairness, civility, honesty, and responsibility before, during, and after all athletic contests. Offensive language including profanity, discriminatory or derogatory remarks of any kind directed at officials, supervisors, Campus Rec Staff staff, participants, spectators, or team representatives will not be tolerated and are grounds for removal from the competition site.

Every team is responsible for the conduct of its players and spectators. Any conduct judged as detrimental to the participants, program, or contest, may result in loss of the contest, suspension of individual players, suspension of entire team, referral to Student Community Ethics, or other appropriate action.

Intramural Sports supervisors, officials, and staff jurisdiction is in effect from the time a team and spectators arrive at the playing site until the time they leave. Incidents outside of these limits may be examined as well. Thus, the captain and other players should be ready to act and prevent misbehavior and/or unsportsmanlike conduct of teammates and spectators.

Certain behaviors will not be tolerated before, during, or after intramural activities (examples, but not limited to):

- Actions meant to cause harm to any person
- Verbally abusive or threatening language towards players, spectators, or Intramural Sports Staff
- Lack of self-control by individuals or the team

- Offensive, discriminatory, racial, or vulgar language
- Failure to comply with Campus Recreation personnel and policies

This is a zero-tolerance policy and is under the discretion of the Officials, Supervisors, Graduate Assistant, and/or Assistant Director to remove players at any point and time before, during or after a game.

Unsporting penalties are tracked and rolling throughout a participant's intramural sports career. If a participant receives three unsportsmanlike penalties during a sport season or a semester, they are suspended from that sport until they meet with the Coordinator of Sport Programs.

Ejections

When students behave in an unacceptable manner, they are ejected from the program site. When ejected, a student must gather their belongings and leave the facility within reasonable time.

- If a player participates in both multiple leagues, participation will be prohibited in all leagues until a judicial meeting has been held and the player has been reinstated.
- If a player is removed from a game and has an additional game the same night, they will not be allowed to participate in the later game.

All ejected participants will also be suspended from the MRC as well as the Intramural Sports program. The MRC suspension *may* be lifted once a judicial meeting is scheduled with the Coordinator of Sport Programs. It is the participant's responsibility to schedule the appointment to review and evaluate the ejection and future eligibility status. Ejections do affect a team's rating.

Length of suspension will depend on the severity and repeated action that resulted in the ejection.

Sporting Behavior Rating Guidelines

At the conclusion of each contest, the Intramural Sports staff will assign each team a sportsmanship rating using a 0-4 scale. The rating for each game will be recorded and tracked throughout the entirety of the season and affects both playoff eligibility.

In order to remain eligible for playoffs, the team must have an average of a 2.75 or above rating at the end of the regular season. If a team drops below a 2.75 at any time during the regular season or playoffs, they may be subject to consequences and potentially removed from the league.

The words and actions of all team members, coaches and spectators, both before and after the contest, affect the rating.

See Addendum B for a detailed breakdown of the guidelines.

LEAGUE & DIVISION FORMAT

Divisions of Competition

Not all divisions of competition will be offered for each sport. Depending on the timeframe and type, leagues and tournaments will vary in the divisions offered.

- Men's – composed of men only
- Women's – composed of women only
- Co-Rec – composed of both men & women
- Greek – composed of active members of Greek organizations
- Unified – participants with and without intellectual disabilities join together to play on one team – played in conjunction with the Special Olympics
- Open – no gender specification, all teams compete together

Competition Levels

Much like divisions, not all competition levels will be offered for each sport. For our larger leagues and tournaments, competition levels may be divided.

- Gold – competitive division – designed for those seeking intense competition
- Blue – recreational division – designed for those seeking beginner to moderate competition
- Open - if no league is distinguished, then there is only one competition level offered
 - If there are too few entries in a particular division, it may be necessary to combine divisions.
 - The minimum number of teams to “make” a division will be set at four teams.

League and Tournament Structures

- Leagues
 - Formed based on division (Men’s, Women’s, Co-Rec, Unified) and league (Gold, Blue, Greek, Open)
 - Teams will have 4 regular season games followed by a single-elimination playoff tournament
 - All teams advance to playoffs if they meet the minimum sportsmanship requirement
 - Teams are allowed 2 reschedules per league for the regular season
- Tournaments
 - Offered in pool play, single, or double elimination format
 - Typically played over the course of a day or multiple days that fall within the same week
 - Reschedules are not always an option for tournaments, due to the nature of bracket play
 - Registration takes place on-site or must sign up in advance.
- Scrimmage Games and Pre-Season Games
 - Used for training of Intramural staff
 - Participating in a scrimmage game does not count towards a player’s eligibility on a certain team
 - If a player is ejected from a scrimmage game, disciplinary action may result that effects the entire sport season

Rosters

Rosters must be comprised of current TAMUC students, faculty, or staff members (that have a current MRC membership). All players must add themselves to the roster on imleagues to be eligible to play in a game.

Roster sizes are determined by doubling the amount of players needed for the team for that specific sport and then adding two ($N=2P+2$). IE, Basketball maximum is 12 players.

Playing on Multiple Teams

A participant is allowed to play on one Co-Rec team as well as one Men’s or Women’s team. For example, a participant could play on a Co-Rec team and a Men’s Greek team, but could not play on a Men’s Greek team and a Men’s Open team.

Adding/Deleting Players

If a player is listed on the roster, but has not played in any games, they are still able to be removed and be added to another team. Players that are found to be playing on multiple teams will be removed from the league.

A player is locked to the roster after checking in to a competition. There is one exception to the roster lock: should a player wish to remove themselves from a team, that player must not have checked in for more than one game within that season. Players may only be removed and placed on another team once per league (a player could not jump from team to team each week).

Playoff Rosters

Rosters are locked for playoffs. These deadlines are already set in IMLeagues and can be referenced there for specific time and dates. Players not listed on a roster prior to the deadline, will not be allowed to play.

POLICIES & PROCEDURES

Captain's Responsibilities

- Be knowledgeable of all sport rules and policies in order to communicate them to their team
- Take the captain's quiz on IMLeagues in order to create and register their team
- Select team time preferences on IMLeagues
- Pass on pertinent information to all team members such as game dates and times, playoff schedules, and any reschedules
- Ensure the eligibility of all players on the team
- Communicate with the officials and supervisors for the team
- Keep all players, coaches, spectators under control before, during, and after play

Team Registration

The Intramural Sports program utilizes IMLeagues for all sport registrations, schedules, results, standings, and all other information. IMLeagues has an application option for both Apple and Android devices.

- All leagues, tournaments, and other events require registration, unless otherwise noted.
- Participants must log in using the university SSO log in.
- Teams must be registered by the registration date in order to be scheduled.
- Captains must pass the online captain's quiz prior to creating the team on IMLeagues.

Team Names

Use proper judgment when selecting team names. The Intramural Sports program reserves the right to request a team to change their name that is deemed inappropriate or offensive to participants (including but not limited to names that are: profane, racist, or sexually explicit).

Teams may also not use a team name that may affect programming or scheduling, such as: "no game this week", "forfeit", "bye", etc.

Schedules

Schedules are available to view on IMLeagues. An email notification via IMLeagues will be sent to captains to inform them of the posted schedule for each league and tournament. Brackets for playoffs will be posted as quickly as possible following the end of the regular season, an email will also be sent out to captains when the bracket is posted.

Time Preferences

All league sports and tournaments with pool play will have time preferences listed. Captains must fill out these time preferences to best match their team's availability to ensure the team attends all scheduled games. A set number of time preferences must be selected for each sport. Preferences must be completed prior to the registration deadline. Not all time preferences may be met.

Reschedules

Reschedules are provided for any team that cannot participate in a scheduled game, up to two times in the regular season per league. Teams must notify the Coordinator of the reschedule by 3:00pm on the day of the scheduled game.

- The team captain must request the available reschedule times from the Coordinator.
- The captain will then coordinate with the opposing team captain to set the day and time for the rescheduled game.
- The opposing team captain MUST agree to the reschedule before the game will be changed. Proof of the agreement is required to be submitted to the Coordinator.
- Once both team captains have confirmed the change, the game will be cancelled and rescheduled. The game will be rescheduled one time.
- If one or both teams cannot play the rescheduled game, it will be declared "no game" and will not count as a win, loss, or forfeit. Teams are responsible for notifying the Coordinator that they cannot play at the rescheduled time in order to be recorded as "no game".

Forfeits & Defaults

Forfeits

Players are suggested to arrive 10 minutes prior to game start time in order to insure the minimum number is present. However, there is 10-minute grace period for teams to reach the minimum number to avoid a forfeit. You must have one player signed in at the game start time to receive the 10-minute grace period. Each sport has different stipulations as it pertains to grace period points, please see specific sport rules for the point breakdown.

- Teams that forfeit **may** not be allowed to participate in the playoffs. Playoff eligibility will be determined by the average rating the team maintains during the regular season.
- Teams that forfeit twice will be removed from the league and disqualified from the playoff tournament.
- Teams can also forfeit by:
 - Eligibility – teams utilizing an ineligible player
 - Sporting behavior and conduct – game ends due to conduct related issues (2 ejections, etc.)

Teams that forfeit due to a complete no-show, will receive a 2.0 rating. Teams that forfeit due to not meeting the minimum number of players will receive a 3.0. The opposing team will receive a 4.0, unless otherwise noted by the officials and supervisors.

Defaults

If a team cannot make a scheduled game and the captain notifies the Coordinator by 3:00pm the day of the game (deadline is Friday at 3pm for games taking place on Saturday or Sunday), the game will be recorded as a default loss. Teams receiving the default loss will receive a sportsmanship rating of 3.0. Opposing teams will receive a 4.0.

Sport Rules & Rule Changes

Rules are based the NIRSA Leaders in Collegiate Recreation, National Federation of High School (NFHS), and National Associations when applicable. Some rules require modifications due to the nature of play, facility confines, and/or time allotted. These modifications are listed as such in the sport specific rules. The Intramural Sports program reserves the right to make immediate rule changes or modifications. Participants will be notified prior to these changes taking effect via IMLeagues. All sport specific rules can be found on IMLeagues and are made available prior to the start of the competition.

Inclement Weather

Games and events can be postponed or cancelled due to poor weather (see extreme temperatures below), field conditions, or power outages. Decisions based on weather conditions will be made by 3pm on the day of the event. In certain situations, issues may arise after this deadline. The Intramural Supervisor has the authority to cancel games on-site as necessary.

In the event of a cancellation, the Intramural supervisor will make note of the time left on the clock and the score. If a game has reached halftime, the score will be reported as final. If a game has not yet reached halftime, the game will be restarted from the point of interruption (at a later date) if possible.

If time and space allow, cancelled/postponed games will be rescheduled. The Coordinator will contact teams about weather related reschedules.

Extreme Temperatures

Games may be cancelled due to extreme temperatures. Below is a guide for both high and low temperatures that must be followed. For the safety of all participants, practices or competitions cannot be held when temperatures fall below or above the thresholds set below. Campus Recreation utilizes Perry Weather for real-time weather updates as well as to predict weather for upcoming practices or competitions.

- **Heat:** Based on heat index (air temperature and humidity) – “feels like” temperature.
 - Playable - Heat Index: 82°-87°
 - Water available, encouraged water breaks every 30 minutes
 - Cautionary – Heat Index: 88°-99°
 - Water available, mandatory water breaks every 20 minutes
 - Unplayable – Heat Index: 100° and above
 - No outdoor activity

**Please note that sports that require extra equipment that is worn on the body, are advised to practice with minimal body equipment and/or decrease the intensity of the activity when the heat index is in the playable and cautionary range.

- **Cold:** based on wind chill (air temperature and wind speed) – “feels like” temperature. When conditions are wet (precipitation is falling), there is an increased risk for cold-related injuries, so precipitation is present, there is a chance that events may be cancelled regardless of the wind chill temperature reading.
 - Playable – Wind Chill: 45° and above
 - Warm clothing is encouraged
 - Cautionary – Wind Chill: 36°-44°
 - Warm clothing is encouraged, breaks for rewarming of extremities every 30 minutes
 - Unplayable – Wind Chill: 35° and below
 - No outdoor activity

Protests

On occasion, an official or supervisor may incorrectly interpret and/or enforce a policy or rule. The purpose of a protest is to insure a correct application of the policy or rule. When making a protest, please make sure to follow these steps:

- **Protesting Game Records:**
 - Notify the Assistant Director immediately if a game record is incorrect.
 - Game records are final once the regular season ends and playoff brackets are distributed.
- **Protesting Rule Interpretations:**
 - Participants cannot protest judgment calls – only rule interpretations.
 - Judgment calls include: block/charge in basketball, flag pull in flag football, in/out call, etc.
 - Captains must protest on the field of play at the time of the incident before the next live ball situation. The captain should notify the head official and then the supervisor.
 - Upon communicating with the captain, the supervisor/official will stop the game and notify both teams of the protest. The supervisor will make a decision about the protest.
 - If the captain does not agree with the decision, an official protest form will be completed.
 - The game will then continue with the supervisor/officials ruling.
 - All protests that do not follow the above procedure will be null and void.
 - If a protest is upheld, then the game will be continued from the point at which the protest occurred. A date and time for this continuation will be scheduled following the decision.
- **Protesting Player Eligibility**
 - Teams must protest a specific individual, and may not protest an entire team.
 - All protests must be made in writing.
 - Regular Season
 - If a protest is filed before or during a regular game, the player and captain will be notified by the Intramural supervisor and a decision will be made (by the player and captain) as to whether or not the player will participate. If the player plays and is indeed ineligible, the game will be a forfeit. If the player does not play, the protest is void.
 - If a protest is filed after the game (deadline of noon the next business day), the player in question will be reviewed and a determination will be made as soon as possible.
 - If the protesting team wins the game, the protest is negated.
 - If a player is found to be ineligible, his or her team will forfeit the game in question in which the eligible player participated. If a player is deemed ineligible after the protest deadline, that player will be unable to participate in future games. The games in which they played will not be a forfeit.
 - Playoffs
 - All of the above (Regular Season) apply with the following additions:
 - If the protest is valid and submitted prior to the deadline, the opposing team will advance in the bracket.

- If the protest is valid, but not submitted prior to the deadline, the team with the ineligible player will advance, but the ineligible player will not be allowed to play in future games.

EQUIPMENT & ATTIRE

Equipment

The Intramural Sports program will provide game equipment for all activities that take place. Some equipment will be required to be checked-out in order to be utilized. Equipment such as softball gloves, warm-up balls, etc. will require check-out.

Attire

- **Jewelry:** Check each individual sport rules. The Intramural program and staff will not provide tape or bandages to cover jewelry and has the authority to determine if a piece of jewelry is unsafe during play.
- **Casts/Splints:** No players will be allowed to wear casts or splints during play. Braces with exposed metal, hard plastic, or metal hinges are also not allowed unless covered by a minimum of ½ inch thick padding.
- **Headgear:** Check each individual sport rules.
- **Prosthetic Devices:** Prosthetics are allowed, please seek accommodations as necessary.
- **Medical Alert Bracelets:** Bracelets must be taped to the body and may be visible.
- **Footwear:**
 - Indoor Gymnasium & Outdoor Tennis Courts – athletic, close-toed shoes with non-marking soles
 - Outdoors – athletic, close-toed shoes without metal cleats or metal cleat tips
 - Exception: sand volleyball, participants are allowed to play bare-footed

Apparel:

- Participants need to be able to move freely.
- Shirts are required at all times, except during Sand Volleyball.
 - Even if pinnies are worn, shirts are required.
- **Uniforms:**
 - Teams are encouraged to wear matching colors with numbers on the back for most sports.
 - The Intramural program will provide colored pinnies for those teams that do not match or have numbers.
 - Teams can't wear orange colored shirts as our Officials wear orange shirts.

Facility Rules

All participants must adhere to all Campus Recreation facility rules while participating in Intramural Sports. Listed below are a few specific rules as it pertains to the Intramural Sports program. All other facility rules can be found on the website.

Pets

Pets are allowed at Cain Sports Complex. Pets must be on a leash and remain on a leash at all times. If a participant owns the pet, then it is the responsibility of the participant to find someone to watch the pet while they are participating. It is not acceptable to tie the pet to the fence or pole while participating. Pet owners are also responsible for cleaning up after their pets and disposing of the waste properly.

Non service animals or emotional support animals (recognized by the university) are not allowed at the MAC, Great OutRoars, Morris Recreation Center, or Athletic facilities.

Alcohol, Tobacco, Drug Usage, and E-cigarettes/Vaping

The use of alcohol, tobacco (any form of smoking or vaping – including e-cigs, and chewing tobacco), and drugs are prohibited at all University sanctioned events.

The Intramural Sports staff has the right to make decisions regarding the eligibility status of those found to:

- Have the smell of alcohol on their breath
- Be suspected of drinking alcohol
- Be deemed under the influence due to actions or language

If someone is found to be under the influence of alcohol, the individual/s will be removed from the contest, University Police will be called, and the participant or spectator will be asked to leave the premises.

RISK MANAGEMENT & SAFETY

Assumption of Risk

Participation in Intramural Sports is completely voluntary and individuals recognize the inherent dangers in the activities. Individuals participate at their own risk and are responsible for their own health and safety. TAMUC and Campus Recreation are not responsible for injuries sustained during participation in any intramural activity.

In the event that a participant chooses to receive care at a hospital, clinic, or other medical center either by emergency transportation or private vehicle, any billed services are the participant's responsibility to cover.

Injuries

Participation in Intramural activities may cause injury and exposure to blood borne pathogens. The Intramural Sports program will make sure to minimize exposure, as much as possible, to maintain the safety of the participants and employees. Intramural Supervisors and Officials are trained and certified to respond to emergency and blood exposure situations. Should an injury occur, the participant should notify the staff immediately so the staff can respond appropriately and ensure the safety of all participants. If a participant is injured:

- At a minimum Intramural staff will assist the injured participant by:
 - Cleaning and bandaging scrapes or cuts
 - Providing ice packs
- If further assistance is needed, either by request of the injured participant or deemed necessary by the Intramural staff, EMS will be contacted to provide further care. The participant has the right to refuse care by any party.
- If a player sustains an injury that causes bloodshed, that player (and any other player with blood on their uniform or on their body) will be required to leave the game until the bleeding is stopped and the wound is bandaged. If blood is found on a uniform, players may not re-enter the game until a new uniform has been obtained.
- Participants that re-enter a game after sustaining an injury, do so at their own risk.
- An injury report will be completed by the supervisor on-site.

Concussions

A concussion is a traumatic brain injury that alters the way your brain functions. A blow to the head or a violent shaking of the head or neck can cause a concussion. Effects are usually temporary.

Anyone participating in a Campus Recreation event that is suspected of a concussion or other severe head injury will be removed from participation for the day. Removal from play can be done by the injured athlete, Intramural supervisor, Intramural official, or any other TAMUC Campus Recreation personnel that suspects someone may have a head injury.

If a staff member suspects an athlete has a concussion, the athlete will be:

1. Removed from play
2. Encouraged to see a health care professional
3. Kept out of play the day of the injury. An athlete can only return to play with permission from a health care professional, who is experienced in evaluating for concussions, or by waiting the period of 7 full days. There are free services available to on-campus at the Student Health Center (903-886-5853).

Concussion Signs and Symptoms:

Athletes complaining of the following may be suffering from a concussion:

- Headache
- Pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or foggy
- Concentration or memory problems
- Confusion
- Not feeling right

Witnesses to a potential concussion may notice that the individual appears:

- Dazed or stunned
- Confused about assignment or position
- Forgets instructions
- Is unsure of the game or activity
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall

Intramural staff are trained through CATT (Concussion Awareness Training Tool). For more information or to go through a training yourself, visit <https://catonline.com/coach-course/>.

AWARDS & TOURNAMENT TRAVEL

Championship Gear

Prizes will be awarded to the winners of each division in each league and weeklong tournament. Coaches and spectators are not eligible for prizes. Only participants that are listed on the roster and **has played in a game** will receive a prize.

If a participant is not present for the championship game and HAS played in a game during the season or tournament, that player is eligible for an item. They must come to the Campus Recreation office in order to obtain their prize.

Tournament Travel

Teams will be allowed to travel to tournaments that are hosted by NIRSA. For the champions of the highest competition division, team registration fees will be paid by Campus Recreation. The team will be required to fund their own travel and other accommodations, only registration fees are covered. If the winning team cannot attend the tournament, the second place team will have the chance to play in their place. Currently, there are tournaments for Flag Football and Basketball. Flag Football offers men's, women's, and co-rec divisions, while Basketball only offers men's and women's divisions.

Team Requirements

- All players must be in good standing with the Intramural program as well as with the University – player conduct will be checked prior to registration with the Office of Student Rights and Responsibilities.
- Players must attend the pre-travel meeting and complete all required documents.
- If teams are short players, they may pick up additional players from those that played in the league for the current season. A player may not be picked up if they did not play during the current season.
- Teams must pay for their own travel outside of the registration fee.

Required Documents

All documents will have a due date assigned based on the registration deadline for each tournament. This due date and further information about the required documents will be given to the captain upon winning the league. Some documents are time sensitive and need further approval from the Registrar and Office of Student Conduct. Teams will be required to have these documents turned in by the deadline in order to travel. Required documents:

- Travel Authorization
- Tournament Registration Form
- Player Certification Form
- NIRSA Waiver
- TAMUC Waiver
- Campus Recreation Code of Conduct

Additional (Non-Champion) Teams

If additional teams wish to travel, the same criteria applies above (without monetary support) in order for a team to be eligible to compete. The Coordinator must sign off on all documents and the Registrar and Office of Student Rights and Responsibilities must also confirm eligibility to compete. NIRSA will not allow teams to compete without University approval.





GREEK CUP POINTS

The Greek Cup is an academic year-long competition between University-recognized Greek organizations. Greek organizations receive points through Intramural contests over the course of the year and the Fraternity and Sorority with the most points following the last Intramural event will receive the Greek Cup trophy and bragging rights for the following academic year. Points can be added and deducted based upon behavior and attendance during Intramural activities.

Teams have the ability to earn points both single-gender and co-rec division. Points will be divided in half for co-rec participation. Greek organizations participating in co-rec divisions for points must have the name of the organization being represented in their team name and must have all Greek members for the respective gender. For example – if a fraternity is playing in a co-rec volleyball league, all of their male participants **MUST** be a part of the Greek organization that they are representing (the women are not restricted to being a part of a Greek organization).

The point breakdown is as follows:

		LEAGUE SPORT	TOURNAMENT	SINGLE DAY EVENT
		Single Gender Co-Rec	Single Gender Co-Rec	Single Gender Co-Rec
REGULAR SEASON	Scrimmage Participation	20pts 10pts		
	Participation	20pts 10pts		
	1st Place	30pts 15pts		
	2nd Place	20pts 10pts		
	3rd Place	10pts 5pts		
	Sporting Behavior Rating 3.5	20pts 10pts		
PLAYOFFS/ TOURNAMENT	Participation		10pts 5pts	5pts* 2.5pts
	1st Place	60pts 30pts	30pts 15pts	15pts 7.5pts
	2nd Place	40pts 20pts	20pts 10pts	10pts 5pts
	3rd/4th Place	20pts 10pts	10pts 5pts	5pts 2.5pts
	Sporting Behavior Rating Above 3.5	20pts 10pts	10pts 5pts	5pts 2.5pts
DEDUCTIONS	Forfeit	-20pts -10pts	-10pts -5pts	-5pts -2.5pts
	Sporting Behavior Rating 2.75	-20pts -10pts	-10pts -5pts	-5pts -2.5pts
	Unsporting Penalty	-20pts -10pts	-10pts -5pts	-5pts -2.5pts
	Illegal Participant	-40pts -20pts	-20pts -10pts	-10pts -5pts
	Ejected Participant	-80pts -40pts	-40pts -20pts	-20pts -10pts

*For individual participation events falling outside of a league or tournament (championship night competitions for example), organizations will be given points based on the number of members participating (2pts/participant) instead of team points. When available, place points will also be given for individual sports.

The points will be assigned concluding the event. This means that **POINTS WILL NOT BE ADDED UNTIL THE CONCLUSION OF THE LEAGUE, TOURNAMENT OR SINGLE DAY EVENT**. Standings will be updated no later than one week after the championship game. Updates will be made via Twitter (@TAMUCIMSports) AND the Google Sheet



The Intramural Sports program believes good sporting behavior is an integral component of intercollegiate competition. We wholeheartedly embrace the position that, for positive sporting behavior to prevail, team representatives participants, and spectators must display respect, fairness, civility, honesty, and responsibility before, during, and after all athletic contests.

Offensive language including profanity and/or derogatory remarks of any kind directed at officials, IM staff, participants, spectators, or team representatives will not be tolerated and are grounds for removal from the competition site. At the conclusion of each contest, the Intramural Sports staff will assign each team a sporting behavior rating using a 0-4 scale. The rating is non-negotiable. The rating for each game will be recorded and tracked throughout the entirety of the season and affects both playoff eligibility.

In order to remain eligible for playoffs, the team must have an average of a 2.75 or above rating at the end of the regular season. If a team drops below a 2.75 at any time during the regular season or playoffs, they may be subject to consequences and potentially removed from the league. The words and actions of all team members, coaches and spectators, both before and after the contest, affect the rating.

4.0 - Superior

- Team displays absolute respect for the game, opponents, officials, and staff
- Team cooperates with and respects all decisions made by Intramural Sports staff
- All actions by players and spectators are acceptable and appropriate
- Questions directed toward the officials are respectful and genuine
- Participants make positive comments toward teammates and opponents
- Team receives no warnings, ejections, yellow cards, unsporting conduct penalties, or technical fouls

3.0 - Average

- Team members verbally complain about decisions made by the officials and/or show minor dissension which may not merit an unsportsmanlike penalty. Teams and spectators are respectful of opponents with minor incident
- Team receives one yellow card, unsporting conduct penalty, or technical foul but receives no ejections
- Team forfeits by not meeting the minimum number of players needed to play (1 or more players are present)
- Game was defaulted (forfeiting team cancelled prior to 3pm on the day of the scheduled game)

2.0 - Below Average

- Team receives two yellow cards, unsporting conduct penalties, or technical fouls on two individuals or team
- Team receives one ejection
- Team members show verbal dissent (yelling, questioning calls, etc.) towards officials and are disrespectful towards opponents and officials on a number of occasions. Team captain shows minimal control over their actions and the actions of teammates and spectators
- Team forfeits the game by no call/no show (no participants present)

1.0 - Poor

- Team receives three or more yellow cards, unsporting conduct penalties, or technical fouls on two individuals or team
- Team receives one ejection and one additional yellow card, unsporting conduct penalty, or technical foul
- Team members and spectators persistently question and complain to officials and constantly comment to opposing players. The team captain exhibits little or no control over themselves, their teammates, and spectators
- Players/spectators are verbally/physically abusive and cannot calm themselves down.

0.0 - Unacceptable

- Team members are completely uncooperative and are out of control. Multiple ejections or blatant unsporting conduct has occurred. Captain has no control of themselves and their teammates
- Game automatically declared a forfeit due to unacceptable conduct
 - Team receives two ejections
 - Team receives three yellow cards, unsporting conduct penalties, or technical fouls on three individuals

Any team that receives a zero or one rating are notified by the intramural supervisor and given a notification. The entire team is suspended and ineligible from further competition in that sport until the captain meets with the Coordinator of Sport Programs. It is the captain's responsibility to schedule a meeting with the Coordinator. Depending on severity, one team "0" rating could result in a team dropped from further competition.