Intramural Sports Mission Statement
The mission of The University of Alabama Competitive Sports Program is to advance student
engagement through sport.

Purpose
The purpose of this handbook is to establish policies and procedures that govern participation in the
Intramural Sports Program. Please note that it is the responsibility of each team/participant to know
and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an
excuse for failure to comply. The Intramural Sports Program reserves the right to modify these rules in
whole or in part at any time as deemed necessary. If you have questions, comments, or suggestions
for these rules, or the Intramural program in general, please contact the Intramural Sports Office. This
document is not meant to cover sport specific rules and all scenarios of play. Please refer to sport
specific resources for further details regarding play.

Liability and Insurance
The University of Alabama, Intramural Sports, The Department of University Recreation, The Division
of Student Affairs, and their employees do not assume any responsibility for injuries or medical
expenses sustained by individuals participating in the Intramural Sports Program.

A. It is recommended that all Intramural participants have a physical examination before
participating in any Intramural Sports event.

B. In case of injury or accident, participants should report pertinent information to an Intramural
Supervisor and the on-site athletic trainer, and then seek further medical attention at the
Student Health Center or at a local hospital if needed. Any participant that suffers a head
injury will need to obtain a release from a doctor before they can continue participating in
any Intramural activities.

C. All participants are responsible for securing their own health insurance.

NOTE: Contact the Student Health Insurance Office with any questions regarding a health insurance plan for students. Phone: 205-348-2158 or email at insurance@cchs.ua.edu.

Intramural Sports General Information
The Intramural Sports Office is located in the atrium of the Student Recreation Center
401 5th Avenue East, Tuscaloosa, AL 35401
Office Hours: Monday - Friday 10:00AM - 4:30PM
Summer Office Hours will vary.
Office: (205) 348-8055
Website: http://urec.ua.edu/intramurals.cfm
Email: imsports@bama.ua.edu

The Coordinators and Assistant Director of Competitive Sports reserve the right to put into effect new
rules, policies, or procedures pertaining to Intramural Sports and unsportsmanlike behavior, fair play,
and safety to all participants.
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Section 1: League Descriptions

Independent Leagues

A. Men’s Divisions
   • Competitive League - These leagues and tournaments are highly competitive; teams may advance to the All-Campus Championship Playoffs, meeting the Fraternity champion in the All-Campus Championship Final.
   • Recreational League - These leagues and tournaments are slightly less competitive; teams advance to a separate playoff, but not the all-campus final game.

B. Women’s Divisions
   For female students, faculty, and staff only; teams advance to the All-Campus Championship Playoffs, meeting the Sorority League champion in the All-Campus Championship Final.

CoRecreational Leagues - All participants may compete in the CoRecreational activities in addition to their participation in the men’s or women’s divisions. A number of sports may have additional rules unique to its CoRec league. Please refer to the individual sport rules for these specifications.

Residence Hall Association (RHA)
Residents have the opportunity to play the sport they desire with other residents within their hall. If 50% of your team resides in the same residence hall on campus, you are able to claim RHA when you register. Your residence hall will then pay the team entry fee to play that sport. When the captain creates a team on IMLeagues, it will ask if you are claiming RHA. Type in the residence hall you represent in the required space. Even though this waives your entry fee, the team will remain responsible for paying the forfeit deposit at the Intramural Sports Office. You will remain on the waitlist until the forfeit deposit is paid.

Organizations (University and Student Affiliated)
We encourage all groups on campus to participate in Intramural Sports as an organization. You may choose any of the competition levels desired to compete. Please refer to the Eligibility Section dealing with participation to see if all of your members meet the requirements for participation in Intramural Sports.

Greek Competition – All student members of Greek organizations on campus are eligible to compete in the Greek leagues in many of our team sports. Competition in these leagues will also count toward a yearly competition between all fraternities and sororities on campus called the Greek Cup.

A. Official Fraternity and Sorority Leagues - Only registered fraternities and sororities may participate in Greek Leagues. For Fraternities, there are two divisions: Bryant and Moore, determined by the UA Greek Life Office. Fraternities with 101 members or more will compete in the Bryant Division and those with 100 members or less will compete in the Moore Division. Teams in both divisions will advance to a separate Fraternity playoff, meeting the respective Independent champion in the All-Campus Championship Finals.

B. Official Organization Roster - Official rosters for organizations competing in the Fraternity or Sorority Intramural Sports leagues will be comprised of those members properly registered through the UA Greek Life Office. Policies and procedures established and administered by the UA Greek Life Office and its affiliated councils and organizations will govern the registration process. No additions or deletions to an organization’s official roster
may be made through the Intramural Sports Office.

C. **Receipt of Official Roster** - The Intramural Sports Office will receive the official roster from the UA Greek Life Office for each registered Greek organization in September and February during the academic year. Those students listed on the roster will be eligible to compete for their organization, as long as they remain properly registered as a member of the organization and remain a valid, fee-paying student at The University of Alabama. Once a student becomes inactive at The University of Alabama (through graduation, dismissal, etc.) that student is immediately ineligible for Intramural Sports competition.

D. **Pledges and New Initiates** - Pledges and other new initiates are eligible to compete for a Greek organization the first day following the conclusion of the official rush period for each semester. These new organizational members must appear on the official roster when it is received by the Intramural Sports Office in September or February (as applicable). Persons competing for Greek organizations during this early semester grace period - end of rush through Greek Registration deadline- who do not appear on the official roster when received by the Intramural Sports Office for the respective semester - will cause that organization to forfeit all games and events in which the ineligible player(s) participated. Teams will be subject to the forfeit point-penalty for overall Greek cup points for each forfeit.

E. **Finalization of Roster** - Rosters are finalized when received by the Intramural Sports Office in September or February. No additions may be made following these months during their respective semesters. Only those students appearing on the September roster are eligible for play on Fraternity or Sorority teams during fall semester and through the end of rush week of spring semester. Only those students appearing on the February roster are eligible for play on Fraternity or Sorority teams during the spring semester. Appeals on Greek eligibility will be heard according to the typical eligibility appeals process.

### Section 2: Registration

Registration

Registration for Intramural Sports is done utilizing an online platform called IMLeagues. Players will create a team, join a team, or sign up as a free agent using IMLeagues.com. To complete the registration process, captains will be required to come to the Intramural Office to pay for the team, submit a forfeit deposit, and choose a time-slot. Registration periods are typically a week in length starting on a Tuesday at 10:00 a.m. and ending the following Tuesday at 4:30 p.m. Summer Registration periods will fluctuate and will adjust to amended office hours. Leagues and time slots are filled on a first come, first served basis.

Registration Procedures

A. **Step One, Online Registration:**
   
   a. Go to [http://urec.sa.ua.edu](http://urec.sa.ua.edu). Place your cursor over Intramurals, scroll down to Registration and click. Follow the rest of the “IMLeagues Registration Procedures” as listed below
   
   i. **Online Registration Procedures**
      
      1. Log in to your IMLeagues account.
      2. To create an IMLeagues account, click on the IMLeagues link and login using your MyBama login information. For new users, information will be asked of you such as your name, birth date (year only required), and class standing/university affiliation*

      *This information is for eligibility purposes in accordance with our policies and procedures to participate in Intramural Sports
ii. **Create a team (For team captains)**
   1. Click the Create/Join Team button at the top right of your user homepage OR click on the “University of Alabama” link to go to the UA homepage.
   2. The current sports will be displayed. Choose the sport you wish to join and the league in which you will be placed on the waitlist (Men's, Women’s, CoRec, etc.). Take note of the time slots available within the given league. Divisions will appear with the day of the week and times, in which the games will occur. Teams will be moved off the waitlist into open divisions once payment is received in the Intramural Sports Office. **There is no limit on how many teams can be on a waitlist, but all divisions will have a limited number of spots. For example, if more than 4 teams want to sign up for a particular time slot or division, the 4 teams that pay first will be confirmed.**
   3. Captains can invite members to their team by clicking the "Invite Members" link on the team page. Any invited members must accept the invitation to be on the team roster.
      • If they've already registered on IMLeagues: search for their name, and invite them.
      • If they have not yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address

iii. **How to join a team**-
   1. Use the Create/Join Team Button at the top right of every page.
   2. Accept a request from the captain to join his/her team.
   3. Find a team and captain name using the division/league page and request to join.
   4. Go to the captain’s “playercard” page, view his team, and request to join.

iv. **Register as a Free Agent**
List yourself as a free agent in as many divisions within a league as you would like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team. Team Captains have access to view free agents after they have created their team if they are looking for additional players. Remember that signing up as a free agent does not guarantee a spot on any team

v. **Resources**
   1. All users are encouraged to use to use the “Live Support” tab on the bottom right corner of all pages of the IMLeagues website for online assistance.
   2. Contact the Intramural Office weekdays from 10am to 4:30pm with additional questions at (205)348-8055 or imsports@bama.ua.edu.
   3. Official communication for weather and other announcements will be made through IMLeagues. Please be sure to set up your notifications settings accordingly.
   4. For further updates and announcements we encourage you to
follow us on Twitter and Facebook.

B. Step Two:
   a. A team representative must come to the Intramural Sports Office and pay the Entry Fee and Forfeit Deposit for each sport. Methods of payment for registration are cash, check, credit/debit, and Departmental Transfers (University of Alabama). For forfeit deposits, only cash or check will be accepted.
      i. Entry Fee Checks made to UNIVERSITY OF ALBAMA
      ii. Forfeit Deposit Checks made to UAIOA
   b. Choose the best time your team would like to play from the remaining time slots available in the office. Waiting to pay may result in reduced options of days and times to play.

C. Step Three:
   a. Each member of the team planning to participate must be added to the roster online. This process includes the completion of a player’s quiz on IMLeagues. No roster additions will be made by staff at the fields/courts. Players should be added to the online roster by 2pm the day of their game. Up to 5 participants per team may use mobile devices to complete process at game site if needed.

Forfeit Deposits
Every sport will include a forfeit deposit as part of the registration process. If you do not forfeit at any time during the season or playoffs, you are eligible to pick the deposit up at the end of the semester. Those eligible for a forfeit deposit return should report to the Intramural Sports Office between 10:00 AM and 4:30 PM during dead week, the week prior to finals of each semester. In order to pick up a deposit, you must present your original receipt. Only those who paid the forfeit fees will be eligible to receive their deposit at the conclusion of the semester. No special arrangements will be made for teams/individuals before or after the designated period. After this period no forfeit fees will be returned and no remaining fees will be applied to future sports.

Entry Fee Voucher – There are no entry fee refunds for teams that have registered and realize they cannot participate in that sport. However, there is a 48 hour window to request a voucher for another sport entry fee in the future equivalent to the amount paid. Your forfeit deposit will also be reimbursed within the 48-hour window. After 48 hours the registration and forfeit fee are nonrefundable.

Section 3: Eligibility Guidelines

Participation
A. A team’s roster is comprised of those eligible players who properly check-in (present proper ID) at the game site prior to the game. Additions may be made to the roster throughout the season until their last regular season game. All roster additions must be completed by a team on IMLeagues prior to check-in at the game site.
B. Rosters are limited to 20 individuals. Once a team has reached their roster limit, no new players may be added.
C. All players must check-in prior to each game with valid ACTion Card to be eligible to participate in that game.
D. A team roster is locked on the final scheduled day of the sport’s regular season or pool play period. All roster additions must be completed by the team through IMLeagues prior to this deadline. If there are any eligibility issues, these must be resolved and the player(s) must be properly verified in the Intramural Sports Office prior to this deadline. No additions will be
possibly after the regular season or pool play period has ended.

E. Participants may play for only one single gender team (men's competitive, men's recreational, Fraternity, women's, or Sorority team) in any one sport. For example, a participant may NOT participate in both the Fraternity league and men's competitive league. The participant will remain on the roster of their original team and the second team he/she played for will forfeit all games that they played in illegally. Male and female participants may also play for one CoRec team in the same sport (in addition to their men's or women's team).

F. Any player, prior to playing in their first game, may be removed from the roster and then join another team to play. The player must go to the Intramural Sports Office in with the captain of the team the player wishes to be removed from. This must be done by 5pm the business day before the game. If the game is on Monday, then this must be completed by 4:30pm Friday.

G. A participant is considered to have officially played for a team once he/she has been signed-in at the game site, regardless of whether he/she actively plays in the game.

H. Once a player has signed in at the game site, a player cannot be dropped from the roster or change teams unless there are extenuating circumstances. A participant must submit their written appeal to the Intramural Sports administrative staff for review along with a $25.00 administrative fee. Please allow two business days for an official ruling on the appeal.

General Participant Eligibility Guidelines
All active undergraduate and graduate students, faculty, and full-time staff members of the University of Alabama are eligible to participate in any activity sponsored by the Intramural Sports Office. Intramural Sports reserves the right to check with the Registrar's Office to confirm participants' eligibility status.

ACTion Card Policy
ID Policy – Each participant must present his or her ACTion Card prior to each game for all Intramural Sports and events. University Recreation staff may conduct random identification checks during games. Therefore, each participant must be able to present his/her ACTion Card at the game site upon request. Participants may also be required to supply additional identifiable information in order to verify their identity for participation in an Intramural event.

A. Lost ID Policy – An identification voucher may be picked-up at the front desk of the Student Recreation Center or the Student Activity Center. This voucher may only be used once per semester; a replacement ACTion Card must be obtained before the next game.

B. Fraudulent Use of an ID – Participants attempting to sign-in for a contest when using a different person's ACTion Card for identification will be banned from participating in the contest. The ACTion Card will also be confiscated by the Intramural Sports staff. The ACTion Card will be available for collection by the student pictured on the card during normal business hours in the Intramural Sports Office. Both the participant attempting to use such card and the actual student pictured on the card will face an indefinite suspension from all Intramural activities and must apply for reinstatement to the Intramural Sports program by following the Ejected Participant’s Reinstatement Procedure.

Eligible Participants
A. Current UA Students - To be eligible for Intramural Sports, students must be registered for UA classes in the term in which they wish to participate and have paid their tuition fees in full to The University of Alabama. Special non-degree seeking students and transient (when
taking classes at UA only) are considered eligible. Students dual-enrolled at any other college and UA (taking classes at both institutions during the same semester) are also eligible. **NOTE:** All students full or part time must have paid their activity fee to be eligible for Intramural Sports.

B. **Faculty and Staff** - Active faculty and full-time staff members are eligible for participation in Intramural Sports. A staff member is considered full-time if they are regularly scheduled to work at least 38.75 hours per week. Faculty, Staff, Affiliates, and Spouses must purchase a membership for access to the indoor recreation facilities or pay the guest entrance fee (each time) to participate in Intramural Sports conducted in the Student Recreation Center or Student Activity Center at Presidential Village.

C. **Student Organization Affiliates** – Affiliates will be recognized as an employee of a non-university organization that is directly involved with a student organization at the University of Alabama. Only one affiliate with the organization may play with the team representing their student group and must show proof of affiliation to be approved during registration.

D. **Spouses** – Spouses of eligible University of Alabama students and Faculty/Staff are eligible to participate in Intramural Sports events by purchasing a semester pass. Intramural Sports Spouse pass fee is $100.00 per semester.

**NOTE:** Purchasing an Intramural Sports Spouse pass does not grant you access into the Student Recreation Center or the Student Activity Center at Presidential Village, a membership must be purchased from the Membership Office.

E. **Co-Op and Online Only Students** – These students are considered eligible, but must purchase a part time student membership for a full semester.

**Summer Eligibility**
During the summer term, non-currently enrolled students may purchase a Student Summer Recreation Membership at the Student Recreation Center to become eligible for participation. Proof of registration for the prior spring’s and next fall’s classes is required to purchase the membership/pass. Additional restrictions may apply.

**Restricted Participants**
The following groups of participants are restricted in their eligibility for select Intramural Sports and events:

A. **Current Student-Athletes** - Student athletes who appear on the team roster or receive any form of athletic aid are eligible for all Intramural Sports, except the sport or related sport. Such aid is defined as follows: any assistance or benefit given to a student for his/her participation as a player in any varsity sport that is not available to the general student population. This includes, but is not limited to: scholarships, varsity lockers, towels, green fees, apparel, footwear, equipment, etc. Any athlete who is working out with the varsity team (including walk-ons, redshirt players, and practice players) is considered a student-athlete under this section. This section remains in effect for as long as the student receives this aid, whether or not they continue to play or practice with a varsity team. **NOTE:** Medical scholarship athletes **ARE** allowed to play in their related sport provided they are eligible under the former student athlete category guidelines. Teams are limited to one player within this category on their roster and must play in the competitive league, when available.

B. **Former Student-Athletes** - A student who has been a member of a varsity team at a four-year college or university in a particular sport is eligible for Intramural competition in the same or related sport during the following academic year. The fall term is considered the start of the next academic year. Teams affected by this rule are limited to one player in this
category on their team roster and must play in the competitive league, when available. Graduates or transfers students are also affected by this rule. If a student-athlete drops or is dropped from an intercollegiate team prior to the opening of the intercollegiate season, they will be ineligible for Intramural participation in that sport until one calendar year has passed since their last official status with the sport(s). Student-athletes who participate in varsity sport events following the opening of the intercollegiate season will be considered student-athletes for that academic year regardless of whether they drop or are dropped from the team during the season. Former Student-Athlete status ends after one academic year.

C. **Professional Athletes** - Anyone who is or has been a professional athlete in a particular sport is ineligible to participate in the same or a related sport for two calendar years following his or her final appearance as a professional in his or her sport. An individual is considered to be a professional athlete if at any point they were given financial compensation for participation in a professional league. Once their two calendar years have passed, these athletes may participate in the same or related sport, but will from this point on be considered a former student-athlete (limited to one per team).

D. **Sport Club Athletes** - Members of UA sport clubs will be allowed to participate in Intramural competition in their related sports. However, for a single Intramural team, a maximum of two club players may appear on the team’s roster. For team sports in which the required number of players is four or less, the maximum number of club players permitted on the team’s roster shall be one. A person is deemed a club member if he/she participates in a club contest or practice following the designated try-out period, pays club dues, or appears on the team roster or waiver form. Once a person has been deemed a club member, he/she will be considered a club player the remainder of the academic year. Removal of the person from any club roster does not affect his/her Intramural status as a club player. Intramural players who join a club team during the sport’s Intramural season may be required to discontinue playing for their Intramural team in order to keep their Intramural team eligible under this rule.


**UA Intramural Sports Transgender Participation Policy**

Participants may play Intramural Sports in accordance with their self-identified gender, regardless of any medical treatment. It is expected that this is done in good faith and is consistent with a player’s expressed gender identity. A participant’s gender identity will be applied when there are gender specific rules or player ratio requirements for CoRec divisions. University Recreation seeks to provide opportunities for all students to participate in its sport programs, if an individual or team is unsure of how participants fit into the framework of any sports, please contact the Assistant Director of Competitive Sports. If conflicts, procedural questions, or protests arise under these guidelines, a committee consisting of both Competitive Sports Coordinators, the Assistant Director of Competitive Sports, and other resources such as the Women’s and Gender Resource Center, Office of Student Conduct, Office of Council, and Risk Management will be consulted for advice and resolution.

**Ineligible Participants**

The following groups of participants are ineligible for Intramural Sports and events:

A. **Ejected Participants**
B. **Long Term Visitors**
C. **Alumni**
D. **Withdrawn or Terminated Students**
E. **Other local college students**
F. **Community Members of the Recreation Center (with no University Affiliation)**
G. **Transient Students not taking classes at UA**

**Eligibility Challenges**
Any person or organization may challenge the eligibility of a player by submitting a written appeal the Intramural Sports Office. Please prove a written statement with relevant evidence relating to the eligibility in question. Eligibility challenges must occur within 48 hours of the time of the player's participation in an Intramural game. All challenges and appeals will be reviewed by the Intramural Sports administrative staff. Please allow two business days for appeal review. **NOTE:** If an eligibility protest is called to the immediate attention of the Intramural Supervisor and proves to be true the game will be immediately forfeited by the offending team.

A. Individual Appeals – If an individual feels that they have extenuating circumstances that should allow them to be exempt from any or all of the Intramural Handbook, they can make a written appeal stating their reasons for exemption from the rule(s).

B. Individual Penalties – As soon as an individual violates any of the eligibility rules, they shall be suspended from for ALL Intramural activities. Violation of this suspension will result in further or permanent suspension from the Intramural Program and possible disciplinary action by the Office of Student Conduct.

C. Team Appeals – If a team feels that they or a member of their team has been ruled ineligible incorrectly, they can make a written appeal within 48 hours of the written notification stating their reasons for review or exemption from the rules.

**Participating with an Ineligible Player**
A team which is discovered to be participating with an ineligible player by Intramural Sports staff at the game site shall immediately forfeit the game or match. This includes failure to produce a valid ACTion Card upon request of an Intramural Sports staff member before, during, or after an Intramural contest. Forfeited games during the playoffs result in the violating team being immediately eliminated from the playoffs with the opposing team advancing, so long as they remain eligible.

Participation is defined as an individual signing in at the game site, regardless of actual playing time. **NOTE:** The Intramural Office reserves the right to perform random checks of team rosters. It is not necessary for a team to protest a player in order for that player to be ineligible.

**Section 4: Captain’s Responsibilities**

**Captain’s Responsibilities**
Students, faculty, and staff can form their own teams and register during the appropriate dates and times as indicated in the semester calendar. One team member must be designated as captain. The captain does not have to participate on the field with their team; however, they must be on the roster and are subject to the same eligibility restrictions outlined in the Eligibility Section.

**NOTE:** A “coach” or “organizational sports chair” may attend games, and help with the responsibilities of several teams. However, coaches, organizational sports chairs, etc. will not be recognized by officials. An individual may only be named captain for one team within any league.

A. **Responsibilities** – The team captain is a key link between the participants (team members) and the Intramural Sports staff and is expected to assume the following responsibilities:

1. Complete the Captain’s Quizzes required to set up a team using IMLeagues registration
and share necessary information with your team.
2. Bring payment and forfeit deposit during registration period to the Intramural Office.
3. Add players to online roster.
4. Check eligibility of all team members according to Intramural Sports Policies & Procedures.
5. Remind players to be arrive to game site 15 minutes prior to game time, with a valid ACTion Card, to warm-up and check-in.
6. Make sure the team is at the game site, signed in and ready to play by their scheduled time.
7. Familiarize the team members with the Sportsmanship Policy. Educate them as to the ramifications of poor sportsmanship both for the individual and the team.
8. Ensure that his/her team is familiar with the rules of play and Intramural Policies and Procedures contained in this document. Rules are available on the University Recreation webpage under the Intramural Sports section.
9. Check online for accuracy of scores and sportsmanship ratings. These will be finalized at noon the day following the regular season’s end.
10. Communicate with the Intramural Sports Office throughout the season in regard to schedules, entries, playoffs, sportsmanship, and constructive feedback.
11. Select spot in online playoff bracket when applicable.
12. Help educate team’s fans on the importance of sportsmanship. The team captain is responsible for the actions of his/her team and fans. Unruly fans can affect a team’s earned sportsmanship rating.

Playoff Qualification
To qualify for playoffs in a team sport activity, teams must meet the following criteria:
   A. Have less than two forfeits.
   B. Have an average Sportsmanship Rating of 3.00 or better during the regular season.
Playoff brackets will be broken down into the following divisions: CoRec, Men’s Competitive, Men’s Fraternity, Men’s Recreational, Women’s, and Sorority. Please note that teams entering the playoffs will need to be able to play on days/times other than the days/time that they registered for during the regular season.

Changing Divisions
A team competing in the Recreational league may move up to participate in the Competitive league playoffs as they see fit. Teams must request this change via email by the completion of the second week of the regular season. A request made after this time will not be considered.

Playoff Scheduling Online Draw
   A. Teams who qualify for playoffs will be seeded according to their winning percentage, earned sportsmanship average, point differential, and head-to-head competition.
   B. Captains will have the opportunity to select a spot in the playoff bracket for their team by logging into IMLeagues during their designated selection time, which had been determined according to seeding.
   C. Teams who have not selected a spot in the bracket by the deadline will be randomly placed in brackets.

Section 5: Event Scheduling
Schedules for Intramural Sports will be published on IMLeagues approximately three business days after the registration period has ended. Unexpected delays will be announced on IMLeagues. Participants are responsible for acquiring their schedule(s) online. The Intramural Sports staff is not responsible for notifying teams that schedules are ready. Official communication will take place through IMLeagues.

**Inclement Weather**

In the event of inclement weather, teams should check IMLeagues or the Intramural Sports Twitter account for information regarding the status of their game.

A. **University Closing** - Games will be cancelled if the University has closed and/or cancelled classes for the day.

B. **Reschedules** – Intramural Sports makes every effort to play all activities as regularly scheduled.
   1. When possible, a team’s first rained out game in the regular season will be rescheduled as available time and space allow.
   2. Playoff games affected by inclement weather will be rescheduled by the Intramural Sports staff by 2:00 PM the following day.

C. In the event of bad weather during the playoffs, team captains should visit the IMLeagues website for rescheduled times and dates. Decisions typically will not be made until two hours prior to the start of games. Cancellations during playoffs may affect other games in the brackets. Please check the updated brackets after all cancellations. **NOTE:** Teams playing in multiple sports tournaments simultaneously and participants playing on two teams in the same sport (CoRec and men’s/women’s) should alert the Intramural Sports Office when schedule conflicts arise due to reschedules but will not be guaranteed and schedule changes based on such conflicts.)

D. **Lightning** – Play will stop due to lightening within 8 miles of the playing area. The Athletic Trainer on duty with the Intramural Sports staff will make these determinations. If game is stopped before its conclusion, the following rules will take affect:
   1. Inclement Weather for Flag Football, Outdoor Soccer, and Ultimate Frisbee
      - All games stopped in the first half will be replayed in their entirety.
      - Games stopped at half-time or in the first 10 minutes of the second half will be completed from the point of interruption with the score as is.
      - After the 10 minute mark in the 2nd half, all games will be ruled official contest and will only be completed from the point of interruption if the score is tied in a playoff game.
      *(For 4v4 Flag Football only, these 10 minute rules will be replaced with 6 minute rules.)*
   2. Inclement Weather for Softball
      - Any game stopped prior to 5 innings will be completed from the point of interruption with the score as is.
      - All games stopped after the completion of the 5th inning will be ruled official contests with the outcome of the game determined by the score of the completed innings.
      - If there is a tie during the playoffs, the game will be restarted from the point of interruption.
   3. Inclement Weather for Sand Volleyball
      - Any game stopped prior to the 15 minute mark will be completed from the point of interruption with the score as is.
• All games stopped after the 15 minute mark will be declared official; tied games in playoffs will be completed from the point of interruption.

**NOTE:** These rules will also apply in the event of early game stoppage for reasons other than weather, for example a power outage or emergency situation.

**Rescheduling**

The Intramural Sports Office reserves the right to reschedule for reasons outside of weather and unforeseen emergency situations affecting the University of Alabama. During playoffs teams may request reschedules for the following reasons:

A. Academic conflicts that would make it impossible for your team to meet the minimum required to play in that sport, taking into account all players on the roster. Classes and labs are considered academic conflicts. Study Sessions would not fall into this category. Proof of class schedules or written excuse from professor will need to be provided for each individual 24 hours in advance of the game (unless games are being played on back to back nights in which case it will be due by noon the day of the game) for a reschedule to be considered.

B. Unforeseen emergency situations causing the team to fall below the minimum requirements when taking into account all members on the roster. This must be requested by noon the day of the game, unless unforeseeable circumstances inhibit your ability to meet this deadline. Teams must communicate the emergency to the Intramural Sports Office prior to the game via email or phone. Teams may be required to provide proof of emergency.

**Defaults**

Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default (not play this contest). In order for the contest to be considered a default, the team captain must complete the Intramural Default form at [http://goo.gl/forms/9SNqsreZ3A](http://goo.gl/forms/9SNqsreZ3A) prior to 12:00PM the day of the contest. Sunday requests must be made by noon on the preceding Friday. Defaulting a game will allow the team to remain eligible to receive their forfeit deposit at the conclusion of the season. Defaulting teams will earn a 3.75 sportsmanship rating.

**NOTE:** Default vs. Forfeit: A team that defaults will receive a loss in the league standings, not a forfeit (thus resulting in the team’s ability to receive their forfeit deposit at the end of the season.) However, a team’s second default will be recorded as a forfeit.

**Forfeits**

Games will start at their scheduled times. Teams are expected to be signed in and ready to play at game time. Any team failing to report to participate at the scheduled starting time with the minimum number of required players shall forfeit to their opponent. If both teams fail to report to participate, the game will be recorded as a double forfeit and a double loss. Forfeited games will not be rescheduled.

A. Winning by Forfeit: In order for a team to receive a win by forfeit, it must have the minimum number of players required to begin according to the rules of the sport present at the scheduled location and at the scheduled time “ready to play”.

B. Limit of Forfeits: A team and its members will be disqualified from the remainder of the season or playoffs after two forfeits.

C. Members of a team that has been disqualified due to forfeits from a lack of people may submit a written appeal to join another team if they have signed in for a game.

D. If a team has no players at game time, they will receive a “no-show forfeit” and they are required to contact the Intramural Sports Office within 48 hours to confirm in writing that they want to continue competing. This confirmation should come from the team’s captain and
should include the sport, team name, and date and time of divisional play. This email should be sent to imsports.bama@gmail.com.

Ready to Play and Game Time
A team or individual is considered ready to play when the required minimum number of players for the sport are properly signed-in with Intramural Sports staff, present at the specific field or court for their scheduled contest, and properly equipped at the designated game time. Note: We are unable to permanently label the fields as the layout may change due to the fields being used for different sports throughout each semester. Allow yourself plenty of time to find the appropriate field and utilize the Intramural Staff for where you need to go for your game.

A. Game Time – Game time is forfeit time. All teams shall be ready to play at the designated game time.

B. Optional Grace Period – At game time, if one team does not have the minimum number of players signed in to participate or is otherwise not ready to play, the captain of the team that is prepared to play will be offered two options. The decision of the captain is final and cannot be changed. (This option is not available if the opponent has no players signed in.)

1. Give the opposing team an additional five minutes to obtain the minimum number of players required to participate or otherwise become ready to play. If the opposing team becomes ready to play during the additional time period, game time will be reduced by the number of minutes the team was late for the game. The game clock will run during this five minute period. If team is not ready for play at the five minute mark, the game will be forfeited.

2. The captain of the team may elect to take the win at the scheduled time and the game will immediately be forfeited by their opponent.

Note: For a team caption to have these options, they must meet the minimum requirements and be ready to play at game time.

Section 6: Sportsmanship

Code of Conduct
Good sportsmanship is integral to every Intramural Sports contest. In order for sportsmanship to prevail, participants and fans must display respect, fairness, civility, honest, and respect before, during and after each contest. We encourage fans to enthusiastically support their team. Offensive language including profanity, derogatory remarks made in regards to a person’s race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, economic class or religion or other intimidating actions directed at officials, staff, participants or others will not be tolerated and are ground for removal and/or ejection. Ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns.

The team captain is responsible for the actions of any player on his/her team and for spectators directly related to that team. The conduct of all players and spectators before and after the game is as important as the conduct during the game. Teams should select members carefully as all team members will suffer the consequences of disciplinary action and sportsmanship ratings against the team. An individual’s behavior can have a dramatic effect on a team’s rating.

Rating Method
• Each team in a contest shall earn a sportsmanship rating determined by the Intramural Sports staff on duty. Ratings encompass the time prior to, during, and following all contests.
and extends to all persons on, at, or near the game site. Sportsmanship ratings will be marked on the score sheet.

- Competitive Sports Staff can provide input, which may raise or lower the rating. Intramural Sports administrative staff members may amend a rating at any time for inappropriate conduct, use of an ineligible player, use of a suspended player, and/or inaccuracy in reporting.

- Officials have been instructed not to comment to teams about ratings. Teams may inquire with a supervisor at the game site to view their sportsmanship ratings. Teams may also view their sportsmanship ratings on the IMLeagues website. A team captain may appeal his or her team's sportsmanship rating by submitting a written appeal to the Intramural Sports Office by 4pm of the business day following the game or match. Appeals after this time will not be accepted.

* The Intramural Sports administrative staff reserves the right to review any rating given to a team.

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

A. Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other Intramural Sports staff.

B. Team captain exhibits control over the team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates with request from an Intramural Sports staff member.

C. Team members participate in the spirit and intent of the Intramural Sport rules and program policies. Team members accept judgment decisions made by the officials during the contest.

D. Respect is shown for facilities and equipment.

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

A. Participants/spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams/spectators might also lead to a lower rating.

B. Team captain exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with requests from Intramural Sports staff.

C. Having any unsportsmanlike conduct penalties or having a player ejected for unsportsmanlike conduct.

D. Taunting an opponent or opposing team spectator (trash talk).

E. Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.

F. Physical abuse by participants/spectators in the form of fighting or threatening behavior with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.

G. Individuals/teams played after the consumption of alcohol/drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the
contest will be forfeited to the opponent.

H. Damage to or destruction of any facilities or equipment including failure to remove trash from the playing area following a contest.

### Sportsmanship Rating Scale

<table>
<thead>
<tr>
<th>Sportsmanship Infractions*</th>
<th>Ratings</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero (0) S.I.</td>
<td>4</td>
<td>Excellent Sportsmanship- Players cooperate fully with the officials about rule interpretations and calls. The captain also exhibits full control of his/her teammates. Overall, team members and spectators are respectful of opponent, official and/or a staff member and encouraged each other’s efforts.</td>
</tr>
<tr>
<td></td>
<td>3.75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.25</td>
<td></td>
</tr>
<tr>
<td>One (1) S.I.</td>
<td>3</td>
<td>Acceptable Sportsmanship- Team members and spectators demonstrate respect of opponent, official and/or staff members except for one or two incidents. If team receives an unsportsmanlike penalty from the game officials or supervisor due to sportsmanship issues, they shall earn a rating within in this range.</td>
</tr>
<tr>
<td></td>
<td>2.75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.25</td>
<td></td>
</tr>
<tr>
<td>Two (2) S.I.’s</td>
<td>2</td>
<td>Sportsmanship Needs Improvement- Team members or spectators show lack of respect for opponent, official, or staff on a number of occasions which warrant an unsportsmanlike penalty. Captain exhibits little control over self, teammates and spectators. Teams that have a player ejected for an unsportsmanlike act will earn a rating in this category.</td>
</tr>
<tr>
<td></td>
<td>1.75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.25</td>
<td></td>
</tr>
<tr>
<td>Three (3) S.I.’s</td>
<td>1</td>
<td>Unacceptable Sportsmanship- The team captain exhibits little or no control over team or self. Individuals on this team are disrespectful of opponents or officials on multiple occasions. Team constantly comments to the staff, officials, or opposing teams from the field or sidelines, and has earned multiple S.I.’s. NOTE: Teams which earn a second unacceptable rating (1 or lower) are subject to immediate dismissal from the sport.</td>
</tr>
<tr>
<td></td>
<td>0.75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.25</td>
<td></td>
</tr>
<tr>
<td>Four (4) or more S.I.’s</td>
<td>0</td>
<td>Season Ending Rating- Team is completely uncooperative and out of control before, during, or after Intramural Sports contest. Captain exhibits little to no control over self, team, or spectators. Team has multiple ejections or exhibits blatant unsportsmanlike conduct that endangered others. Team fails to cooperate with Intramural Sports administrative staff, falsely represents, or withholds information. Team subject to immediate dismissal.</td>
</tr>
</tbody>
</table>

*Sportsmanship Infractions (S.I.) are unsportsmanlike penalties as defined by each sport’s rules (unsportsmanlike penalty in flag football, technical foul in basketball, and yellow card in soccer, etc.).

### Special Game Situations

A. Forfeits- Games forfeited due to a team not fielding the minimum number of players required to participate by the scheduled game time will result in a sportsmanship rating of 3 for the forfeiting team. Games forfeited after start will receive score based on rating earned during play.

B. Defaults- Defaulted games will result in a sportsmanship rating of a 3.75 for the defaulting team.

C. A team winning by default or forfeit in an unplayed game will receive a 4.0.

### Team Sportsmanship and Playoff Eligibility

A team must earn a 3.0 average or better sportsmanship rating during regular season or tournament style league games to be eligible for playoff.

### Playoff Sportsmanship

A team must maintain a high level of sportsmanship during the playoffs to continue to advance.

A. Any winning team earning a 2.5 rating or less during a playoff competition will be placed on
probation for the remainder of the playoffs.

B. Once on probation, a team earning a rating of 2.5 or lower for the second time during the playoff will be disqualified. Regardless of the outcome, the opposing team will then advance, provided they meet the required sportsmanship rating.

C. If a team earns a rating of 1.5 or lower, the decision to place them on probation or to remove them from the playoff will be at the discretion of the Intramural Sports administrative staff based on the circumstances of the game.

D. Any team earning a 0 sportsmanship rating during playoffs will be immediately eliminated.

Ejected or Suspended Participants
Participants and spectators that choose to practice unsportsmanlike behavior before, during, or after a contest, directed toward a participant, official or a staff member may be ejected from that contest. A contest official, Intramural supervisor or a member of the Intramural Staff may administer the ejection. Examples of unsportsmanlike conduct which will result in ejection include, but are not limited to, the use of profanity, vulgar and abusive language, disrespect toward an official or staff member, unnecessary roughness, excessive technical fouls, flagrant actions toward an opponent, flagrant actions toward an official, and fighting or inciting a fight. Captains or remaining team members are required to give the Intramural Sports Staff the name of the ejected participant following an ejection. Failure to do so may result in the forfeiture of their game. Actions that lead to an automatic ejection will count as two unsportsmanlike penalties.

Participant Suspensions
A player disqualified or ejected from a game for unsportsmanlike conduct must leave the facility after speaking with an Intramural Sports Supervisor immediately and will be declared ineligible for play in all Intramural Sports activities. Ejected participants must leave the Student Recreation Center/Student Activity Center at Presidential Village and may not reenter that day. He/she may have privileges revoked from these facilities until they have submitted a letter requesting reinstatement and have met with the Intramural Sports administrative staff. Failure to leave the area/complex may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in the team’s forfeiture of the remainder of the season. A team which participates with a suspended player in a regular season or playoff game will forfeit that game. The following actions will result in immediate ejection and suspension:

1. **Physical Contact with Intramural Sports Staff Member** – Player or spectator makes physical contact in a threatening manner (battery) toward any staff member. INDEFINITE SUSPENSION. Minimum penalty of one year up to the remainder of their college career, effective immediately. Further, appropriate charges may be filed with the Office of Student Conduct.

2. **Physical Contact with Another Player (Fighting)** – Any and all types of illegal physical contact, gestures, spitting, verbal attacks, or other combative actions involving spectators, players, coaches, captains, teammates, and/or Intramural Staff/officials could result in that individual(s) being suspended from all Intramural events for the rest of his or her academic or professional career. Depending on the severity of the incident, further disciplinary action may be warranted. Any and all types of violence will not be tolerated.

3. **Leaving the Bench Area to Participate in an Altercation** – Team members and/or spectators who leave benches/viewing area to participate in any isolated altercation. INDEFINITE SUSPENSION. Minimum of one game, effective immediately.
4. **Threatening Behavior Toward a Staff Member, Opponent, or Patron** – Threatening behavior (verbal or physical) toward a staff member or participant. INDEFINITE SUSPENSION. Effective immediately.

5. **Verbal Abuse of a Staff Member, Opponent, or Patron** – Player verbally abuses any staff member or participant. INDEFINITE SUSPENSION. Effective immediately.

6. **Violation of Eligibility Standards** – Individual playing on more than one team within a given division and/or in violation of established eligibility rules. INDEFINITE SUSPENSION. Effective immediately.

7. **Use of an Assumed Name or Other Fraudulent Act** – Fraudulent acts shall be defined as misrepresentation of a score, playing while ineligible or under suspension, using another person's ID, or allowing an individual to use your ID for Intramural competition. Should a participant, team captain, chairperson, or other associate be guilty or responsible for the use of an assumed name or fraudulent act, he/she will face an indefinite suspension from all Intramural activities and must apply for reinstatement to the Intramural Sports program by completing the Ejected Participant's Reinstatement Procedure.

8. **Destruction of Property** – Any player, coach, or spectator who willfully causes the destruction of or damage to equipment belonging to University Recreation and Intramural Sports shall be held responsible for all subsequent damages and any costs of repairs or replacement.

9. **Use of alcohol or drugs or visual evidence of abuse** – Any player, spectator, or coach that is seen using alcohol or drugs or is thought to be impaired due to use of alcohol or drugs (as determined by Intramural staff) will be asked to leave immediately for the safety of all participants on site.

**Team and Organization Sportsmanship Violations**

Independent teams and organizations may be placed on probation for major sportsmanship violations by their members, such as using ineligible players; threatening actions towards opponents, officials, or supervisors; or fans entering the playing area. Probationary status may last up to one calendar or academic year. Upon the second major violation within any one calendar year, the organization may be immediately suspended from all Intramural activities for one year.

**Reinstatement Procedures** - To regain eligibility, the ejected person must complete each of the following:

1. Prepare a written statement detailing the events surrounding the incident. Include outline of events surrounding ejection, actions that led to the ejection, assurance that the behavior will not occur again, and how the behavior will be avoided in the future. The statement should be emailed to the Intramural Sports Office at imsports.bama@gmail.com within 7 days after the time of the ejection.
2. Schedule an appointment to meet with the Intramural Sports administrative staff to discuss the incident.
3. Attend the scheduled meeting with the Intramural Sports administrative staff.
4. Serve out any suspension given.

**B. Reinstatement Procedure Timeline** – Steps 1 and 2 of this procedure must be completed within 7 days of the date of the incident to avoid automatic penalties. An ejected person who does not complete the required steps in the reinstatement procedure outlined above remains ineligible for all Intramural Sports leagues, events, and activities indefinitely. This suspension from all Intramural Sports activities carries over each academic year until the
The ejected person completes the outlined procedure to regain his/her eligibility. The ejected person's name will be removed from the ineligible list once the reinstatement procedure is completed. When the ejected person does not complete the required steps in the reinstatement procedure within the designated time period, they will be subject to additional penalties including revocation of access to other University Recreation programs, services, and facilities including, but not limited to, the Student Recreation Center and Student Activity Center at Presidential Village. Depending on their level of severity, incidents may also be referred to the Office of Student Conduct or UAPD for further action.

C. Suspensions – While an ejected player is ineligible for all Intramural Sports begins at the time of the ejection, any official suspension for the ejected person's actions with respect to the particular incident does not begin until issued during the ejected person's meeting with the Coordinator of Competitive Sports. The suspension may be adjudicated for another sport or season.

D. Appeals – After suspension sanctions have been determined by a Competitive Sports Coordinator, any appeal shall be heard by the Assistant Director of Competitive Sports. Intramural Sports or University Recreation suspensions shall not be lifted or postponed during the appeal process, but may be reduced following the decision regarding the appeal.

No previous Intramural games or matches will be replayed as a result of an upheld appeal. Intramural Sports and University Recreation staff may consult with the Office of Student Conduct and other University personnel during any part of the decision-making process. The decision of the Assistant Director will be final, and they may determine to uphold the penalty, increase, or decrease the severity.

E. Probation – All participants that are ejected from an Intramural Contest/Event will be placed on probation for a determined amount of time. If it is considered to be late in the school year, then the probationary period may carry over into the next semester; if the next semester is the summer semester, then the probation may carry over into the fall semester. If during this probationary period the ejected participant is involved in any Intramural/Recreational Sports department disciplinary proceedings he/she may be subject to suspension for one calendar year (365 days) once his/her sanctions have been decided upon. It is the Coordinator’s discretion to determine the appropriate probation period for the participants and/or team(s) in question.

Section 7: Protests

Initiating a Protest

All protests must deal with the interpretation of a rule or enforcement of a penalty for the infraction of those rules. Please note that matters involving an official’s judgment are not eligible for protest. All protests, except those concerning eligibility, must be made on the field of play directly to an official at the time of the occurrence. Once play has resumed, the protest will not be valid. If a question is raised concerning the proper interpretation of a rule, it is the responsibility of the team captain of the offended team to immediately ask the official for a clarification of the issue. This must take place before the ball becomes live following the incident in question as outlined in each sports’ rules. The Intramural Supervisor or Program Assistant will be called over to rule on a disagreement based on the information at hand from the game officials and team captains.

A. In-Game Documentation – If either team is not satisfied with the decision made by the Intramural officials, Supervisor, and Program Assistant, they must state to the Supervisor that they wish to formally protest the decision. The Supervisor should immediately note the incident in detail and the reasons for which they based their decision. The Supervisor will also note the current score and time of the game as well as the game situation. Play will
resume immediately following the completion of the paperwork by the supervisor.

B. Post-Game Documentation – After the contest, if a team wishes to pursue a formal protest, the protesting team must bring a $10 protest deposit (cash or check) to the Intramural Sports Office by noon on the following business day.

C. Decisions – If the decision is reversed, the game will be replayed from the point of protest with the new ruling taking effect, if time and space permits and if it is determined that the ruling could have made an impact on the outcome of the game. If upheld, the $10 deposit will be lost by the protesting team.

Section 8: Safety

Event and Spectator Guidelines
Only officials, players, and one coach are permitted on the field of play. Tobacco and alcohol use during Intramural play is strictly prohibited for all participants and spectators. Failure to comply with all Intramural rules and regulations of each of the Intramural facilities by spectators will result in immediate ejection of the spectators and possible forfeiture of the game. Teams and their fans are not permitted to bring glass or metal containers to any Intramural Sports activity. Furthermore, to ensure participant safety, no pets will be allowed on the Intramural fields during any activity. Violators will be removed from the Intramural Sports facilities with the possibility of forfeiting the game. Any team who fails to clean up their sideline/bench area after a game may earn a lowered sportsmanship rating. By spectating at an Intramural event, you are accepting the risk inherent to that sport.

UA Intramural Sports Concussion Management Policy

Intramural Concussion Guidelines

Removal from Play
Any participant who sustains a head injury, suspected concussion, exhibits signs and symptoms of a concussion, or loses consciousness, even briefly, shall be removed from Intramural Sports immediately and may not return to competition that day. The participant will be suspended from all Intramural Sports activities after a suspected concussion. The participant should complete a SCAT2 Test 24-72 hours after the injury; this should be performed by a qualified medical professional. The participant must be symptom-free for at least 24 hours in order to begin a return to play progression and clearance to play must follow the Return to Play section of this Policy.

Return to Play
Medical Clearance from a physician must be documented using the UA Intramural Sports Return to Play Clearance Form available at urec.ua.edu. This form must be provided to the Competitive Sports Coordinator prior to resuming Intramural Sports activities. The participant will be notified via email when the form has been processed by the Intramural Sports Office; the participant should not participate until this time. Forms may take up to one business day to process. Participants who sustain a concussion outside of Intramural Sports should not participate in Intramural Sports activities until cleared by a physician.

Participant Disqualification
Game/Event – Participants will be disqualified from participation for the remainder of the day if they exhibit signs or symptoms of a concussion or lose consciousness regardless of how mild the presentation may be.
Season – Participants that have severe or multiple concussions in the same season may be disqualified from participating in the remainder of the season due to the increased risk of recurrence. The best course of action for the participant and their health and well-being will be determined by discussions including the participant, Intramural Sports Administrators, athletic trainers and/or physicians.

Career – Participants who sustain multiple concussions with recurrent or post-concussion signs and symptoms that last for lengthy periods of time may be disqualified for the remainder of their careers. The best course of action for the participant and their health and well-being will be determined by discussions including the participant, Intramural Sports Administrators, athletic trainers and/or physicians.

Education
Participants are strongly encouraged to watch the NCCA’s “Concussions: Don’t Hide It, Report It, Take Time to Recover” video at http://s3.amazonaws.com/ncaa/web_video/health_and_safety/concussion/concussion.html.

<table>
<thead>
<tr>
<th>Signs Observed by Others</th>
<th>Symptoms Reported by Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears dazed or stunned</td>
<td>Headache or “pressure” in head</td>
</tr>
<tr>
<td>Is confused about assignment or position</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Forgets an instruction</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or blurry vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Sensitivity to noise</td>
</tr>
<tr>
<td>Loses consciousness (even briefly)</td>
<td>Feeling sluggish, hazy, foggy, or groggy</td>
</tr>
<tr>
<td>Shows mood, behavior, or personality changes</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Can’t recall events prior to hit or fall</td>
<td>Confusion</td>
</tr>
<tr>
<td>Can’t recall events after hit or fall</td>
<td>Just not “feeling right” or is “feeling down”</td>
</tr>
</tbody>
</table>

Concussion Information for Participants

What is a concussion?
A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. (http://www.cdc.gov/concussion/)
Concussion facts: *(CDC Heads Up Concussion Fact Sheet)*
- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven’t been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What should I do if I think I have a concussion? *(Modified from CDC Heads Up Concussion Fact Sheet)*
DON’T HIDE IT. REPORT IT. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Tell the Intramural Sports Staff and the athletic trainer if you think you or one of your teammates may have a concussion. Don’t let anyone pressure you into continuing to practice or play with a concussion.
GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it’s OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.
TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

What can I do to feel better? *(From CDC What to expect after a concussion)*
Getting plenty of rest and sleep helps the brain to heal. Do not try to do too much too fast. As you start to feel better, you can slowly and gradually return to your usual routine. Here are some other tips to help you get better:
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, exercising) or require a lot of thinking or concentration (e.g., working on the computer, playing video games). Ignoring your symptoms and “toughing it out” often makes symptoms worse.
- Ask your health care professional when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol.

What if I don’t feel better after a week? *(From CDC What to expect after a concussion)*
If you do not feel back to normal within one week, see a health care professional who has experience treating brain injuries.

When should I return to the hospital emergency department? *(From CDC What to expect after a concussion)*
Sometimes serious problems develop after a head injury. Return immediately to the emergency department if you experience any of the following symptoms:
- Repeated vomiting
- Headache that gets worse and does not go away
- Loss of consciousness or unable to stay awake during times you would normally be awake
- Getting more confused, restless, or agitated
- Convulsions or seizures
- Difficulty walking or difficulty with balance
- Weakness or numbness
- Difficulty with your vision
Most of all, if you have any symptom that concerns you, your family members, or friends, don’t delay, see a doctor right away

Spectator Pass
Spectators who would like to view games in the Student Recreation Center or Student Activity Center must have a spectator pass from the Intramural Sports Office or a $10 guest pass to gain entrance into the facility. Spectator passes may be requested via email and may picked up as many as two business days in advance of the contest. Passes can be picked up during normal business hours- Monday through Friday 10am to 4:30pm. A spectator pass may be issued to a person 18 or older only with a participant sponsor. The sponsor must provide all necessary information for both themselves and the spectator. A spectator is there to attend Intramural Sport games only and is prohibited from using the remainder of the facility. In order to utilize the rest of the facility, a guest pass must be purchased.

Jewelry
No jewelry may be worn during Intramural Sports activity. All participants are expected to remove all jewelry prior to the start of the contest according to sport rules. Furthermore, the officials and supervisors on duty have the authority to disallow any player from participating which they feel would endanger the person wearing the jewelry or his/her opponents. This is a safety rule, and applies to any and all jewelry. No exceptions will be made for jewelry that is intended to be permanent or not removable for any reason. Protest involving jewelry will not be accepted by the Intramural Sports Office. **NOTE: Any participant required to wear medical bracelets or medical medals will be permitted to do so. However, they must be taped to the body with medical data visible by the Athletic Trainer on site.**

Attire and Equipment
For specifics regarding each sport, please refer to sport rules found online.

A. **Team Jerseys and Colors**- For all team sports, teams are required to wear shirts of the same color. This color will be determined during their initial registration on IMLeagues and will be confirmed when payment is received by the Intramural Office. It is acceptable to have non-identical jerseys. For example, a team may all wear red shirts with different logos on the front. “Shirts and skins” will not be an acceptable option.

B. **Numbers** – For the sport of basketball, team jerseys with numbers are required. Team jerseys shall include the team member’s number which can be located on either the front or the back of the jersey and should be 6 inches in height. The following numbers are encouraged: 0- 5, 10-15, 20-25, 30-35, 40-45, and 50-55. Numbers must be a whole number from 0-99. Three digit numbers, decimals, fractions, roman numerals, etc., will not be accepted. Teams may not have duplicate numbers during the game. **NOTE: Numbers on the jersey should be contrasting to the jersey color.**

C. **Logos** - Logos that illustrate obscene or offensive pictures or gestures will also not be tolerated.

D. **Headgear**- While personal safety headgear and other safety equipment are acceptable, certain other forms of headgear are not permitted.
    - For indoor sports, prohibited headgear consists of any hats, bandanas, baseball caps, winter/wool hats, and any other similar headgear.
    - The following pieces of headgear are permissible: yamikas, turbans, and one piece head/sweat bands that do not have to be tied.
• This also applies to outdoor sports with the following exceptions: winter/wool hats and unknotted bandanas are also allowed. Caps are permitted for participants of softball and ultimate frisbee only.

E. Footwear- All participants are required to wear proper or appropriate footwear and personal equipment for competition. Participants shall not play barefooted unless specifically allowed by the rules for that sport. Regulation rubber-soled cleats, plastic cleats, and tennis shoes are permissible for outdoor play. Shoes with ceramic, screw-in (unless the screw is part of the cleat), detachable cleats, or any projecting metal are illegal. Rubber cleats with a tipped metal material are legal. Regulation non-marking tennis shoes or court shoes are required for play in the gymnasiums and on court surfaces.

F. Shorts or Pants - Athletic pants or shorts should be worn. For the sport of Flag Football and Basketball, there can be no external zippers, snaps, pockets or exterior drawstrings.

• Pockets – For the sport of Flag Football and Basketball- there may be no type of pocket anywhere on the uniform. Players with pockets will not be allowed to enter the game, or if discovered after the start of the game, the player will be removed until the attire has been changed. Pockets may not be taped or zipped.

G. Alteration of Jersey – Any game jersey that is altered outside of the requirements per sport may still be illegal equipment. Large arm holes will be prohibited for safety purposes. This will be determined by the Intramural Sports Staff and the Athletic Trainer on site.

H. Pennies – Intramural Sports staff will only offer Pennies to players if the following occurs:

• Opposing teams have the same or similar colors; pennies will go to the visiting team on the score sheet. This applies only in the case of two teams who have signed up for the same color on IMLeagues. If a team’s jersey color is not consistent with the color they selected on IMLeagues, no pennies will be provided and the game will be defaulted with their team receiving the loss.

• Goal Keeper is wearing similar color as team.

Equipment Supplied by Intramural Sports
Because of the variety of sports offered, and the preference of most teams to use their own equipment, Intramural Sports has a limited supply of equipment. The following equipment is provided for each sport: flag football - flag belts, volleyball- balls; dodgeball- balls; indoor soccer - balls; basketball- balls; softball- balls. NOTE: A team may supplement the above equipment if both teams and officials agree on the substituted equipment.

A. Equipment Damage – Any damages to equipment, fields or the building that have not occurred within the framework of the Intramural event will be charged to the offending participant(s). He or she will be financially responsible for any and all deliberate or negligent destruction to building, fields, or equipment.

B. Equipment Teams Must Provide – Any additional equipment not listed above but necessary for play, must be provided by the teams. For example, shin-guards for soccer or gloves and bats for softball. In some instances, there are restrictions on the variations of the equipment that will be allowed. For example, softball bats must meet USSSA/ASA requirements. Ask an Intramural Sports staff member if you have questions regarding acceptable or required equipment.

Championship Awards
In recognition of obtaining champion status in Intramural activities, Intramural champion t-shirts are awarded to the winners of all activities. League champions of each respective playoff bracket will be awarded shirts (men's, women's, Fraternity, Sorority, etc.). Two times the number of players that it
takes to participate in the activity will total the maximum amount of shirts distributed (for example; a men’s flag football league would be allowed up to 14 shirts: 7 players on a team x 2 = 14, CoRec champions would be allowed 16 shirts maximum- 8 players x 2 = 16 shirts). Championship teams should also be prepared to take a team photo for our website following the contest.

Grievance Policy
This procedure is designed to provide fair means of dealing with student complaints regarding a specific action or decision made by Intramural Sports. Students who believe they have been treated unfairly, discriminated against, or have had their rights abridged may initiate a grievance.

- The student should discuss the matter with the Competitive Sports Coordinator.
- If the matter is not resolved through discussion, a formal letter should be submitted to the Competitive Sports Coordinator.
- If there is no resolution, the student should discuss the matter with the Assistant Director of Competitive Sports, who will attempt to mediate a resolution.

Section 9: Services

Athletic Training Services
Contact: (205) 348-3904, CSM Offices within the Student Recreation Center
Champion Sports Medicine provides on-site athletic training services to all Intramural participants. Services include injury prevention, consultation, evaluation, education, treatment, and rehabilitation.

ACTion Card-
Contact: (205) 348-2288, Campus Drive Parking Deck Offices
Access into the Student Recreation Center/Student Activity Center at Presidential Village and participation in Intramural Sports are two of the services associated with the ACTion card. The ACTion card is the only acceptable form of identification for these events.

Office of Student Receivables-
Contact: (205) 348-5350, Student Services Center
Information regarding student status at the University of Alabama can be found at the Office of Student Receivables across from the Ferguson Center. Reference the eligibility section for the list of requirements for participation in Intramural Sports. Student Receivables will answer any questions regarding student status eligibility if you fail to meet the requirements for participation.

The Coordinator or Assistant Director of Competitive Sports reserves the right to put into effect any new rule, policy, or procedure pertaining to Intramural Sports and unsportsmanlike behavior, fair play, and safety to all participants.