

Intramural Sports Participant Guide

THE UNIVERSITY OF
ALABAMA | *Division of*
Student Life
University Recreation

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Registration

Online Registration

Accessing IMLeagues

- Go to <https://urecshop.ua.edu/>.
- Click “Sport Programs”
 - Log in using your MyBama login information.
 - Click the IMLeagues banner to access the IMLeagues website.

Create a Team (For team captains)

- Log into your IMLeagues account
- Click “University of Alabama” at the top left of the page to go to the school homepage.
- 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.
- 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 Sport Programs Office.
 - *There is no limit to the number of teams on the waitlist, but all divisions will have a limited number of spots.*
 - *Please keep in mind time slots are first come, first served.*
- The team representative who is providing payment during team registration will be asked to select a team color for their team to be worn during all contests for that sport.
- Waitlists will open prior to or with registration, allowing time for captains to create teams and fill rosters in advance.
- 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 have 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.

How to Join a Team

- Use the “Create/Join Team” button at the top right of the league page.
- Accept a request from the captain to join the team.
- Find a team and captain name use the division/league page and request to join.
- Go to the captain’s “player card” page, view the team, and request to join.

Free Agents

- Free Agents, within UREC Intramural Sports, are individual students interested in participating that do not have adequate numbers to field a full team. 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.
- The Sport Programs administrative staff will attempt to develop teams entirely comprised of free agent participants. Leading up to the season, Sport Programs staff will help manage the teams, including but not limited to; member introductions, game time selection, team communication and playoff draft selection.
- *Please note that signing up as a free agent does not guarantee a spot on any team.*

Resources

- Contact the Sport Programs Office with additional questions at (205) 348-8055 or IMsports@ua.edu. Hours of Operation can be found here: <https://urec.sa.ua.edu/about/hours-of-operation/>
- Official communication for weather and other announcements will be sent via email from IMLeagues. Please be sure to set up your notifications accordingly.
- For further updates and announcements, we encourage you to follow us on Twitter @UARecSports and Facebook at UA Rec Sports.

Payment & Playing Time Selection

- A team representative must come to the Sport Programs Office or call us at (205) 348-8055 to pay the **Team Fee** for each sport. These payments must be made in full. Team fee payments can be made via check, credit/debit, and Departmental Transfers (University of Alabama). Team Fee Checks should be made out to: **University of Alabama**.
- **Choose the best time for your team from the remaining time slots available in the office. (Waiting to pay may result in decreased options of days and times to play.)**
- **Teams may not receive a refund once the league schedule has been published for that sport.**

Roster Completion

- Each member of the team planning to participate must be added to the roster online before participation.
 - Players should be added to the online roster by 2 p.m. the day of their game.
 - It is encouraged for the roster to be as completed as possible on IMLeagues prior to a team's first game to ensure ease and convenience of checking in with the Sport Programs staff.

Intramural Team Name Policy

- University Recreation is committed to assuring that its programs are free from discriminatory, inappropriate, and disrespectful conduct or communication; therefore we reserve the right to disallow and change any team name that we feel may be unacceptable due to a racial, sexual, or is otherwise degrading or profane in nature.

Eligibility

Eligible Participants

- Current UA Students are eligible provided they are registered for and enrolled in UA classes in the term they wish to participate and have paid tuition fees in full.
 - This includes: full- and part-time students, graduate students, non-degree seeking students, transient students, distance learners, and students dual-enrolled at UA and any other college.
- Active UA faculty and full-time staff are eligible for participation in Intramural Sports. Staff is considered full-time if they are regularly scheduled to work at least 38.75 hours per week.
- Student Organization Affiliates who are recognized as an employee of a non-university organization that is directly involved with a student organization at UA are eligible to participate.
 - Only one affiliate with the organization may play with the team representing their student group.
- Spouses of eligible UA students, faculty, or staff may participate in Intramural Sports.

Facility Access

- Team members must be able to gain access to the facility where the contest is being played in order to participate in Intramural Sports.
- Non-University Recreation members who are eligible to participate may purchase a guest pass for \$10 to access the facility.

Checking In

- Each participant must present either their ACTION Card or a valid, government-issued identification prior to each Intramural Sport event in order to check in. The electronic ACTION card through the Apple Wallet or Google Pay may also be used as identification for check in.
- Sport Programs staff may conduct random checks to see ID during games.
- Participants attempting to sign in for a contest using a different person's ID or ACTION Card will be banned from participating in that contest.
 - The ACTION Card will also be confiscated by the Sport Programs staff.
 - The ACTION Card will be available for collection by the student pictured on the card during normal business hours in the Student Recreation Center.
 - Both the participant attempting to use the card and the actual student pictured on the card may face an indefinite suspension from all Intramural Sports activities and may be referred to the Office of Student Conduct.

Restricted Participants

- 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 same sport or any related sport for which they receive athletic aid.
 - Such aid is defined as follows: any assistance or benefit given to a student for their participation as a player in any NCAA-sanctioned 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.
 - As the only exemption to this restriction, current student-athletes are permitted to serve as a coach for a team in their related sport but must self-identify as such during check-in.
 - Medical scholarship athletes are allowed to play in their related sport provided they are eligible under the former student athlete category guidelines.
 - A student who has been a member of an NCAA-sanctioned team at any four-year college or university in a sport is eligible for Intramural Sport competition in the same or related sport during the following academic year.
 - In such cases, teams may only have one former student-athlete on their roster.
- Professional Athletes — Anyone who is or has been a professional athlete in a sport is ineligible to participate in the same or a related sport for two calendar years following their final appearance as a professional in the 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.
- Sport Club Athletes — Teams comprised of Sport Club athletes are subject to roster limits in the same or related Intramural sport.
 - 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 maximum of two club players may appear on the team's roster for sports with more than four required players.
 - A player is deemed a club member if they meet the club's definition of a club member as outlined by the club's Constitution.

Eligibility Challenges

- Any person or organization may challenge the eligibility of a player within 48 hours of that player's participation in an Intramural Sports contest by submitting a written appeal to the Sport Programs Office. Please provide a written statement with relevant evidence relating to the eligibility in question to IMsports@ua.edu.
- 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.
- If the eligibility of a participant is called into question at any point before or during the competition, that participant will still be permitted to participate in that contest. The individual's current and future eligibility will be evaluated by Sport Programs administrative staff at which point that individual's future eligibility will be based on the results of the challenge.
- All individuals who participate on a team in the Fraternity league shall be an active member of a University of Alabama recognized fraternity. If an eligibility challenge is submitted for a member participating in a Fraternity league, the Office of Fraternity and Sorority Life may be consulted to determine whether that individual is an active member of a University of Alabama recognized fraternity.
- All eligibility challenges and appeals will be reviewed by the Sport Programs administrative staff within two (2) business days of receiving the appeal. All such decisions will be deemed final.

Participation

- Participation is defined as an individual signing in at the game site, regardless of actual participation in the contest.
- It is not necessary for a team to protest a player in order for that player to be ineligible.
- Players may be on the roster for one-single gendered team and one Co-Rec team. Example: A male cannot participate in the Men's Competitive league and the Fraternity league.

Leagues

- Men's Leagues – For students, faculty and staff who identify as male
- Women's Leagues – For students, faculty and staff who identify as female
- Co-Recreational Leagues – All participants may compete in Co-Recreational activities in addition to their participation in the Men's or Women's leagues. A number of sports may have additional rules unique to its Co-Recreational League. Please refer to the individual sport rules for these specifications.
- We offer specific competitive and recreational options within leagues where appropriate:
 - Competitive Leagues – These leagues and tournaments are highly competitive. Teams feature players with advanced skill in the sport
 - Recreational Leagues – These leagues and tournaments are slightly less competitive. Teams feature players whose primary objective is to have fun. Teams advance to a separate playoff
- Fraternity Leagues – These leagues are reserved for all active, UA-recognized fraternities. Fraternities are permitted to create as many teams as they would like per sport, however only one team per sport will be allowed to participate in the specific Fraternity league. Any additional teams created by a single fraternity will participate in the Men's league. All individuals who participate on a team in the Fraternity league shall be active members of a University of Alabama recognized fraternity.
- Open Leagues – These leagues and tournaments feature teams with no gender requirements for team composition. All games played in these leagues will be played using single gendered sport rules.
- Special Olympics Unified Sports Leagues – These leagues and tournaments are played with an approximately equal number of Special Olympics Athletes (individuals with intellectual disabilities) and University of Alabama student

Partners (individuals without intellectual disabilities). To participate on a Special Olympics Unified Sports team, please visit the Special Olympics College at UA page on MySource or contact the Sport Programs Office at IMsports@ua.edu.

Roster Management

- A team's roster is comprised of those eligible players who register online. Once a team has reached the roster limit, no additional players may be added. See sport specific rules for roster limits.
- A team roster is locked on the final scheduled day of the sport's regular season or pool play. All roster additions must be completed online prior to this deadline.
- Any player, prior to checking into their first game, may be removed from the roster to join another team to play.

Nomad Rule

- During the regular season, teams may use participants that are not on the official team roster as long as that participant is eligible to play Intramural Sports. See the Eligibility section for those guidelines.
- The majority of participants competing in an event must be on the official team roster.
- During the playoffs, only participants listed on the official team roster may participant in an event.

Inclusive Program Statement

The University of Alabama is committed to providing an inclusive environment that is free from harassment or discrimination based on race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, pregnancy, age, genetic or family medical history information, disability, protected veteran status or any other legally protected basis.. The University of Alabama prohibits any verbal or physical conduct that threatens or endangers the health or safety of any individual or group, including physical abuse, verbal abuse, threats, stalking, intimidation, harassment, sexual misconduct, coercion, and/or other communication or conduct that creates a hostile living or learning environment. Harassment or other illegal discrimination against individuals or groups not only is a violation of [University Policy](#) and subject to disciplinary action, but also is inconsistent with the values and ideals of the University.

The Division of Student Life states: It is vital that our campus community is an inclusive environment for all students, staff, and faculty. This inclusive community should provide a sense of belonging for all, utilize diversity as an educational tool, and provide and promote equitable opportunities for student engagement and professional development and advancement. We will continually evaluate, adjust, and support structures, programs, policies, and procedures to advance comprehensive Diversity Equity Inclusion efforts.

Students may join a Sport Club that is consistent with their gender identity, 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. Students will be able to compete against other clubs in accordance with the policies set forth by the relevant governing body for the respective sport.

University Recreation seeks to provide opportunities for all students to participate in its sport programs. If an individual or team is unsure of how students fit into the framework of any sports, please contact the Assistant Director of Sport Programs. Likewise, if a question or conflict arises in regard to a student's participation, please contact the Assistant Director of Sports Programs.

For questions about accessibility, to request accommodations, or to provide a suggestion to help us better serve the UA community, please contact the Sport Programs Office at sportclubs@ua.edu. Requests should be made at least 1 business day prior to the event.

Scheduling

Each team registered in a certain sport will be scheduled to play in regular season or pool play games. Teams typically receive two or three regular season games depending on the format of the sport. All regular season games are published on IMLeagues shortly after the registration period for the sport has ended.

Defaults

- Any team knowing in advance that they will be unable to play in a regularly scheduled contest is provided the opportunity to default the game and not play.
- In order for the contest to be considered a default, the team captain must complete the Intramural Sports Default form at <http://goo.gl/forms/9SNqsreZ3A> prior to 2:00 p.m. the day of the contest. Defaults for Sunday contests must be made by 2:00 p.m. the preceding Friday.
- A team that defaults will receive a loss by a score of 1-0 but will not be charged a forfeit fee.
- A team's second default will be considered a forfeit and the captain will be charged a \$15 forfeit fee.
- If a contest is defaulted, neither team will receive a Sportsmanship Rating.

Forfeits

- All teams should sign in with the Sport Programs staff, be present at the specific field or court for their contest, and be properly equipped by the scheduled game time. Failure to do so will result in a *forfeit*, and the captain will be charged a \$15 forfeit fee.
- If the \$15 forfeit fee is unpaid by 2pm on the day of the team's next scheduled game, that contest will be forfeited and the team will be removed from the league.
- If a team has one less person than the minimum number required to participate (see sport specific rules for the minimum), they will be extended a five minute grace period. If the team is not ready after this five minute period, the game will be declared a forfeit.
- A team that forfeits will receive a loss by a score of 12-0 (2-0 for Indoor Volleyball).
- If neither team has the required number of players at the scheduled game time, the game will be declared a double forfeit. In the case of a double forfeit:
 - Both team captains will be charged the \$15 forfeit fee
 - Neither team will receive a Sportsmanship Rating for that contest
- If a contest is forfeited by one team and the opposing team has checked in with the Sport Programs Supervisor and is ready to play by the scheduled game time, the forfeiting team will not receive a Sportsmanship Rating for that game. The opponent that is checked in and ready to play will receive a 3.0 Sportsmanship Rating.
- A team will be disqualified from the remainder of the season or playoffs after two forfeits.
- Single night or small tournaments will incur a \$5 forfeit fee for failure to show. All policies listed above still apply.

Rescheduling Games

- When possible, any teams' games cancelled for weather during the regular season will be rescheduled as available time and space allow. If games are unable to be made up, teams will be granted a double win.
- Depending on staff and facility availability, teams may request to have a game rescheduled. The team captain wishing to reschedule the game must contact the Sport Programs Office to start the rescheduling process at least 24 hours in advance.

- If staff and facility space is available, the captain will be directed to contact the opposing captain to request that the game be moved. If both team captains agree to a new game time, an email with both team captains included must be sent to IMsports@ua.edu.
- Once a reschedule has been confirmed, the agreed upon game time is the official game time. The contest may not be moved back to the original time with approval by all parties.
- If staff and/or facility space is not available, the game will take place at its regularly scheduled time.
- Teams should contact the Sport Programs Office well in advance of their contest to maximize the chance of the contest being rescheduled.
- The Sport Programs Office and staff reserve the right to reschedule any contest after appropriate communication with teams.
 - The Sport Programs Office and staff reserve the right to reschedule a Championship game in order to accommodate all teams involved.

Playoff Eligibility

- To qualify for playoffs in a team sport activity, teams must meet the following criteria:
 - Have less than two forfeits.
 - Have an average Sportsmanship Rating of 3.0 or better during the regular season.
 - Not have an outstanding forfeit fee associated with that team.
- Playoff brackets will be broken down into the following divisions based on regular season participation: CoRec, Men's Competitive, Fraternity, Men's Recreational, Women's, and Open.
- Please note that teams entering the playoffs will need to be able to play on days/times other than the days/times that they registered for during the regular season.
- Requests to reschedule can be made, but Captains must agree on a time/day and confirm with the Sport Programs Office. The Sport Programs Office reserves the right to deny reschedule requests given facility space, weather, and academic calendar restrictions.

Playoff Bracket Online Draw

- Teams who qualify for playoffs will be seeded for online draw times according to their winning percentage, earned sportsmanship average, point differential, and head-to-head competition. If teams are tied after the previous tie-breakers, teams will be seeded based on total points earned and total points allowed.
- Captains and Co-Captains will have the opportunity to select a spot in the playoff bracket for their team by logging into IMLeagues starting at their designated selection time, which will be communicated out prior to the draft beginning. If teams miss their selection timeslot, they can select a time once all other team selection times have expired.
- To select a spot in the bracket:
 - The team captain or co-captain must login to their IMLeagues account
 - Click on the team that you are going to register for playoffs
 - Click the link to the playoff bracket in the blue box at the top of the league page
 - Select any open spot in the bracket during your team's two-minute window. Be sure to look ahead to future game days and times to aid in your selection process.
 - Inform your teammates of the first playoff game day and time
 - Your team's game day and time will also be reflected on every team member's IMLeagues page
- Teams who have not selected a spot in the bracket by the conclusion of the draft will be randomly placed in brackets.

Championship Awards

- In recognition of obtaining champion status in Intramural Sports activities, Intramural Sports champion t-shirts are awarded to the winners of all activities.
- To receive an award, a participant must have been on the championship team and have participated in one event throughout the season.

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 the 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.
- A "coach" or "organizational sports chair" may attend games and help with the responsibilities of several teams. This person should meet eligibility requirements, be added to the team's roster and check-in before each contest.
- An individual may only be named captain for one team within any league.
- The team captain is the key link between the participants and the Sport Programs staff and is expected to assume the following responsibilities:
 - Ensure team members complete the required Participant's Quiz prior to first contest.
 - Check eligibility of all team members according to the Sport Programs Policies and Procedures.
 - Add players to the online roster.
 - Remind players to arrive to the game site 15 minutes prior to game time with their ACTION Card or a valid, government-issued identification to warm-up and check-in.
 - Make sure the team is at the game site, signed in, and ready to play by their scheduled time.
 - Familiarize the team members with the Sportsmanship Policy. Educate them to the consequences of poor sportsmanship both for the individual and the team. Captains can respectfully inquire with Sport Programs staff regarding their team's sportsmanship rating during or after each contest.
 - Ensure that the team is familiar with the rules of play and Intramural Sports Policies and Procedures as outlined in the Intramural Sports Participant Guide.
 - Rules are available on the University Recreation webpage under the Intramural Sports section.
 - Check IMLeagues for accuracy of scores and sportsmanship ratings. 3
 - Any mistakes in score or sportsmanship must be brought to the attention of the Sport Program Office within 24 hours of the game being completed.
 - Pay forfeit fee and allow team to return to play, when applicable.
 - Communicate with the Sport Programs Office throughout the season in regards to schedules, entries, playoffs, sportsmanship, and constructive feedback.
 - Select spot in online playoff bracket when applicable.
 - Help educate team's fans on the importance of sportsmanship. The team captain is responsible for the actions of their team and fans. Unruly fans can affect a team's earned sportsmanship rating.
 - It is recommended that the captain assist in safely transporting any teammate who sustains a head injury, suspected concussion, exhibits signs and symptoms of a concussion, or loses consciousness, even briefly.

Forfeit Fee

- A person undertaking the role of team captain is assuming financial responsibility for their team and understands that if the team forfeits a contest, they will be responsible for the \$15 forfeit fee.

- Captains or team representatives must visit the Sport Programs Office or call us at (205) 348-8055 to pay the \$15 fee in order for teams to participate in their next scheduled contest.
- Methods of payment for forfeit fees are check or credit/debit.
- Failure to pay the \$15 forfeit fee will result in the following:
 - Captain marked as ineligible for IM participation until the fee is paid in the Sport Programs Office.
 - If unpaid at the conclusion of that sport's season (including playoffs), captains will receive a hold on their account denying them access to all University Recreation facilities and programs until paid.
- Failure to pay the \$15 forfeit fee by the end of that sport's regular season will result in the following:
 - Team deemed ineligible for playoffs

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, and honesty 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 grounds 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 their 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.
- For Intramural Sports activities that are not played in-person or not hosted where Sport Programs staff are present, the Student Code of Conduct and Sport Programs Sportsmanship guidelines still apply and are expected to be maintained. See sport specific rules for additional sportsmanship instructions.

Rating Method

- Each team in a contest shall earn a sportsmanship rating determined by the Sport Programs 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 scoresheet. Any Sport Programs staff member can provide input which may raise or lower the rating. Sport Programs 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.
- All teams begin with a 3.0 rating for sportsmanship. Before, during, and after the contest, teams have the opportunity to earn a higher rating or decrease their rating with poor sporting behavior.
- Team captains may inquire with a supervisor at the game site to view their sportsmanship ratings. Teams are encouraged to view their sportsmanship ratings on IMLeagues the business day following the contest.
- A team captain may appeal their team's sportsmanship rating by submitting a written appeal to the Sport Programs Office at IMsports@ua.edu. Appeals must be submitted within 24 hours of teams scheduled game timeslot.
- For teams wishing to appeal their earned sportsmanship average to qualify for playoffs, written appeals must be submitted no later than the business day following the last regular season game in that sport.

- For more information on filing appeals, please see the Appeals section below.

Appeals

- After suspension sanctions have been determined by the Assistant Director of Sport Programs, any appeal shall be heard by the Associate Director of Programs.
- 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 Sports 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 Associate Director will be final, and they may determine to uphold the penalty, increase, or decrease the severity.

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:
 - Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other Sport Programs staff.
 - Team captain exhibits control over the team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates with requests from Sport Programs staff members.
 - Team members participate in the spirit and intent of the Intramural Sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
 - 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:
 - Participants/spectators who continually complain about officials' decisions and display dissension that 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.
 - Team captain exhibits little control over the team, spectators, converses in a dissenting manner with officials about rules 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 Sport Programs staff.
 - Having any unsportsmanlike conduct penalties or having a player ejected for unsportsmanlike conduct.
 - Taunting an opponent or opposing team spectator.
 - Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures directed at an opponent, official, teammate, supervisor, spectator, or Sport Programs staff member.
 - 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.
 - Individuals/teams playing 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 contest will be forfeited to the opponent.
 - Damage to or destruction of any facilities or equipment including failure to remove trash from the playing area following a contest.
- The judgment from Sport Programs staff is combined with participant behavior to determine a team's final Sportsmanship Rating.

Rating Scale

- 4.0 – Excellent Sportsmanship: Players cooperate fully with the officials about rule interpretations and calls. The captain also exhibits full control of their teammates. Overall, team members and spectators are respectful of opponent, official and/or a staff member and encouraged each other's efforts. Play is not disrupted by poor behavior.
- 3.5 – Good Sportsmanship: Most of the team and spectators exemplify acceptable sportsmanship throughout the contest. Some members of the team display excellent sportsmanship. Play is rarely disrupted by poor behavior.
- 3.0 – Acceptable/Average Sportsmanship: Team and spectators demonstrate respect for opponents, officials & staff members except for one or two incidents or players.
- 2.5 – Below Average Sportsmanship: Most of the team exhibits acceptable sportsmanship throughout the contest, except a number of players or spectators who need improvement. Play is often being disrupted by poor behavior towards program participants.
- 2.0 – Sportsmanship: Needs Improvement: Team and/or spectators show lack of respect for opponent, officials or staff members. Captain exhibits little control over self, team, or spectators. Play is consistently being disrupted by poor behavior towards program participants. Teams may not receive a sportsmanship rating of 2.0 or lower without at least one behavioral sportsmanship infraction.
- 1.5 – Sportsmanship: Needs Improvement: Team and/or spectators show lack of respect for opponent, officials or staff members. Captain exhibits little control over self, team, or spectators. Play is consistently being disrupted by poor behavior towards program participants. Teams may not receive a sportsmanship rating of 1.5 or lower without at least two behavioral sportsmanship infraction.
- 1.0 – Unacceptable Sportsmanship: The team captain exhibits little or no control over teammates or self. Individuals on this team are disrespectful of opponents or officials on multiple occasions. Team constantly comments to the staff, officials and/or opposing teams from the field and/or sidelines, and has earned multiple unsportsmanlike penalties.
- 0.0 – Season Ending Rating: Team is completely uncooperative and out of control before, during, and/or after Intramural Sports contest. Team captain exhibits little to no control over self and/or the team. Team has multiple ejections or exhibits blatant unsportsmanlike conduct that endangered participants, fans, officials, or staff. Team fails to cooperate/comply with Sport Programs administrative staff, falsely represents or withholds any requested information. Teams which earn this rating are subject to immediate dismissal from league or tournament play.
- *Program Participants may include but are not limited to: participating players, staff members and spectators.*

Sportsmanship Infractions

- Sportsmanship infractions are unsportsmanlike penalties as defined by each sport's rules (unsportsmanlike penalty in flag football, technical foul in basketball, yellow card in soccer, etc.)
- Receiving a sportsmanship infraction during a contest may negatively affect a team's sportsmanship rating.
- Teams may not receive a sportsmanship rating of 2.0 or lower without at least one behavioral sportsmanship infraction.
- Teams may not receive a sportsmanship rating of 1.5 or lower without at least two behavioral sportsmanship infractions.

Playoff Sportsmanship

- The Sport Programs administrative staff will review the actions of any winning team that receives less than a 3.0 sportsmanship rating during the playoffs.

- The Sport Programs administrative staff reserves the right to remove a team from the remainder of the playoffs if the team fails to receive a 3.0 sportsmanship rating.
- If a team is removed from the playoffs, the team that lost last to the removed team will advance in the playoffs.

Ejections

- 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 player disqualified or ejected from a game for unsportsmanlike conduct must leave the facility after speaking with a Sport Programs Supervisor and immediately will be declared ineligible for play in all Intramural Sports activities until reinstated.
 - Failure to leave the area/complex may result in disqualification of the captain, or forfeiture of the game.
 - Ejected participants must leave the premises may not re-enter that day.
 - Ejections may result in further ineligibility from Sport Programs and all other UREC programs and facilities.
- A contest official, Sport Programs Supervisor, or a member of the Sport Programs staff may administer the ejection.
- Captains or remaining team members are required to give the Sport Programs staff the name of the ejected participant following an ejection.
 - Failure to do so may result in the forfeiture of their game and possible suspension for remaining members of roster.
- Actions that lead to an automatic ejection will count as two unsportsmanlike penalties.
- A second occurrence of unsportsmanlike conduct resulting in a disciplinary meeting by a team may result in the team's forfeiture of the remainder of the season.

Grounds for Immediate Ejection

- Physical Contact with Sport Programs Staff Member – Player or spectator makes physical contact in a threatening manner (battery) toward any staff member.
 - Further, appropriate charges may be filed with the Office of Student Conduct.
- 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 Sport Programs staff/officials
- 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:
- Threatening Behavior Toward a Staff Member, Opponent, or Patron – Threatening behavior (verbal or physical) toward a staff member or participant.
- Verbal Abuse of a Staff Member, Opponent, or Patron – Player verbally abuses any staff member or participant.
- Violation of Eligibility Standards – Individuals playing on more than one team within a given division and/or established eligibility rules.
- 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, they will face indefinite suspension from all Intramural Sports activities and must apply for reinstatement to the Sport Programs program by completing the Ejected Participant's Reinstatement Procedure.

- Destruction of Property – Any player, coach, or spectator who willfully causes destruction of or damage to equipment belonging to University Recreation and Sport Programs shall be held responsible for all subsequent damages and any costs of repairs or replacement.
- Use of Alcohol, 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 (determined by Sport Programs staff) will be asked to leave immediately for the safety of all participants on site.
- The Sport Programs staff reserves the right to eject any spectator from the playing area/facility who displays any of the above actions listed in this section.

The Sport Programs Staff reserves the right to refer any case of inappropriate behavior to the Office of Student Conduct.

Reinstatement Procedures

- To regain eligibility, the ejected participant must complete the following:
 - Submit a reflection outlining the association between the ejection and emotional intelligence, the impact of the ejection on self and the community, and the actions necessary to prevent further negative interactions in the future.
 - Serve out any suspension given by the Sport Programs administrative staff.
- All ejected participants will receive email communication from the Sport Programs staff regarding their instructions for reinstatement the business day following their ejection.
- While an ejected player is ineligible for all Intramural Sports beginning 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 by the Sport Programs administrative staff. The time between the ejection and when the suspension is issued will not be considered part of the suspension.
- The issued suspension is connected to the participant and not to that sport in which they were ejected. That participant is deemed ineligible to participate from all Intramural Sports activities and may also result in suspension from additional UREC programs and facilities.

Team 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, supervisors, or fans entering the playing area.
- It is up to the discretion of the Sport Programs Office to determine length and severity of any penalty.

Protests

- All protests must deal with the interpretation of a rule or enforcement of a penalty. 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.
- It is the responsibility of the team captain of the offended team to immediately ask the official for clarification of the issue.
- The Sport Programs 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.

- If either team is not satisfied with the decision made by the Intramural Sports official, Supervisor, and Program Assistant, they must state to the Supervisor that they wish to formally protest the decision. The Sport Programs administrative staff will rule on the protest the following business day and that ruling will be final.

Safety and Risk Management

Liability and Insurance

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

- It is recommended that all Intramural Sports participants have a physical examination before participating in any Intramural Sports event.
- In case of injury or accident, participants should report pertinent information to a Sport Programs 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 who suffers a head injury will need to obtain a release from a doctor before they can continue participating in any UREC activities.
- All participants are responsible for securing their own health insurance.
- Contact the Student Health Center with any questions regarding a University Sponsored Health Insurance plan for students. <http://shc.ua.edu/insurance-information/>
- UREC Release Form – Any University of Alabama student or Intramural Sports Participant wishing to play in an event must be on the electronic roster, electronically sign the assumption of risk form in IMLeagues in order to participate.
 - Any members under the age of 18 must have the UREC Liability Form completed by a parent or guardian.

Concussion Management Policy

- 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 all University Recreation activities and facilities immediately and may not return to competition that day. The participant will be suspended from all University Recreation activities and facilities activities after suspected concussion.
- The participant should complete a SCAT5 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 with an Athletic Trainer or Physical Therapist.
- Medical clearance from a physician must be documented using the UA Sport Programs Return to Play Clearance Form available at urec.ua.edu. This form must be provided to the Sport Programs Coordinator prior to resuming University Recreation activities or gaining access to University Recreation facilities.
- Participants who have severe or multiple concussions in the same season may be disqualified for participating in the remainder of the season due to the increased risk of recurrence. The best course of action for the participants and their health and well-being will be determined by discussions including the participant, Sport Programs Administrators, Athletic Trainers, and/or physicians.
- 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, Sport Program Administrators, Athletic Trainers, and/or physicians.

- Please see **Appendix A** for more information on Concussion Prevention, Symptoms, & Treatment

Inclement Weather

- In the event of inclement weather, teams will be communicated with via IMLeagues for information regarding the status of their game.
- The Athletic Trainer along with the Sport Programs Administrative Staff will make the decision to play, postpone, or cancel activities.

Lightning

- Lightning and adverse weather conditions will be monitored by the Athletic Trainer at games through the use of a lightning detector and local radar.
- The Sport Programs Staff, Athletic Trainer, and officials will work together to facilitate efficient cancellation of play when lightning is measured to be within a 10 mile proximity of the venue.
 - When game play is suspended due to dangerous weather conditions all participants and spectators must vacate the premises and seek safe shelter.
- It is recommended to seek shelters with four walls, a solid roof, plumbing, and electrical wiring. Vehicles that are fully enclosed, windows completely rolled up, and metal roofs are also considered a safe place to reside during a lightning storm. Open fields, high terrain, bodies of water, windows, and contact with metal should be avoided.
- Once 30 minutes have passed without any lightning, activities may be resumed.
- Staff members and Athletic Trainers have the authority to clear an activity area if they feel conditions are unsafe.

Extreme Temperatures

- Hot weather
 - Hydrating before, during, and after Intramural events is strongly encouraged.
 - Play may be altered when the heat index for Tuscaloosa is between 90 and 124.
 - Play will be postponed when the heat index for Tuscaloosa is 125 or above.
- Cold weather
 - Athletic Trainers will monitor the wind chill and make decisions regarding gameplay when the temperature goes below 40 degrees.
 - Wear layers to stay warm and be able to adjust to changing temperatures.
 - Hydration is as important in cold weather as it is hot.
 - Please allow additional warm-up time due to the cold weather.
 - The Sport Programs Office and the Athletic Trainers reserve the right to cancel games based on weather and team/player preparations. Individuals may also be sent home if not properly dressed.

Restarting Play

- For Flag Football, 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 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.
- 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.

Attire and Equipment

- With consideration to the sport and other participants, jewelry may not be worn during certain Intramural Sports. Please see sport specific rules for that sport's jewelry guideline. Note that Sport Programs staff may ask that any jewelry be removed if it is believed that jewelry may cause harm to self or others.
- For all team sports, teams are required to wear tops of the same color.
- Logos that illustrate obscene or offensive pictures or gestures will not be permitted.
- While personal safety headgear and other safety equipment are acceptable, certain other forms of headgear may not be permitted depending on sport. Please see specific sport rules for clarifications.
- All participants are required to wear proper or appropriate footwear for competition.
- Athletic shorts or pants should be worn.
 - Shorts/Pants without pockets must be worn to participate in Flag Football.
- For safety prior to participation, Athletic Training staff may assess any braces or protective equipment.

Spectators

Event and Spectator Guidelines

- By spectating at an Intramural Sports event, you are accepting the risk inherent to that sport.
- 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.
- Teams and their fans are not permitted to bring glass or metal containers to any Intramural Sports activity.
- No pets will be allowed on the UREC Field Complex during any activity to ensure participant safety.
- Violators of these guidelines may be removed from the UREC Field Complex with the possibility of forfeiting the game.

Spectator Pass

- Spectators who would like to watch games in the Student Recreation Center or Witt Center must have a spectator pass to gain entrance into the facility or must pay a \$10 guest fee.
- Participants and/or the spectator must complete a Spectator Pass Request Form by 2:00pm on the day of the game.
 - Spectator passes for Sunday games must be requested by 2:00pm on the preceding Friday.
- A spectator pass may only be issued to persons 16 years or older.
- A spectator there to attend an Intramural Sport contest is prohibited from using the remainder of the facility. In order to use the rest of the facility, a guest pass must be purchased.

Intramural Sports Council

- The Intramural Sports Council is the student advisory committee whose purpose is to act as an advocate of and liaison between Intramural Sports participants and the Sport Programs Administrative Staff. The Intramural Sports Council will hold open meetings to advise the Sport Programs Administrative Staff on:
 - Intramural Sports Participant Guide
 - New policies and procedures

- Creative ways to enhance the Intramural Sports experience better for participants
- Provide a forum for participants to discuss general concerns with the council and professional staff
- Other items relevant for student participants

Photo Release

- University Recreation takes photographs and/or video recordings of various programs, activities, and special events. Photos and video recordings including participants’ image and voice may be used in publications and promotional materials in the future. Any participant may request to have their image and voice excluded from any publications and/or promotional materials by emailing the Assistant Director of Sport Programs.

Appendix A: Concussion Information

Concussion Signs & Symptoms	
<i>Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion. (From CDC Heads Up Concussion Wallet Card)</i>	
Signs Observed by Others	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Just not “feeling right” or is “feeling down”

Concussion Information

- 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” makes symptoms worse. Tell the Competitive Sports staff and the athletic trainer if 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 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.*