



Wellness & Recreation Services
UNIVERSITY OF COLORADO **DENVER**

Intramural Sports



2022-23 Participant Handbook

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PHILOSOPHY

Intramural activities are structured sport leagues and tournaments, which are designed specifically for the CU Denver community.

WHAT ARE INTRAMURAL SPORTS?

A variety of opportunities to provide healthful exercise, promote leisure, as well as enhance personal development and social interactions for the CU Denver campus community.

League play consists of up to 4-week regular season followed by playoffs. Sport offered include but aren't limited to:

- Basketball
- Soccer (Indoor)
- Volleyball

Tournaments are usually one or two-day events.

- Badminton
- Dodgeball
- Xbox

...So satisfy your urge to play Intramurals...GET OUT AND PLAY!

SAFETY PRECAUTIONS AND INSURANCE

The Intramural Sports program includes several sports that may be physically demanding and may be potentially hazardous for participants. It is strongly recommended that all participants undergo a routine physical exam by a physician before commencing participation in the program.

All Intramural participants are required to obtain their own health insurance coverage. CU Denver does not provide Intramural participants insurance coverage and does not take responsibility for medical costs incurred as a direct or indirect result of students' participation in Intramural Sports.

Each individual participating in Intramural activities assumes the responsibility for his or her health and safety. Those who have had previous injuries that may recur, or who are not physically suited to a particular activity are urged to reconsider their participation in the Intramural program for safety reasons.

CU Denver assumes no responsibility for injuries incurred during or as the result of participation in sponsored activities. Each participant will be required to review and sign a Participant Waiver of Liability, Assumption of Risk and Indemnification Agreement.

Intramural competitions are supervised by staff who have limited training in emergency procedures.

CONCUSSION POLICY

The Intramural Sports Staff is required to remove any participant from play if they suspect that participant has sustained a head injury. The participant must sit out the remainder of the activity.

The participant will be marked as suspended (for reason of suspected concussion) on IMLeagues. In order for the suspension to be lifted and to return to play Intramural Sports, the participant must provide a doctor/physicians note clearing them to return to activity. This note must be given to the Competitive Sports Coordinator. Recommendation will be made to visit the Student Health Center and we have provided the address/phone number below.

CU Denver Address: 955 Lawrence Way #150, Denver, CO 80204

CU Denver Student Health Center Phone Number: 3035563695.

REGISTRATION

ALL INTRAMURAL PARTICIPANTS WILL BE REQUIRED TO CREATE AN ACCOUNT ON IMLEAGUES.COM. To create an IMLeagues account:

1. Go to www.imleagues.com and click Create Account
2. Enter your information, and use your University email if applicable (@ucdenver.edu) and submit.
3. You will be sent an activation email, click the link in the email to login and activate your IMLeagues account.
4. You should be automatically joined to your school – If not you can search schools by clicking the “Schools” link.

****Notes****

IMLeagues offers a **live support button** at the bottom of all pages, please use this button if you encounter any difficulties.

When creating an account you may be directed to a page where you will be asked to input your CU Denver username/password (select “CU Denver Account” option). Once you input that information you will be redirected back to IMLeagues.

How to sign up for an Intramural Sport:

Log into your IMLeagues account and join a sport one of three ways:

1. Create a team (For team captains)

- o Click on the “CU Denver” link to go to your school’s homepage on IMLeagues.
 - The current sports will be displayed by registration deadline. Click on the sport you wish to join (Basketball, Volleyball, Indoor Soccer, etc.)
- o Captains can invite members to their team by clicking the “Team Options” link on the team page and from the drop down menu select “Add Players.” Any invited members must accept the invitation to be joined to your team.
 - If they’ve already registered on IMLeagues: search for their name, and invite them.
 - If they haven’t yet registered on IMLeagues: input their email address. This will prompt them to create an account and then they can accept the invite request.

2. Join a team

- Find the team and captain name on division/league page and request to join.
- Accept a request from the captain to join his/her team.
- Go to the captain’s player card page, view his/her team, and request to join.

3. Join as a Free Agent

- If you would like to participate in ANY Intramural activity, but have not yet found a team or partner, you can become a FREE AGENT.
- You can list yourself as a free agent in as many divisions within a league as you’d 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.
- Be sure to read and agree to the participant waiver that is now listed online. This is required to participate in Intramural Sports.
- **Signing up as a free agent does not guarantee you will be on a team.**

· Late entries are automatically waitlisted and included in pairings/leagues only if openings become available. Considerations, such as availability of facilities and the number of teams that may be accommodated in any particular sport, will determine whether or not a late entry can be worked into the schedule.

· **TOURNAMENTS** – After the registration deadline, we will send a comprehensive email with rules and any other pertinent information.

- View IMLeagues to check the time of the first game.

TRANSGENDER POLICY

CU Denver does not discriminate on the basis of age, sex, gender identity or expression, race, ethnicity, religion, national origin, disability, sexual orientation, genetic information and veteran status or military service. Retaliation is prohibited against anyone who makes a complaint regarding these protected categories.

The Intramural Sports department recognizes and celebrates transgender student participation. Students who wish to participate in Intramural Sports are encouraged to play in the division that best aligns with their gender identity. All intramural sports at CU Denver are open league meaning that all individuals can participate no matter their gender identity.

PARTICIPANT ELIGIBILITY

Each team captain and participant is responsible for verifying the eligibility of their team. Questionable cases should be referred to the Assistant Director prior to participation. When a specific case is reported, an inquiry will be made to determine the eligibility of that player.

I. Eligible Participants

- Anyone with a full-time wellness center membership who have signed the participant waiver and passed the participant quiz. Participants are required to present (1) current Lynx Card or (2) a photo ID with wellness membership card before each game. No Lynx Card = No Participation!!

II. Club Sport Eligibility

- In total, the following may be listed on a team roster:
 - 2 Club Sports members, in his/her same or “like” sport, per Intramural team
 - In doubles competition, only 50% of the team can be Club affiliated.
 - A person is considered a club member if (including but not limited to): filled out club forms, practices, travels, and/or plays in club competitions during the academic year.
- Check sport specific rules for some exceptions to this policy.

III. Same or “Like” sports of Club Sports offered at CU are defined as follows:

- Basketball – Basketball
- Soccer - Indoor Soccer
- Volleyball – Volleyball

IV. Team Roster Eligibility:

- For “Open Leagues”, a participant may play on one team maximum.

- To be eligible to participate, a player's name must appear on the team's IMLeagues roster and our game-day roster.
- A player must be signed up one week prior to the start of playoffs. The player's name must also appear on the teams IMLeagues roster and our game-day roster in order for them to be eligible to participate in playoffs.
- If a player has played in one game for a team, they may not leave that team and join another team. Some exceptions may be made on a case by case basis. Also, no players may leave a team and join another team during playoffs.
- Teams can sign up for the intramural season until the Friday before the season starts or until all team slots are filled, whichever comes first. Individual players may still be added to already established teams until the day of the team's last regular season match by 11:59pm.

V. Using Ineligible Players

- Any team caught using an ineligible player(s) shall forfeit the game in which that player(s) participated, and the player will be suspended from any other intramural play until meeting with the Competitive Sports Coordinator. The team will not be excluded from playoff competition.
- If this situation occurs, a player's ID will be confiscated and the player's membership to the facility will be tagged, barring them from entering the facility. A meeting with the Competitive Sports Director must be completed for reinstatement possibility and further action to be taken.
- Intramural Staff reserves the right to verify player eligibility at any time.

CAPTAIN'S RESPONSIBILITIES

As a team captain, you serve as a vital link between the Intramural Sports staff and your team members. Some of your specific duties include:

- Registering and submitting all forms through IMLeagues (team entry, roster invites, waiver completion, etc.)
- Notifying team members of the date, time, and location of contests.
- Ensuring that enough team members are present at each game or notifying the Competitive Sports Coordinator by no later than 1 pm the day of the game to avoid a forfeit and forfeit fee.
- Responsible for paying the forfeit fee should your team forfeit a game. A \$10 or \$25 charge will automatically be placed on the credit card used during IMLeagues sign up.
- Understanding the policies and procedures in this Intramural Handbook and making sure all team members understand and abide by them.
- Becoming familiar with sport specific rules.
- Accepting responsibility for the conduct of all team members and spectators.

- Maintaining a cooperative attitude with ALL Intramural Staff.
- Ensuring team members know they MUST PRESENT THEIR LYNX CARD before each game or the equivalent ID and wellness center membership card.
- Asking questions on rules, eligibility, etc. prior to signing up and/or prior to game time.

I. Captain's Meeting

- Captains and their teams will be gathered ten minutes before the start of the first game to discuss pertinent match rules. This will serve as the players' warnings for any violations of those rules. The Graduate Assistant will send out an email before the season starts to remind captains and teams to arrive at least 10 minutes early before their first match in order to attend the captain's meeting. Once the meeting is concluded, it is then the captains' responsibility to make sure he/she and his/her teammates follow these rules for the remainder of the regular and playoff season. All members of the team will be required to complete a participant quiz before they can play in a match. This quiz will review some of those rules, which are also stated in the handbook present on the IMLeagues website.

PLAYER CONDUCT

The philosophy of Intramural Sports is to provide exercise and fun to participants in a relaxed, yet structured environment. Guidelines are set forth to protect the interests of all participants. All actions and comments, whether to officials, supervisors, participants, or spectators should be positive, if offered at all. The following guidelines for participants and spectators should assist teams in reinforcing a positive atmosphere.

- Participants and spectators are expected to behave in a cooperative, positive manner, which contributes to the Intramural philosophy for the Spirit of Competition.
- All vulgar, obscene, abusive, derogatory, and demeaning comments or gestures create a hostile environment, generate ill will, and contribute to a negative Intramural experience. THIS BEHAVIOR WILL NOT BE TOLERATED and may result in disciplinary action.
- All instances of unnecessary roughness, attempting to injure another person, threatening another person, provoking an altercation, or fighting will result in disciplinary action and possible referral to Judicial Affairs.
- Participants and spectators are expected to comply with requests and directives of all Intramural Staff in a respectful, pleasant manner.
- Teams may be penalized for the actions of their spectators as well as their team members.
- Individuals and teams that violate these guidelines will be disciplined at the discretion of the Competitive Sports Director.

Alcohol/Drugs/Tobacco

- Alcohol, drugs and tobacco will NOT be allowed in the playing area before, during or after competition.
- Showing up to participate while under the influence of alcohol and other drugs creates an unsafe environment for all participants, spectators and Intramural Sports Staff. It is at the discretion of the Intramural Sports Staff as to whether or not they think someone is under the influence of alcohol or other drugs.
- Participants bringing alcohol and other drugs or showing up under the influence will be dismissed from the playing area. If violators do not comply, their team will forfeit the competition and may face further legal action.

Ejections

- Players removed from any Intramural contest, by an official or supervisor for any incident will be suspended from ALL Intramural activity and must seek reinstatement from the Competitive Sports Coordinator before he/she participates again.
- The supervisor will ask the ejected participant to leave no more than two times. If the participant does not comply, Auraria Police Department will be called immediately. The case will then also be reported to Student Conduct
 - Penalties, include but are not limited to:
 - Suspension of players for a game, a season, a year or a lifetime ban.
 - Teams forfeiting the game, or being suspended for a season or longer

SPORTSMANSHIP

Playing with class, along with safety are the most important elements in Intramural participation. The sportsmanship rating system is used to assist officials and supervisors in evaluating the sportsmanship of participants and spectators. The system will allow staff to rate teams and spectators on communication, respect for opponents/officials, and unsportsmanlike conduct.

Teams will be rated on a 5-point scale. "5" being excellent sportsmanship and "0" being poor sportsmanship. The officials and the on-field supervisor(s) will rate teams at the conclusion of each game. Teams must maintain a 3.0 or higher sportsmanship rating average during the regular season in order to be eligible for playoffs, regardless of record. During the playoffs, teams must obtain a 3.0 or higher sportsmanship rating for each game in order to be eligible to advance to the next round.

Sportsmanship Rating Guidelines

5: Excellent conduct and sportsmanship. Teams exhibit full cooperation with IM Sports Staff and opponents. The captain calmly converses with the officials about rules interpretations and calls. The captain has full control over their teammates and spectators. All trash and personal items are picked up at the conclusion of the team's contest.

4: Above Average conduct and sportsmanship. The team verbally complains about some calls made by the officials. Some trash and personal items were left at the conclusion of the contest. Captain maintains control over the majority of teammates.

3: Average conduct and sportsmanship. The team makes comments toward officials and/or opposing team. One (minor) unsportsmanlike penalty assessed to the team. Captain exhibits moderate control over teammates and maintains self-control. Teams that default will receive this rating.

2: Poor conduct and sportsmanship. Team members and spectators are constantly complaining about the officials calls. Team members and spectators show verbal dissent toward the opposing team/officials. Team captain has very little control over team. Teams that have one (major) or two (minor) unsportsmanlike penalties or has a player ejected from the contest. Teams that forfeit a game will receive this rating.

1-0: Unacceptable, out of control conduct and sportsmanship. Team members and spectators are very uncooperative and constantly making comments of dissent towards the officials and/or opposing team. Fighting with the opposing team and physical contact with the IM Sports Staff. Team captain has no self-control or control over their team. Teams that receive multiple unsportsmanlike penalties and teams that have one or multiple ejected from the contest.

0: Completely out of control conduct and sportsmanship. fighting with the opposing team and physical contact with the IM Sports Staff. Complete lack of respect for IM Staff, opposing team and facilities. Team has multiple players ejected from the contest. The match must be discontinued due to the team's poor behavior.

FORFEITS

- There may be extenuating circumstances where by the officials may allow games to start up to 10 minutes after game start time. Teams must contact the Intramural Sports office (imsports@ucdenver.edu) by 1pm the day of the game to inform the Competitive Sports Coordinator that they will be forfeiting their match. If the Competitive Sports Coordinator deems the request to be acceptable they will contact all teams and staff notifying them of the adjustment.
- If a team is not present or ready to play by game time, a ten (10) minute grace period begins for the team to become eligible to play

- Teams that arrive late, but within the ten (10) minute grace period, will be allowed to play, but with a penalty according to the sport rules

Forfeits shall be assessed for the following:

- o Use of ineligible players.
- o Failure to have a minimum number of players present to begin the contest.
- o Not appearing at a scheduled contest and failure to notify the Intramural Sports office by 1pm game day.
- o Teams, individual participants or spectators exhibiting unsportsmanlike or disruptive behavior may result in a forfeit. The decision of the official and supervisor will be final.
- One forfeit serves as a minor warning/penalty with a forfeit fee and sportsmanship rating of 2.0.
- Two forfeits creates the possibility of becoming ineligible for playoffs with a forfeit fee and sportsmanship rating of 2.0.
 - Three forfeits will knock team's off of playoff eligibility.
- Forfeits will result in:
 - a. The score for the game being recorded according to sport rules.
 - b. "2.0" sportsmanship rating for the team forfeiting & a "5.0" sportsmanship rating for the non-forfeiting team.
 - c. Team captain being assessed a 1) \$10 forfeit fee for a first forfeit or 2) \$25 forfeit fee for a second and third forfeit.

FORFEIT FEE AGREEMENT

"I understand that I am responsible for the Intramural Sports Handbook, forfeit guidelines and I agree that: Each time I forfeit, a \$10 forfeit fee (for the first forfeit) or \$25 forfeit fee (for any following forfeits) will be automatically charged on the credit card the captain used to sign up on IMLeagues. A third forfeit will result in the team being knocked off of playoff eligibility."

Refund Policy: NO REFUNDS!!!

Defaults

- In the interest of all teams having a chance to play their games, forfeits are strongly discouraged. Please be considerate and notify the Intramural Sports office so we can notify the other team, officials, and hopefully make better use of the scheduled facility.

- Defaults are a way of avoiding a forfeit. If you know your team will not be able to make the game, e-mail imsports@ucdenver.edu by no later than 1pm game day to notify the office that you cannot play and explain why. Defaults result in a loss on team record, receiving a “3” sportsmanship rating for the game, and NOT being charged the \$10/\$25 forfeit fee. Two defaults in the same league will result in the team being dropped from the league and charged \$10

UNIFORMS & ATTIRE

All recommendations and requirements of proper attire are for the safety of the participants, and the enhancement of the games.

The Intramural Staff are not allowed to “hold” any personal items or jewelry and therefore will not be responsible if those items become lost or stolen.

Jewelry

- Participants are not allowed to wear any type of jewelry, including cloth bracelets and necklaces
- If a participant chooses to keep their jewelry on, they must have it taped or bandaged down completely before game time
- Medical Alert bracelets must be taped down
- We will NOT provide tape or Band-Aids for participants needing it for jewelry purposes

Footwear

- ONLY clean, dry, non-marking gym shoes are allowed in the Student Recreation Center.
- All participants must wear closed-toed athletic type shoes.
- No open-toed sandals, boots, turf shoes, bare feet, or socks.

Jerseys & Attire

- The IM staff will provide jerseys to teams with numbers.
- Damaged jerseys are subject to be paid for by the participant.
- If wearing their own uniform, teams are required to have a number on the back of the shirt with no duplicates, and the entire team must wear the same color.
- Undershirts with sleeves MUST be worn under the IM jerseys.
- No jeans or shorts with belt loops.

LEVELS OF PLAY

CU IM Sports offers open leagues for all participants

PLAYOFFS

All teams will qualify for the playoffs provided they:

- Maintained an average sportsmanship rating of 3.0 or higher during the regular season.

Brackets and seeding will be arranged by the Competitive Sports Coordinator and the following criteria will be used:

- 1) Overall Record
- 2) Sportsmanship Rating
- 3) Head-to-Head Record
- 4) Point Differential
- 5) Coin Flip

*The first tie-breaker for teams with identical records from two different divisions will be sportsmanship rating.

- Tournaments will be randomly seeded.
- Team captains will be notified that playoff schedules have been posted to IMLeagues and it is their responsibility to check when their first contest will be played. Team captains should also notify their team members of their first playoff contest.
- Teams receiving below a “3” sportsmanship rating during any playoff game will be automatically disqualified and their opponent will advance in the tournament.
- **NOTE: Playoff games will not always take place on your regularly scheduled time.**

AWARDS

Intramural Sports Champion T-Shirts will be awarded to the Intramural League Champion or Individual/Dual Champion in each Intramural Sports activity.

- Shirts will NOT be given out for players who are not present for the championship game. Those players must come to the Intramural Sports Office to obtain a Champion T-Shirt.

CANCELLATIONS

- Facility conflicts and inclement weather are unfortunate realities of Colorado and Intramural Sports. The Intramural Sports Staff will try their best to keep all participants well informed via email, and by updating both the Intramural Sports/IMLeagues websites.
- Never assume that a game will be canceled because of weather. The Intramural Sports Staff will determine if games are postponed due to inclement weather.

- o The factors that will be considered are field conditions, weather conditions, and participant safety.
 - o No scheduled games will be postponed due to inclement weather prior to 2pm the day of the game, unless it is absolutely certain the field is not playable at that time.
- Every effort will be made to reschedule games that are postponed.

PROTESTS

The only basis for a protest is an ineligible player. The team protesting must file a written protest to the Competitive Sports Coordinator within 24 hours after the game has ended.

- Written protest should include:
 - o Date of game
 - o Team name
 - o Ineligible player(s)
 - o Why they are ineligible
 - Too many club players
 - Playing on more than one team in an Open league