

Campus Recreation and University Unions

California State University, East Bay

Intramural Sports Participant Handbook

2014-2015



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HANDBOOK PURPOSE

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

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

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

INTRODUCTION

Campus Recreation and University Unions Mission

The Department of Campus Recreation and University Unions complements the academic mission of California State University, East Bay by enriching the student experience with a commitment to service and social engagement. We are dedicated to providing quality programs and facilities that are integral to the success of the campus community.

Intramural Sports Mission

The Intramural Sports program is designed to offer a wide range of recreational sports and activities to the diverse Cal State East Bay community. Intramural Sports encourages all members of this community, regardless of skill level, to stay active and involved. Intramural Sports provides an inclusive setting to build relationships, hone skills, and enjoy fun, friendly competition through sport and fitness.

PARTICIPANT SAFETY

Assumption of Risk

Participation in the Intramural Sports program and any program or service provided by Campus Recreation and Unions (CRUU) is completely voluntary. Participation in any physical activity

comes with the inherent risk of injury even when strict safety measures are in place. Participants are aware of the risks associated with participation which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, death and/or property damage. Participants are strongly encouraged to obtain adequate health insurance and consult their physician before participating in any activity. Student Health and Counseling Services (SHCS) offers affordable, convenient, high-quality health care to all Cal State East Bay students. Please contact SHCS for more information.

Blood Policy

If and when an Intramural Sports staff member observes a player that is bleeding, has an open wound, or has blood on his/her clothing, he/she will be required to leave the game. The injured player is not to return until the bleeding has been stopped, the open wound is covered, or the clothing is changed. Play will not resume on the playing surface until the blood has been removed.

Inclement Weather

Intramural Sports activities are subject to cancelation due to poor weather or field conditions. Intramural Sports will contact team captains by 3pm if games are to be canceled. In addition, games can be canceled by an Intramural Sports Supervisor at the game site. Intramural Sports will make every effort to reschedule games, however, due to time and space limitations, there are no guarantees.

PHOTO/VIDEO DISCLAIMER

Campus Recreation and University Unions may photograph or videotape Intramural Sports activities and participants for use in promotional materials. If you would not like to be included in any photo or video, please notify a staff member. Any outside photo or video must be approved by an Operations Supervisor or professional staff member.

ELIGIBILITY

Membership

All participants in the Intramural Sports program must hold an active Recreation and Wellness (RAW) Center membership. All members with the exception of students paying the "UU Rec Fee" must purchase a RAW membership in order to participate in the Intramural Sports program.

Students

CSUEB students currently enrolled in one or more classes and paying the "UU Rec Fee" as part of their overall tuition fees are given a complementary RAW membership and eligible to participate.

CSUEB students currently enrolled and not paying the "UU Rec Fee" must purchase a RAW membership in order to participate.

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

Faculty/Staff

Faculty and Staff members currently employed by CSUEB with valid Bay Card must purchase a RAW membership in order to participate.

Alumni

Alumni of the University must provide proof of degree completion and purchase a RAW membership in order to participate.

Community Members

Members of the community must be sponsored by a current RAW member and purchase a RAW membership in order to participate.

Guests

Guests of RAW members are not allowed to participate.

Varsity Athletes

A “Varsity Athlete” is an individual who participates in an intercollegiate contest, attends regularly scheduled practices for a span of more than two weeks, or appears on any official intercollegiate team roster. “Varsity Athletes” include those athletes that may have played at another school before attending CSUEB. For the purposes of eligibility, practice team players, red shirt players and former varsity players are considered “Varsity Athletes.”

“Varsity Athletes” are allowed to participate in their same or related sport in the Intramural Sports program. No intramural sports team may roster more than two “Varsity Athletes” that are playing in their same/similar sport (e.g. an intramural basketball team may not roster more than two “Varsity” basketball players). Intramural teams playing a different sport than the “Varsity Athletes” may roster an unlimited number (e.g. an intramural volleyball team may roster five baseball “Varsity Athletes”). “Varsity Athletes” retain their status for three years from the date of their last participation for the intercollegiate team.

Olympic and Professional Athletes

A professional athlete is an individual that has been financially compensated for participation on a professional or semi-professional league. Olympic athletes are individuals who have competed for their country in the Olympics or World Championships, but not Olympic Trials.

Current/Former professional and Olympic athletes are not allowed to participate in their related sport.

Eligibility Protests

If at any time you feel that a team is in violation of the eligibility requirements, you may request to file an official protest. Protests must be submitted in writing, on an official “Protest Form,” and no more than 24 hours after competition against the violating team. All protests will be investigated by the Sports and Activities Coordinator.

Eligibility Penalties

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

Roster Limitations

Roster Size

All rosters for team sports are limited to 20 players.

Roster Additions

Captains may add eligible players to rosters at any time until 11:59pm the day before the first playoff game for that sport. During the playoffs, only those individuals listed on the roster may participate. All roster additions must be completed through IMLeagues. Any players not on the official IMLeagues roster (even if they have played in a regular season game), will not be permitted to play in playoffs.

Multiple Teams

Individuals may play for only one single-gendered team and one CoRec team per sport. Should a team add an individual that has already participated in that league and sport, they may be defaulted. If a player is on the roster of another team but has not yet participated on that team, they may be removed and allowed to participate for the second team. Once a player participates for a team, they may not be removed or change teams. Participation includes the act of “checking in” at a game.

Example: A player competing on a competitive basketball team may also compete on a CoRec basketball team, but may not add to another competitive basketball team roster.

Identification

All Intramural Sports participants must present a valid CSUEB Bay Card or RAW membership card before participating in any Intramural Sports activity. In lieu of a CSUEB Bay Card, a participant may present a government-issued photo ID (passport, driver’s license, military ID, etc.) only if he/she is already listed on the roster prior to the game. As a reminder, CSUEB requires students and staff to have their CSUEB Bay Cards on their person at all times while on campus. Presenting a false ID is a violation of University policy and will cause immediate ejection. The false ID will be confiscated and the true owner must retrieve the ID from the University Police Department.

REGISTRATION

Registration Process

Registration for intramural sports leagues and tournaments follows a first come, first served system. Registration deadlines for leagues and tournaments will be made available at least one month in advance. Typically leagues will have a registration deadline during the second or third week of each quarter. Tournaments typically have a registration deadline of one to two days prior to each tournament date.

CSUEB Intramural Sports utilizes an online intramural sports management system called IMLeagues. All participants will need to create an account at imleagues.com/CSUEB in order to create or add to a team. The registration process is simple, and detailed instructions can be found on the Campus Recreation and University Unions website, or in-person at the RAW. During the team registration process, you must pay your team fee (if applicable) and take a brief rules test for each team you are registering. Sport rules can also be found on IMLeagues.

****Note**** IMLeagues offers a live support button on the right side of all pages. Please use this button if you encounter any difficulties.

To Create an IMLeagues Account

- (a) Go to www.imleagues.com/CSUEB/Registration

OR

Go to www.imleagues.com and click Create Account

OR

Go to www.imleagues.com and click “Log in with Facebook” if you have a Facebook account with your school email attached - this will automatically create an account, fill in your info, and join you to the school (steps b-d)

- (b) Enter your information, making sure to use your School email (@horizon.csueastbay.edu or @csueastbay.edu) and submit.
- (c) You will be sent an activation email, click the link in the email to login and activate your IMLeagues account.

How to Sign Up for an Intramural Sport

- (a) Log in to your IMLeagues.com account.
- (b) Click the Create/Join Team button at the top right of your User Homepage page

OR

Click on the “California State University – East Bay” link to go to your school’s homepage on IMLeagues.

- (c) The current sports will be displayed, click on the sport you wish to join.
- (d) Choose the league you wish to play in (Men’s, Women’s, CoRec, etc.)
- (e) Choose the division you’d like to play in (Monday 5PM, Tuesday 5PM, etc.)
- (f) You can join the sport one of three ways:
- a. **Create a team (For team captains)**
 - i. 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 joined to your team.
 1. If they’ve already registered on IMLeagues: search for their name, and invite them
 2. If they haven’t yet registered on IMLeagues: scroll down to the “Invite by Email Address” box, and input their email address.
 - b. **Join a team**
 - i. Use the Create/Join Team Button at top right of every page
 - ii. Accepting a request from the captain to join his team
 - iii. Finding the team and captain name on division/league page and requesting to join

- iv. Going to the captain's playercard page, viewing his team, and requesting to join
- c. **Join as a Free Agent**
 - i. 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.

Payment

Intramural Sports league and tournament fees will be automatically charged to the CSUEB student account of the captain registering the team. This fee is paid in the same manner as all other student fees, by accessing your individual account on MyCSUEB or in person with Student Financial Services in the Student Services Administration Building. Intramural Sports fees will appear as ?????????????? on the account. All charges will appear on student accounts within 30 days of the registration end date.

Non-student team captains must contact the Intramural Sports office and arrange for payment using Credit/Debit/BayBucks.

Captains' Meetings

Each team captain (or a designee) must attend one of two MANDATORY captains' meetings. These meetings serve to educate teams on Intramural Sports Policies and Procedures and sport specific rules. Captains' meetings also serve as Q&A sessions and IMLeagues troubleshooting. Captains' Meetings typically take place the Thursday and Friday after the registration deadline.

Refunds

Refunds will not be issued for any reason after the registration deadline. In the event that a league or tournament is canceled, Intramural Sports will automatically begin to process refunds and captains will be notified.

Team Names

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

Free Agents

Free Agents are individuals who do not already have a team to play on. Free Agents interested in joining a team can sign up on IMLeagues. Choose a sport and league and register as a free agent for those sports. During this process you can add a biography and list your qualifications and contact information. Team captains will be able to see this information and invite you to join their team. Additionally, you can browse through the list of registered teams and request to join a team. Teams looking for players will have a small graphic next the team name of a silhouette and the words "wanted." More detailed instructions for Free Agents can be found on the Campus Recreation website.

CAPTAINS' RESPONSIBILITIES

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

Intramural Sports team captains serve a crucial role as the liaison between the Intramural Sports program and the rest of his/her teammates. Intramural Sports will relay information to the captain (commonly by phone or email) that will be disseminated to team members. The captain should ensure that all team members are aware of the Intramural Sports policies and the sport rules.

The captain is responsible for:

1. Reviewing the Intramural Sports Participant Handbook
2. Completing the registration process prior to the deadline on IMLeagues.com
3. Ensuring any team fee is paid prior to the deadline (via IMLeagues)
4. Verifying eligibility of all team members
5. Attending the Mandatory Captains' Meeting (or sending a team member in his/her place)
6. Sharing the game dates, times and locations with all teammates
7. Reviewing the sport rules prior to competition and sharing this information with team members
8. Verifying that all team members are in the proper attire (including correct jersey colors)
9. Verifying all team members have checked in with proper ID for each game
10. Serving as the on-field liaison between officials and team members
11. Ensuring appropriate conduct by all team members and spectators
12. Checking the results of games and verifying scores
13. Contacting the Intramural Sports staff regarding potential defaults or forfeits
14. Fully cooperate with the Intramural Sports staff and comply with any request

LEAGUE & TOURNAMENT FORMAT

Team Sport Leagues

Intramural Sports offers a variety of leagues each quarter. Leagues span the course of one academic quarter and games will never be played during University finals. Leagues require advance registration and consist of a 4 or 5 game season. Teams in a league will generally play one game per week according to the schedule distributed before the start of the season. Teams play out the entire season schedule in an attempt to qualify for playoffs and be recognized as the league champions. Playoff eligibility is determined by season results. Not all teams will qualify for playoffs.

Individual/Dual Leagues

Intramural Sports occasionally offers individual or dual sports during the year. These sports are often self-officiated and self-scheduled. It is up to the participants to schedule a match according to the matchups and deadlines provided by Intramural Sports. Individuals participating in these

leagues must report results to the Intramural Sports staff before the end of each week. These leagues will still feature a playoff at the conclusion of the season.

Tournaments

Each quarter, Intramural Sports offers multiple one- and two-day tournaments featuring traditional sports (i.e. Flag Football) or non-traditional sports (i.e. Dodgeball). Tournaments are normally scheduled outside of traditional league play times. Tournaments are designed to be played quickly, typically in the course of an afternoon or evening. Formats can vary, but traditionally tournaments follow a single or double elimination format.

Events

From time to time, Intramural Sports offers special events. These range from drop in activities to registration required events.

Divisions

Intramural Sports offers different divisions within each of its leagues and tournaments. Not all divisions are offered in each league. Upon consultation with the team captain, Intramural Sports reserves the right to move teams from a competitive division to a recreational division, or a recreational division to a competitive division to maintain a proper level of competition.

Men's Competitive

Any male member may compete in this league regardless of skill level. Participants in this league generally have average to above average skills. Women may participate in this league.

Men's Recreational

Any male member may compete in this league regardless of skill level. Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. Women may participate in this league.

Women's Open

Any female member may compete in this league regardless of skill level. Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. No male may participate in this league.

CoRec Competitive

Any member may compete in this league regardless of skill level. Participants in this league generally have average to above average skills. Teams are required to have both male and female players on the field/court at all times.

CoRec Recreational

Any member may compete in this league regardless of skill level. Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. Teams are required to have both male and female players on the field/court at all times.

Open

Any member may compete in this league regardless of skill level. Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. There is no gender requirement and all kinds of teams are accepted.

PLAYOFFS

All league sports will have a playoff following the regular season. Eligibility for playoffs depends upon many factors including winning percentage, number of teams in the league, and sportsmanship. Following is additional information relating to playoffs.

Sportsmanship

To be eligible for postseason play, teams must maintain an average of 4.0 sportsmanship rating. All sportsmanship scores for each game are averaged to arrive at this number. Teams not maintaining at least 4.0 may appeal to the Sports and Activities Coordinator within 48 business hours of their last game. Any individual sportsmanship score of 3 or less during a playoff game will automatically suspend the offending team until meeting with the Sports and Activities Coordinator.

Rosters

Captains may add eligible players to rosters at any time until 11:59pm the day before the first playoff game for that sport. During the playoffs, only those individuals listed on the roster may participate.

Seeding

Playoff seeding is determined by a number of factors. Teams will be seeded and matched up accordingly. Normally, teams are ranked using (in this order): Winning Percentage, Sportsmanship, Head to Head, Points For, Points Against, Random Draw.

Awards

The champions in each league will receive championship shirts. While efforts are made to ensure each participant gets a properly sized shirt, we cannot make guarantees. Only players who have participated in at least one contest are eligible to receive a shirt. Players not in attendance during the championship must come to the Intramural Office to claim their shirt. Teams are limited to a maximum of team size+5 or the number of players on the roster, whichever is less (team size = players on the field/court at one time).

RESCHEDULES

Intramural Sports assumes all teams are able to play each of their scheduled games. Due to limited court/field space and availability of staff, there will be no reschedules during the regular season. For playoffs, reschedules may be requested; however, Intramural Sports offers no guarantee that all reschedule requests will be honored. During the regular season, a special reschedule request may be submitted to the Sports and Activities Coordinator for extenuating circumstances out of the control of the team.

Cancellations

For various reasons such as facility issues, inadequate light, or inclement weather, intramural sports games may be canceled or delayed. If time and space allows, canceled games will be rescheduled. Games canceled during play will be rescheduled if the game has not yet reached an “official” game. Games canceled after the game is declared “official” will end with the score remaining final and no reschedule will be made.

FORFEITS

An individual or team registering for a league or tournament enters into an agreement with Intramural Sports. Intramural Sports administers the league or tournament and provides staffing and equipment for these activities. Participants must fulfill their obligation by being prepared to play at their scheduled game time. Participants are encouraged to arrive at least 15 minutes before the scheduled game time to avoid a forfeit.

A forfeit occurs when a team does not show up to a scheduled game or shows up with fewer than the minimum number of players required to begin a game. The minimum number of players required differs by sport and will be made available during the preseason captains’ meeting. For CoRec leagues, teams must also meet the minimum number of players for each gender.

Since various issues can occur preventing individuals from arriving to the game site on time (i.e. Traffic, Parking, etc.), Intramural Sports institutes a 10-minute grace period. Teams have until 10 minutes after the scheduled game time to meet the minimum number of players requirement. The game will start as soon as a team meets the minimum.

Any team receiving a forfeit will accrue one loss by the score determined in the captains’ meeting (differs by sport). In addition, the forfeiting team will also receive a sportsmanship score of three. Any team that receives any combination of two forfeits or defaults will be removed from the league and made ineligible for playoffs.

If both teams mutually agree to end a game early, the losing team will still receive a loss, but no forfeit or default will be charged.

Forfeit Charges

Forfeit charges are instituted to encourage all teams to make maximum effort in attending all scheduled games in order to provide stability for leagues. Captains assume responsibility for their teams and agree that a forfeiture of game will result in a charge of \$15 being assessed to their student account. A second forfeit will result in another \$15 charge and removal from the league. For non-student captains, the forfeit charge must be paid to the Intramural Sports office prior to the next scheduled game in order to continue in the league.

Intramural Sports recognizes that there may be extenuating circumstances that arise, preventing teams to field a team for a scheduled game. Parking issues, work, and class conflicts are not considered extenuating circumstances. Captains may appeal a forfeit charge within 48 hours of the forfeit. In order to do so, captains must email Corey.Gazay@csueastbay.edu and state the

reason for the appeal. Appeals take 24-48 hours and captains will be notified of the result via email. In such cases, evidence may be requested from the team captain.

In order to prevent a forfeit, captains are encouraged to default games (see “Defaults”) by 12pm of the game day.

DEFAULTS

A default is a game that is not played and is recorded as a loss but is not considered a forfeit. A team may default up to one game if they are unable to attend. A default will NOT result in lower sportsmanship. Teams that default will receive a sportsmanship score of five. Teams that default will not be assessed a forfeit charge. The team captain must contact the Intramural Sports office by 12pm the day of the contest with the team name, sport and time of the scheduled game. Captains may also request a “cancellation” (Default) via IMLeagues team page. Teams may not default at the game site.

As a courtesy to the opposing team and staff, teams are encouraged to default games rather than “no-show.” Teams that do not default a game and do not show up, or show with fewer than the required players, will be charged a \$15 forfeit charge.

PROTESTS

Only protests based on player eligibility and rule interpretation, when the misinterpretation affects the outcome of the game, will be accepted. Protests which call into question the accuracy of a judgment call will not be accepted. The team captain must file the protest at the time the incident occurs (or at the next immediate stoppage) with the Intramural Sports supervisor. Once the incident passes and play resumes, a protest may no longer be filed. Protests involving eligibility must be made within 24 hours of the game’s conclusion.

SPORTSMANSHIP

Intramural Sports expects participants and spectators to conduct themselves in a sportsmanlike manner at all times. Following the conclusion of each game, the Intramural Sports staff will assess the sportsmanship of each team and assign a rating ranging from 0 (low) to 5 (high). In order to be eligible for the playoffs, teams must have an average sportsmanship rating of four. Intramural Sports staff members have the authority to stop any game to address sportsmanship issues with or without warning.

Sportsmanship Rating Scale

Sportsmanship scores are assigned according to the following criteria. A score of five is the highest a team may receive and a score of zero is the lowest.

5 – Excellent Conduct and Sportsmanship. Team members cooperate fully with Intramural Sports staff. Respect shown to the game and staff. Team members speak to staff calmly and appropriately. Team members courteous to opposing team. Normal game.

4 – Average Conduct and Sportsmanship. Team members verbally complain or display disagreement about some decisions made by officials. Minor incidents of unsportsmanlike behavior towards opponents, spectators or staff. Team receiving misconduct but no other issues. Some static.

3 – Below Average Conduct and Sportsmanship. Team members repeatedly question and complain about calls. Multiple incidents of unsportsmanlike behavior towards opponents, spectators or staff. Team receiving one or two misconducts. Forfeited game.

2 – Poor Conduct and Sportsmanship. Teams constantly comment to the officials or opposing team. Team captain exhibits very little control over the team. Team members explicitly display actions unfitting of the game. Three or more misconducts.

1 – Unacceptable Conduct and Sportsmanship. Team is completely uncooperative. Captain has no control over teammates. Harassment of officials or opposing team. Ejected player.*

0 – Game Termination. Fighting or multiple ejections. Contest ended by staff due to extenuating circumstances. Unsafe playing environment.*

** Team is suspended pending a reinstatement meeting with the Sports and Activities Coordinator*

Unsportsmanlike Conduct Penalties

Unsportsmanlike conduct (UC) penalties can be issued by any Intramural Sports staff member at any time. Teams receiving a UC cannot score more than 4 sportsmanship points. Players receiving more than one UC in a single game will automatically be ejected. In addition, players accumulating multiple UC penalties during the season may face possible suspension.

Administrative penalties (i.e. not checking in prior to game, improper attire, any non-conduct or non-contact penalty) will not lower a team's sportsmanship unless occurring in great frequency.

Ejections

Any player, coach, or spectator that is ejected from an intramural sports contest must leave the field/facility immediately after information is obtained by the Intramural Sports staff. Failure to leave the playing area may result in forfeiture of the contest for the team associated with the ejected person. Participants may be ejected before, during, or after any contest by any Intramural Sports staff member. A warning does not have to be given before a participant is ejected. Captains are expected to assist with ejected players and required to provide information on an ejected player if the player does not volunteer information.

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

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

Cases involving physical or verbal abuse between participants, spectators, and/or staff **will be** reported to Student Development and Judicial Affairs.

CODE OF CONDUCT

Participation in programs offered by Campus Recreation and University Unions is a privilege. All participants are expected to conduct themselves appropriately. The programs and services provided by CRUU are an extension of the classroom and should be treated as such. Any incident occurring during a CRUU program or event can be reported to Student Conduct, Rights and Responsibilities and have greater ramifications beyond suspension from a particular activity.

Alcohol, Drugs, and Tobacco

The use of tobacco is prohibited in any building on campus (includes smokeless tobacco). The use or consumption of alcohol and illegal drugs is prohibited during CRUU programs and events. If any CRUU staff member suspects an individual is under the influence of drugs or alcohol, that person will not be allowed to participate and will be asked to leave the facility/activity/event. Violators are also subject to disciplinary action in accordance with University policy.

Spectators

Only officials, players and one coach are allowed on the playing field. Spectators are expected to act in a respectful manner at all times. Any spectator who engages another spectator, official, or participant in inappropriate conduct including but not limited to taunting, cursing, verbal abuse, use of noisemakers, and foul gestures will be immediately ejected and suspended from the facility. Team captains are responsible for not only their team, but their fans as well and will be used to help control spectators. The captain may be issued an unsportsmanlike conduct penalty for failure to control his/her team's fans.

PROPER ATTIRE

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

T-Shirt Policy/Uniform Requirements

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

Teams will have the opportunity to select a color during the registration process. Teams may not select white or gray during this process. Teams are required to have colors of the same shade. For example, a team would not be allowed to wear sky blue and navy blue in conjunction as these colors are vastly different.

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

Jewelry

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

Footwear

For all indoor sports, players must wear athletic type shoes that completely cover the foot. Sandals, boots, or open toe shoes are not permitted. In addition, five-finger shoes will not be allowed. For outdoor sports, players must wear athletic shoes or cleats. Cleats are limited to studs that do not exceed ½ inch and made of rubber or plastic. Metal tipped studs are prohibited.

PLAYING RULES

Sport Rules

The playing rules for all sports are based on their respective national association rules with modifications designed to make the activity safe and enjoyable for all participants. Intramural Sports reserves the right to modify playing rules at any time to meet the best interests of the league. Intramural Sports Supervisors have the authority to rule on items not specifically covered in the playing rules and in cases when officials cannot come to a decision. Sport rules will be posted to IMLeagues at least one week before any league or tournament registration deadline.

CoRec Modifications

CoRec leagues are designed to give both men and women the opportunity to play together in a fair and balanced game. CoRec leagues require equal participation by men and women. CoRec rules can vary by sport and may differ from rules for men's and women's leagues.

Difference of One Rule

For all CoRec leagues, teams must have an equal number of men and women on the playing field/court or no more than a difference of one. One gender must not outnumber the other gender by more than one player.

Example: In a 5v5 CoRec basketball game, a team may have three men and two women on the court. They *may not* have four men and one woman on the court.

Example: In a 7v7 CoRec flag football game, a team with only two females must play shorthanded with three men and two women. They *may not* play with five men and two women.

Mercy Rule

Some sports and tournaments have a point differential at which a contest will be ended with no penalty, default or forfeit to either team. In order for the mercy rule to take effect, the game must be at least halfway completed. The game will be officially ended if the mercy rule is reached regardless if both teams wish to continue playing. The mercy rule differs by sport and can even differ by league. The mercy rule is noted in each sport's official rules.

JOB OPPORTUNITIES

Intramural Sports regularly hires and trains sports officials. Officials are needed for all intramural team sports and tournaments. No experience is necessary. All training will be provided in the sport which you wish to work. We seek officials for basketball, volleyball, soccer, and flag football. We offer competitive pay and flexible scheduling. For more information, please visit us online or inside the RAW.

Apply online at via PioneerJobs. Visit <https://www.myinterfase.com/csueastbay/student> and log-in/register. You can also access this site by visiting the AACE website. There will be a link on the right hand side. All applicants will be invited to the first training session. Training typically takes place in the second and third weeks of each quarter.

CONTACT

Intramural Sports
Campus Recreation and University Unions

Location: Recreation and Wellness Center

Phone: (510) 885-4146

Email: asirecims@csueastbay.edu

Website: www.csueastbay.edu/CRUU

Facebook: www.facebook.com/CSUEBCampusRec

Twitter: @CSUEB_CampusRec

Instagram: @CSUEB_CampusRec

Registration: www.imleagues.com/csueb