



UNIVERSITY
RECREATION
& WELLNESS

INTRAMURAL SPORTS

Participant Handbook

Fall 2022

Table of Contents

<u>ELIGIBILITY GUIDELINES</u>	3
WHO IS ELIGIBLE?	3
PHOTO ID POLICY	3
<i>ONE TIME EXCEPTION POLICY</i>	3
GENDER IDENTITY PARTICIPATION POLICY	3
ONE TEAM RULE	4
CLUB SPORT ATHLETES	4
VARSITY ATHLETES	5
<u>SPORT FORMAT</u>	6
TEAM SPORTS, TOURNAMENTS, INDIVIDUAL/DUAL SPORTS	6
<u>LEVEL/LEAGUE CLASSIFICATIONS</u>	7
MIXED GENDER	7
GRAD/FACULTY/STAFF	7
FRATERNITY	7
MEN'S	8
WOMEN'S	8
ALL-STAR TEAMS	
<u>REGISTRATION</u>	9
PROCEDURE	9
WAITLIST	10
INDIVIDUAL PLAYERS/FREE AGENTS	10
<u>RESPONSIBILITY OF TEAM CAPTAINS</u>	11
CAPTAIN'S QUIZ & ROSTERS	11
PROTESTS	11
CAPTAIN'S CLUB	12
<u>SCHEDULING</u>	13
REGULAR SEASON	13
PLAYOFFS	13
RESCHEDULING	13
FORFEITS/DEFAULTS	13
<u>ASSUMPTION OF RISK</u>	14
CONCUSSION MANAGEMENT	14
REMOVAL FROM PLAY	15
INJURIES AND BLOOD BORNE PATHOGENS	15
<u>SPORTSMANSHIP</u>	16
PLAYER CONDUCT	16
<i>EJECTED PLAYERS</i>	16
RATING SYSTEM	17
SUPERVISOR'S AUTHORITY	17
SPECTATOR POLICY	17
<u>CHAMPIONSHIP/AWARDS.....</u>	18

ELIGIBILITY GUIDELINES

The intramural sports program will share the responsibility for the eligibility of players. Each player and team captain is responsible for checking their own eligibility and that of their team members. The IM Office will assist team captains and individuals with questions of eligibility and interpretation of rules. Inquiring about eligibility questions in advance of contests prevents delays and potential protest(s). Violation of eligibility guidelines may result in forfeiture of games and/or removal from the league.

Who is eligible to participate in Intramural Sports?

- Fall and Spring Semesters
 - All undergraduate & graduate students currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with eligibility rules or other guidelines. Please note some leagues are restricted to certain members of the campus community. Please see “League Classifications” guidelines for more information.
 - Alumni, University Affiliates and *Shady Grove* students are not eligible for any division.
 - Shady Grove students may become eligible upon paying an activity fee at the Shady Grove campus. Upon doing so, SGRV001 will appear on their class schedule and they would be eligible to participate in intramural sports
- Summer Session ONLY
 - Students: Those students, undergraduate or graduate, enrolled in summer session course(s) are only eligible to compete in summertime Intramural Sports that coincide with the session for which they are registered. For example, students registered for summer session 1 are eligible to participate in softball and soccer while students registered for summer session 2 are eligible to participate in sand volleyball and spike ball.
 - Those students who are not registered for the summer session for which they would like to participate may purchase a summer membership for University Recreation & Wellness (RecWell). This membership allows access to the ERC, Outdoor Pool, Intramural Sports and other RecWell programs.
 - Faculty/Staff: All faculty and staff are eligible to compete in Summer Session Intramural Sports. A RecWell membership is not required for participation. Graduate students with a 12-month assistantship may participate in both summer sessions without a RecWell membership.
 - RecWell Members: Those individuals who purchase a RecWell membership are eligible to compete in Intramural Sports during the Summer Sessions ONLY. Individuals eligible to purchase a membership include student/faculty/staff spouses, College Park Alumni Association Members, University Affiliates, and retirees. No individual under the age of 18 may participate.

Photo Identification Policy: All Intramural participants **should bring their UID** to check in to play before every game. A photo ID must be presented to the staff prior to each game. Anyone who participates under an assumed name or uses someone else’s ID is ineligible and may be suspended for the remainder of the season. Utilizing a false ID is a violation of the [code of student conduct](#).

Gender Identity Participation Policy: University Recreation & Wellness and the Intramural Sports Program are committed to serving all those in the campus community. As such, individuals participating in any Intramural sport may participate in accordance with their gender identity, regardless of medical status.

One Team Rule and One Mixed-Gender Team Rule (for all sports): The first team a participant plays for is the team that person is committed to for that sport. A player who has participated for a team cannot switch teams for the remainder of that sport, league, or tournament (exception: first team forfeits immediately and/or person did not participate in any contest). Participants may play on one Fraternity, Men's, Women's, or G/F/S team AND one Mixed-Gender team.

- **Regular Season and Tournament Eligibility** (for team sports only): Individual players may be added to the roster at any time during the regular season. Players should add their name and UID # via the IMLeagues.com/Maryland web site.
 - Once play-offs have started players may ONLY be added through the Intramural Sports Office by contacting imsports@umd.edu.
 - Teams wishing to add players to their roster once play-offs have started must make a request by submitting the name and U-ID # of the student by noon the day of the game (by 5pm on Friday for Sunday games). Once the student's eligibility is verified, they may be added to the roster.
NOTE: Not all requests are guaranteed.

Club Sport Participants: Members of club sport teams are eligible to participate in Intramural Sports. However, Intramural Sports teams are limited in the number of individuals per ROSTER according to the following guidelines:

- **Individual and Dual Sports**:
 - Participants must play at the "A" Level.
 - Doubles Teams may only have one club player and must also play at the "A" Level.
- **All Team Sports**:
 - Teams with ONE (1) Club Member may participate at either the "A" or "B" Level
 - Teams with TWO (2) Club Members/Practice Player must participate at the "A" Level.
 - Exception: For 11v11 Soccer, teams in the "B" level may have up to TWO (2) and teams in the "A" Level may have FOUR (4) Club Members
- Club members are those persons who have within the current academic year:
 - Participated in ANY practices and/or games with the team; or
 - Have signed a Club Waiver; AND/OR
 - Listed as a member of the club on the Club Sport Roster
 - NOTE: This is for same or "like sports" only. For example; if you are a club basketball player participating in soccer, this rule does NOT apply.
 - EXAMPLE:
 - I was a member of a club soccer team but did not like it so I quit; however, my name is still on their roster and I want to play intramural soccer. Do I count as a club soccer player? YES! However, you may petition the Club Sport office to be removed from the roster. That is, if you are no longer a member of the club team (including not going to any type of practices) but still listed on their roster you may ask the Assistant Director, Club Sports (Kurt Klier, kklier@umd.edu) to be removed from the roster. You must have written approval from the Club Sport office *prior* to participation
 - As a guide, "like sports" are defined as follows, this list is not meant to be inclusive:
 - Basketball: 5v5 Basketball, 3v3 Basketball
 - Football: 7v7 Flag Football 4v4 Flag Football
 - Soccer: 7v7 Outdoor Soccer, 11v11 Outdoor Soccer, Futsal
 - Tennis: Tennis
 - Volleyball: 4v4 Volleyball, 6v6 Volleyball, Sand Volleyball
 - Baseball/Softball: Softball

Varsity Athletes

- Membership on a varsity or junior varsity team in the season of that sport makes a player ineligible for that same or like sport during the same school year.
- Letter winners: Any participant who is awarded a varsity letter at the University of Maryland or any other four (4) year college or university is ineligible in that sport or related (like) sport in which that award was earned (see “like sports” above). Letter winners are ineligible for 1 year from the term the last letter was earned and then must participate on “Level A” teams only.
 - It is the duty of any person who has won a letter at another school, in conjunction with the team captain, to check on their eligibility status with the Intramural Staff before participating. Letter winners, not currently on a Varsity team, but before the one year sit-out period, may participate in the G/F/S League if they meet other G/F/S eligibility requirements
 - Redshirt: Those players, who are designated by the coaching staff as not participating in varsity games but may still practice and have status as a squad member, are ineligible for intramural play in that sport or a related (like) sport.
 - Practice Players/Squad Members: See Club Sport Participant policy above.
- **Semi/Professional:** A person who has competed professionally in a sport will be ineligible to participate in that sport or related (like) sport.

SPORT FORMAT

Intramural Sports offers three different formats for sport participation: team sports, tournaments, and individual/dual sports.

Team Sports typically consist of a three-week regular season (round-robin play) followed by a single elimination playoff tournament. The day of play for the regular season is selected by the captain at the time of registration. Playoff tournament schedules are posted on IMLeagues at the end of the regular season and last for approximately two to three weeks. Individuals may sign up with friends as a team or may join as a free agent. (Examples: 7v7 Soccer, 5v5 Basketball, 6v6 Volleyball). Exception: 3v3 Basketball, 4v4 Flag Football, and 5v5 Futsal have modified regular seasons.

Tournaments are structured as single elimination, double elimination, or guaranteed two game tournaments offered over the course of one or two days. Schedules for tournaments are posted on IMLeagues no less than 24 hours in advance. Captains should communicate scheduling conflicts in advance of schedule publication. (Examples: Sand Volleyball, Ultimate Frisbee, Softball)

Individual/dual sports typically consist of a three-week regular season (round robin play) followed by a single elimination tournament. The day of play for the regular season is selected by the captain/individual at the time of registration. Playoff tournament schedules are posted online at the end of the regular season. (Examples: Tennis, Golf, Badminton)

LEVEL/LEAGUE CLASSIFICATIONS

For team sports and most individual/dual sports, Intramural competition is offered in five leagues (coed, grad/fac/staff, fraternity, men's, and women's) and often separated into "Level A (Competitive)" or "Level B (Recreation)". At the time of registration, teams will choose their league and level based on their eligibility and the level of competition they desire. The goal of this system is to have players seek competition at their own ability so players of all skill levels will participate and enjoy a measure of success. Thus, beginning players are welcomed and encouraged to participate in intramural activities. Please note, it may be necessary to combine or cancel leagues due to limited or a low number of entries. Championship t-shirts will not be given out for leagues that are canceled. The Intramural Sports Office reserves the right to place teams in appropriate leagues for the regular season or playoffs to maximize the competitiveness and fun of all involved.

Mixed-Gender A and B

- The Mixed-Gender Leagues are open to all participants who are students, faculty, or staff of the University.
- Alumni, and University Affiliates students are not eligible for this league.
- For these leagues, there is a maximum number of participants who identify as men allowed on the field/court at a time. The remaining players must not identify as men.

Graduate/Faculty/Staff (G/F/S)

- The G/F/S League is open to all men & women graduate students, faculty members, and staff members, except those actively participating in the Men's A & B or Women's Leagues.
- Undergraduate students are NOT eligible for this division.
- In this league only, teams may have any combination of men & women.

Fraternity A and B

- Participation in this league excludes an individual from being eligible to compete in the Men's A or B leagues for the same sport.
- Only those organizations approved and registered with the Office of Fraternity and Sorority Life, and are a member of the Interfraternity Council (IFC) or the Pan-Hellenic Council (PHC) will be permitted to enter a team in this League.
- Members must be a registered recruit or active member in order to participate. All Members must be listed on the official chapter roster as submitted to the organization's Headquarters and with the Department of Fraternity and Sorority Life.
- Players with alumni status or who are not undergraduates are NOT eligible for this league.
- Faculty, Staff, Alumni, and University Affiliates are NOT eligible for this league.
- A fraternity may enter as many teams as it wishes in intramural competition but only ONE (1) may be entered in the Fraternity "A" League and ONE (1) in the "B" League. Players may not transfer from one league/team or level to another. Additional teams should be entered in the Men's A or B leagues for the regular season. Fraternity teams may then request to be moved to the Fraternity Bracket for playoffs.
- A fraternity may enter up to five (5) players/teams for most Individual and Dual Sports.
- The Intramural Sports Office reserves the right to place non-fraternity teams into this league during the regular season in order to maximize participation opportunities for all students.

Men's A and B

- The Men's League is open to all qualified University undergraduate and graduate men, except those actively participating in Fraternity A & B or the G/F/S League.
- Faculty, Staff, Alumni, and University Affiliates are NOT eligible for this league

Women's

- The women's League is open to all qualified University undergraduate and graduate women, except those actively participating in the G/F/S League.
- Faculty, Staff, Alumni, and University Affiliates students are not eligible for this league.

REGISTRATION

Intramural Sports utilizes online registration through the IMLeagues website. For team sports, captains will be required to choose the league, level of play, and day/time of regular season games at the time of registration.

Registration Procedure:

1. Log into the IMLeagues.com/Maryland site using your UMD Directory ID/password
2. Team Sports:
 - a. Navigate to the sport for which you wish to register
 - b. Select the league/level for which you wish to register
 - c. Select the division (day/time) for which your team is available
 - i. The day and time is listed in the division name and refers to the time your team will play for the first three weeks of the season (regular season). For example, “CA1Sun2” refers to a division in the Coed A league that will be scheduled to play Sundays at 2pm. All times listed are “pm”
 - d. Create team.
 - i. Indicate your team name
 - ii. Select your communication/reminder preferences
 - iii. Click “create team”
 - e. Upon registration, captains will receive a confirmation email. If you do not receive the email, please verify the email address listed on your IMLeagues.com account/profile page. The Intramural Sports office communicates with captains primarily through email, therefore an accurate email that is checked frequently is important.
3. Tournament Sports
 - a. Log into IMLeagues.com/Maryland using your Directory ID/password.
 - b. Navigate to the sport for which you wish to register
 - c. Create team
 - i. Indicate your team name (For fraternity teams, the team name must indicate the fraternity)
 - ii. Select your communication/reminder preferences
 - iii. Click “create team”
 - d. Upon registration, captains will receive a confirmation email. If you do not receive the email, please verify the email address listed on your IMLeagues.com account/profile page. The Intramural Sports office communicates with captains primarily through email, therefore an accurate email that is checked frequently is important.
 - e. Tournament schedules will be posted following the conclusion of the registration period and at least 24 hours prior to the start of the tournament.
4. Individual/Dual Sports
 - a. The procedure for registering to play an individual sport (e.g. tennis) follows the same procedure as registering a “team”
 - i. Log into IMLeagues.com/Maryland using your Directory ID/password.
 - ii. Navigate to the sport for which you wish to register
 - iii. Select the league/level for which you wish to register
 - iv. Select the division (day/time) for which your team is available
 1. The day and time is listed in the division name and refers to the time your team will play for the first three weeks of the season (regular season). For example,

“CA1Sun2” refers to a division in the Coed A league that will be scheduled to play Sundays at 2pm. All times listed are “pm”

- v. Create team.
 1. Indicate your team name (For fraternity teams, the team name must indicate the fraternity)
 2. Select your communication/reminder preferences
 3. Click “create team”

5. Wait list

- a. If the division for which you wish to register is full, please register for the wait list. Do not register for a different league for which you would not be happy participating in. Registering for a league for which you do not wish to play does not increase your chances of participating. For example, you wish to play Men’s B soccer but it is full so you register for Men’s A and then hope to switch leagues. PLEASE DO NOT DO THIS! Register for the wait list instead. Additional time slots will be created whenever possible to satisfy the demand based on number of teams on a wait list.
- b. Wait listed team captains will be asked to complete a google form in order to indicate the days/times for which their team is available. Following the registration period, additional divisions may be created to accommodate wait listed teams. If no additional divisions are created, wait listed teams will have the opportunity to fill the spots left by teams who drop out, forfeit, or fail to populate their roster by the deadline.

6. Individual Players/Free Agents

- a. Participants registering as an individual player or “free agent” will follow a similar proceed as captains registering a team.
 - i. Log into IMLeagues.com/Maryland using your Directory ID/password.
 - ii. Navigate to the sport for which you wish to register
 - iii. Select the league/level for which you wish to register
 - iv. Select the division (day/time) for which your team is available
 1. The day and time is listed in the division name and refers to the time your team will play for the first three weeks of the season (regular season). For example, “CA1Sun2” refers to a division in the Coed A league that will be scheduled to play Sundays at 2pm. All times listed are “pm”
 - v. Click “Join as a Free Agent”
- vi. Captains in your division will be notified of your status as a free agent and may invite you to join their team. You can also request to join teams listed as “looking for players” or contact the Intramural Office and request to be added to a team seeking players. The Intramural Office cannot guarantee placement of all free agents.

RESPONSIBILITY OF TEAM CAPTAINS

The success of the Intramural Sports program depends largely on the leadership skills and commitment of the team captain. Each team must have a captain responsible for coordination between players and the Intramural Sports staff. Experience has proven that successful teams usually have dedicated and efficient team captains. Some of the team captain's duties include, but are not limited to:

1. Captain's Quiz:
 - a. Complete the captain's quiz online prior to the deadline (typically by noon on Thursday the week of a registration).
 - b. The captain's quiz is accessed through the IMLeagues registration website and the team page. A passing grade for quiz completion varies by sport. Captains are encouraged to review this manual and the sport rules prior to completion of the quiz.
2. Ensure the minimum number of players are registered on the online roster by the deadline (typically by noon on Thursday the week of a registration).
 - a. Captains may invite players to join the team via email or facebook. Players must accept the invitation in order to be added to the roster.
 - b. Individual players may request to join a team. Captains must accept the request in order for the player to be added to the roster.
 - c. All players must be listed on the online roster PRIOR to participation.
 - d. All players must complete the concussion management quiz prior to participating in ANY GAME OR MATCH.
3. Be familiar with all Intramural Sports guidelines and sport rules and ensure that teammates abide by those rules.
4. Respond to Intramural Sports staff concerning schedule changes, tournament structure, eligible player inquiries, team conduct, etc. in a timely fashion. Immediately inform the Intramural Sports staff of any changes of captain's information
5. Check schedule, team standings, and league standings at the IMLeagues website (imleagues.com/Maryland) and notify team members of all scheduled game dates, times, and locations. It is the captain's responsibility to have his/her team ready to play as scheduled.
6. Team/Player Management
 - a. Each team is responsible for maintaining good sportsmanship among the coaches, players, and spectators before, during, and after competition (See Sportsmanship Rating tab).
 - b. Team Captains are the only participants permitted to question an official's call and must do so in a polite and respectful manner (after play has stopped). Questioning an official's call during play is not permitted as it takes the attention of the official away from the game. If a Team Captain feels the official erroneously interpreted a rule they may say, "I PROTEST" at which time play will stop (see "Protests" below). Players other than the Team Captain who address an official may be penalized. Any participant (including team captains) who disrespectfully addresses an official will be penalized.
7. If there are inclement weather conditions, call the Intramural Sports Office at 301-226-4444.

Protests

It is the strong belief of this program that contests should be won or lost on the field of play, not through the technicalities of rules. In the event that a captain feels a rule has been misinterpreted or an opponent is not eligible to participate, a protest may be lodged.

1. Types of Protests:
 - a. **Judgment Decisions:** Players or captains may NOT protest officials' judgment calls. Attempted protest(s) lodged on judgment may be penalized by assessing a time-out to the protesting team.
 - b. **Player Eligibility:** Protest may be made at any time by the IM Staff or any participant. Any team or individual protesting the eligibility of a player must furnish proof that the player is ineligible. In case of an obvious violation of eligibility rules, a protest may be granted. To ensure honest sport competition, protests of alleged eligibility violations should be made prior to games to the supervisor rather than waiting to determine the outcome of the contest.
 - c. **Rule Interpretation:** A captain may lodge a protest on an official's or scorekeeper's rule interpretation, but must do so at the time of the incident. If a protest is going to be lodged, a captain must first call a time-out and then say "I PROTEST". For sports where timeouts do not exist (e.g. soccer) the captain must alert the official of the intent to protest as soon as possible following the call/ruling and no more than following the next stoppage of play.
2. Procedure for Protesting:
 - a. A protest concerning rule interpretations must be lodged with the official and supervisor at the time of the incident.
 - b. The officials will stop play and gather with the team captain and student supervisor for the correct ruling. The student supervisor will act as the arbitrator and make a decision.
 - c. In circumstances where an individual feels a protest should be appealed, the captain must notify the supervisor that a protest is being registered and the Protest Form must be completed and submitted in writing either to the staff on site at the time of the protest or to the Intramural Sports Director in the Intramural Sports Office by 12:00pm (noon) the day after the incident in question (Monday for weekend games). Protests lodged after this time will not be considered.
 - d. If the protest is valid a time-out will be charged to the Official(s), if the protest is not valid the team protesting will be charged the time-out.

Captain's Club

The captain's club is a group that participants must be invited to join. To qualify for an invitation, a participant must have:

1. Been a captain of a team sport team
2. Registered within the first hour of registration opening
3. Maintained a sportsmanship average of at least 3.5 during the regular season and playoffs of said team sport
4. Not forfeited any games

Once in the captain's club, captains must maintain a minimum sportsmanship rating of 3.5 in each team sport they captain a team, and not forfeit any games. Dropping below 3.5 or forfeiting will result in the captain losing captain's club membership.

The main benefit afforded to those captains in the captain's club is early registration for team sports. There will be a four day window (M-Th) prior to typical Sunday registration opening when captain's club members can complete a google form requesting a particular division day and time for their team to play regular season games. These teams will be populated in advance of registration.

A secondary benefit of being in the captain's club is being entered in a raffle to win a "hype video" made for their team and posted on our social media. This will occur twice per semester.

SCHEDULING (RESCHEDULING)

- All schedules will be posted on the IMLeagues.com/Maryland website. Captains should check their schedule and communicate to teammates. We encourage captains and participants to allow IMLeagues to send reminders on or before game days.
- At the time of registration, captains select the day/time of play for their team. As such, regular season games will not be postponed or rescheduled for any reason.
- During play-offs, games will be rescheduled due to weather cancellations by the IM Office. Please note that these changes may affect the entire tournament.
- Prior to the release/publication of the playoff brackets, captains will be invited to submit scheduling requests to the Intramural Office through a google form. The form will be emailed to all captains during the final week of the regular season. Requests made by captains will be considered, but the IM office cannot guarantee all requests will be accommodated.
- Teams wishing to reschedule a play-off game must follow the procedure below:
 1. View available times on the google spreadsheet for your specific sport (emailed out at the time the brackets are published)
 2. If there is an open time slot (bright green cell) that works for your team, please contact your opponent's captain via IMLeagues (you can either send them a message on IMLeagues or look up their email address on their profile page).
 - Please take note of when future round games are scheduled to be played. You cannot play a first round game *after* a second round game, etc.
 3. If both teams agree on a new time to play, the captain requesting the reschedule should email the Intramural Sports Office (imsports@umd.edu) **by no later than 2pm** the day of the originally scheduled game or the day to which you hope to move the game, whichever comes first. Please copy your opponent on the email.
 4. The Intramural Sports staff will **confirm with both teams by 5pm** that the reschedule request has been approved.
 5. If you do not receive a confirmation email from our office, you should anticipate playing the game as scheduled. Failure to attend scheduled games will result in a forfeit.
 6. **Please Note:** Rescheduling a play-off game should be done as far in advance as possible. When looking at the play-off brackets please consider future games and if they will impact your team. If a new game time cannot be agreed upon the game will be played at its original date/time.

Forfeits

A forfeit is a played or un-played game that is recorded as a loss because a team failed to show up for its scheduled contest, displayed unsportsmanlike behavior, or participated with an ineligible player. If a forfeit is issued to a team who did not show up for a scheduled contest the team captain will be assessed a \$40 forfeit fee. A team that forfeits the equivalent of two games will be dropped from competition without the possibility of reentry and charged \$80 (\$40 x 2 forfeits). Teams that forfeit may not be eligible for the play-offs.

Defaults

A default may only be claimed ONCE per sport season. A default is an un-played game that is recorded as a loss, but does not carry a monetary fine. The defaulting team will also receive a 3.0 for sportsmanship and a loss equivalent to a mercy rule. A default shall be issued when the defaulting team captain notifies the

Intramural Sports Office (by phone or email) they will not show up to play a contest by NOON on the day of the game. For Sunday games, teams must notify the office no later than 5pm on FRIDAY.

ASSUMPTION OF RISK

The Intramural Sports staff will work hard to insure that all participants have the safest experience, but ensuring absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports (athletic/recreation) activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

The University of Maryland, its officers, agents, and employees are not responsible for any loss, damage, illness, or injury to person or property arising out of or relating to participation in intramural sports activities, including the use of intramural facilities and equipment. The University of Maryland does not provide medical, health, or other insurance for participants. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

Concussion Management

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal. You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

Removal/Return to Play Policy

RecWell is committed to the safety of all participants. To that end, we have now implemented a new "Removal/Return to Play" policy for Intramural and Club Sports participants. RecWell staff will remove someone from play who shows any signs or symptoms of a concussion. Once removed from play, participants will not be allowed to return until they make an appointment and see our RecWell Athletic Trainers (and potentially a doctor) and are medically cleared.

Additionally, ALL participants MUST complete the concussion quiz on IMLeagues before they play ANY games in ANY sport. Please make sure your teammates take care of this before they reach the game site.

Injuries and Blood Borne Pathogens

Participation in sporting activities may cause injury and exposure to blood borne pathogens. Blood borne pathogens are pathogenic microorganisms that are present in human blood and can cause diseases in humans. These pathogens include, but are not limited to, the Hepatitis B virus (HBV) and the Human Immunodeficiency Virus (HIV).

In order to protect all participants and employees from this risk, the following apply to all University Recreation & Wellness (RecWell) activities, including intramural sports:

- A player that is bleeding must be removed from any intramural contest until the bleeding has stopped and the wound has been completely covered.
- A player that has blood on a uniform must be removed from the contest until the soiled clothing has been changed.

SPORTSMANSHIP

Every team is responsible for the conduct of its players and followers. Any conduct judged as detrimental to the participants, program, or any particular contest, may result in loss of the contest, suspension of the individual player, suspension of the entire team, or other appropriate action.

UMD students are subject to a Code of Student Conduct. Harassment (verbal or otherwise) including sexual, racial, ethnic or religious harassment that causes injury, distress, emotional or physical discomfort, is one of the offenses which may result in disciplinary action. RecWell and the Intramural Sports program will vigorously enforce all sections of the code to insure that participants feel welcome and enjoy benefits of a recreational activity.

1. **Player Conduct** (ejected player procedures):
 - a. Striking, fighting or other actions meant to incite others, whether physical or verbal, may result in automatic suspension of the player(s) and may result in team suspension. Additional sanctions may be imposed pending investigation of the incident.
 - b. Suspension of a long duration is possible. Individuals who have been ejected (included being red carded) from a contest will not be eligible to participate in any intramural sports program until they have met with the Intramural Sports professional staff.
 - c. Physical or verbal abuse of a student employee of UMD or fellow participant may result in an automatic suspension. A team must maintain control of its members. They must also exhibit a high standard of sportsmanship for their group that is expected at an institution of higher education.
2. **Acts Relevant to Fighting**
 - a. The Intramural program and the University of Maryland will not condone fighting or any actions that may encourage violence. Such acts include, but are not limited to, taunting, trash talking, verbal harassment, physical harassment, fighting or attempting to fight.
 - b. Any individual that is involved in a fight will be subject to an automatic ejection from the game and could result in team suspension. Individuals involved will be ineligible to compete in any further intramural activities and must make an appointment to meet with a member of the Intramural Sports professional staff.
 - c. Any bench personnel (to include spectators) that enter the field/court during a fight or potential conflict will receive an automatic ejection from the program. These individuals will follow the same guidelines as stated above.
 - d. Even though the Intramural Sports program has policies and procedures for handling fighting and harassment Campus Police may be called to assist when and if necessary.
3. Any participant or organization suspended from Intramural activities due to violations of Intramural Guidelines or sport rules will have the opportunity to participate in due process to ensure protection of rights. The intramural professional staff will hear information from all involved parties and make an appropriate decision based on that information.
4. Each team will be given a **sportsmanship rating for each game** by that game's officials. The rating will be given on a point scale. Teams must have a 3.0 average (on a 4.0 scale) to be eligible to participate in the playoff tournament. Teams must maintain a "3.0" average during the playoff tournament or face possible elimination.

5. The following **sportsmanship rating system** will be used for all intramural league sports:
- **4.0 Good Conduct and Sportsmanship** = Players cooperate fully with the officials and other team members. Players are under control and not excessively fouling or contacting one another. No verbal warnings issued to the players by the officials. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates. 4.0's are given when no comments are made, and a team displays total cooperation with the officials.
 - **3.0 Acceptable Conduct and Sportsmanship** = Team members verbally complain about some decisions made by the officials and/or show minor dissension which may or may not merit a technical foul or yellow card. A team that receives one or two technical fouls (for unsportsmanlike behavior) or one yellow card, cannot receive higher than a 3.0. 3.0's are given to teams when some unsportsmanlike conduct is displayed and some complaints of officials' judgments are made.
 - **2.0 Below Expectations for Conduct and Sportsmanship** = Teams that show verbal dissent towards officials and/or opposing team or teammates which merit technical foul(s), yellow card(s), multiple penalties or an ejection (due to unsportsmanlike conduct). A 2.0 rating must be given to a team when there is at least two yellow cards and/or at least one unsportsmanlike conduct ejection.
 - **1.0 Poor Conduct and Sportsmanship** = Teams constantly comment to the officials and/or opposing team from the playing surface or sidelines. At least one unsportsmanlike conduct ejection has taken place and multiple unsportsmanlike conduct fouls, technical fouls, and/or yellow cards given. The team captain exhibits little or no control over teammates or himself/herself. A "1" rating is given to a team when members persist in arguing with an official, profane language is used, and the captain does not control the actions of his/her team, fans, and/or spectators. Teams that receive a "1" Rating MUST meet with the Intramural Sports Director prior to their next game or be disqualified.
 - **0 Unacceptable Conduct and Sportsmanship** = Team is completely uncooperative. Captain has no control over teammates and/or himself/herself. Any team causing a game to be stopped, or forfeited other than by not showing, or receives multiple ejections/red cards shall receive a 0. A 0" is given when multiple "unsportsmanlike penalties" are issued to a team, two or more ejections are issued, a team fails to assist in removing an ejected player from the playing area, warnings by the officials of unsportsmanlike play are ignored, there is a fight or attempted fight, or if a player(s) make unnecessary contact with an official. Teams that receive a 0 Rating MUST meet with the Intramural Sports Director prior to their next game or be disqualified.
6. **Supervisor's Authority.** The supervisor has the authority to rule on any situation not specially covered in the rules, to issue a yellow card, issue a red card, and/or stop the game (this list is not meant to be inclusive), deemed necessary to ensure the safety and wellbeing of the participants and the IM Program.
7. **Spectator Policy:** Spectators are welcome at all games and activities. However, team captains are responsible for their spectator's behavior. Fans are expected to follow the sportsmanship policy explained within the Intramural Guidelines. Team captains are responsible for educating their spectators on these guidelines.
- a. **TO THE SPECTATOR:** Our goal and responsibility is to provide and create a healthy atmosphere for all participants, officials, scorekeepers, supervisors, and spectators. We ask for

your cooperation as spectators to help develop a positive atmosphere. It is the responsibility of each spectator to do everything possible to ensure that the game atmosphere is friendly and good-natured.

CHAMPIONSHIPS/AWARDS

Championship T-Shirts

All Champions will receive a Championship T-Shirt. Teams will be awarded shirts based on the number of players permitted on the field plus one half. For example, for 6v6 Volleyball, a team will be awarded up to $6 + 3 = 9$ championship shirts. It is up to the discretion of the captain if there are more than nine individuals on the roster.

Champions should come to the Intramural Sports office during the semester in which the championship was won to claim their t-shirt. Captains will not be permitted to pick up shirts for teammates. T-shirt sizes cannot be guaranteed.

Housing Cup Challenge

The Housing Cup Challenge is a way for residence halls to compete against one another and build community and camaraderie throughout the academic year. Teams that opt to compete in the Housing Cup Challenge are representing their residence halls. There will be one residence hall that is crowned the champion at the end of each academic year.

Teams may opt in by completing a google form for each sport they play in that indicates their team name and which residence hall they live in. Team rosters must be comprised of at least 60% residents from the residence hall they choose to represent. Teams will attest that their team meets this requirement - accusations of teams not meeting this requirement will be investigated. Teams earn points as follows:

Scoring Rubric	
<i>Competitive Points</i>	
Regular Season Wins	10 points
Playoff Wins	12 points
Playoff Championship Winner	20 points
<i>Participation Points</i>	

Team Registration - League Sports	50 points
Team Registration - Individual/Dual Sports	25 points
1st Forfeit	-25 points
2nd Forfeit	-30 points
<i>Sportsmanship Points</i>	
Receive a rating of 4 for all matches (including playoffs) - League Sports	35 points
Receiving a rating of below a 3	-10 points

Greek Cup Challenge

The Greek Cup Challenge is a way for organizations in the Greek community to compete against one another and build community and camaraderie throughout the academic year. Teams that compete in Fraternity Leagues will automatically be entered in the Greek Cup Challenge. Other Greek Organizations may opt in as well. There will be one Greek Organization that is crowned the champion at the end of each academic year.

Team rosters must be 100% comprised of members or pledges of said Greek Organization. Teams will attest that their team meets this requirement - accusations of teams not meeting this requirement will be investigated. Teams earn points as follows:

Scoring Rubric	
<i>Competitive Points</i>	
Regular Season Wins	10 points
Playoff Wins	12 points

Playoff Championship Winner	20 points
<i>Participation Points</i>	
Team Registration - League Sports	50 points
Team Registration - Individual/Dual Sports	25 points
1st Forfeit	-25 points
2nd Forfeit	-30 points
<i>Sportsmanship Points</i>	
Receive a rating of 4 for all matches (including playoffs) - League Sports	35 points
Receiving a rating of below a 3	-10 points