



North Carolina Agricultural And Technical State University

Intramural Sports Handbook



In providing intramural sports and special events, Campus Recreation, a division of Student Affairs, provides the University community with various sports opportunities to satisfy as many skill levels as possible. Games, leagues and tournaments are offered in various formats (competitive, recreational, and co-recreational leagues) for both men and women to encourage participation for players at all skill levels. This Handbook has been designed to provide information for individuals and teams participating in intramural sports. The policies and procedures discussed in detail throughout this Handbook are essential to understanding what it means to successfully participate in intramural sports at North Carolina A&T State University. The Intramural Sports Department strives to ensure an environment that is free of discriminatory activities based on race, religion, sex, age, marital status, and physical or mental disability.

The aim of the Intramural Sports Department is to provide each individual with the opportunity to participate in his/her favorite type of competition, and to explore and enjoy new or untried sport activities. The Intramural Sports Program includes individual, dual, and team competitions in a variety of events, and in men's, women's, and co-rec divisions. The activities are varied so that there is an opportunity for every individual to participate, no matter what his/her level of ability may be. Through participation in physical activity, the Intramural Sports Program seeks to promote wellness, develop friendships, and to encourage the wise use of leisure time. You are encouraged to sample several of these activities so as to discover the ones that you enjoy and will continue to pursue in later life. We believe there is something for everyone.

Scheduled competitive activities

Intramural sports are the scheduled competitive activities of the Campus Recreational Department. Teams are organized from fraternities, sororities, residence halls, off campus students, independent groups, and faculty/staff members. Inquire at the CRC or Intramural Sports Office for all rules, deadline dates, entry blanks and other information.

League Competition - Men & Women

When practical, men's and women's intramural competition will be classified into five major leagues as follows: Monday through Friday.

League Competition - Co-rec

Teams are composed of men and women students, faculty and staff. Participants may compete on a co-rec team and a men's or women's team within the same sport. However, participants may not be on 2 co-rec teams or 2 men's/women's teams within the same sport.

"A" and "B" leagues

Team captains will sign-up their teams in an "A" or "B" league when relevant. The highly skilled and competitive players typically play in "A" league while "B" leagues consist of recreational players. The team captain is responsible for evaluating the ability of his/her team. However, the Intramural Staff may, in obvious errors of classification, reassign a team. **NOTE:** A person may NOT play on both "A" league and "B" league teams in the same sport. After the first week of play, Intramural Staff will evaluate league play and perhaps reassign teams to an "A" or "B" league classification. There will be separate tournaments at

the end of the season based on overall team records during league play. However, it is possible that "A" league and "B" league teams may play each other, depending upon the number of entries.

REGISTRATION

1. Start recruiting team members. Please see the eligibility section of this information before you sign that ringer who may be ineligible.
2. Complete intramural roster and have players sign waiver.
3. Find out the registration date and deadline.
4. Turn in roster on or before due date. The IM Sports Office hours are from 10am-4pm. We will begin accepting rosters on a first come, first served basis.
5. Attend the mandatory captains meeting to learn the rules and pay entry fee.
6. Check out the bulletin boards, emails, or website for game schedule.
7. Show up, play hard, play fair, have fun!

NOTE: Leagues for popular sports such as basketball do close early on the due date. Therefore, it is recommended that you sign up early!

FREE AGENT LIST

If an individual wishes to enter an intramural activity but is not affiliated with a team, he or she may place their name on the "free agent" list located on the display boards outside the IM Office. It is then the responsibility of others who are looking for team members to contact free agents to place them on a team.

ELIGIBILITY

1. Participants must have a valid NCAT I.D. to participate in any intramural contest.
2. Participants in any sport must be listed on the official roster/addition form kept in the IM Office by closing time on the evening prior to league day. Additions must be made during regular office hours.
3. All participants listed on that roster/addition form must read and sign the intramural liability waiver prior to participation (stated on back of roster).
4. An individual may participate for only one team in any one sport or contest (exception: may compete on a co-rec team and a men's or women's team concurrently). Once a person's name appears on a roster for a game or contest, they are considered a member of that team until officially deleted from roster on Intramural Addition/Deletion form.

ANYONE PLAYING ON MORE THAN ONE TEAM FORFEITS THEIR RIGHT TO PLAY IN THAT SPORT (exception: may compete on a co-rec team and a men's or women's team concurrently).

5. Each person is responsible for their own eligibility. Any questions should be referred to the Intramural Staff prior to participation. Captains are responsible for the eligibility of all team members.
6. Any player competing that is not officially listed on the roster/addition form will be removed from the contest immediately. He/she should report to the office/information counter to place name on addition sheet the day prior to the next competition.

7. Any player under an assumed name will be ejected from that game or contest and will be subject to ruling by the Recreational Sports Staff as to future participation. The team on which the individual is playing will forfeit all contests in which the ineligible player participated.
8. Any non-student will be ejected from that game or contest. The team on which the individual is playing will forfeit all contests in which the ineligible player participated.
9. No players may be added after the final league game. There will be no additions to any teams for tournaments.

ATHLETIC ELIGIBILITY

1. Intercollegiate Athlete Eligibility:

- A. Members of varsity, junior varsity, or freshmen teams are not eligible for competition in that sport or corresponding sport(s).
- B. Persons who are "red-shirted" or those practicing with intercollegiate teams will be treated as intercollegiate team members and are not eligible for intramurals in that sport or corresponding sport(s).
- C. Any "red-shirt" athlete or the person practicing with intercollegiate teams past the first scheduled contest will be considered an intercollegiate player for the entire year and is not eligible for intramurals that year.

EXCEPTION: If a person leaves the intercollegiate team prior to the first scheduled contest in that sport, that person will be eligible to participate in intramurals in that sport.

2. Past Intercollegiate Athlete Eligibility:

- A. Persons who have completed their intercollegiate athletic eligibility (including varsity, JV, or freshmen team) will be eligible to participate in that sport or corresponding sport(s) in intramurals the academic year following completion of the sport.

ATTENTION: Volleyball players that complete eligibility during Fall semester are not eligible for the successive spring semester. They are eligible for the following academic year.

- B. **All former intercollegiate athletes are eligible for A league only.**
- C. **No more than one (1) former intercollegiate athlete from the previous academic year/season may participate on the same intramural team.**

3. Professional Athletes:

A student or member of the faculty who would be ineligible for intercollegiate competition because he/she has lost his/her amateur standing shall be ineligible for intramural competition in that sport or corresponding sport(s).

4. AAU Teams:

Teams participating in AAU leagues/tournaments may not participate as a team in intramurals. Team members may participate in intramurals but no more than two may be on any one team.

Forfeits and Cancellations

1. Teams cannot postpone or cancel games by agreement; the IM Coordinator must approve all schedule changes. In the event of a contest being rescheduled, the captains of both teams will be notified within a reasonable amount of time.
2. Forfeits are detrimental to the entire program and are an injustice to participants who want to play. In an attempt to discourage teams from not showing to scheduled contests, any team that does not show up for a game will not be eligible for the playoffs. A team that forfeits can repay the registration fee before their next scheduled game to become eligible for the playoffs. Any team that forfeits a second time will be dropped from the league.
3. Cancellations occur when the weather or other uncontrollable factors make postponing contests necessary. In the event of a postponement or cancellation, the intramural staff will notify the captains of all teams scheduled to play.

Team Jerseys

Teams are required to wear color-matching jerseys with visible numbers on the back or front (no taped-on numbers will be permitted). Pennies will be provided to distinguish between opposing teams who are wearing similar colors.

Tie Breaking Procedure

In determining playoff standings, the following system will be used when teams finish the regular season with identical win/loss records:

1. Head to Head
2. Average Point Difference
3. Coin Flip

Protest Procedure

1. It is a strong belief of Intramurals that contests should be won or lost on the field of play, not through the technicalities of rules. Matters involving an official's judgment are not a basis for protest.
2. If a team feels that any rule has been misapplied, the captain of the team is required to make the protest to the officials in charge of the contest at the time the question is raised. In order to be considered an official protest, the captain must state to the official, "I am protesting." Once play has resumed, a protest will not be valid.
3. Once a protest has been noted, play will continue. After a thorough analysis of the situation, the IM Coordinator will rule on the protest. If a protest is denied, the result of the game will remain. If a protest is upheld, the game will be replayed from the point at which the protest was made.
4. All protest forms must be filled out immediately following the conclusion of the game with the on-site supervisor.

Participation

1. Roster Restriction: You may not play on both a Competitive and a Recreational team. A player is allowed to participate on one Co-Rec team while participating in a Men's or Women's League. Women may only participate in a Men's League if there is no Women's League.
2. Registration: Teams will be allowed to add players to their roster throughout the season at the game site. All players must sign a "Liability Form" before participating in their first game.

Valid ID's

To participate in an intramural sport you must present a valid NCAT ID to the intramural staff prior to every contest. No ID = No play. **There are no exceptions to this policy.**

Participant Conduct

1. In order to preserve the spirit of fair play, it is essential that participants adhere to the rules as well as to the spirit of the game. Good sportsmanship is a requirement of all participants.
2. Intramurals reserves the right to eject and suspend any individual, team or fan that interrupts the flow of a game in any manner. Ejections may occur before, during, or after any contest. Any ejected player(s) must leave the playing area immediately. If the player refuses to leave within 1 minute, the game will be forfeited. The team captains are expected to assist the intramural staff when needed. Any player or fan who has to be removed or ejected from a game or playing area is automatically ineligible from further competition and will be suspended (see below). Notification of disciplinary action will be sent to the individual, team captain and in severe instances to the Dean of Students.
3. Anyone serving a suspension may not attend any intramural contests as a team member or as a spectator until their full suspension has been served.

4. Anyone ejected for unsportsmanlike conduct toward other participants, spectators or teammates will be suspended from participation for a minimum of the next game. Anyone ejected for unsportsmanlike conduct toward an official will receive a minimum 2 game suspension.
5. Anyone in violation of the NCAT Student Code of Conduct will result in notification to the Associate Dean of Students and will be suspended a minimum of 2 games. Reinstatement into the intramural program will be contingent upon meeting with the Associate Dean of Students.
6. Any individual found guilty of striking, intimidating or in any way attempting to influence an official, will be referred to the Associate Dean of Students, suspended for 365 days, and may have official charges filed against them with the Police Department.
7. Anyone involved in a fight or found guilty of cheating (check in under an assumed name, participation while under suspension, violation of eligibility rules) will be suspended from intramural sports for up to 365 days. The team will forfeit all games that a guilty player participated in.
8. All instances of suspensions will be handled on a case-by-case basis. In cases occurring late in the sport season or the academic year, a suspension may carry over to the next sport or next intramural year. After reinstatement, anyone involved in a second major offense will be banned from participation for 365 days.
9. The decision of an official or intramural staff member to eject a player for any unsportsmanlike conduct (be it verbal or physical) will be firmly upheld by Campus Recreation. Protests of this type will not be accepted. There are absolutely no exceptions.
10. The following statements are from the NCAT Student Code of Conduct:
11. Failure to Comply: All students and guests of NCAT are expected to comply with the directives or reasonable requests of university officials acting in the performance of their duties.
12. Harassment Statement: Harassment is defined as any words or acts, whether intentional or a product of the disregard for the safety, rights, or welfare of others, which causes physical, verbal, or emotional harm; or conduct which intimidates, degrades, demeans, threatens, hazes, or otherwise interferes with another person's rights to comfort and right to be free of a hostile environment. This includes, but is not limited to, loud or aggressive behavior; behavior that disrupts the orderly functioning of the university; disturbs the peace and/or comfort of person(s) on the campus of the university; creates an intimidating, hostile, or offensive environment. It also includes any conduct (words or acts) in which the university can determine that a threat exists to the educational process or to the health or safety of a member of the NCAT community.
13. Trespass Policy: North Carolina A&T State University reserves the right to prohibit trespass onto its property. University employees whose duties include building or property supervision or the general safety and protection of persons or property may issue a trespass warning. A trespass warning may be issued to students or non-students and may apply to an individual's vehicle, as well. The revocation of a person's privilege to be on the lands, within the buildings, or on the premises of the university may be restricted to time and place by the agent of the university issuing the trespass warning.

Safety

1. Proper attire must be worn for every intramural activity. NCAA and National Standards will be enforced when applicable. This is for your protection, as well as that of other participants. Each individual must obtain prior approval from the intramural staff for the use of orthopedic devices essential to protect an injury as well as wearing any casts or wrapped appendages. The following items are considered illegal apparel:
 - a. Street or dress clothes
 - b. Street or dress shoes
 - c. Metal or screw-in cleats
 - d. Bare feet (except sand volleyball)

- e. Sandals, work-boots
 - f. Exposed jewelry
 - g. Taping of jewelry is not permitted
2. Intramurals assumes no responsibility for injuries received during intramural sports. Participants are reminded that their participation is voluntary. The nature of sports activity and the large number of participants in our program makes the occurrence of some injuries inevitable.
 3. It is strongly recommended that all participants have a physical examination and carry some form of health and injury insurance. Any injuries or accidents occurring during activities should be reported immediately to the intramural staff.
 4. Anyone bleeding or having blood on their clothing will be prohibited from participation until appropriate measures have been administered. The on-site supervisor must be satisfied that the situation has been properly treated before the player may continue.

Alcohol and Drug Policy

1. No individual will be allowed to participate in any activity if it is suspected that he/she is under the influence of drugs or alcohol. Spectators and players are prohibited from bringing and/or consuming alcohol or drugs at the game sites. Individuals violating this rule shall be removed immediately. Any participant removed from an intramural contest due to a violation of the alcohol and drug policy will be suspended for a minimum of the remainder of that sport season. Additionally, this violation of the NCAT Student Code of Conduct will be reported to the Associate Dean of Students.
2. Any team that has a participant removed for a violation of the alcohol and drug policy, does not cooperate fully with the intramural staff in resolving alcohol and drug violations by participants and/or spectators, or is found guilty of possessing or consuming alcohol or drugs at a game site shall automatically forfeit that contest and will be placed on probation for the remainder of the season. The intramural staff shall determine the severity of the penalty on a case-by-case basis.
3. There is no smoking in or around the intramural playing fields. Individuals violating this policy will be given the option to discontinue smoking or to leave the site.

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