COLLEGE OF THE HOLY CROSS
OFFICE OF RECREATION, INTRAMURALS, & CLUB SPORTS

INTRAMURAL HANDBOOK FOR PLAYERS/TEAMS
2016-2017
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DEPARTMENT MISSION STATEMENT
In the spirit of Cura Personalis the Office of Recreation, Intramurals, and Club Sports (RICS) provides and supports recreational activities, coordinates intramural competitions, advises club sports, and oversees College bands. We also provide opportunities within each of these areas for students to develop and practice leadership skills.

SPORT OFFERINGS
The intramural program is divided into four quarters running throughout the academic year with quarters running roughly six weeks apiece, including regular season play and playoffs. The quarters will be broken down as follows…

- **Quarter 1: September- End of October**
  - 6v6 Outdoor Soccer: Games will be played on the Hart Astroturf. League may be broken up into multiple divisions as needed.
  - 7v7 Flag Football: Games will be played on Freshman Field
  - 6v6 Volleyball: Games will be played in the Fieldhouse

- **Quarter 2: End October- Beginning of December**
  - 6v6 Dodgeball: Games will be played in the Fieldhouse
  - 5v5 Indoor Wiffleball: Games will be played in the Fieldhouse
  - 3v3 Basketball: Games will be played in the Fieldhouse

- **Quarter 3: Beginning February- Middle March**
  - 5v5 Indoor Soccer/ Futsal: Games will be played in the Fieldhouse
  - 6v6 Inner Tube Water Polo: Games will be played at the Hart Center Pool

- **Quarter 4: End of March- Beginning of May**
  - 5v5 Basketball: Games will be played in the Fieldhouse
    - Men’s Competitive League (A)
    - Men’s Recreational League (B)
    - Women’s League
    - 9v9 Softball: Games will be Played on Freshman Field and on the Hart Astroturf
SIGNING UP A TEAM

All administrative and league related business will be carried out using IM Leagues

How to sign up for an intramural sport:
1. Create IM League Account
   Go to www.imleagues.com/holycross/registration and follow website prompts to create account
2. Once your account is created you are now free to create or join a team. Once logged in, click on the “School HomePage” Link.
3. On the School's homepage, the current sports will be displayed, click on the sport you wish to join.
4. Choose the league you wish to play in (Men’s, Women’s, Co-Rec, etc.)
5. 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
FORFEIT FEE AND CAPTAIN’S MEETING

Registration on IMLeagues for each sport will open up 2 weeks prior to the captain’s meeting. Once you have created a team, and have the minimum required number of participants, the team will be approved by the RICS staff. Remember that leagues have a maximum number of teams that they can handle, and accept teams on a first come first serve basis. Team names also have to be approved by the RICS office, and may not use offensive language or contain derogatory connotations. The RICS Office reserves the right to ask a team to change names.

Once a team is approved, the captain (or a representative) is required to attend a mandatory captains meeting, the date and location will be specified on the IMLeague home page. The purpose of the captain’s meeting is to familiarize captains with the rules of the league, and to clarify any questions that teams may have entering the season.

All teams are required to pay a $20 forfeit fee at the captains meeting. This will cover referee fees for any games forfeited. The RICS office will hold your $20 deposit through the season. If your team does not forfeit a game during the regular season and playoffs, the deposit will be returned to the team captain upon completion of the intramural season.
LEAGUE PLAY

A. Breakdown of League type
   a. Co-ed
      i. There must be two members of the opposite gender on the playing
         surface at all times. If the team doesn't have enough members to field a
         team, here is an example of when a team can have less than two
         members of the opposite gender. Ex. Co-ed basketball team- if they only
         have four players, which is the minimum amount to start the game they
         will be able to play with 3 men and 1 woman.
   b. Open
      i. This league is open for anyone to participate in regards to gender.
   c. Regular Gender Specific Leagues
      i. Only members of the particular gender can play.

B. Eligibility
   a. Faculty, Staff and Students are allowed to participate in intramurals and
      recreation tournaments.
   b. Teams are allowed to pick players up throughout the entire regular season. 
      Once the final second of regular season has been completed, teams may not 
      add any additional players.
   c. Varsity Athletes that play a similar sport are not allowed to play that particular 
      sport for intramurals. Ex. Baseball and softball players are not allowed to play 
      intramural wiffleball and softball. If there is ever a question about who is allowed 
      to play, please contact the head IM supervisor or the Director of RICS. The only 
      exception to the varsity rule is that graduating basketball seniors will be allowed 
      to play on an A league basketball team only during the spring intramural season. 
      Only one (1) varsity senior is allowed per team.
   d. Club Sport Athletes- there are only two (2) club sport athletes allowed to be a 
      member of the same intramural/rec team where there sport is similar to the 
      league being offered. If there is a circumstance where the league is full and a 
      member of the team would like to play, these cases will be decided on a case by 
      case basis.

C. Athletes playing for more than one team
   a. Intramural participants are not allowed to play for more than one team in each 
      league. If a player is found playing for more than one team, the second team will 
      receive a forfeit for every game the illegal player plays on their team. It is the 
      responsibility of the individual participant to be responsible and make the right 
      decision. Once a player is on a game sheet roster, they are not allowed to 
      change teams in the league.

D. Penalties for ineligible players
   a. Every game an ineligible player plays a game, that team will receive a forfeit.
E. Forfeit Policy
   a. If a team is unable to field the appropriate amount of players after ten minutes has elapsed from the original game time, the team will receive a forfeit. The ten minute window will be taken into effect when games are scheduled at 1 hour increments. There are occasions where the 10 minute forfeit window will be changed to a 5 minute window, this is when games are scheduled on a 40 or 45 min increment.
   b. A forfeit will result in an automatic zero (0) for sportsmanship. (see Sportsmanship policy) If a forfeit occurs, the team that wins by forfeit will always win 1-0 and automatically receive a sportsmanship rating of 5. The RICS office will make any attempt to work with the team reporting the forfeit in advance (by 2pm of game day) to not be penalized by way of sportsmanship policy, loss, and forfeit fee.

F. Jerseys/ Uniforms
   a. All teams must supply their own jerseys. Uniforms are recommended for most team sports. A jersey may simply be all team members wearing similar shirts, just as long as your team is distinct from your opponent’s team. Pinnies are available for teams to wear if both teams have like-colored jerseys.

G. Participant Dress Code
   a. Students must wear athletic apparel.
   i. Shorts, sweats, sneakers, cleats, and beanie hats/bandanas.
   ii. The following items are prohibited: Jeans, Khakis, Shorts with belt loops, Dress shirts (polo or button up), Jewelry, boots, loafers, dress shoes, or metal spike baseball cleats, baseball hats (besides wiffleball and softball)

H. Postponements/Rescheduling
   a. Most games will not be able to be rescheduled, but we will do our best to accommodate any cancelations due to weather.

I. Captain’s Responsibilities
   a. The captain is responsible to be the voice of the team during competition. Captains should be the only person speaking with officials with any issues or concerns.
   b. The captain is responsible for relaying all information to their team including but not limited to: Scheduling, Team Colors, Changes in Facilities, Rules, etc.

J. League Standings
   a. Teams will be ranked based on wins/losses, followed by sportsmanship rating, then point/goal differential
PARTICIPANT CONDUCT

The purpose of Intramural Sports is to provide an enjoyable outlet of recreation for all students interested in participating. While it is understood that competitive behavior is inherent to any of the sports that we offer, it is also important not to let the competitive nature take control of the game or league. Good sportsmanship is a requirement of all participants, players, and fans, and sportsmanship can play a role in determining the final seedings of an Intramural League. (See Sportsmanship Policy on Page 9) Team captains are responsible for the actions of individual players on their team.

A. **Disrespect Toward Staff/ Officials**

   It is important for players to realize that referees are not professionals, but have been trained and have extensive knowledge of the rules of the league. Any individual addressing a staff member or official in an unsportsmanlike, discourteous and/or threatening manner will be immediately disqualified and ejected from the game/event.

B. **Fighting**

   Anyone engaging or becoming involved in a fight will be disqualified immediately. If the instigator(s) can be identified, they will be suspended from that sport. “She/he hit me first” or “I was just defending myself” are not acceptable excuses for fighting.

C. **Destruction of Property/ Equipment**

   Any person/team that willfully causes destruction of or damage to equipment/game site shall assume full responsibility for the damage and will be assessed the full cost of repairs or replacement.

D. **Alcohol/ Tobacco Policy**

   No alcohol or tobacco products are allowed at any Intramural site. Teams and their spectators found in violation of this policy will be asked to leave the game site immediately and may face immediate suspension. If any participant appears to be visibly intoxicated, they will be removed from the game and subject to suspension from intramural play.

E. **Ejections**

   Any player, coach or spectator removed from an Intramural contest or playing area for conduct of an unsportsmanlike nature is automatically ineligible from further competition in that contest, and may be suspended from future contests depending on the severity of the infraction.

   All ejected players must immediately leave the playing area/facility when ejected. If the player refuses to leave within two (2) minutes, the game will be forfeited and Public Safety may be called to remove the ejected player.
SPORTSMANSHIP RATING

Each game will be rated by officials after the conclusion of the game. The captains of each team will be notified their rating at the completion of the game.

A. Sportsmanship ratings

5- Great sportsmanship. No issues, maybe a little bickering.
4- Good sportsmanship. Minor issues and complaining
3- Okay sportsmanship. Issues with players, heated complaining towards the refs.
2- Low sportsmanship. Behavioral problems with players, physical activity amongst players.
1- No Sportsmanship. Continuous bickering, moaning, disrespect of players, officials and equipment.
0- Forfeit, Disqualification, Ineligible players, Fighting,

B. Sportsmanship Average

i. Teams are required to maintain a 3.5 average throughout the regular season to make the playoffs. Any team with an average below 3.5 at the end of regular season will automatically be disqualified from participating in the playoffs.

ii. Once teams are in the playoffs sportsmanship ratings reset. During playoff competition, teams will be required to maintain a 3.0 average to stay in the playoffs.

PLAYOFFS AND CHAMPIONS

At the end of the regular season, teams will be ranked according to (1) record, (2) sportsmanship rating, and (3) score differential. Teams will be seeded accordingly and placed in a bracket-style tournament. The number of teams that will make the playoffs will vary by league and also according to facility availability. All sports tournaments, with the exception of dodgeball, will be single elimination. Teams, having not forfeited a game, will receive their $20 deposit upon elimination from the playoffs.

The winner of the final game in each league will receive league champion t-shirts. A team photo will be uploaded onto IMLeagues, as well as the RICS Webpage.