



INTRAMURAL SPORTS

STUDENT HANDBOOK

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## **Mission Statement**

It is the mission of the Intramural Sports Program under the Department of Campus Recreation and Wellness at Concord University to provide a wide range of individual and team activities at both a competitive and a recreational level to students, faculty, staff, and other members of the university community. Our purpose is to provide exercise, recreation, and fun to our participants in a relaxed, yet structured environment. Intramural Sports is a crucial element of the academic experience in that it promotes and reinforces teamwork and personal accomplishment, mutual respect and integrity, competition and recreation, as well as skill and exercise. Everyone is encouraged to play to the best of his or her abilities; however, a win-at-all-costs attitude is inappropriate and strongly discouraged. The genuine value of Intramural Sports comes from playing, not from winning.

## **Diversity**

Everyone can play intramurals, regardless of their athletic ability or skill. Participation among students, faculty, staff, and alumni is encouraged. Intramurals presents an opportunity for students to get to know their fellow students, CU professors, and staff better by offering an informal environment to play and compete together. All Intramural Sports are Co-Ed. Our aim is to create a community of students, employees, and scholars in which all members are treated with respect and foster the development of a “sense of belonging” and being part of our Mountain Lion community.

Diversity refers to the fact that our community, both locally and nationally, is comprised of many individuals, each having unique attributes based on a variety of social, physical, and cultural characteristics. Included among these attributes are:

Race, Class, Ethnicity, Religion, Gender, Sexual Orientation, Marital status, Veteran status, Disability, Political Affiliation, National origin.

The changing composition of our larger society demands that Concord University prepare its students for life and leadership within an increasingly diverse society. The existence of diversity within our university community provides us with an opportunity to discover ways to integrate all individuals and groups into the larger community in a manner that respects and

values their uniqueness while simultaneously advancing the university in its traditional activities of instruction, research and public service.

## **Transgender Policy**

Each intramural activity offers one of the following four league options: Men's, Women's, CoRec, or Open. Individuals are encouraged to participate in the appropriate league based on the individual's expressed gender identity.

## **Why Play Intramural Sports?**

Get in Shape While Having Fun and Competing:

Intramural programs provide a great opportunity for those who don't have the time or abilities to compete in competitive university athletics. Many people also feel more motivated to exercise when they're playing in an organized program rather than following a personal fitness regimen. Studies have shown that students that play Intramurals in college not only experience enhanced health such as increased cardiovascular endurance and muscle strength, but also have better circulation, and reduced overweight/obesity. Studies by the National Intramural Sports Association (NIRSA) and others have shown that students that participate in organized recreation programs such as Intramurals in college are able to avoid or reduce "The Freshman 15" in which the average college freshmen gains up to 15 lbs their first year of attending college and an additional 7-9 lbs their Sophomore year.

Meet Others and Form Lasting Friendships:

Another clear benefit of playing intramural sports is the opportunity for socialization and integration into college life. Peer reviewed studies have shown that students that participate in Intramurals experience an enhanced college experience by developing long lasting relationships and becoming more engaged with the institution. By developing relationships with their teammates, participants develop more of a "sense of belonging" to the community that helps them cope and adjust better to the stressors of college life. Many maintain these relationships throughout their college career and for years after they graduate along with their sense of belonging to the Mountain Lion community.

## Reduce Stress and Increase Your Academic Success:

Studies conducted by NIRSA and others have shown that students that participate in Intramurals in college also develop better sleep patterns, experience less depression and anxiety, and have elevated levels of norepinephrine and endorphins in the body which can reduce stress, improve mood, and create a calming effect after exercise that can improve achievement. Some researchers have shown participants in Intramural Sports develop higher levels of self-esteem, self-efficacy, and personal responsibility, all of which have also been shown by college retention experts to be related to higher levels of academic motivation, institutional commitment, degree commitment, scholastic conscientiousness, and ultimately higher GPA scores and graduation rates.

## Help Your College Grow:

Institutions should also take note of the benefits of promoting their intramural programs. NIRSA finds from their own studies that such programs help in student recruitment and retention. For instance, researcher Scott Forester, who surveyed 33,500 students from colleges and universities across the nation, found that 62% of students report that campus recreation programs such as Intramurals influenced their decision of which college/university to attend. Forrester also found that 67% of students report that campus recreation programs influenced their decisions to continue attending their chosen college/university.

## **Sportsmanship**

Our goal is to provide competition for our participants in an enjoyable, recreational, and structured environment. Therefore, the following sportsmanship classification system encourages proper sporting behavior during all intramural contests.

For team sports, all teams are expected to display “acceptable” or better sportsmanship in every game. During the regular season, teams with sportsmanship incidents may be ruled ineligible for the playoffs. During the playoffs, teams with sportsmanship incidents may be removed from the tournament. At any time, if a team displays poor sportsmanship, the team will be required to meet with the Intramural Sports Staff. All teams are subject to removal from the league due to sportsmanship issues.

The classification of sportsmanship is subject to interpretation by the Intramural Sports Staff. In the event that a team displays poor sportsmanship, the Intramural Sports Staff reserves the right to eject any team member or forfeit the game. In any team sport activity, a player that receives a foul/penalty for unsporting behavior must immediately report to the Scorekeeper/Supervisor on site, so the foul/penalty can be documented. Failure to do so will result in immediate ejection from the contest. The following categories are designed to be a guideline for determining sportsmanship levels:

**Excellent Sportsmanship:** Players cooperate fully with opponents and staff; captain calmly converses with officials and has full control of teammates.

**Good Sportsmanship:** Players cooperate with opponents and staff; team does not commit an unsportsmanlike penalty/foul. **Acceptable Sportsmanship:** Team members display minor disagreement and unsporting behavior toward staff and/or opponents; team does not have more than one unsportsmanlike penalty/foul.

**Poor Sportsmanship:** Team members display a lack of control and continuously show unsporting behavior to staff and/or opponents from the field/sidelines; captain has little or no control of team; team commits unsportsmanlike penalties/fouls; team member(s) ejected due to sportsmanship issues; team required to forfeit the game due to unsportsmanlike behavior.

## **Team Captain Responsibilities**

Recruitment:

Many people on campus want to participate in intramural sports but don't know how to get involved. You can introduce those individuals to the Intramural Sports Program by including them on your team. Intramural Sports offer the opportunity to enjoy friendly competition, healthy exercise, and interaction with diverse groups of individuals. Use this opportunity to get involved and get others in the game

Organization:

It is the captain's responsibility to ensure all registration requirements are completed. All sport registrations are processed through a Mach Form QR Code. During the regular season, game times could vary. Teams should expect to play at various time during the week for major team sports. However, during the playoffs, teams may play on back-to-back days, or in some

cases, doubleheaders on the same day. For outside sports, games may be cancelled due to weather on the day of the game. Thus, it is important for captains to be able to contact their teammates.

#### Communication:

As a captain, the most important job as the leader is communicating with your teammates. It is up to you to know the intramural policies and procedures and encourage team members to know them as well. If necessary, inform team members of any special rules that may apply for your particular sport. We suggest frequent communication among team members so you know which team members will be present for each contest.

## **Participant Responsibilities**

1. Students, Staff, or Faculty must make sure that their Intramural Sports Membership is Valid for the 2024 – 2025 School Year. Questions can be Directed towards the *Manager of Intramural Sporting Events*.
2. Be aware of the Intramural Sports Program’s rules, policies, and procedures related to your activity. Ask your team captain or a member of the Intramural Staff if you have any questions. You may also answer many of your questions by visiting the Intramural Sports website.
3. For team sports only: every player is required to verify eligibility before participation. Eligibility is verified at the time that you check-in for a game, which includes providing an acceptable form of identification.
4. Act in a sportsmanlike manner when participating in intramural activities. Remember...playing intramural sports is a privilege, not a right.
5. Positively reflect and actively uphold the values of Concord Intramural Sports Program, which include sportsmanlike competition, fairness, respect, and integrity

## **Official’s**

Concord University Intramural Department employees four student officials, one Graduate assistant and one Director. Each will go through 5-10-hour courses through NIRSA. (Page 8). Official’s take their job seriously, and have soul authority over each game/ tournament.

## **NIRSA (National Intramural Recreation Sports Association)**

Concord University Intramurals is a proud Member of the National Intramural-Recreational Sports Association (NIRSA).

**NIRSA Mission:** NIRSA is a leader in higher education and the advocate for the advancement of recreation, sports and wellbeing.

NIRSA is the governing body of intramural sports; all games and events that are played within Concord intramural program are ruled by NIRSA. Concord has been a proud member of NIRSA for 2 years. NIRSA provides opportunities to students, and college intramural leagues a chance to play other schools.

### **Rosters**

Roster policies differ between the competitive and recreational levels for all team sport activities. The details for adding and removing players is outlined below for the different divisions. As a reminder for all team sports, a minimum of three players must be on the roster for a team to be approved and scheduled for regular season and/or postseason games.

**Competitive Teams:** All players must adhere to intramural eligibility policies. During the regular season, there are no restrictions to 1) adding players on a team roster or 2) switching between team rosters. Once the playoffs start, all rosters are immediately locked and players may no longer switch to another team roster. In the playoffs, a team may still add players to the roster, as long as that player is not on another competitive team roster for that team sport league. The Intramural Staff will resolve violations and consider exceptions on a case-by-case basis.

**Recreational Teams:** All players must adhere to intramural eligibility policies. During the entire season, there are no restrictions to 1) adding players on a team roster or 2) switching between team rosters. For example, a player can play with Team A during the first week, Team B the second week, Team C the third week, etc. The recreational division is designed for individuals seek participation for exercise and enjoyment and who want to maximize their membership. Therefore, this policy allows the flexibility to play with a number of different teams during that a sport league. Note: Players are not permitted to join more than one team until after registration closes to ensure that others have the opportunity to create a team.

**League Restrictions (Men's, Women's, CoRec, Open):** Participants are restricted to playing on only one team within a league (i.e., Men's, Women's, CoRec, or Open). However,



participants may play on both one Men's/Women's team and one Open/CoRec team for each sport. Individuals are encouraged to participate in the appropriate league based on their expressed gender identity.

Joining a Team Roster: A player can join a team roster once the team captain has registered for a sport. We encourage captains to add all players prior to their first scheduled game to facilitate an easier check-in process for the first game. However, a player may also join a team roster by showing up and checking in for a game.

## **Mercy Rule Guidelines**

Please see the attached Chart with Mercy Rules Regulations:

Sport:	Point Differential
Sand Volleyball	19 Points
Flag Football	19 Points
Basketball	19 Points
Indoor Soccer	3 Points
Indoor Volleyball	19 Points
Slow Pitch Softball	20 Runs after 4 Innings

## **Proper Athletic Apparel**

All intramural participants must wear appropriate athletic attire while participating. Appropriate attire requires each participant to wear, at minimum, a shirt, shorts/pants, and appropriate athletic footwear.

Shoes:

- Shoes must be worn during play (exception: water-based activities).
- Court shoes must be worn in the gym facilities.
- Hiking boots, combat boots, or street shoes are not permitted.
- Metal spikes or metal screw-ins are not permitted.
- Shoes with front toe spikes are not permitted during any activity.

## **Equipment**

Many knee braces are designed to be worn during sport-related activity. Knee braces made of hard unyielding material are legal but it is advised to cover such a brace with at least ¼ inch of closed-cell, slow recovery rubber or another material with similar physical properties (such as a neoprene sleeve). Braces with exposed metal edges that have developed a sharp, cutting surface are not allowed. All jewelry must be removed before any participant is permitted to play. Taping over jewelry is not permitted! Medical bracelets or necklaces may be secured with tape but must first be shown to an Intramural Staff member when checking-in to the game. Note: you may contact the Intramural Sports Staff prior to participating to discuss exceptions to this policy ([wbarbera@concord.edu](mailto:wbarbera@concord.edu)).

## **Cancelations & Inclement Weather**

Game status as it relates to weather and playing conditions is determined by 4:00pm daily by the Intramural Sports Staff. If games are cancelled prior to 4:00pm, the Intramural Sports Staff will notify team captains as soon as possible. After 4:00pm, game status is determined by the on-site Intramural Sports Supervisor. Participant safety is the most important factor when determining game status. The following policies outline guidelines for certain weather conditions.

Unless circumstances permit, games cancelled during regular season play are not rescheduled. If games are rescheduled, team captains will be notified. Except for extenuating circumstances, all playoff games postponed or suspended due to inclement weather will be rescheduled and teams will be notified as soon as rescheduling is finalized.

During any shelter-in-place situation (i.e., weather-related emergency), heed the following information provided by the Concord Office of Public Safety: 1) stay calm; 2) seek shelter inside the closest sturdy building; 3) stay away from windows, glass, and unsecured objects that may fall; 4) seek shelter in interior rooms and corridors; 5) remain sheltered until an “all clear” is given.

Activities must be terminated if lightning is detected within 10 miles of the site for outdoor activities. Game play will be suspended until there has been no lightning activity within the 10-mile radius for a minimum of 30 minutes following the last strike. During a lightning

delay, participants may not be on any playing surface. All participants should seek a lightning safe facility immediately. The Intramural Supervisor on site is responsible for monitoring the proximity of lightning to the intramural fields.

## **Ejections**

Any player or fan ejected from an intramural contest for any reason must immediately leave the playing area if requested by Intramural Sports Staff. Failure to leave may result in forfeiture of the game by that individual's associated team or Removed by Public Safety. Cooperation with Intramural Staff is encouraged in order to insure a smooth reconciliation of any ejection situation.

It is the individual's responsibility to contact the Intramural Sports Staff by emailing [wbarbera@concord.edu](mailto:wbarbera@concord.edu) within 7 days of the ejection. Ejected participants who do not contact the Intramural Sports Staff within this period may be referred to Concord's Student Conduct Board. Any individual ejected from intramural activity is immediately suspended from participating in intramural programs until they meet with the Intramural Sports Staff to resolve the situation. Self-imposed punishment is not accepted.

## **Banned Substances**

The Intramural Sports Program does not tolerate the consumption of alcohol prior to or during any intramural activity. If a participant or spectator appears to be intoxicated and is causing a disruption or making a scene, the participant may be asked to leave the premises. Individuals that violate this policy may be reported to The Concord Police Department and/or the Student Conduct Board.

Smoking of any kind while participating in an intramural activity is prohibited. In accordance with university policy, smoking is the lighting or burning of any pipe, cigar, or cigarette, or other tobacco product, or the use of any electronic cigarette or vaping device (Smoke Free Campus). Smoking is not allowed at any indoor activity.

The use of drugs is incompatible with the goals of the academic community and the Campus Recreation mission. Therefore, the Intramural Sports Program prohibits the use or possession of any unlawful drug or controlled substance at any intramural activity. Additionally,

an individual that is using, in possession of, or under the influence of any drug or controlled substance will be reported to the Concord University Police Department.

## **Media Policy**

Photography, video, and audio recording are not permitted in any Recreational Sports facility without prior approval from the Department of Campus Recreation. For permission to take photos or recordings during activities, please contact the Intramural Sports Staff at [wbarbera@concord.edu](mailto:wbarbera@concord.edu). Participants can be photo graphed by the campus recreation department during intramural events, and games.

## **Concord Facility Polices**

To ensure the longevity and quality of our Recreation & Varsity Sports facilities, we ask that all participants and spectators adhere to posted signs. Any participant or spectator that does not comply with signage or employee direction is subject to removal from the facility. Our Recreation & Varsity Sports facilities may be reserved for special events and organized practices/games. For reservations, Contact the Director of Summer Conferencing @ 304-384-6347. For after hour concerns, call the Concord University Police Department. We appreciate your help in preserving our spaces for years to come!

## **Staff Directory**

Andrew Barbera – [wbarbera@concord.edu](mailto:wbarbera@concord.edu) or [concordfitnesscenter@mycu.concord.edu](mailto:concordfitnesscenter@mycu.concord.edu)

Emma Londeree – [londereee06@mycu.concord.edu](mailto:londereee06@mycu.concord.edu)

Shyanna James – [jamess16@mycu.concord.edu](mailto:jamess16@mycu.concord.edu)

Campus Police – 304-384-5357

Revised & Updated on August 20<sup>th</sup> 2024

## Referee Agreement

I, \_\_\_\_\_ Acknowledge that I have read the Intramural Sports employment handbook and fully understand all procedures and terms of employment.

Violation of any of the above will result in immediate termination from my position.

### Confidentiality Agreement Intramural Sports

I, \_\_\_\_\_ understand that by virtue of my employment with Concord University, I may have access to records that contain individually identifiable information. Disclosure of this information except under specific conditions, is prohibited by the Family Rights and Privacy Act. I fully understand that disclosure of this information to any unauthorized persons could subject me to disciplinary action resulting in termination from my job as well as penalties imposed by law.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**774#:** \_\_\_\_\_

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**Director Verification:**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_