



SAN DIEGO STATE UNIVERSITY INTRAMURAL SPORTS HANDBOOK

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INTRAMURAL SPORTS HANDBOOK

The Intramural Sports Handbook is reviewed and approved by the Intramural Sports of San Diego State University Imperial Valley.

I. GENERAL INFORMATION

A. Mission Statement

The primary purpose of the Intramural Sports Program is striving to satisfy the diverse degrees of interest in cooperative/competitive Intramural Sports participation utilizing available resources in the most efficient way possible. Intramural Sports is intended to enhance the quality of education at San Diego State University Imperial Valley by offering programs for every student regardless of age, gender, national origin, religion, physical ability, or experience.

B. Philosophy

Regular physical exercise promotes a healthy lifestyle. All current students, faculty, and staff are eligible to play on Intramural Teams. The Intramural Sports calendar offers something for all ability levels and playing interests. In Intramural Sports, the importance is placed on participation within the boundaries of fair play and good sportsmanship as opposed to wins and losses.

C. Goal Statement

This handbook is designed to provide Team Captains and Intramural Sports participants with specific guidelines and information that will assist them in participating fairly within the Program. Intramural Sports is designed to complement the academic pursuit - have fun and enjoy it!

II. THE INTRAMURAL SPORTS STAFF

A. Becoming an Intramural Sports Official

Becoming an Intramural Sports Official is easy - and fun too! Job posting will be listed on Handshake.

The pay for game officials is minimum wage, No experience is necessary; we will train you! Applicants must be enrolled in a minimum six (6) units at San Diego State University. Intramural Sports is looking for sports-minded individuals with a willingness to learn the art of officiating. Several training clinics are conducted throughout the semester, to teach the principle fundamentals of officiating. Attendance at these clinics is mandatory, as are the bi-weekly officials' meetings. The goal of these meetings is to improve the skills and techniques of the officials through rule interpretation, video presentations, and occasional guest speakers.

Come join us to work with an exciting sports-minded staff.

III. ELIGIBILITY

A. Who can play?

All current active students, faculty, and staff that are in good standing are eligible to participate in Intramural Sports.

B. How do I get involved?

Team Registration: Team Registration is available online at <https://forms.gle/L39s6kXnC5LK8Uni7>. **Teams are placed in leagues or tournaments on a first come first serve basis.**

Free Agent Registration: Free Agent Registration is available online at <https://forms.gle/hX2w2gTLV2po6Vtg8>. Free agents are players who do not already have a team to play on. Free Agents will be placed on a team made up of other free agents who signed up for the same day, time, and skill level.

C. Levels of Play

In an effort to create a fair environment for all playing levels and abilities, most sports are offered in Competitive and Recreation levels.

D. Participation

Within each division, players may only participate with one organization or team in any sport during the same season. Players who participate in the aforementioned leagues can also participate on a Co-Rec team in the same sport in the same season.

- Open Leagues are leagues in which those who identify as male, female, or another gender identity can participate on the team with no rules limiting the number of male or female participants.

E. Gender Guidelines

In keeping with the San Diego State University's policy of nondiscrimination on the basis of gender identity and gender expression, individuals participating in Intramural Sports may participate in accordance with their gender identity and gender expression.

F. Intercollegiate Athletics Team Members

Any active member of an Intercollegiate Athletics team is ineligible to participate in the same or related sport for 365 days after they last competed (e.g. baseball players may not play in a softball league, etc.). Junior College athletes are eligible to participate.

Any one of the following criteria determines active membership:

- Member of a varsity or junior varsity intercollegiate team

- Suited up for an intercollegiate contest
- Participated in an intercollegiate contest
- Practiced with an intercollegiate team after the last cut
- Red-shirt for an intercollegiate team

G. Former Intercollegiate Athletics Team Members

Former intercollegiate team members from San Diego State or other 4-year institutions must compete in their sport in the highest level of competition offered. One ex-varsity player per team may be in the game at any given time.

For the purpose of this rule, a player will be considered a former intercollegiate team member for a period of five years if she/he meets one of the requirements of Section H below.

H. Highly Competitive/Professional Athletes/Former Olympian

Any individual who has received monetary compensation for sports-related activities is ineligible to compete in the same or related sport for which he/she was paid for five years afterwards. Any player who has represented his/her country in the Olympics is also ineligible to participate for five years afterwards.

I. Ineligible Player Team Penalty

Any team using an ineligible player will forfeit all games in which the ineligible player participated. Any team knowingly using such a player will forfeit all games in which the ineligible player participated, may not advance to the playoffs, and will be declared ineligible to participate in Intramural Sports for one year.

IV. RISK MANAGEMENT

A. Participant Insurance

The University **does not** provide medical insurance that covers participants in the Intramural Sports Program. Players are advised and strongly encouraged to obtain medical insurance coverage prior to participating in Intramural Sports.

B. Injury / Accident Notification

In the case of an injury or accident during a scheduled contest, or a potential medical problem, participants should notify any Intramural Sports Staff member on-duty as soon as possible.

V. POLICIES

A. Sports Representative

Each team must provide a representative to serve as Captain/Team Manager. Their responsibilities include: general leadership of the team, knowing the specific sport's rules, relaying the information contained in the Intramural Sports Handbook to his/her team,

communicating the game schedule for the regular season and playoffs to their respective teams, and controlling their team and spectators during games.

B. Team Roster

Team Captains are responsible for keeping their roster up-to-date and for adding players prior to the roster addition deadline. All roster additions must be completed through the registration site. No player will be added once the roster addition deadline has passed. A player must have played in at least one regular-season game to be eligible for the post-season playoff tournament.

C. Identification Check

Identification checks will occur before every Intramural Sports contest. Failure to produce identification will result in not being allowed to participate in Intramural Sports. The following are the only acceptable forms of identification at check-in. SDSU ID's or government issued ID's such as a driver's license or passport will be accepted.

No I.D. - No Play!

D. Team Name Policy

A team name that promotes intolerance, degrades a racial, ethnic, gender or religious group, infers an explicit sexual reference or promotes destructive behavior such as that associated with alcohol or drugs will be considered disrespectful to University members and the University community at large. The name will be deemed inappropriate by Intramural Sports Staff and be modified accordingly.

VI. PROCEDURES

A. Rules

Specific sport rules will be emailed to participants prior to any event.

B. Schedules

All regular-season and playoff schedules will be posted on the website. It is the team captain's responsibility to inform his/her players about all scheduling issues. Game days and times for playoffs and championships will be different from regular season play.

C. League Results

League standings will be determined by winning percentage within the league. Ties in the final league standings will not be played off due to time and facility constraints.

The following tie-breaking system will determine league placement:

- *Sportsmanship rating average throughout the regular season*
- *Head to head competition, in common games*
- *Best net points, in common games among the teams tied*
- *Total points scored, in common games among the teams tied*

- *Best net points, in the league*
- *Total points scored, in the league*
- *Coin toss*

Note: If two teams remain tied after a three or four-way tie-breaker, the procedure will revert back to the top.

D. Playoffs

All teams with a high enough winning percentage and sportsmanship rating will proceed to a post-season, single-elimination playoff tournament. Teams must receive an average sportsmanship rating of 3.5 or better during the regular season to be eligible for playoffs. Teams should be prepared to play on different days and times than they did during the regular season. It is the responsibility of the Team Captain to check and confirm the playoff schedule.

E. Inclement Weather

All Intramural Sports contests will be played as scheduled. In the case of inclement weather, if you do not receive a phone call from an Intramural Sports Staff, show up at the site and be prepared to play. Failure to show up in this situation will result in a forfeit.

F. Game Postponement

If a scheduled contest is postponed due to inclement weather, darkness, or facility scheduling conflicts, the Intramural Sports Staff will make every effort possible to reschedule the game. However, it is not guaranteed to be rescheduled.

VII. SPORTSMANSHIP & CONDUCT

A. Conduct

The Intramural Sports Program insists on good sportsmanship. Actions that are dangerous and/or conduct that is detrimental to the Program will not be tolerated and are grounds for suspension from further participation in all Intramural Sports activities.

B. Guidelines

Each Intramural Sports contest will be reviewed by Intramural Sports Staff to determine whether actions that were detrimental to the purpose of the Program were exhibited. No player or spectator of a team shall act in an unsportsmanlike manner before, during or after an Intramural Sports contest.

Examples of unsportsmanlike behavior include, but are not limited to:

- *Any attempt to strike an opponent or Intramural Sports Staff member.*
- *Fighting, late hits, cheap shots, etc.*
- *Unsportsmanlike conduct penalties.*
- *Aggressive action toward a participant or Intramural Sports Staff member.*

- *Profanity, insulting or vulgar language or gestures - incidental or otherwise.*
- *Verbal or physical taunting.*
- *Actions that may lead to a fight.*
- *Attempts to influence the decision of a game Official or Supervisor.*
- *Dissent towards an Intramural Sports Staff member's decision.*
- *Failure to cooperate with Intramural Sports Staff.*

Penalty - Violations of the sportsmanship policy are considered unsportsmanlike conduct and on the judgment of the Intramural Sports Staff may result in suspension or a permanent ban from further participation in Intramural Sports activities.

Teams that receive a below-average sportsmanship rating for the regular-season will NOT be allowed to advance into the playoffs. For tournaments, teams receiving a below average rating will not be allowed to advance to the next round.

C. Ejected Participant

Any participant who is ejected from a contest for unsportsmanlike conduct is automatically suspended from the rest of the tournament or for a minimum of his/her next two consecutive games in the corresponding sport. Immediately following the ejection, it is the participant's responsibility to contact the Intramural Sports Program Supervisor to set up a meeting to discuss the ejection and necessary action that needs to be taken.

Penalty - Any team using a suspended player will forfeit all games in which the suspended player participated. Any team knowingly using such a player will be ineligible for competition for one year and the player's team may not advance to the playoffs, or complete the remainder of the tournament.

D. Probation

All participants ejected from a contest will be placed on probation for a period of one year from the date of the incident. Any further disciplinary action during this probationary period will result in a one-year suspension from all Intramural Sports activities.

E. Fighting

Any participant, who in the judgment of Intramural Sports Staff, engages in any attempt to fight (strikes or engages an opponent in a combative manner, throws a punch, kicks an individual, and/or retaliates against an aggressive act) immediately before, during or after an Intramural Sports contest shall be suspended or permanently banned from further participation in the Intramural Sports Programs.

F. Leaving the Bench Area to Participate in an Altercation

Any participant, player, coach or bench personnel who leave the bench or coaching area to participate in an altercation will be ejected. The penalty is an automatic two-game

suspension. In all cases, the Intramural Sports Handbook's policies on "Fighting," "Fighting with Intramural Sports Staff," and "Team Disturbances" will take precedence.

G. Fighting with Intramural Sports Staff

Any participant who attempts an aggressive act towards an Intramural Sports staff member will be permanently banned from all recreation programs and facilities.

H. Spectator Conduct

All spectators are to be held to the same standards as an Intramural Sports participant, as outlined in the sportsmanship section of the Intramural Sports Handbook. Team captains are required to monitor and control the behavior of any fans supporting his/her team. Pets are not allowed at any Intramural Sports competition or event, no matter the size of the animal.

I. Alcohol, Tobacco & Illegal Substances

Alcohol, tobacco, & illegal substances are not allowed at any Intramural Sports competition. Any participant suspected of using illegal substances or participating in an Intramural sport while under the influence will be ejected and required to leave the premises. Each team Captain is responsible for enforcing this policy with both team members and fans. Violators are subject to all penalties described earlier in regards to ejections, as well as further disciplinary action by Campus Security and/or the Dean of Students.

J. Sportsmanship Ratings

In order for a team to advance into the playoffs, it must receive an average sportsmanship rating of 3.5 or better during the regular season. For tournaments, teams must receive a score of 3 or better to advance to the next round.

Sportsmanship ratings will be based on the following criteria and are given after each Intramural contest:

- 5 points: Team displays excellent sportsmanship while treating the opponent with respect. Players demonstrate excellent sportsmanship at all times. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Maintains an attitude of complete cooperation with staff. Players always display self-control.
- 4 points: Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without gesture or argument. Mostly cooperative with game Officials and opponents. Team Captain able to control his/her players.
- 3 points: Team competes without incident; wins without boasting, loses without excuses, and does not display any poor conduct. Neither cooperative nor

disruptive towards staff. Team Captain unable to control all players on his/her team.

2 points: Team has a player or coach who is ejected for abusive language or remarks. There is persistent questioning of game officials' judgment in the game and/or repeated arguing. Spectators, clearly related to the team, fail to cooperate with the Intramural Sports Staff.

1 point: Team has a representative (player or coach) who is ejected for fighting. Players are so antagonistic that the game cannot be played with proper order and control. Representatives of the team display uncooperative nature to Intramural Sports Staff. Players disregard warnings of unnecessary roughness by game Officials. Forfeiting a game also warrants a score of one.

K. Team Disturbances

Incidents where a third player or more joins an altercation/fight will result in all participants who are present at the game and on the game scoresheet/roster being suspended or permanently banned from all Recreation facilities and programs.

L. Discipline

All SDSU student participants are subject to the possibility of official SDSU Judicial Proceedings and consequences from SDSU Public Safety officials if they threaten and/or abuse staff, another member and/or guest or engage in illegal activity in any recreation facilities and/or programs.

In addition, incidents involving student Standards of Conduct violations will be forwarded to SDSU's Center for Student Rights and Responsibilities for investigation. Disciplinary action from the Center for Student Rights and Responsibilities is determined on a case-by-case basis and could range from no action to expulsion from the California State University system. Non-SDSU student members are subject to the possibility of consequences from the SDSU Public Safety Department and/or Calexico Law Enforcement officials if they threaten and/or abuse staff, another member and/or guest or engage in illegal activity in any recreation facilities and/or programs.

VIII. PROTESTS

A. Valid Protests

A valid protest must either concern player eligibility, an ejection or a misapplication or misinterpretation of a sport rule. A protest of the judgment of an Intramural Sports Supervisor/Official is invalid. Protest Forms are available in the Intramural Sports Office or with the supervisor on duty.

B. Player Eligibility Protests

Opponents must verbally make the Intramural Sports Staff (Official or Supervisor) and suspected ineligible player aware of an eligibility protest before the respective player enters and participates in the contest. Opponents give up their right to protest any player after the suspected ineligible player participates against them. An official Protest Form must be completed with the Intramural Sports Supervisor on duty for the protest to receive further consideration.

C. Game Protests

A valid game protest must include the following:

- All protests must be made to the Supervisor on duty before the next “live” ball.
- At that time, the reason for the protest must be given to the Supervisor.
- Protests must involve a misinterpretation or misapplication of a playing rule.
 - Example: During an indoor soccer game, one of your players violates the rafters rule and must come off the court to serve their 2 minute penalty. The official on duty does not apply the rule properly and enforces a 5 minute penalty. This misapplication of the playing rule would result in a valid protest.

D. Playoff Protests

Due to time constraints, protests during the playoffs will be decided by the Intramural Sports Supervisor on-duty. The decision of the Intramural Sports Supervisor is final and cannot be appealed to the Intramural Sports Council.

E. Action on Ejection/Suspension Protests

A valid ejection/suspension protest must include the following:

- All protests must be made within 48 hours of your suspension
- Protests must show that the player did not commit one of the sportsmanship violations covered in section VII of this handbook.

F. Appeals

A written appeal of a protest decision must be submitted within 48 hours of notification of a decision to the Intramural Sports Department. Upon receipt of a written appeal, it will be reviewed by the professional staff. If necessary, a hearing will be held at the next available meeting in regards to your appeal.

IX. GAME SITES

A. Fields

Rollie Carrillo Quad – Used for Outdoor Volleyball, Outdoor Soccer, Flag Football, Outdoor Soccer, Outdoor Dodgeball, Disk Golf, and Ultimate Frisbee.

NorthEast Quad – Used for Outdoor Volleyball and Outdoor Soccer



B. Courts

Art Gallery – Used for Ping Pong and Recreational Workshops

C. Associated Students Student Union Building

Lounge Area – Used for Ping Pong