Intramural Sports

Participation Manual

Work Hard.....Play Harder!

2016 – 2017
CONTACTS

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Athletics Office (Jenny Peterson) 786-3749
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Website www.stolaf.edu/recreation/intramurals

Intramural & Sport Club Office Location Skoglund 012

Comments & Concerns rotty@stolaf.edu

FACILITIES

Tostrud Center
Skoglund Center
Old Main Fields
I-lot Fields
Practice Soccer Fields
Sand Volleyball Court
Broomball Rink
Cross Country Start
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Block 1 (Sept.-Oct.) (Sign-Ups End, September 14th)
Flag Football (Open)
Ultimate Frisbee (Co-Rec)
2’s and 4’s Sand Volleyball (Open & Co-Rec)
Outdoor Soccer 11v11 (Co-Rec)
Outdoor Whiffleball (4v4-Open)
Spikeball
Outdoor Futsal
NFL Pick-em

Block 2 (Oct.-Dec.) (Sign-Ups End, October 24th)
Basketball (Men’s & Women’s)
6’s Volleyball (Co-Rec)
4’s Wallyball (Open)
Kickball (Co-Rec)
Indoor Futsal Soccer (4v4-Open)
Tennis & Badminton (Individual & Team)
NFL Pick-em
Bowling at Jesse James Lanes (Open) (Limit 8 teams of 2)

Interim (Jan.) (Sign-Ups End, December 20th)
Basketball (Men’s & Women’s)
Indoor 7’s Soccer (Co-Rec)
Outdoor Broomball (Co-Rec)
Ultimate Frisbee (Co-Rec)
4’s Volleyball (Open)
2’s Wallyball (Open)

Block 3 (Feb.-March) (Sign-Ups End, February 9th)
Basketball (Men’s & Women’s)
Kickball (Co-Rec)
2’s and 6’s Indoor Volleyball (Open & Co-Rec)
Tournament Pick-em (March Madness)
Inner-Tube Water Polo (Co-Rec)
Indoor Futsal Soccer (4v4-Open)
Badminton (Individual & Team)

Block 4 (April-May) (Sign-Ups End, March 30th)
Softball (Men’s & Co-Rec)
Spikeball
6’s Sand Volleyball (Co-Rec)
Outdoor Soccer 11v11 (Co-Rec)
Ultimate Frisbee (Co-Rec)
Flag Football (Open)
3-on-3 Basketball (Men’s & Co-Rec)
Outdoor Futsal Soccer (4v4-Open)
HOW TO REGISTER YOUR TEAM

St. Olaf students, staff and faculty are eligible to participate in the Intramural Sports Program on campus. Intramural Sports are limited to a specific number of team entries. Leagues will be filled on a first come first serve basis. In order for your team to register for Intramural Sports, you must read and follow the sign up procedures on-line during the sign up period at www.stolaf.edu/recreation/intramuals. In addition to your on-line signup, a representative from your team MUST attend the informational meeting.

The representative must fill out a complete roster online during the registration period. In order for your roster to be processed it must have the participant’s full name, phone number and e-mail address. All team must have a team name when the entry is submitted on-line. (The Intramural Sports Program reserves the right to censor any team name).
PLAYING RULES

All national High School Federation and/or the National Intramural-Recreational Sports Association (NIRSA) rules will govern all sports except for softball, which will follow the Amateur Softball Association rules, and those Intramural rules which are specific to each sport. Copies of rules for each sport will be distributed at the informational meeting and are always available at the Intramural Sports Office or on our website. It is the responsibility of each individual participating in the Intramural Sports Program to know and respect the playing rules for each sport.

DUTIES OF THE CAPTAIN

Each team should appoint a team captain who will be responsible for all matters that concern the Intramural Sports Program. The individual selected is responsible for the eligibility rules of that sport, the playing rules and the administrative rules of the program. The team captain is responsible for entering the team for league play and filling out the entire roster, as well as keeping team members informed of the dates and times of all of their team’s scheduled contests (including playoffs). The team captain is expected to cooperate fully with the game officials, scorekeepers, supervisors and office staff in regards to lineups, scores, protests, injuries, ejections, team conduct and any other issues that might arise throughout their participation in the program.

INFORMATIONAL QUIZ

The team captain must complete the informational quiz (on Moodle) pertaining to the sport in which your team has registered to participate in. If a team fails to complete the quiz before the season begins, they are subject to being dropped from the league.
WHAT YOU NEED TO PARTICIPATE

All students, staff and faculty are required to present their St. Olaf ID card to the Intramural Staff prior to the contest starting.

In the event that you lose your St. Olaf ID card, we will accept a temporary ID accompanied by a drivers license.
No ID, No Play!
FORFEITS

An Intramural Sports team or individual participant not ready to play a contest within five (5) minutes of the scheduled contest will automatically forfeit that contest. In case of an unavoidable delay, the starting time may be extended at the discretion of the Director of Intramurals. An Intramural Sports staff member will contact your team following your forfeit (Each Team must pay a $5 forfeit fee to be re-instated in the league). Once an individual or team receives two forfeits, they are automatically dropped from the league.

RESCHEDULED CONTESTS

The Intramural Sports Office will attempt to make up rained out games for outdoor sports unless unavoidable circumstances arise. Not all cancelled games are guaranteed to be rescheduled.

The Intramural Sports Office will not accept individual requests from teams or individuals to reschedule contests. However, emergency cases will be considered on an individual basis. Requests for rescheduled games must be submitted to the Director of Intramurals at least one day in advance of the time originally scheduled. If the request is approved, both teams will be notified as to the alternate playing date. If the request is not approved, the game will be played as originally scheduled.

CONFLICTS

Conflicts will be taken at registration. We will try to accommodate your conflicts to the best of our ability. Your team must be ready to play at your assigned game times and dates.
PLAYOFFS

At the completion of the regular season, a single elimination tournament for all teams in each division will be played to determine Champions for each sport. In order to be eligible for playoffs, individuals MUST have played in at least one regular season game! Playoffs will be played on Sunday – Thursday. The tournament brackets will be posted in Skoglund on the bulletin board next to the Athletics Office. Your team is responsible for knowing when you are scheduled to play. We will not be able to accommodate scheduling changes once the tournament has begun. Good luck! *All tournament rules are subject to change at the Director’s discretion.

AWARDS

Intramural Sports awards will be presented to all teams that win their tournament championships! Awards will be given to winners of individual events and team tournaments as well. Awards will be distributed to teams at the completion of all championship contests and will be based on award limitations, which have been predetermined for each event. The formula used is 1.5 multiplied by the number of players on the field/court at a time. Example: Basketball- 5 (players on the court) times 1.5= 7.5. Rounded up to 8 t-shirts per championship team.

JEWELRY

As a safety precaution for all participants, NO JEWELRY of any kind can be worn at any times! Taping, covering or concealing jewelry is not allowed. The only exception to this policy will be in the case that the jewelry is of religious nature. In this case, the item must be taped to your body and concealed.

LANGUAGE

Any use of profane language at any time before, during or after Intramural activities is prohibited. You will be penalized based on our policies per sport. If at any time your language is directed at an Intramural staff member, you will be ejected from your contest and will follow our ejection procedures.
LIABILITY AND INJURIES

Participation in the St. Olaf Intramural Sports Program is completely voluntary. Each individual participating in the Intramural Sports Program assumes the risk for any harm or injuries incurred while participating. Therefore, it is strongly suggested that each individual has sufficient health insurance coverage either through the College or through their own personal insurance.

All injuries incurred while participating in the program should be reported immediately to the Intramural Sports Supervisor on duty. An injury report will be completed for all injuries and will be kept on file.

EQUIPMENT

Intramural equipment is available for individuals to check-out at the Tostrud front desk. A current St. Olaf ID card is needed to check-out all equipment. If equipment is not returned, that individual’s name will be given to the Business Office and you will be unable to register for classes until the individual has cleared his/her delinquent account with the Intramural Sports Office.
ELIGIBILITY

“Varsity/JV Rule” - Check the specific sport rule for how many varsity or JV players of the same or similar sport may be on a team’s roster. Any team consisting of a past or current varsity athlete MUST play in the highest division for that sport.

• Any full or part-time student, faculty/staff, or spouse is eligible to participate in the Intramural Sports Program, provided that individual is enrolled during that semester/block at St. Olaf. The number of faculty or staff allowed on an Intramural team is unlimited. A participant is not eligible to compete in an Intramural sport unless they have signed in with their Ole Card with the Intramural Staff on site.

• Members of Varsity and Junior Varsity Teams: Members of varsity or junior varsity intercollegiate teams at St. Olaf are ineligible to participate in that same or similar sport during that sport’s varsity season. (Similar sports include baseball to softball, football to flag football, and baseball/softball to whiffleball). In those Intramural sports which precede intercollegiate seasons for the same or similar sport, members of the varsity or junior varsity from the past academic year who have intercollegiate eligibility remaining will count towards the “Varsity/JV Rule”.

• Red Shirts: Any individual classified as a “red shirt”, or those working out/practicing with varsity teams shall be treated as varsity team members and will NOT be eligible to participate in that same or similar sport in season. However, any individual who gets cut from the varsity team is eligible to play Intramural Sports. However, if an individual quits, that individual will be counted towards the “Varsity/JV Rule”.

• Professionals: Any individual who is classified as a professional athlete under AAU rules shall NOT be eligible to participate in that same or similar sport in which they competed as a professional for a period of one year after their last professional season. (Only one past professional athlete allowed per roster).

• Members of Club Sports Teams: Members of club sports teams are eligible to participate in that same or similar sport providing no more than two club members participate on an Intramural team (unless stated otherwise in that sport’s rules). A club sports member is any individual listed on the official club sports roster and practices and/or competes with that club sports team. In those Intramural sports that precede club sports seasons in the same or similar sport and club sports members from the past academic year will be subject to the two member per team restriction. (Ultimate Frisbee exception)

• Playing on Two Teams: Players may participate as a member of multiple teams in the same sport season. However, a player may ONLY compete on 1 team in the playoffs. You must participate in one (1) regular season contest with a team in order to be eligible for the playoffs with that team. No more than 50% of the number required to play can be on the same roster for another team in that sport. (Ex. The same 5 players cannot make 2 separate basketball teams.)
SUSPENSION & RULES OF CONDUCT

A. Any person, who commits, attempts to commit, incites, or aids others in committing any of the following acts of misconduct shall be subject to disciplinary procedures by the Intramural Sports Program. Team captains, team managers, or coaches are responsible for the conduct of their players and spectators, and therefore are subject to the same disciplinary actions as their players.

B. Any player that verbally abuses or threatens an official, scorekeeper, or supervisor will be suspended a minimum of one game and will be subject to further disciplinary action upon review of the incident by the Intramural Sports Program.

C. Any player that hits/strikes, attempts to hit/strike, physically threatens, or causes bodily harm to an Intramural employee will be suspended from the Intramural program for the period of time listed under F and will be subject to further disciplinary action upon review of the incident by the Director of Intramurals.

D. Any player that hits/strikes, attempts to hit/strike, physically threatens, or causes bodily harm to another player will be suspended from the Intramural program for a period of one year and will be subject to further disciplinary action upon review of the incident by the Intramural Sports Program. Any severe incidents will warrant suspension of that individual from the Intramural Sports Program indefinitely.

E. Any time more than 1 member of a team is involved in a fight that team will forfeit that contest in which the fight occurs and may be suspended from that sport for the remainder of the season or tournament. All team members will be subject to further disciplinary action upon review of the incident by the Intramural Sports Program.

F. The Director of Intramurals may suspend a participant, for good reason not covered above, from intramural competition.

G. All decisions, regarding suspensions and rules of conduct, made by the Intramural Sports Staff may be appealed to the Director of Recreation.
EJECTIONS

Any participant, coach, or spectator who is ejected from any Intramural Sport sponsored intramural activity, regardless of the reason, is SUSPENDED INDEFINITELY from participation in all sponsored intramural sports events until a meeting with the Director of Intramurals takes place and reinstatement is granted by the Director of Intramurals.
PROTEST PROCEDURES

The purposes of the Intramural protest procedures are to provide a system of checks and balances for the team waging a protest. A team or individual may not present a protest based on an official’s judgment. A protest may only be filed on the grounds of rule interpretation or player eligibility.

The following steps provide necessary information to lodge a protest and describe the process, which must be followed if there is a disagreement in, or unsatisfactory resolution of the conflict or event.

Step 1 – The team captain of the protesting team must announce to the official at the time of the incident the intent to protest a ruling. Only an announcement needs to be made at which time the official/supervisor will make note of the protest on the score sheet.

Step 2 - A written protest must be made on an Intramural Protest Form by 4:00pm the following work day.

Step 3 - The Director of Intramurals, after investigation of the facts and viewpoints concerning the incident will make a decision on the protest within 5 working days of the protest. The Director of Intramurals’ ruling is final.

ADD/DELETE

In order to add members to your team, simply have them show up to your next scheduled game with their ID (excluding playoffs) and sign in with the Intramural Staff on site.

To remove players from your team, simply inform the Intramural Staff on site at your next game that you would like certain players removed from your roster.
ALCOHOL / TOBACCO / DRUG USE

Alcohol/Tobacco/Drug use is not permitted on St. Olaf College property. This applies to both players and fans. Any alcohol/tobacco/drugs found in this area will result in the Public Safety being called. This is a campus policy and any team found to be in violation may forfeit the remainder of the season.

Further, persons thought to be impaired will be asked to vacate the Intramural location. This also applies to fans. Any person not cooperating when asked will cause his/her team to forfeit the game and face disciplinary action at the discretion of the Director of Intramurals and possibly Student Affairs.

INTRAMURAL QUESTIONS / CONCERNS

In the case of inclement weather or if you have any general questions, comments or concerns regarding the Intramural Sports Program at St. Olaf please feel free to call Chris at 786-3563. We will do our best to assist you with any and all of your questions or concerns.