Cabrini College - Intramurals and Recreation
General Participation Policies

THIS IS AN OUTLINE OF GENERAL INTRAMURAL POLICIES. ALL PROGRAM POLICIES, PROCEDURES AND SPORT RULES WILL BE REVIEWED IN CAPTAIN'S MEETINGS.

- Eligibility
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Eligibility:

- Activities are open to Cabrini students, faculty, and staff. At this time, leagues are not open to Alumni or community members.
- Participation is voluntary.
- Each participant must have appropriate health insurance and accident for participation in sports activities. It is each participant's responsibility to verify his or her own health insurance.
- Each participant must complete program assumption of risk & release form prior to start of second game.
- Varsity/club athletes may participate, however team make-up must adhere to the following divisional guidelines:
    - **Open Division** – teams may be comprised of up to 50% varsity/club athletes. This is a total percentage, therefore male and female varsity athletes both count toward the 50% rule. This rule applies to all players on the roster (e.g. if 5 players are on the field, no more than 2 rostered players may be varsity athletes).
    - **Competitive Division** – teams may be comprised of up to 25% varsity/club athletes. This is a total percentage, therefore male and female varsity athletes both count toward the 25% rule. This rule applies to all players on the roster (e.g. if 5 players are on the field, no more than 1 rostered player may be a varsity athlete).
    - **Recreation Division** – No varsity/club athletes allowed on the roster, field, or court at any time.
    - Any in-season Varsity athletes must have written permission from their coach to participate in Intramurals. This permission must be emailed to the Assistant Director of Athletics & Recreation prior to any on-field/on-court intramural activity.

  The Varsity/Club Athlete Percent rule applies in sports similar or identical to the sports in which they compete intercollegiately. For example, softball/baseball players playing wiffleball or softball, soccer players playing indoor soccer (futsal) or full-field soccer, etc.
- Athletes who conclude their varsity/club career continue to count as a varsity athlete in their sport for one full calendar year. Essentially, the individual will be counted in the Varsity/Club Athlete Percent rule until one year after their final varsity competition. After that year, the athlete will no longer count against the Varsity/Club Athlete Percent rule for their intramural team.
- A red-shirt or an ineligible player is considered a varsity athlete until they are no longer considered a team member by the coach and/or Athletic Department.
- Any athlete who is a member of their respective team's roster for 20% of the varsity schedule (this includes practices) is considered a varsity athlete for the remainder of that academic year. Therefore, even if a player leaves or is removed from a varsity team after this time, the player is subject to intramural varsity eligibility rules. This rule applies to walk-ons/red-shirts/ineligible players and junior varsity players (if applicable).
- A person's name, Cabrini ID number and signature must appear on the online roster to participate with that team.
- A person may only play for one team in each league, however a person may play for one co-ed team within league play in addition to one male or female team.

Eligibility (cont.):

- EACH PARTICIPANT MUST BE PREPARED TO PRESENT VALID CABRINI IDENTIFICATION AT THE START OF EACH GAME TO BE ELIGIBLE FOR THE CONTEST.
- Teams may make changes on the roster up until the start time of their second regulation game, all changes must be finalized to the online roster by this point.
- While the Intramural Sports Program does not assume responsibility for verifying eligibility, any cases of eligibility called to its attention will be dealt with according to the rules. (If you have a question concerning one of your player's eligibility, please consult with the Assistant Director of Athletics & Recreation).
- All eligibility rules, decisions or changes are subject to the discretion of the Asst. Director for the best interest of the program.
- A team will forfeit any games in which an ineligible player participates. Any team using an ineligible player during playoffs will forfeit any contest in which they participated.

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Behavior:

Any behavior deemed extreme and unsporting by the officials and/or commissioner/supervisor, either verbal or physical, is subject to removal from the game and site for that competition date. Continued abuses, or infractions deemed excessive by the Assistant Director for Recreation, may lead to expulsion from Intramurals. Derogatory language and overt, physical abuse of the rules of the game will not be tolerated. To help maintain proper decorum, the following criteria for ejection by the officials and/or sport supervisor have been initiated:

- persistent and excessive swearing
- arguing with or overt taunting of officials, participants, staff and/or spectators
- unnecessary taunting of opponents.
- improper treatment of facilities and equipment.
- any misconduct that disrupts the normal administration of a specific event and the safety of all involved.
- any fighting, or actions leading up to fighting.

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ID Policy:

- Prior to start of each game, captains must check in with the sport supervisor and/or officials. Players must be prepared to present valid Cabrini ID, if requested, and their name must appear on the online team roster (required after 2nd contest).
- A team can field **only** the players on the online roster.
- If a team does not have enough players per this procedure, the team captain may discuss with the official and opposing captain whether to allow them to pick up players from another team (no more than 2). If either the official or opposing captain object, the team will forfeit the game unless rostered players arrive in time.

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Sportsmanship Policy:

- Sportsmanship is the core of the intramural sports program, as it is our goal to serve as a student development opportunity via participation in recreational sports. We aim to promote leadership development in team captains and student staff. In addition, we aim to provide a safe and fun environment conducive for cooperative & competitive play. Such an environment allows for participants to enjoy the physical, mental and social benefits of athletic and recreational activity.
- Good Sportsmanship **can be described as treating opponents and staff with respect, acknowledging a job well done, exhibiting grace under fire, sharing your success with others, keeping your accomplishments in perspective and playing as hard as you can within the rules.**
- Poor sportsmanship **can be described as any instance in which a person/team acts in an unruly manner. This includes hurting-physically or verbally- an opponent, game staff or official, delaying a contest in an effort to express individual frustration, berating an official and or opponent or jeopardizing the competitiveness, fairness and safety of the contest.**
- **Rating Scale**. After each contest, the sport supervisor, in consultation with officials, game staff & captains, will provide a sportsmanship rating for each team.
  The rating scale is as follows:

+1 = Above Standard

No real concerns. Referees may have had to issue a verbal warning or two, but captain took control of their team on own and settled issues without much prompting from officials.

0 = Standard –

No real concerns. Referees may have had to issue a few verbal warnings (not to same player), No more than 1 Unsportsmanlike penalty issued, but captain took control of their team and solved the problem.

-1 = Unacceptable –

Anything worse than above – includes any unsportsmanlike penalties or behavior involving contact away from the ball, unnecessary roughing of opposing players - passer/receiver/carrier - (attacking player rather than ball, etc.), failure of captains to take control of their team and diffuse problems, etc. Any physical contact which is not part of the play, or within the spirit of the game and good sportsmanship (late hit, contact away from the ball, excessive contact, etc.).

Note: Each team must maintain a "0" average throughout the season to be eligible for the playoffs. A team must receive at least a "0" in each playoff game in order to advance.

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Registration-League & Tournament Play:

- Teams that submit a roster after sign-up deadline may be placed on a waiting list and are ineligible unless another team is dropped from the schedule.
- The online roster (Athleague.com) must be completed in its entirety before start of play.
- No changes to roster are permitted after start of second league game. Individuals without a team (Free Agent) may be placed on a team by submitting their name to the Director of Intramurals and Recreation. Every attempt will be made to place these individuals on a team at the captain's meeting before league play. If enough Free Agents remain, a separate team will be formed.
- Any team deemed too strong for their registered level of competition may be moved at the Director's discretion, if a higher league is available.
- To register for Intramural leagues as a team or a free agent:
    - Go to **cabrini.athleague.com** and click 'Player Sign Up.'
    - Fill out your information and click "submit" or register through Facebook.
    - Find the confirmation email in your inbox and click the activation link.
      If you don't get the email within a few minutes, check your Spam/Junk folder.
    - You'll be taken to the 'Join Team' page.
      Enter the name of the team you want to join or a friend who might be on that team.
      - If you are creating a team skip to the last step.
    - The search results will appear in real time. Click 'Join' to be added to the team.
    - To create a team, click 'Create Team' at the upper left of the home page and follow the steps (joining a league, inviting players to the team, entering time preferences, payments, etc.).
    - If you have any problems, email info@athleague.com.

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Captain's Meetings:

- Each team must designate a captain. The captain will serve as the point of contact for the IM Sports Program. The captain is also held responsible for the team at all times and held to a list of responsibilities, which they receive at the captain's meetings.
- Prior to league play, the IM Sports Program will coordinate a captain's meeting. The Program mandates that each team have their captain in attendance.
- If a captain cannot attend, another team representative may attend the mandatory captain's meeting. However, the designated captain-on team roster- will still be responsible for serving as point of contact and is responsible for disseminating information, schedules, rules, etc. to his/her teammates.
- The captain's meetings are imperative to the program, as they are the main vehicle for informing teams about the policies/procedures/playing rules/schedules of each league or tournament.
- The purpose of meeting is to distribute schedules, playing rules and discuss all procedures related to the play.
- "Points of emphasis" of a particular event will be reviewed -i.e.-screen blocking in flag football.
- Sportsmanship Policy will be explained at the captain's meeting.
- Game day sign-in will be addressed at captains meeting.
- Equipment will be reviewed at captain's meeting.
- Game staff and officials will be reviewed at captain's meeting.
- Protest procedure will be reviewed at captain's meeting.
- Any team not represented at the captain's meeting will be removed from the schedule and the next team on the waiting list will be installed.
- Teams on waiting list must also have captain in attendance at captain's meeting to be eligible for play.
- These meetings are also an opportunity for the captains to ask the staff any questions they might have regarding schedule, rules and/or program policies. Schedule conflicts must be addressed at this time.

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Insurance, "Blood Rule":

- Intramural sports participation is voluntary.
- All participants must have appropriate health and accident insurance coverage for participation.
- Each individual is responsible for verifying his or her own insurance coverage.
- All individuals who wish to participate in Intramural Sports activities must sign a program assumption of risk & release form prior to participation.
- Any participant who is bleeding or has blood in their clothing must be removed from play. The injury must be properly cleaned and treated before the participant continues play.
- Student sport supervisor or Facility Supervisor will refer to a Blood Disposal checklist following any incident where blood is present.

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Student Officials & Game Staff:

- Student Officials will be hired, trained, scheduled & evaluated by the Intramural Sports Program for certain events and activities.
- IM Program will provide training clinics and in-services for student officials.
- IM Program will also provide a site supervisor (student sport supervisor and/or Facility Supervisor) who will assist as the coordinator of an event, and will ensure all games are played as scheduled and that all policies are adhered to and resolve any problems/concerns. The supervisor is responsible for communicating with staff and captains on-site.
- Student Game Staff will be hired, trained, scheduled & evaluated by the Intramural Sports Program. Game staff may include scorekeepers, statisticians, and any other necessary support staff for each event.

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Alcohol & Illegal Substance Policy:

- All college policies will be followed with regard to alcohol, tobacco, and drug use in college buildings and on college grounds.
- No person will be permitted to participate in an intramural contest or activity under the influence of alcohol or an illegal substance. Alcohol and all illegal substances are prohibited from intramural play.
- Any person(s) violating this policy will be prohibited from playing and expelled from game site.
- Person(s) violating this policy may be subject to expulsion from remaining league play and/or all intramural events for a period of time, as well as sanctions through the college disciplinary process.
- Teams may be penalized for behavior of individuals associated with their team- players and/or spectators.

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Forfeit Policy:

- It is encouraged that teams avoid forfeits. The use of cabrini.athleague.com is designed to accommodate student availability in the hope that forfeits do not occur.
- Advance knowledge of forfeiture must be reported to the Assistant Director of Athletics & Recreation. If 24 hour notice is provided to the Director, a forfeit MAY not be recorded – dependent on the ability to reschedule the game/match, referees, and the opposing captain. One forfeit will result in probation. Two forfeits in a season will cause your team to be ineligible for playoffs, as well as possible removal from the remaining schedule.
- Forfeits will count as wins and losses for the teams involved in a forfeit. A point differential of 25 will be assigned to the two teams, using the winning team's average point total as the baseline - i.e., Team A averages 70ppg in a season, the final score for Team A's win over Team B by forfeit is entered as 70-45.
- Teams are permitted a 5-minute grace period from scheduled start time to ensure the necessary amount of players on-site and each person properly signed in at scorer's table. Teams are required to be ready for play within 5 minutes of scheduled start time or, in case of a schedule overlap, immediately when facility becomes available.
- If teams are not ready after 10 minutes of scheduled game time or upon facility availability, the game will be recorded as a forfeit. Teams are encouraged to arrive early to avoid forfeits.
- "Necessary" amount of players for a sport must be on site to start play. See individual rule sheets for each sport.

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Inclement Weather/Rainout

- All cancellation decisions are based on facility playing conditions, safety and comfort of players and workers, and the preservation of facilities for future use.
- Inclement weather decisions will be made by the Assistant Director of Athletics & Recreation and a message regarding weather delay or reschedule will be posted on cabrini.athleague.com by no later than 2pm that same day. You may set-up your Athleague account to include text notification; otherwise it is the captain's responsibility to check the website prior to games.

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