



**MOREHEAD STATE
UNIVERSITY**

RECREATION & WELLNESS

Intramural Sports Handbook

(Updated August 2021)

MISSION STATEMENT

The Department of Campus Recreation and Wellness (CRW) at Morehead State University is committed to providing opportunities which enhance and encourage healthy lifestyle choices. CRW is dedicated to promoting student development through diverse recreational programming, employment and leadership opportunities.

PURPOSE OF THE HANDBOOK

The purpose of this handbook is to establish policies and procedures that govern participation in Intramural Sports. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. The Intramural Sports Staff reserves the right to modify these rules at any time as necessary. If you have any questions, comments or suggestions concerning rules or the program itself please contact our staff.

INTRAMURAL SPORTS PROFESSIONAL STAFF

Name	Postion	Phone	Eamil
Zachary Martin	Coordinator of Intrmural Sprts and Club Sports	606-783-5284	zmartin@moreheadstate.edu

CAPTAIN'S RESPONSIBILITIES

Captains will serve as the liaison between Intramural Sports and their team. "Team representatives" are defined as the following but are not limited to: a player, non-player, captain, coach, manager, spectator or anyone representing a team. The captain of each team is responsible for these representatives at all times. Team Representatives can affect the team's sportsmanship rating, playoff eligibility and can also be ejected or asked to leave the premises and any other acts the Intramural Sports staff deems eligible. These actions and disciplinary steps can happen at any time, before, during or after any intramural sports event.

Captain's duties include but are not limited to:

- Create the team online
 - Select a proper and appropriate team name. Any team names deemed inappropriate must be changed immediately
- Ensure your team has the minimum number of players before the first scheduled game
- Check eligibility of each player before and during the regular season as well as prior to the playoffs (See Eligibility)
- Educate team members about sport specific rules and regulations set forth in this handbook
- Inform team members of game times and dates to avoid forfeits and potential removal from the league
- Confirm that team representatives comply with all rules, policies and procedures

PARTICIPANT ELIGIBILITY

All participants must provide a valid Morehead State University ID to play. Every individual is responsible for verifying their own eligibility of each sport they choose to participate in. Team captains are also responsible for verifying team members' eligibility. The Intramural Sports Staff is not responsible for checking the eligibility of all participants. Any concerns that arise regarding opposing teams' eligibility should be reported to the Intramural Sports Supervisor by the captain prior to the start of the game. The Intramural Sports Staff may suspended and/or forfeit any team,

organization and/or individual that willfully uses or attempts to use ineligible player(s) or forfeit any games in which the individual(s) played.

Who can participate in Intramural Sports?

Students- All undergraduate and graduate students who are enrolled in at least one (1) credit hour at Morehead State University are eligible to participate in intramural sports.

Faculty/Staff- All currently employed faculty and staff members are eligible to participate in intramural sports.

RWC Members – Current members of the RWC who don't fit in the other categories may also participate in intramurals.

Olympic and Professional Athletes- Olympic athletes are considered individuals who competed for their country in the Olympics or World Championships. An athlete will be deemed "professional" if at any point they received financial compensation for participating on a team in a professional or semi-professional league. Olympic and professional athletes are not eligible to participate in their related sports. They must be a student, faculty, RWC member, or staff member.

Club Sports Members- A Morehead State University Club Sports member is defined as one who has a) practiced or played b) paid membership dues c) traveled on a club trip d) appears on the club's roster. Any player who starts their respective season as a club member and quits, or is removed from the team, for any reason will still be considered a club member for the remainder of the academic year.

Each intramural sport has a club sport member restriction in their related sport:

- A maximum of 2 (regardless of gender) are allowed per team roster in sports that require more than five (5) participants on the field or court.
- A maximum of 1 (regardless of gender) are allowed per team roster in sports that require five (5) or less participants on the field or court.

Varsity Athletes- Any student practicing with (officially or unofficially), playing for or listed on the team roster after the first competition at any four-year or junior college institution will be considered a varsity athlete. This includes red shirts and walk-ons who are admitted to Morehead State University under special NCAA guidelines. Any student who tried out for a varsity sport and was cut or dropped from the team before the first regular season varsity game will be eligible to participate in the related intramural sport. Varsity athletes are ineligible to participate in the related intramural sport as which they received varsity status. Varsity athletes are eligible to participate in unrelated intramural sports. Varsity athletes are ineligible to participate in the related intramural sport for 365 days from his/her removal from the official University roster.

Related Sports List

Varsity Sport	Intramural Related Sport
Baseball	Softball
Basketball	Basketball (in any form)
Football	Flag Football (in any form)

Soccer	Soccer (in any form)
Softball (Fast Pitch)	Softball
Volleyball/Beach Volleyball	Volleyball (in any form)

Greek Organization Athletes- Students representing Greek organizations in intramural competition must be current members of the organization. Potential new members are considered current members of those organizations until the conclusion of the official recruitment period for each semester. They must be a Morehead State University student.

Eligibility Protests will happen in the following order:

1. Before the start of the game, the team captain will notify the officials and/or supervisors to state they have reason to believe a participant is playing illegally.
2. If the eligibility issue can be corrected immediately, the supervisor will make the correction.
3. If the eligibility issue cannot be solved immediately, the supervisor on duty will inform both team captains that the game will be "played under protest" until the participant's eligibility can be confirmed.
 - a. The participant in question may continue to play at their own risk.
 - b. If the participant is found ineligible and participated in the game, the game will be forfeited to the Opposing team no matter the outcome of the game.
 - c. If the participant is found eligible, the game results will stand.

This protest must be written and submitted to the Coordinator of Club and Intramural Sports by 12:00pm noon the following business day.

Regulations

1. Team Eligibility Regulation-

Individuals may play on only one male/female team and one CoRec team per sport. Individuals found to be playing on more than one team will be required to play for the team they played for first.

2. Roster Changes-

Roster changes may be made up until the end of the regular season. A player must participate in one of his/her team's regular season games to be eligible to participate in the post-season tournament.

Player Restrictions: Once an individual has played on a team, they may not be moved to another roster. The individual is also restricted from playing on two teams in the same sport season. If it is found that an individual has played on two different men's/women's/co-rec teams, then that specific player and the initial team shall forfeit all games in which the individual participated in.

3. Illegal players-

A player who is found playing illegally in any one of the following cases will be disqualified from that game and punished on a situational basis by the Coordinator of Intramural Sports. Furthermore, all contests in which he/she played will be forfeited:

- a) Playing without his/her name on the roster.
- b) Playing as an assumed student (using a fake ID, not enrolled in school, etc.)
- c) Playing under an assumed name

ANY PLAYER QUESTIONED ABOUT HIS/HER ELIGIBILITY MUST BE PREPARED TO PRESENT PROPER ID FOR VERIFICATION.

SPORTSMANSHIP POLICY

Intramural Sports places an emphasis on developing positive sportsmanship to be displayed by all teams, spectators and staff. Teams are responsible for all representatives of their team and all actions that those representatives partake in and this responsibility exists before, during and after all intramural sports events.

Each captain is responsible for the behavior of all its team members and representatives. Each individual is expected to conduct him/herself in accordance with the student conduct regulation, university conduct regulations, Board of Trustees Policies and University Recreation Handbook. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Violating individuals will be suspended until meeting with the Coordinator of Intramural Sports.

At the end of each game, teams will be given a sportsmanship rating by the officials and supervisors using the scale below. All teams begin the game with a 5 "Exceptional" rating. Teams must maintain a 3 average rating to be eligible for playoffs.

Exceptional	Average	Below Average	Poor	Unacceptable
5	4	3	2	1
All players cooperate fully. The players respectfully interact with one another and the staff. The captain has full control of his/her team.	The team did not cause any problems. Team does not show any aggressive decent toward opposing team or staff. No sportsmanship related discipline is taken against any player and/or team representative.	Minor dissent towards opposing team and/or staff. Unsportsmanlike disciplinary actions may be taken.	The team's behavior was very inappropriate. They received unsporting foul(s), used foul language and/or other derogatory actions etc. One (1) ejection occurred due to unsportsmanlike behavior	The team was completely out of control, uncooperative and disrespectful. Multiple unsporting like fouls/penalties were issued and ejections occurred or should have occurred. More than one (1) ejection occurred.

Sportsmanship ratings are applicable before, during and after all intramural sports activities.

Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all RWC facilities and programming.

Any unsportsmanlike conduct can be reviewed by the Intramural Sports professional staff at any time.

An unsportsmanlike foul/penalty does not necessarily constitute an automatic Poor or Unacceptable sportsmanship rating. Other factors during the game will still be taken into account.

An unsportsmanlike ejection will automatically result in a Poor or Unacceptable sportsmanship rating. The Poor or Unacceptable rating will be determined based on the number of ejections that take place. During playoffs, if any team receives a rating of Unacceptable, the game is forfeited to the opposing team no matter the result of the game and they are automatically dropped from the playoff bracket.

Ejected Players/Teams: Intramural Sports officials and supervisors reserve the right to eject anyone, any team or team representative at any time. The Intramural Sports Staff’s decision is final. Any time an individual/team or team representative is removed from a contest or playing area and Ejection/Incident Report will be completed and placed on file in the Intramural Sports office. Participants, teams and/or team representatives who are removed from a contest as a result of unsportsmanlike conduct or disruptive behavior must leave the facility immediately. Failure to comply with this policy will result in the notification of MSUPD.

The player(s)/team will additionally be suspended from all Recreation and Wellness facilities and programming until they schedule a meeting with the Coordinator of Club and Intramural Sports. A meeting must be scheduled by the ejected player(s)/team by emailing zmartin@moreheadstate.edu. After this meeting the Coordinator of Intramural Sports will make the final determination of eligibility in participating in Recreation and Wellness programming.

Since all cases cannot be described in detail, examples noted in various categories are provided. **These suspension lengths are guidelines only and may be extended at the discretion of the Coordinator and/or professional staff.** Ejections and suspensions are handled on a case-by-case basis. Be advised that suspensions will begin when the meeting with the Coordinator occurs, not at the time of the ejection/altercation. It is the responsibility of the ejected participant to set up a meeting time with the Coordinator.

* In this document, “participants” refers to all intramural participants, spectators, bystanders or coaches.

*Any ejection is subject to additional sanctions from the Dean of Students.

Unsportsmanlike Conduct

Description: This includes ejections based on administrative infractions and/or all non-physical offenses, which are inherently illegal in the sport and diminish the quality of sportsmanship in the intramural contest. Examples include, but are not limited to: Tying a flag belt (flag football); inappropriate words, actions or gestures towards officials, participants, spectators or staff; being under the influence of alcohol, tobacco or other substances before, during or after contests regardless of the location of said use of substances; comments made towards participants which could be construed as threatening in nature.

Category	1st Offense	2nd Offense
Unsportsmanlike Conduct	1-2 Games	2-4 Games

Unsportsmanlike Contact

Description: Ejections for unsportsmanlike conduct of a physical nature directed towards other participants or intramural employees. This includes, but is not limited to: Slide Tackling in Soccer, tackling in football, flagrant foul (basketball) intentional damage to Rec and Wellness property, any minimal contact with an intramural employee, and leaving the bench area to participate in an altercation (Team members and/or spectators).

Category	1st Offense	2nd Offense
Unsportsmanlike Contact	1-3 Games	4- Games - Semester

Improper Use of Identification

Description: Participants may not use another person's ID or give their ID to another participant for usage in intramural contests. Participants may not alter their ID for any purpose.

Category	1st Offense	2nd Offense
Improper use of MSU ID	2 weeks	Semester

Fighting

Description: Aggressive physical contact with a participant before, during or after any Rec and Wellness event; aggressive contact with any intramural sports staff; threatening comments or actions towards a Rec and Wellness staff member.

Category	1st Offense	2nd Offense
Fighting	Semester – 1 year	Permanent Suspension

FORFEITS AND DEFAULTS

Default- Any team knowing in advance that they will be unable to attend a scheduled contest should "Default" their game via Fusion IM by 12:00pm the day of their scheduled game. If you cannot default your game via Fusion IM, you must notify zmartin@moreheadstate.edu by 12:00pm the day of your game for your default to be valid. The team will receive a loss for the contest, their sportsmanship will remain an "Exceptional" rating for the game they default and the opposing team will be awarded a win. A second default is equal to one forfeit.

Forfeit – Any team or individual not ready to play a contest at the scheduled location and time shall forfeit the contest. Once a team has accumulated 3 forfeits they will be disqualified from the league and not eligible for the playoffs. Forfeit losses may be assessed for the following reasons, but are not limited to:

- Use of "ineligible players"
- Non-appearance or late appearance for event
- Failure to have the minimum number of players in attendance at the scheduled game time
- Unsportsmanlike behavior
- Apparent use of alcohol/drugs

5-Minute Grace Period - If one or both teams has fewer than the minimum number of players ready to participate at the scheduled game location and time, the 5-Minute grace period may come into effect:

***Note: At least one (1) person from a team must be checked-in for this rule to apply. If no one is checked-in for a team, the game will be an automatic forfeit.**

****If only one of the teams has enough to start at game time they have the right to take the win or allow for a five minute grace period. One that team makes the decision it is irreversible.**

1. The game clock will start.

2. The captain/team that is not prepared to play with the minimum number of players will have 5 minutes to become ready to play.

4. If the 5 minute time limit expires and the team still does not have the minimum number of players, the game will be forfeited to the team that has the minimum number of players present.
 5. If at any time, during the 5-minute limit, the team acquires the minimum number of players, the game will begin. The game clock will remain at the time that has passed and will continue in accordance with sport rules.
- If a team forfeits a game, they will receive a "loss by forfeit" on their record and a "Poor" sportsmanship rating.

PLAYOFFS

League events will culminate into a single elimination playoff bracket. In order for a team to be eligible for the Playoffs, they must meet all the following criteria:

- A sportsmanship rating of at least 3.0
- No more than (3) three forfeits during the season

All eligible teams from each division will advance to the playoff bracket provided they meet the criteria listed above. The teams from each division will be combined into one playoff bracket. The brackets will be available for teams to view at the first possible opportunity after all regular season games have concluded and been recorded. Teams that are tied in their division will be further ranked on the following criteria:

- If a two-way tie exists, the decision will be determined based upon who beat whom in head-to-head competition.
- If a three-way tie exists, the decision will be determined as follows:
 1. Head-to-Head
 2. Point Differential
 3. Total points scored vs. total points allowed
 4. Forfeit- the team that has more forfeits will be dropped to the lower position among other teams that are tied

It is the team's responsibility to check their eligibility for the playoffs. The Intramural Sports Staff will notify captains when the brackets have been created and posted. The same rules and code of conduct will remain throughout the playoffs as they did during the regular season.

EQUIPMENT

Intramural Sports provides some equipment for the sports provided. Individual participants are responsible, however, for supplying some necessary equipment for individual/dual sports. If an item is not referenced in the following list please see each set of sport specific rules. Individual participants are responsible for use of the proper footwear/equipment for all intramural sport events.

- Regulation athletic, non-marking, close-toed shoes are required to be worn in the gymnasiums.
- Rubber cleated shoes may be worn on the intramural fields during outdoor programming. Metal cleats, spikes or bare feet are not allowed. All screw in/on cleats must be plastic tips.
- Personal athletic equipment may be used provided the equipment meets the approval of the officials and supervisor. The judgement of the Intramural Sports Staff will be final.
- No baseball hats (except during softball), bandanas or anything with a knot will be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e. sleeve, sweatband). Knit stocking caps will be allowed during cold weather. Rubber or cloth bands may be used to control hair. No other headwear will be allowed.
- Jewelry or hard hair control piece are not allowed. This includes but is not limited to necklaces, earrings, facial piercings, rings, bracelets and watches. Individuals will not be allowed to tape over any jewelry items. If you cannot remove it, you cannot play.

o Medical Bracelets may be worn during intramural sports. The bracelet must be taped, flat to the body with the medical information showing.

INCLEMENT WEATHER

In the event of inclement weather, Intramural Sports events may be postponed or cancelled. Information concerning the postponement or cancellation of Intramural Sports events is available through announcements on the Intramural Sports website, through email, on Facebook or Twitter.

In the event of inclement weather, please stay off of the MSU Intramural Fields. Failure to comply with this request may result in suspension from Intramural Sports.

*Trespassing- If the MSU Intramural fields are locked, please do not jump the fence. Those individuals caught trespassing will be suspended indefinitely and may face further disciplinary action.

INJURIES AND LIABILITY

Participation in all programs and services provided by Recreation and Wellness regardless of location, is voluntary on behalf of all participants. All participants acknowledge and agree that Morehead State University does not provide insurance for any of its activities and shall not be liable for any injuries that occur at any of these locations or any of its programs.

All injuries should be reported to an Intramural Sports Staff member immediately. The staff will complete an Accident Report, provide care within their training and recommend further care if required. Emergencies occurring within the RWC or outside facilities should be reported to any supervisor immediately.

EXTRAMURAL EVENTS

The Intramural Sports program provides opportunities for intramural teams to participate in tournaments against other intramural and club teams from other institutions. Extramural tournaments are available for the following sports; soccer, flag football, basketball and tennis. Tournaments exist at the regional and national levels. For more information concerning extramural events, please contact zmartin@moreheadstate.edu. More information about extramural events can be found at the following link on the NIRSA website: <http://nirsa.net/nirsa/play/>

EMPLOYMENT OPPORTUNITIES

The Intramural Sports Department is always looking for students who have an interest in officiating various sports. No experience is necessary, training will be provided for each sport. Individuals will have many opportunities to interact with their fellow peers, while enhancing their skills in communication, management, confidence and leadership. All Intramural Sports Staff will have the opportunity for advancement within the department. Visit <https://www.moreheadstate.edu/Authentic-MSU/Recreation-and-Wellness/Student-Employment-Application>