

**RAW**

Recreation and Wellness Services

California State University, East Bay

*Intramural  
Sports  
Participant  
Handbook*

## CONTENTS

HANDBOOK PURPOSE / INTRODUCTION	3
PARTICIPANT SAFETY	3
PHOTO/VIDEO DISCLAIMER	4
ELIGIBILITY	4
Membership	4
Varsity Athletes	5
Eligibility Protests and Penalties	6
Roster Limitations	6
Identification	6
REGISTRATION	7
Registration Process	7
Free Agents	7
CAPTAINS' RESPONSIBILITIES	7
Captains' Meeting Webinar and Pre Season Quiz	8
LEAGUE & TOURNAMENT FORMAT	9
Team Sport Leagues	9
Individual/Dual Leagues	9
Tournaments	9
Divisions	10
PROPER ATTIRE (T-Shirt Policy/Uniform Requirements)	10
PLAYING RULES	11
CoRec Modifications	11
Mercy Rule	11
RESCHEDULES	11
FORFEITS	12
DEFAULTS	14
PLAYOFFS	14
Sportsmanship	14
Rosters	14
Seeding	14
THE IM SPORTS EXPERIENCE (What You Should Expect)	15
SPORTSMANSHIP	15
Sportsmanship Rating Scale	16
Ejections	17
PARTICIPATION GUIDELINES	17
JOB OPPORTUNITIES/Contact Info	19

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## HANDBOOK PURPOSE

The purpose of the Intramural Sports Participant Handbook is to provide participants with a comprehensive set of policies and procedures that govern the Intramural Sports program in order to provide a safe and fair environment for participants. The handbook is designed to educate and inform, and serve as a guiding document for the program. The handbook outlines important information for participants including but not limited to: player eligibility, registration information, league and tournament formats, and sportsmanship guidelines.

It is the responsibility of each participant to read the stated policies and procedures. After reading the Participant Handbook, the participant should understand the expectations set forth before, during, and after competition. By participating in the Intramural Sports program, it is assumed that the participant has read and accepted the policies and procedures.

This handbook will be made available to all current and prospective participants. The handbook may be viewed on the [Intramural Sports website](#). When requested, a hard copy of the handbook will be made available. The Intramural Sports program reserves the right to update and change the handbook as necessary. Updates will be made available immediately and subsequently posted online. Any questions or concerns regarding the policies and procedures should be directed to the Student Assistant Coordinator for Intramural Sports or Associate Director of Recreation.

## INTRODUCTION

### *Intramural Sports Mission*

Within Recreation, Wellbeing, and University Unions (RWUU), the Intramural Sports program is designed to provide a wide range of recreational sports and activities to the diverse Cal State East Bay community. RWUU encourages all members of our community, regardless of skill level, to stay active and involved. Intramural Sports provides an inclusive setting to build relationships, hone skills, and enjoy fun and friendly competition through sport and fitness.

## PARTICIPANT SAFETY

### Assumption of Risk

Participation in the Intramural Sports program, and any program or service provided by RWUU is completely voluntary. Participation in any physical activity comes with the inherent risk of injury even when strict safety measures are in place. Participants are aware of the risks associated with participation which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, death and/or property damage. Participants are strongly encouraged to obtain adequate health insurance and consult their physician before participating

in any activity. Student Health and Counseling Services (SHCS) offers resources on how to obtain insurance. Please contact [SHCS](#) for more information.

### Blood and Bodily Fluids

If and when an Intramural Sports staff member observes a player participating with an open wound, while bleeding, or with blood on their clothing, that player will be required to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and/or the clothing is changed.

Additionally, play will not resume until any blood/fluid that has spilled onto the playing surface has been properly contained and cleaned by the custodial staff. This could result in a delay of game situation. If a game is delayed due to blood or other bodily fluids on the playing surface, the IM Sports Office will attempt to reschedule the game. If the game cannot be rescheduled and has passed the halfway point such that it is deemed an 'official game' the result will stand as is.

### First Aid/Head Injuries

If you or a member of your team sustains an injury while participating in an Intramural Sports game, report it to a student staff member on site. They, or building staff, will have basic first aid and ice. Some staff members are also trained in, or possess certifications in, CPR/AED and basic First Aid.

If you or a member of your team sustains a head injury while participating, it is important to know the signs and symptoms of concussion. The CDC has a variety of resources online that speak to the signs and symptoms as well as how to proceed if you or a member of your team has a suspected concussion ([CDC Heads Up Site](#)).

The following are some common physical, mental, and emotional symptoms (both observed and reported) that a person may display following a concussion.

- confusion or feeling dazed
- slurred speech
- nausea or vomiting
- headache
- balance problems or dizziness
- blurred vision

If you think someone has a head injury, there are six key things you should look for:

1. Brief loss of responsiveness
2. Scalp wound
3. Dizziness or nausea
4. Loss of memory of events before or during the injury
5. Headache
6. Confusion

Seek help immediately. Do not wait.

#### Power Outages/Unforeseen Circumstances

At times, additional situations (such as power outages, poor air quality, field playability, equipment failure) may arise mid way through a game. If an unforeseen situation arises and the game cannot continue, and/or be rescheduled, and that game has passed the halfway point such that it is deemed an ‘official game’ the result will stand as is. Otherwise it will be considered null.

#### Inclement Weather

Intramural Sports activities are subject to cancellation due to poor weather or field conditions. Intramural Sports will contact team captains by **3pm on the day of the game if games are to be canceled**. Participants can also access the FusionPlay App for CSU East Bay to see if an update has been posted related to game cancellations. In addition, games can be canceled by an Intramural Sports Lead at the game site. Intramural Sports staff will make every effort to reschedule canceled games, however, due to time and space limitations, there are no guarantees. If the game cannot be rescheduled and has passed the halfway point such that it is deemed an ‘official game’ the result will stand as is. Otherwise it will be considered null.

## **PHOTO/VIDEO DISCLAIMER**

RWUU may photograph or videotape Intramural Sports activities and participants for use in promotional materials. If you wish to refrain from being included in any photos or videos, please notify a staff member. Any outside photo or video must be approved, in advance, by the Director of Recreation, Wellbeing, and University Unions.

## **ELIGIBILITY**

### Membership

All participants in the Intramural Sports program must hold an active Recreation and Wellness (RAW) Center membership. All members with the exception of students paying the “UU Rec Fee” must purchase a RAW membership in order to participate in the Intramural Sports program.

### *Students*

Cal State East Bay students currently enrolled in one or more classes and paying the “UU Rec Fee” as part of their overall tuition and fees are given a complimentary RAW membership and are eligible to participate.

Cal State East Bay students currently enrolled and not paying the “UU Rec Fee” must purchase a RAW membership in order to participate.

Non-Matriculating Students (students enrolled in classes but not pursuing a degree, or students taking a semester off) must purchase a RAW membership in order to participate.

#### *Faculty/Staff*

Faculty and Staff members currently employed by Cal State East Bay must purchase a RAW membership in order to participate.

#### *Alumni*

Alumni are not eligible to participate in Intramural Sports at this time; however, they still can be active members of the RAW and use the facility.

#### *Community Members*

Members of the community are not eligible to participate in Intramural Sports at this time; however, they still can be active members of the RAW and use the facility.

#### *Sponsored Guests/Day Pass Holders*

Sponsored Guests of RAW members and Day Pass Holders are not eligible to participate in IM Sports at this time; however, they can still access the Recreation and Wellness facility with their sponsor.

#### Varsity Athletes

A “Varsity Athlete” is an individual who participates in an intercollegiate contest, attends regularly scheduled practices for a span of more than two weeks, or appears on any official intercollegiate team roster. “Varsity Athletes” include those athletes that may have played at another school before attending Cal State East Bay. For the purposes of IM Sports eligibility, practice team players, red shirt players, and former varsity players are all considered “Varsity Athletes.”

“Varsity Athletes” are allowed to participate in their same or related sport in the Intramural Sports program. However, no intramural sports team may roster more than two (2) “Varsity Athletes” that are playing in their same/similar sport (e.g. an intramural basketball team may not roster more than two “Varsity” basketball players). There is no limit to the number of “Varsity Athletes” that can play on a single roster in a non-related/similar sport (e.g. an intramural volleyball team may roster five baseball “Varsity Athletes”). “Varsity Athletes” retain their status for two years from the date of their last participation for the intercollegiate team.

#### Olympic and Professional Athletes

A professional athlete is an individual that has been financially compensated for participation in a professional or semi-professional league. Olympic athletes are individuals who have competed for their country in the Olympics or World Championships, but not Olympic Trials. Current/Former professional and Olympic athletes are not allowed to participate in their related sport.

### Eligibility Protests

If at any time you feel that a team is in violation of the eligibility requirements, you may file an official protest. Protests must be submitted in writing (email suffices) no more than 24 hours upon conclusion of the game/contest in question. All protests will be investigated by the Intramural Sports staff.

### Eligibility Penalties

Penalties will be administered by the Intramural Sports staff if a team/player is found to be ineligible and may include player(s) suspension, team suspension, team default, or game/team forfeit.

### Roster Limitations

#### *Roster Size*

All rosters for team sports are limited to the respective sport format roster size multiplied by two, plus two. Ex: 5v5 Basketball ( $5 \times 2$ ) =  $10 + 2 = 12$ ; 6v6 Indoor Volleyball ( $6 \times 2$ ) =  $12 + 2 = 14$

#### *Roster Additions*

Captains may add eligible players to rosters at any time within the first half of the season. Rosters will lock at the midpoint of each season. (i.e. if a season is 8 weeks long, rosters will lock after the conclusion of the 4 week's games). In order to participate in the playoffs, team members must have participated at least once with their team during the regular season. During the playoffs, only those individuals listed on the roster may participate. All roster additions must be completed online and **participants must be on the official roster prior to game time**. Any players not on the official online roster (even if they have played in a regular season game), will not be permitted to play in playoffs. Participants may use their mobile device to demonstrate to the on field staff that they have successfully joined a roster to participate.

#### *Multiple Teams*

Individuals may play for one OPEN team, and one COREC team per sport.

Example: A player participating with an OPEN basketball team may also participate with a COREC basketball team, but may not add to another OPEN basketball team roster.

If a player is on the roster of another team, but has not yet participated on that team, they may be removed and allowed to participate for a different team. Once a player participates for a team, they may not be removed or change teams. Participation includes the act of "checking in" at a game.

### Identification

All Intramural Sports participants must present a valid Cal State East Bay Bay Card (digital or hard copy) before participating in any Intramural Sports activity. In lieu of a Cal State East Bay Bay Card, a participant may present a government-issued photo ID (passport, driver's license, military ID, etc.) **only if he/she is already listed on the online roster prior to the game**.

As a reminder, Cal State East Bay requires students and staff to have their Cal State East Bay Bay Cards on their person at all times while on campus. Presenting a false ID is a violation of University policy and is cause for immediate ejection and suspension from the IM Sports program. Situations involving individuals attempting to use false IDs will be documented, and those attempting to participate with a false ID, as well as those who are the rightful owner of the ID, will be treated as an ineligible player risking team/game forfeiture and potential loss of other RAW access privileges.

## REGISTRATION

The Cal State East Bay Intramural Sports program utilizes an online/mobile sport scheduling application for league management called FusionPlay. Participants are prompted to download FusionPlay to make or join an intramural sports team. For more information and step by step instructions participants can reference the [FusionPlay Player App Guidebook](#). Individuals requesting assistance can contact the RAW at [rawcenter@csueastbay.edu](mailto:rawcenter@csueastbay.edu)

### Free Agents

Free Agents are individuals who do not already have a team to play on. Free Agents interested in joining a team can also sign up online via FusionPlay. Choose a sport and league and if you see one available, add yourself to the team named “Free Agents.” If there is no team listed as “Free Agents” complete the registration process as a Free Agent for the sport(s) you are interested in playing. You may request to join a team that is looking for Free Agents. Free Agents that have not joined a team by the start of the season will be automatically placed into the FREE AGENT TEAM. Free Agents are still allowed to move from this team to another team, provided they have not played on the Free Agent Team in any games as of that time.

Individuals requesting assistance can contact the RAW at [rawcenter@csueastbay.edu](mailto:rawcenter@csueastbay.edu)

### Team Names

Intramural Sports reserves the right to change or alter any team name that is deemed inappropriate or otherwise offensive. This includes the use of sexually implicit team names or names including profanity or crude slang. Please ensure that a team name or any artwork is appropriate before including it on any team jersey.

## CAPTAIN’S RESPONSIBILITIES

Intramural Sports participants form their own teams and register during the designated registration window. Each team entered into a league or tournament must have a designated captain.

Intramural Sports team Captains serve a crucial role as the liaison between their teammates and the Intramural Sports staff. Intramural Sports will relay information to the captain (commonly by phone, email, text, or push notifications) that should be disseminated to team members. The captain should ensure that all team members are aware of the Intramural Sports policies and the sport rules. Co-Captains are encouraged in the event that the team's captain is unable to attend a specific game during the season.

The captain is responsible for:

1. Reviewing the Intramural Sports Participant Handbook
2. Completing the registration process online prior to the deadline
3. Verifying eligibility of all team members
4. Watching the Mandatory Captains' Meeting Webinar and completing the associated pre season quiz.
5. Sharing the game dates, times, and locations with all teammates
6. Reviewing the sport specific rules prior to competition and sharing this information with team members
7. Verifying that all team members are in the proper attire (including correct jersey colors)
8. Verifying all team members have checked in with proper ID for each game
9. Serving as the on-field liaison between officials and team members
10. Ensuring appropriate conduct by all team members and spectators
11. Contacting the Intramural Sports staff regarding potential defaults or forfeits
12. Fully cooperating with the Intramural Sports staff and complying with requests

### Captains' Meeting Webinar and Pre Season Quiz

Each team captain must watch the MANDATORY Captains' Meeting webinar and complete the Pre Season Quiz. The webinar serves to educate teams on Intramural Sports Policies and Procedures. Captains can watch the webinar (@15-20 minutes long) and take the associated pre season quiz once they have registered their team(s), however, they must have completed these two items prior to the league being scheduled. Captains that do not complete the webinar and quiz by the due date risk being dropped from the league and being charged a \$15 fee to be reinstated. Captains are also encouraged to read and familiarize themselves with the [sport specific rules](#) of the sport(s) they are participating in.

## **LEAGUE & TOURNAMENT FORMAT**

### Team Sport Leagues

Intramural Sports offers a variety of leagues each semester. Leagues require advance registration and are typically either 4 or 8 weeks in length and take place during a specific semester. Leagues typically involve round robin play followed by a playoff bracket. Games are not played during final exam week and may not take place during weeks in which a holiday occurs. Teams in a league will generally play one game per week according to the online schedule. Teams play out the entire season in an attempt to qualify for playoffs and be recognized as the league champions.

Playoff eligibility is determined by season results and sportsmanship. Not all teams will qualify for playoffs.

### Individual/Two Person Leagues

Intramural Sports occasionally offers individual or two person sports during the year (i.e. badminton singles and/or doubles). These sports are often self-officiated and, at times, self-scheduled. If a sport league is self scheduled it is up to the participant(s) to schedule the game contest according to the matchups and deadlines provided by Intramural Sports. Individuals participating in these leagues must report the results of their contests to the Intramural Sports staff before the end of each week. These leagues will also feature a playoff at the conclusion of the season.

### Tournaments

Each semester, Intramural Sports offers one or two-day tournament(s) featuring a variety of sports and games. Tournaments are typically held outside of scheduled league play times and are often played over the course of a single afternoon, evening, or weekend. Formats can vary, but often follow a single or double elimination format.

### Events

From time to time, Intramural Sports offers special events. These range from drop in activities to registration required events.

### Leagues and Divisions

Intramural Sports attempts to offer different leagues within each of its sports and tournaments. At times competitive and recreational distinctions will be made at the division level (Division A/Division B and so on). Upon consultation with the team captain, Intramural Sports reserves the right to move teams from Division B to Division A or vice versa to maintain a proper level of competition and fairness.

### *Open*

Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. There are no gender specific guidelines for teams in this league. Participants are encouraged and welcomed to participate according to their asserted gender.

### *Women's*

Female identified individuals may compete in this league. Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. Participants are encouraged and welcomed to participate according to their asserted gender.

### *CoRec*

Participants in this league generally have a variety of skill levels, or want to have fun or learn the rules of a sport with some competitive match-ups. Teams are required to have a specific number

of both male and female identified players on the field/court at all times. Participants are encouraged and welcomed to participate according to their asserted gender.

#### *Division A*

Highly competitive and skilled players and teams are encouraged to participate in Division A if offered. Champion T shirts are awarded to the winning team in both Divisions.

#### *Division B*

Although still competitive, teams that are interested in an environment where they can continue to build skills, are encouraged to participate in Division B if offered. Champion T shirts are awarded to the winning team in both Divisions.

## **PROPER ATTIRE**

Participants must wear attire that can be described as “athletic” in nature. This is for the protection of all participants. Jeans are not considered athletic attire.

### T-Shirt Policy/Uniform Requirements

Matching colored team shirts are required in all variations of basketball, soccer, flag football, and certain tournaments and special events. The sport of soccer requires each goalie to wear a color different from that of his/her teammates and opponents. The sport of basketball requires each player to have a different one or two digit, permanent number at least 4 inches tall on the back of the shirt/jersey.

Teams should arrive at an agreed upon color prior to their first game. Teams should not consider white or gray a color. Teams are required to have colors of the same shade. For example, a team would not be allowed to wear sky blue and navy blue in conjunction as these colors are vastly different.

Teams are also required to bring an alternate white or gray shirt in the case of a color conflict with the opposing team. If the supervisor determines there is a color conflict, teams will be asked to wear their alternate jerseys. If neither team has an alternate jersey, the teams must work together to ensure the game can be played. If neither has their alternate jersey, thus causing a game not to be played, **both teams** will forfeit the contest.

### Jewelry

Jewelry is not permitted to be worn during any Intramural Sports activity. Participants are expected to remove jewelry prior to the start of the game. Officials and Leads have the authority to remove or bar any participant from competition if they feel the jewelry poses a safety risk to the owner or an opponent. Examples include: rings, earrings, necklaces, bracelets, watches, studs, etc. Medical bracelets and religious jewelry is permitted provided it is securely taped to the body.

### Footwear

For all indoor sports, players must wear athletic type shoes that completely cover the foot. Sandals, boots, or open toe shoes are not permitted. In addition, five-finger shoes are not allowed. For outdoor sports, players must wear athletic shoes or cleats. Cleats are limited to studs that do not exceed ½ inch, and they must be made of rubber or plastic. Metal tipped studs are prohibited.

## **PLAYING RULES**

### Sport Rules

The playing rules for all sports are based on a combination of NIRSA (National Intramural Recreational Sports Association) and/or respective national association rules with modifications designed to make the activity safe and enjoyable for all participants. Intramural Sports reserves the right to modify playing rules to meet the best interests of the league and Cal State East Bay campus community. Intramural Sports Leads have the authority to use their judgment on items not specifically covered in the playing rules and in cases when officials cannot come to an agreed upon decision. Sport rules are posted on our [website](#).

### CoRec Modifications

CoRec leagues are designed to give participants the opportunity to play together in a fair and balanced game. CoRec rules can vary by sport and may differ from rules for men's and women's leagues. Participants are encouraged and welcomed to participate according to their asserted gender.

### *Difference of One Rule*

For all CoRec leagues, teams must have an equal number of male and female identified participants on the playing field/court or no more than a difference of one. One gender must not outnumber the other gender by more than one player.

Example: In a 5v5 CoRec basketball game, a team may have three male identified and two female identified participants on the court. They *may not* have four male identified and one female identified participants on the court.

Example: In a 7v7 CoRec flag football game, a team with only two female identified participants must play shorthanded with three male identified and two female identified participants. They *may not* play with five male identified and two female identified participants.

### Mercy Rule

Some sports and tournaments have a point differential at which a contest will be ended with no penalty, default, or forfeit to either team. In order for the mercy rule to take effect, the game must be at least halfway completed. The game will be officially ended if the mercy rule is reached. If both teams wish to continue playing they may agree to do so. The game will continue,

un-officiated, with a running clock. The mercy rule differs by sport and can even differ by league. The mercy rule is noted in each sport's official rules.

## **RESCHEDULES**

Intramural Sports assumes all teams are able to play each of their scheduled games. Due to limited court/field space and availability of staff, rescheduling requests are challenging to accommodate but we will attempt them. Rescheduling requests must be made to the Intramural Sports Student Assistant Coordinator no less than 3 days prior to the scheduled game time. For both the regular season and playoffs, Intramural Sports cannot guarantee that requests can/will be accommodated. Requests received at least 3 days prior to game time, that ultimately cannot be accommodated, will result in a default for the requesting team and a win for the opposing team.

### Cancellations

For various reasons such as facility availability, inadequate light, or inclement weather, intramural sports games may be canceled or delayed. If time and space allows, these games will be rescheduled. We will attempt to reschedule games canceled during play if the game has not yet reached an "official" game. Games discontinued after the game is declared "official" will end with the score remaining final and no reschedule attempt will be made. The standards leading to the declaration of an "official" game are outlined in the rules of each sport.

## **FORFEITS**

An individual or team registering for a league or tournament enters into an agreement with Intramural Sports. Intramural Sports administers the league or tournament and provides staffing and equipment for these activities. Participants must fulfill their obligation by being prepared to play at their scheduled game time. Participants are encouraged to arrive at least 15 minutes before the scheduled game time to avoid a forfeit.

A forfeit occurs when a team does not show up to a scheduled game or shows up with fewer than the minimum number of players required to begin a game. The minimum number of players required differs by sport and is noted in each set of sports rules. For CoRec leagues, teams must also meet the minimum number of players required at all times for each gender.

Since various issues that prevent individuals from arriving to the game site on time can and do occur, (i.e. traffic, parking, etc.), Intramural Sports recognizes a 10-minute grace period. Teams have until 10 minutes after the scheduled game time to meet the minimum number of players requirement. The game will start as soon as a team meets the minimum. The Intramural Sports Lead on site administers the clock and will start the clock at the scheduled game time. They will also make the official call on a game being declared a forfeit.

Any team receiving a forfeit will accrue one loss by the score outlined in the sport's rules (differs by sport). In addition, the forfeiting team will also receive a sportsmanship score of three. Any

team that receives any combination of two forfeits or defaults during the regular season may be removed from the league and will be deemed ineligible for playoffs.

If both teams mutually agree to end a game early, the team behind when the agreement is reached will still receive a loss, but no forfeit or default will be charged. A team that forfeits two games in a row will be dropped from the league anytime in the first three weeks of the season.

If a team falls below the necessary number of participants to start, continue, and complete a game, at any time (due to injury, etc.) the game will result in a default (but not a forfeit) for that team. If the game has reached the halfway point such that it is deemed an 'official game' the result will stand as is.

### Forfeit Fees

Forfeit fees are instituted to encourage all teams to make a maximum effort to attend all scheduled games in order to provide stability for leagues. Captains assume responsibility for their teams and are made aware that forfeiture of a game will result in a charge of \$15 assessed to their student account. A second forfeit will result in another \$15 charge and removal from the league. For non-student captains (fac/staff), the forfeit charge must be paid to the Intramural Sports office prior to the next scheduled game in order to continue in the league.

Intramural Sports recognizes that there may be extenuating circumstances that arise, preventing a team from being able to field the number of players required for a scheduled game. Parking issues, work, and class conflicts are not considered extenuating circumstances. Captains may appeal a forfeit charge within 48 hours of the forfeit. In order to do so, captains must email [rawcenter@csueastbay.edu](mailto:rawcenter@csueastbay.edu) and state the reason for the appeal. Appeals take 24-48 hours to review and captains will be notified of the result via email. In such cases, evidence may be requested from the team captain.

In order to prevent a forfeit, captains are encouraged to default games (see "Defaults" below) by 12pm of the game day.

## **DEFAULTS**

A default is a game that is not played as a result of one of the teams not being able to field the minimum number of participants required to start the game. The game is recorded as a loss but is not considered a forfeit. A team may default one game per season, without risk of being dropped from the league. A default will NOT result in lower sportsmanship. Teams that default will receive a sportsmanship score of five. Teams that default will not be assessed a forfeit charge. The team captain must contact the Intramural Sports office by 12pm the day of the contest with the team name, sport, and time of the scheduled game. Teams may not default at the game site.

As a courtesy to the opposing team and staff, teams are encouraged to default games rather than “no-show/forfeit.” Teams that do not default a game, and do not show up, or show with fewer than the required players, will be charged with a forfeit and the corresponding \$15 forfeit fee.

## **PLAYOFFS**

All league sports will conclude with a playoff bracket following the regular season. Eligibility for playoffs depends upon many factors including sportsmanship, winning percentage, number of teams in the league, etc. etc.

### Sportsmanship

To be eligible for postseason play (playoffs), teams must maintain an average of a 4.0 sportsmanship rating. All sportsmanship scores for each game are averaged to arrive at this number. Teams concluding the regular season with less than a 4.0 sportsmanship rating may appeal to the Intramural Sports staff within 24 hours of their last game. Any team receiving a sportsmanship score of 3 or less during a playoff game will automatically be suspended until a meeting with the Intramural Sports staff takes place. Any team who receives a sportsmanship grade of 2 or lower will automatically forfeit the game and their opportunity to continue to participate in the playoffs regardless of a team win or the score at that time.

### Rosters

During the playoffs, only those individuals listed on the roster may participate. Participants must have played or checked in to at least one regular season game in order to be eligible to play with that team in the playoffs.

### Seeding

Playoff seeding is determined by a number of factors. Teams will be seeded and matched up accordingly. Typically, teams are ranked taking into consideration the following criteria, Winning Percentage, Sportsmanship, Head to Head, Points Against, and Random Draw.

Cal State East Bay IM Sports does not value/weigh “Points For” when seeding and advancing teams to playoffs, so there is no reward for driving up the score on a team that is less competitive than yours. We value/weigh “Points Against” however, so the emphasis is to play strong defense.

### Awards

The champions in each league often receive championship T Shirts. While efforts are made to ensure each participant gets a properly sized shirt, we cannot make guarantees. Only players who have participated in at least one game during the season are eligible to receive a shirt. Players not in attendance during the championship game must come to the Intramural Office to claim their shirt. Shirt allocation for winning teams is limited to the roster limit for that associated sport.

## **What You Should Expect: The IM Sports Experience**

We ask for your understanding that our officiating program is developmental; our officials are constantly learning. And they are also working for close to minimum wage as opposed to the high school officials that you may have had experience with who are compensated at a higher rate and possess certifications from various governing bodies.

We recognize that even if we hired NFL/NBA/FIFA certified officials for our IMS events, you would probably still disagree with some calls here and there, so, please recognize that while disagreements are acceptable and part of sport, disrespect is not.

Remember that officials have different perspectives and positions on the courts and what may look like a foul from the bench may not from under the hoop or on the field.

As a campus unit, Recreation and Wellness Services expects everyone to engage in this campus program according to campus policies and with mutual respect. We encourage participants to think about how they might want to engage in a heated and somewhat disrespectful argument with an official about a technical or red card or unsportsmanlike penalty they just earned and ask the participant to think, "Would I treat a student assistant at the library this way because they didn't have the book I needed for class? Or would I treat my Residence Hall Advisor this way because they couldn't key me into my room immediately, but I had to wait a half hour?"

Our staff will always do their best, and never make mistakes on purpose, and we will do our best to prepare our officiating crews to provide this campus with a quality Intramural Sports program and experience.

## **SPORTSMANSHIP**

Intramural Sports expects participants and spectators to conduct themselves in a sportsmanlike manner at all times. Following the conclusion of each game, the Intramural Sports staff will assess the sportsmanship of each team and assign a rating ranging from 0 (low) to 5 (high). In order to be eligible for the playoffs, teams must have an average sportsmanship rating of 4. Intramural Sports staff members have the authority to stop any game to address sportsmanship issues with or without warning.

### Sportsmanship Rating Scale

Sportsmanship scores are assigned according to the following criteria. A score of five is the highest a team may receive and a score of zero is the lowest.

*5 – Excellent Conduct and Sportsmanship: Team members cooperate fully with Intramural Sports staff. Respect shown to the game and staff. Team members speak to staff calmly and appropriately. Team members courteous to opposing team. Normal game.*

*4 – Average Conduct and Sportsmanship: Team members verbally complain or display disagreement about some decisions made by officials. Minor incidents of unsportsmanlike behavior towards opponents, spectators or staff. Team receiving misconduct but no other issues. Some static.*

*3 – Below Average Conduct and Sportsmanship: Team members repeatedly question and complain about calls. Multiple incidents of unsportsmanlike behavior towards opponents, spectators or staff. Team receiving one or two misconducts. Forfeited games also result in a sportsmanship rating of 3.*

*2 – Poor Conduct and Sportsmanship: Teams constantly comment to the officials or opposing team. Team captain exhibits very little control over the team. Team members explicitly display actions unfitting of the game. Three or more misconducts.*

*1\* – Unacceptable Conduct and Sportsmanship: Team is completely uncooperative. Captain has no control over teammates. Harassment of officials or opposing team. Game involves player ejections.*

*0\* – Game Termination: Altercations or multiple ejections. Contest ended by staff due to extenuating circumstances. Unsafe playing environment.*

\* Team is suspended pending a reinstatement meeting and other ‘return to play’ procedures as necessary.

### Unsportsmanlike Conduct Penalties

Unsportsmanlike conduct (UC) penalties can be issued by any Intramural Sports staff member at any time. Teams receiving a UC will not receive a sportsmanship rating of more than 4 for the game in question. Players receiving more than one UC in a single game will automatically be ejected. In addition, players accumulating multiple UC penalties during the season may face possible suspension.

Administrative penalties (i.e. not checking in prior to game, improper attire, any non-conduct or non-contact penalty) will not lower a team’s sportsmanship unless occurring with great frequency.

### Ejections

Any player or spectator ejected from an intramural sports contest must leave the field/facility immediately. Failure to leave the playing area may result in forfeiture of the contest for the team associated with the ejected person. The game will not resume until the ejected participant has left the game site. Participants may be ejected before, during, or after any contest by any Intramural

Sports staff member. A warning does not have to be given before a participant is ejected. Captains are expected to assist with ejected players and required to provide information on an ejected player or spectator if the player/spectator does not volunteer information.

Players receiving more than one unsportsmanlike conduct penalty (i.e. two yellow cards, two technical fouls, etc.) will be ejected from the contest.

Any ejected participant is automatically placed on indefinite suspension from **all** Intramural Sports activities. Ejected players must schedule a meeting with the Intramural Sports staff in order to clear a suspension (no self-imposed penalties). Suspension lengths will vary based on severity of actions and the nature of the incident.

Cases involving physical or verbal abuse between participants, spectators, and/or staff **will be** reported to the Office of Student Conduct, Rights and Responsibilities.

## Participation Guidelines

The following Cal State East Bay Intramural Sports Participant Behavior Guidelines have been developed by the Recreation and Wellness Department in order to enable Cal State East Bay to deal fairly with participant-related issues and concerns impacting the Intramural Sports Program.

Participants are expected to conduct themselves in a sportsmanlike manner. Sportsmanship is defined as those “qualities and behavior befitting a sportsman” This is further defined as:

- (a) Abiding by the letter and the spirit of the rules of play;
- (b) Treating opponents with courtesy and generosity;
- (c) Playing his or her best but never losing sight of the fact that it is a game which was designed primarily for enjoyment;
- (d) Winning and losing with dignity and respect.

Unsportsmanlike conduct will not be tolerated. By definition, therefore, a person who is not demonstrating sportsmanship is one who is unfair, lacks generosity, and is a poor loser. Conduct which does not demonstrate sportsmanship would be that which lacks grace in the acceptance of results. Examples of unsportsmanlike conduct which are unacceptable are:

- (a) Persistently questioning officials in regard to their decisions.
- (b) Making derogatory remarks about or to officials and/or players (remarks which are profane are of particular concern).
- (c) Making obscene or objectionable demonstrations or dissent.
- (d) Conduct which seeks to intimidate or deceive officials.
- (e) Employing unnecessarily rough tactics against an opposing player.
- (f) Refusing to abide by an official’s decision.
- (g) Shoving, striking, or otherwise threatening participants and/or officials.

Contest Sanctions. Officials may employ the following sanctions against all persons for unsportsmanlike conduct.

- (a) Failure to abide by a decision of the game official will result in removal from further play.
- (b) Should unsportsmanlike conduct persist after the participant has been removed from the field/court of play, then they shall be removed from the area of play.
- (c) Should the participant refuse to leave the area of play, as directed by the official, or should the participant's unsportsmanlike conduct be flagrant or persistent, the game will be declared a forfeit win by the opposing team. UPD may also be alerted at this time.
- (d) Any participant who is removed or ejected from a game must meet with the Associate Director of Recreation and/or the Director of Recreation and Wellness Services prior to being reinstated/allowed to play again. If they ignore this rule, any and all games that they have participated in, regardless of if it is the same sport or not, will be declared a forfeit win for the opposing team.

Disciplinary Procedures. The following procedures will be observed in cases of alleged unsportsmanlike conduct and for all persons ejected or removed from play during, before or after an Intramural Sports contest or activity.

- (a) The ejected participant/participant charged with unsportsmanlike conduct must make an appointment to meet with the Associate Director of Recreation and/or the Director of Recreation and Wellness Services, and cannot participate again (they are considered suspended) until they have done so. In certain circumstances participants can be accompanied by their team captain if they wish. They will be asked to express their perspective and view of what transpired or contributed to the altercation/ejection. At times, members of the IM Sports Student Leadership Team may sit in on these meetings.
- (b) Suspension lengths will vary based on severity of actions.
- (c) Depending on the severity of the incident, first time offenders may be given a warning and allowed to continue participating after sitting for one week/game. If a second offense occurs, the person may be banned from participation from one semester/one year, or they may be permanently removed from future participation in any and all Intramural Sports games and activities.
- (d) Depending on the severity of the incident additional RAW/Cal State East Bay privileges and access may also be lost.
- (e) Any ejections/cases related to acts of violence or assault will also involve the filing of a police report and adjudication by the Office of Student Conduct, Rights and Responsibilities.

### Alcohol, Drugs, and Tobacco

Cal State East Bay is a smoke and tobacco free campus (including e-cigarettes). The use or consumption of alcohol and illegal drugs is prohibited during RAW programs and events. If any RAW staff member suspects an individual is under the influence of drugs or alcohol, that person will not be allowed to participate, and will be asked to leave the facility/activity/event. Violators are also subject to disciplinary action in accordance with University policy.

### Spectators

CSU East Bay Intramural Sports does not recognize “coaches.” Only officials and players are allowed on the playing field. Spectators are expected to act in a respectful manner at all times. Any spectator who engages another spectator, official, or participant in inappropriate conduct including but not limited to taunting, cursing, verbal abuse, use of noisemakers, and foul gestures will be immediately ejected and suspended from the facility. Team captains are responsible for not only their team, but their fans as well and will be used to help control spectators. The captain may be issued an unsportsmanlike conduct penalty for failure to control their team’s fans.

## **JOB OPPORTUNITIES**

Intramural Sports regularly hires and trains sports officials. While no direct experience is necessary it is suggested that candidates have a basic understanding of the sport they are interested in officiating; having been either a coach, participant, official, or avid fan. Additional training will also be provided in the sport which you wish to work. We regularly seek officials for basketball, volleyball, soccer, and flag football. We offer competitive pay and a flexible and fun work environment. For more information, please visit us [online](#), or inside the RAW.

## **Intramural Sports: Recreation and Wellness**

*Location: Recreation and Wellness Center*

*Phone: (510) 885-4749*

*Email: [rawcenter@csueastbay.edu](mailto:rawcenter@csueastbay.edu)*

*Website: [www.csueastbay.edu/RAW](http://www.csueastbay.edu/RAW)*