



## Intramurals Handbook

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## **INTRODUCTION**

Intramural participation is an exciting new element of Athletics at Minnesota West Community and Technical College. Students, faculty and staff are able to choose from a variety of sports and activities throughout the academic year. Participation in all intramural activities is FREE. This handbook will provide an overview of the Intramural Program including how you can get involved!

## **WHY GET INVOLVED**

Whether you play sports just for fun or are proving your skills, Minnesota West Intramurals offer a variety of sports and activities for all students. It is a great opportunity to get more involved on campus while meeting new people.

The Intramurals program is intended to:

1. Create community engagement
2. Provide exercise and competition
3. Promote leisure education
4. Enrich social competence
5. Develop group loyalty
6. Foster higher academic achievement

The success of the Intramurals program depends on student participation and staff for the activities offered. Faculty and staff are more than welcome to participate! Activities include team sports, individual sports and special one-day events.

## **HOW TO GET INVOLVED**

Contact Jeff Linder

## **CONTACT INFORMATION**

The Intramurals staff is dedicated to ensuring each participant enjoys safe facilities and playing conditions, fair competition, and a fun atmosphere conducive to creating the best experience possible. For questions, comments, or suggestions related to Intramural operations and/or experiences please get in touch with the Intramural Coordinator.

### **Intramural Coordinator**

Jeff Linder

[jeff.linder@mnwest.edu](mailto:jeff.linder@mnwest.edu)

507-372-3474

Office: 309A

## **WEBSITE**

The Intramurals website is updated each semester with resources and links to help you have a positive experience. Please refer to the website, <http://www.mnwest.edu/student-life/intramurals>, as your primary source of program information.

Website content includes:

- Program Overviews and News
- List of Current Activities Being Offered
- Activity-Specific Rules
- How To Register Online
- Sportsmanship Policy

## **ELIGIBILITY**

- Participation is open only to Minnesota West students, faculty and staff.
- Any students who is practicing or playing with a Varsity or Junior Varsity team is ineligible for Intramural competition in that sport or its associate sport during their traditional season of competition.

- Team captains who enlist members on their team who are trying out for the Varsity or Junior Varsity teams must be aware that an individual may not participate in Intramural Sports and be trying out or, practicing with, or competing with the corresponding Varsity or Junior Varsity team concurrently.
- A team entered in Intramural competition may not have more than the specified number of players on their roster who have been listed on the roster of the Varsity college level sport pertaining to the Intramural sport being played within the current school year. (This will vary from sport to sport)
- No student may play on more than one (1) team in the same sport in a single session.
- A player may not transfer from one team to another after he/she officially participated in the activity unless prior written approval is granted by the Intramural staff. If otherwise eligible, his/her first participation with a team limits him/her to membership on that team throughout the sport session. If evidence is presented to prove that a player played on a team other than the one for which he/she is a member and prior approval was not granted, all games in which he/she participated as an ineligible player may be forfeited.
- Any team using an ineligible player knowingly or unknowingly will be given a forfeit loss of all games in which the ineligible player participated.
- Any player who is responsible for playing under an assumed name, misrepresenting a score, tampering with score sheets and records, or being an ineligible player in that sport and revealing such information shall be subject to penalty.
- Team captains may add players to their team rosters up to the specified roster limit for their particular sport until the last game of the regular season before playoffs begin.

## **FACILITIES**

Intramural leagues are played at the Minnesota West Worthington campus athletic facilities.

## **CAPTAIN RESPONSIBILITIES**

Team captains serve as liaisons between Intramural activities and their respective teams. It is important captains understand policies and procedures set forth by the program so their teammates are well informed during all facets of their participations.

- Must be present at the designated meeting of captains to become officially entered into the competition. Designated meeting dates and locations will be posted.
- Should keep in close contact with the Intramural website, [www.mnwest.edu/student-life/intramurals](http://www.mnwest.edu/student-life/intramurals) and Intramural Staff.
- Will notify their team members of the date, time and place of each contest and make certain the team is present and on-time.
- Must be thoroughly familiar with the general rules and rules published for each sport that will be discussed and distributed at the captain's meeting.

## **REGISTRATION & SIGN UP**

See Jeff Linder

## **SCHEDULES & GAME TIMES**

Intramural schedules are posted on the office suite of the Health and Wellness Center on the Worthington Campus. Schedules are published no later than one calendar day prior to the start of the activity. Schedules are completed based on facility availability, number of teams, and the academic calendar. Any postponements due to weather, facility conflicts or any additional appropriate reason will be posted in the office suite of the Health and Wellness Center on the Worthington Campus.

All games will begin at the scheduled time. Teams should arrive 10 minutes early to sign in with their student ID. For a list of activities offered for the current semester, along with dates, visit the Intramurals website at [www.mnwest.edu/student-life/intramurals](http://www.mnwest.edu/student-life/intramurals)

## **IDENTIFICATION**

An official, current, and legal Minnesota West ID is required for each participant. The Intramural staff and student workers reserve the right to check student, faculty, or staff ID's at any time.

## **FORFEITS**

- The Intramural program will not change game times. If a team cannot field a legal team for a scheduled game the team captain is responsible for adding players to the roster who can play. Failure to field a legal team will result in a forfeit and may affect playoff eligibility.
- After two forfeits the intramural staff reserves the right to remove a team from the league if they deem it necessary.

## **WEATHER**

In the event of bad weather, the intramural staff will make a decision on the current day's games by 5:00pm. Rain and/or snow are not automatically cause for cancellation of games. It is the team captain's responsibility to find out if the games are cancelled. In most cases, games cancelled due to weather will not be made up.

## **CLOTHING**

No cleats, spikes, headgear, or jewelry of any kind is permitted during play.

## **CO-ED RULES**

In sports with co-ed divisions, teams must have an equal number of males and females on the field at one time or one more of either gender (example- 3 males and 2 females is a legal team if the minimum number of players needed is 5) unless otherwise specified by the individual sport rules.

## **SPORTSMANSHIP**

Safety and the development of sportsmanlike attitudes are two of the goals of the Intramural program. At the conclusion of each contest, the Intramural referees, scorekeepers, and supervisors will give each participating team a sportsmanship grade for that game. Sportsmanship grades will be used to help determine which teams make playoffs and the seeding of those teams. All intramural participants must be able to accept defeat without blaming others.

Our program is for individuals who play and live by the rules. Failure to abide by these rules may result in ejection, probation, suspension, or expulsion from Intramural activities. Anyone who receives unsportsmanlike conduct will be contacted by the Intramural staff before they will be allowed to participate in Intramurals again. Unsportsmanlike conduct is considered, but not limited to:

- Disrespect towards officials or participants- the referee, scorekeeper, and supervisor have the power to warn or disqualify from the game any player, substitute, or coach, who commits any of the following gross violations of sportsmanship: Use of profanity or abusive language toward officials or participants. Persistently addresses the officials in regard to decision. Makes derogatory remarks about or to the officials or participants. Commits acts derogatory remarks to the officials or tending to influence their decision.
- Shoving or striking an official – Any action of this nature will result in the player's immediate ejection from the game and may face permanent suspension from all Intramural activities and the referral to the Intramural Director and/or Student Activities Director.
- Being involved in a fight- Any action of this nature will result in the player's immediate ejection from the game and may face permanent suspension from all Intramural activities and referral to the Intramural Coordinator.
- Continuous over – aggressive play or excessively rough play- Any action of this nature may result in the player's immediate ejection from the game and may face permanent suspension from all Intramural activities and referral to the Intramural Coordinator.

## **INJURIES & RISK**

Participation in the Intramural program is strictly voluntary and at the participant's own risk. Minnesota West Community and Technical College is not responsible or liable for injuries incurred while participating in Intramural activities. It is the participant's responsibility to seek proper medical care from a professional off-site. All costs incurred during medical treatment(s) are the sole responsibility of the participant. Participants are strongly advised to possess his/her own health and accident insurance before participating in intramural activity. There will be a base First Aid Kit on-site at each event for minor accidents.

## **WAIVER OF LIABILITY, RELEASE AND INDEMNIFICATION AGREEMENT**

All Intramural participants will be required to sign a liability waiver provided by Minnesota West before partaking in any activity. Students under the age of 18 will need the signature of a parent or guardian.

## **PROTESTS**

Team captains are allowed to file protests in order to resolve issues related to eligibility or participants, rule interpretations by officials or a scoring error. Teams may not protest the judgement of an official.

### Participant Eligibility

- Participant eligibility can be protested up to 24 hours after a contest. If an eligibility protest is made during a contest, the teams will finish the contest under protest.
- If an eligibility protest is upheld, any team with an ineligible participant automatically forfeits the contest in question.
- Intramural administration can consider the eligibility status of any individual at any time.

### Rule Interpretation

- Teams or individuals may protest a rule interpretation by an official. Teams may not protest judgements.
- After a team captain declares a protest, the officiating crew will notify the supervisor on-duty. The supervisor is responsible for documenting the protest and will assist in the protest ruling. A protest may be denied by a supervisor because it is not allowable by rule or the protest is tardy in accordance with the activity rules.

### Scoring Protests

- Teams may protest a scoring error or the score of a contest. Protests of this nature must be made as soon as possible. Once the captain signed the scoresheet at the end of the contest, the score is final.

Every effort will be made to resolve protests. Decisions made by the Intramural Coordinator are final.

## **ALCOHOL/TOBACCO POLICY**

Participants in Intramural activities may not consume alcohol nor be in possession of it during any intramural event. Intramural officials reserve the right to eject from a contact any participant who in the opinion of the referee is intoxicated to the point where he/she may hurt him/herself or others. Anyone who is ejected from a contest is placed on Intramural probation. A second offense may result in more severe disciplinary action being taken. No tobacco will be allowed in the field or court of play.