



Intramural Sports Participant Handbook

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Intramural Sports Office

URC 201

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ewu.edu/IMsports

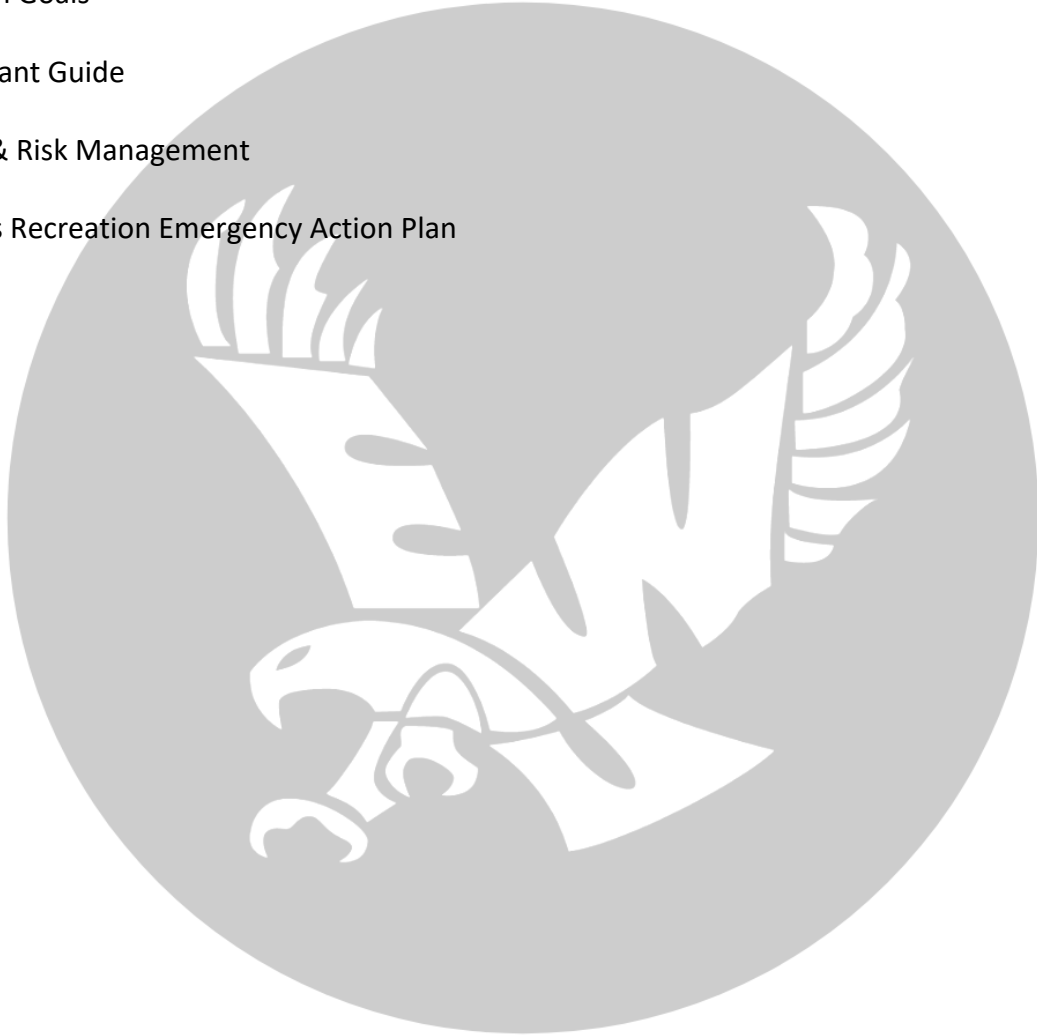
Intramural Sports Coordinator

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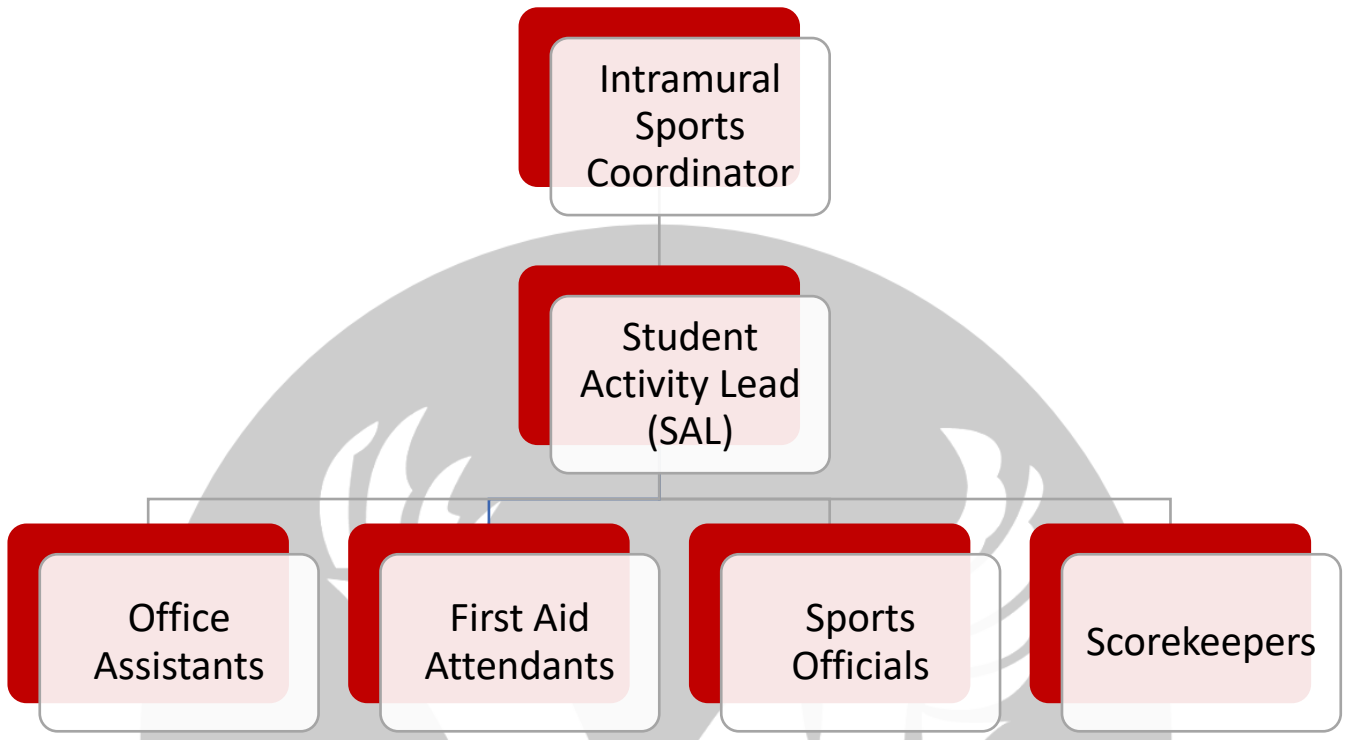
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Intramural Organization and Administration



EWU Intramural Sports Mission Statement

The EWU Intramural Sports program will provide a comprehensive and diverse schedule of programming that reflects current EWU student interest. It is the mission of Intramural Sports that participants to benefit from a safe and diverse environment, fair play and good sportsmanship.

Intramural Program Core Values

Inclusion	Sportsmanship	Risk Management	Professionalism
Emotional Safety <ul style="list-style-type: none"> Facilitates a safe environment for individuals and teams Limits imperative language 	Fair Play <ul style="list-style-type: none"> Demonstrates knowledge of game rules and regulations Actively practice rules and regulations 	Judgement & Decision Making <ul style="list-style-type: none"> Displays good judgement Demonstrates good decision making for self and participants 	Teamwork <ul style="list-style-type: none"> Able to give and receive appropriate positive and constructive feedback Actively pursues feedback Can give both technical and adaptive feedback
Group/Game Management <ul style="list-style-type: none"> Demonstrates effective non-judgmental communication Recognizes and intervenes with inappropriate behavior 	Conduct <ul style="list-style-type: none"> Actively practices respectful communication Demonstrates knowledge of student conduct for Intramurals and Eastern Washington University 	Certifications <ul style="list-style-type: none"> CPR/AED/First Aid All certifications are up to date 	Logistics <ul style="list-style-type: none"> Understands Intramural role expectations as listed in the staff handbook Understands game set up, rules and regulations Demonstrates knowledge of rules and regulations properly
Understands Diversity <ul style="list-style-type: none"> Recognizes diversity within diverse groups Recognizes diversity within homogenous groups (personality, skill level) Facilitates an inclusive environment 	Stewardship <ul style="list-style-type: none"> Presents themselves as good steward of the IM program by maintaining equipment, diverse spaces, and office Presents themselves in a professional manner while representing Intramural Sports 	Game Site Management <ul style="list-style-type: none"> Actively monitors game site safety before, during, and after game play Actively monitors participants and spectators 	Best Practices <ul style="list-style-type: none"> Demonstrates knowledge and actively practices Intramural policies and expectations Demonstrates knowledge of individual sport rules and regulations
		Self-Awareness <ul style="list-style-type: none"> Practices self-care mentally, emotionally, and physically Demonstrates an understanding of personal strengths and limitations 	Self-Management <ul style="list-style-type: none"> Takes accountability for one's actions Practices fair play behavior

Intramural Sports Program Goals

Primary program goals include:

1. Ensure that participant safety remains the highest priority
2. Provide a diverse and comprehensive schedule of quarterly activities with EWU student interests in mind
3. Encourage students to participate and try new activities with individual and group interaction
4. Facilitate an inclusive environment while recognizing diversity within the EWU community
5. Facilitate I.M. programs so that participants understand the importance of fair play and sportsmanship
6. Create programs by staying with or ahead of current recreational trends and student interest
7. Provide EWU students with the opportunity for growth outside the classroom through I.M. activities
8. Create an environment that promotes health and wellness for a holistic student experience
9. Encourage having fun through IM programs

Participant Guide

Player Conduct Code

It is each player's responsibility to display a positive attitude and demonstrate good sportsmanship while participating in I.M. sports. Not all games or officials' calls will go your way, remember that officials are there to secure a fair competition between teams/players. It is each player's responsibility to see that they conduct themselves in a responsible and respectful manner.

I.M. Language Policy

All teams will be held to the expectation that any incident of verbal abuse or use of foul or profane language, comments concerning diversity, equity and inclusion will be penalized and will affect their team's Sportsmanship rating. Any incident of verbal abuse or foul language directed at an official, staff member or opponent, shall result in an automatic ejection/suspension of the offending player(s).

General Eligibility Rules

It is each Team Captain's responsibility to make sure all of the players on their team meet the EWU I.M. Eligibility Rules that govern competition. Any team or player found in violation of any of the following rules will be declared ineligible for further I.M. competition until a decision can be made about their eligibility.

1. I.M. activities are open to all currently enrolled EWU students, faculty, staff, or alumni

2. Students and Faculty/Staff must show EWU ID upon check-in. Alumni must show photo ID upon check-in
3. The eligibility of any player in question shall be checked upon the request of any I.M. team captain to a Student Lead. It is the team captain's responsibility to assure all players on their team honor these eligibility rules and is registered on Fusion IM
4. A person may participate in as many I.M. activities as they wish, however, they may not participate on more than one team in any single league
5. Once a player has played on a team, they may not change teams in that league without the consent of the Intramural Coordinator
6. Players may join a roster at any time during league play by following the guidelines in Fusion IM. Rosters may be changed during league play. Once league play as concluded no players may be added.
7. Players must play in at least one league contest to qualify for league playoffs
8. Any student that has participated at the collegiate or professional level may not play in that sport until an entire quarter year has passed since their last quarter of competition. Participants may play in any other non-related sport(s) to their sport of collegiate competition
9. "Redshirt" student athletes are considered "Intercollegiate Athletes" and thus ineligible for I.M. play in their sport (See Rule #7).
10. "Non-Qualifier" & "Gray Shirt" student athletes may participate in any and all I.M. activities.
 - a. Non-Qualifier – Academically ineligible for NCAA play, cannot work out or participate in team activities.
 - b. Gray Shirt – Student not yet enrolled full time for whatever reason, ineligible for NCAA play, cannot work out or participate in team activities.

Team Captain's Duties

1. Know and relay the I.M. Eligibility Rules and Sport Rules to all team members. Liaison between I.M. staff and team members
2. Assure that all players on their team are registered in Fusion IM before playing in I.M. competition.
3. Responsible for all team members to understand the Sportsmanship rating policy and "Player Conduct Code and Language Policy" and maintain proper conduct during all I.M. activities.
4. Make sure that all team members cooperate with I.M. game officials and staff.
5. Inform all team members of upcoming games during league play as well as during the playoffs.
6. Notify the I.M. Coordinator of any conflicting dates or times 72 hours before game time
7. Liaison between their team and the IM staff

Sportsmanship Rating

Teams will be given a sportsmanship rating after every game. Game officials and/or Student Leads will assign a rating based on each team based on their sportsmanship and conduct. Teams must maintain an average rating of 3.0 to qualify for the play-offs, regardless of a team's win-loss record.

Team Rating		Sportsmanship and Conduct
Very Good	4	The team fully cooperates with officials/staff and presents a good attitude. The team receives no warning, technical fouls, unsportsmanlike penalties or yellow cards.
Acceptable	3	Team engages in few arguments with officials and staff. Team is awarded a maximum of one technical foul, unsportsmanlike penalty or yellow card
Unsatisfactory / Poor Team Forfeits	2	Team consistently engages in arguments with officials and/or retains bad attitude towards opponents. Team is given multiple warnings and/or penalized during the game for unsportsmanlike conduct. Team forfeits due to not showing up / not having minimum players
Unacceptable	1	Team maintains no respect for officials and/or opponents and has complete disregard for the safety and well-being of participants/staff. The captain has no control of the team. The team receives multiple technical fouls, unsportsmanlike penalties or cards.
Team Disqualified	0	Team is completely uncooperative and out of control before, during, or after the game. Team captain exhibits poor control over self, the team and/or spectators. Multiple ejections or blatant unsportsmanlike conduct that endangered participants, officials, or staff. Team fails to cooperate/comply with Intramural Staff or University officials; falsely represents or withholds any requested information

Regular Season Sportsmanship Rating

- Teams that receive a rating of 1.0 or lower for any game during the regular season must meet with the Intramural Coordinator to be eligible to play in their next contest. If a team receives a second 1.0 or lower rating in the same sport, they will be subject to immediate dismissal from the league
- Team that receive a 0 rating are subject to immediate dismissal from the league
- Team winning by default or forfeit receive a 4.0 rating
- Teams losing by default receive a rating of 3.0
- Teams losing by forfeit receive a rating of 2.0

Postponements and Rescheduling

1. Postponements prior to the start of play and due to weather conditions or any other factor will be determined by the Student Lead on duty
2. When conditions occur during a scheduled I.M. activity the Student Lead will determine if play should be stopped
3. If lightning is in the area of the I.M. fields, play is suspended for the rest of the day with no exception. Games in progress will be recorded as to the circumstances when play was suspended, in case of continued play at a later date
4. Only the Intramural Coordinator may reschedule an I.M. activity. If a game is canceled due to weather can be replayed, we will try to do so if the league schedule permits
5. Whenever possible, the Intramural Coordinator will send emails via the intramural sports email on weather or playability decisions to the team captains

Protests

Protests based on an official's judgment will not be considered. Protests based on official's incorrect interpretation of the rules will be considered if the protest procedures are properly followed. A team captain may only make official protests, before play continues. When a proper protest is submitted, the Student Lead will decide whether to uphold the protest.

Ejections/Suspensions/Fighting

1. Any player ejected by an I.M. Official during any I.M. activity will be declared suspended for the rest of that game and if any other games are scheduled for the same evening
2. Any player ejected for a second time during any I.M. league season will be suspended for a game, season, quarter or indefinitely by the Intramural Coordinator, dependent upon the circumstances and severity of the incident in question. Any ejected player or player on suspension must schedule a meeting with the Intramural Coordinator before lifting of the suspension will be considered
3. Any player ejected for any reason during the playoffs will be ineligible for the duration of the playoffs in that particular sport
4. Fights: I.M. staff will not attempt to get between players that are fighting and will enlist the aid of the team's captain to get the players separated. The SAL on duty will contact EWU Police immediately and fill out an EWU Incident Report for any fight
5. Campus Police will be notified immediately if any of the following circumstances take place:
 - a. Threats or violence to anyone attending any I.M. activity
 - b. Verbal harassment or use of language containing any gender, sexual, religious, cultural or any other type of inappropriate language or tone to of any I.M. staff, spectator or player
 - c. Any person at an I.M. activity displaying possible signs of alcohol or drug use and/or witnessing consumption of alcohol
 - d. Any threat of a weapon or substance that is considered dangerous to persons at the activity
 - e. Any situation deemed dangerous by the SAL on duty

Participant Equipment

Each participant is responsible for personal attire appropriate to their activity or occasion. The I.M. program will provide all necessary equipment for the contest, with the exception of shoes, personal protective pads, mouthpieces, etc. It is the responsibility of all I.M. SAL's and scorekeepers to make sure that all I.M. participants have on all necessary equipment prior to playing in any I.M. activity. Any equipment picked up or found not belonging to the I.M. program should be returned to the I.M. Office until claimed.

Awards

All regular I.M. league and Special Event champions will be awarded I.M. Championship t-shirts. A player must have participated in all playoff games to be eligible for a shirt in team sports. Any player ejected during the playoffs or otherwise ineligible due to suspension will not receive a championship shirt. Any player injured during the season or playoffs while playing in any I.M. contest may request a shirt should their team win a league championship.

Forfeits

1. A team that does not appear within 5 minutes of their scheduled time will be considered to have forfeited the contest. SAL's may extend that time if they believe it will avoid a forfeit
2. Any team league or playoff forfeit will result in a \$20 forfeit fee
 - a. Can be paid online through the portal
3. Any team that has a forfeit fee will be suspended until the fee has been paid
4. Any team caught using an ineligible player shall forfeit any contest in which that player participated
5. Any team that forfeits a second time during league play will not be eligible for playoff competition
6. Communication with the Intramural Coordinator 48 hours before game time, that a team will not be attending, will not result in a forfeit, but a default, and no fee or suspension will be needed

Safety & Risk Management

Accident/Injury Policy

The I.M. program, EWU Sports & Recreation Center or Eastern Washington University will not assume responsibility for any injuries incurred while participating in any I.M. activity beyond the coverage extended to students under the school's policy regarding student health. Student First Aid Attendants, who are required to maintain current CPR/AED and First Aid certifications, will be assigned, to all activities that warrant the need. If the First Aid Attendant determines that the player is in danger of further injury or of injuring another player, they may tell the Student Lead that the player is no longer eligible to play.

Accident/Injury Procedures

1. All I.M. participants are held responsible for reading, understanding and signing online the “Acknowledgment of Risk” statement that is required when a player registers for a team on Fusion IM
2. The I.M. First Aid Attendant (FAA) must maintain the I.M. First Aid Kits so that they are adequately prepared to meet the basic situations that may arise during I.M. competition. Any shortage of supplies must be brought to the attention of the Intramural Coordinator for replacement or purchase
3. All injuries that occur during any I.M. activity will be handled according to I.M. procedures as follows:
 - a. The First Aid Attendant will assess scene safety before treating the injured person
 - b. All play will stop until the injured party may be positioned safely from any I.M. activity
 - c. If the injury may involve possible trauma to the head or neck, the FAA will consult and follow the procedure as required in the I.M. Concussion Protocol procedure.
 - d. These steps will be recorded on the EWU Incident Report the Student Lead will submit after the incident.
 - e. Any injured player will be monitored while in the presence of the FAA and not allowed back on the field/court without the FAA on site approval
 - f. Any player injured and removed from further I.M. play must present a signed physician’s note clearing them to resume active participation
 - g. Players with a cast, hard or soft, or other support apparatus may participate in I.M. activities as long as a doctor’s note is provided and approved by the Intramural Coordinator
4. If assistance is needed, the FAA is authorized to enlist the aid of any I.M. Employee on site until the situation is under control.
5. Emergency Medical Services (EMS) activation will be at the discretion of the FAA

Acknowledgment of Risk Statement

For EWU students only:

For and in consideration for the opportunity to participate in EWU Intramural and Club Sports, Participant voluntarily agrees to the following terms and conditions:

1. I certify that I have read this document, understand its provisions, and agree to its terms, which constitute legally binding consent, assumption of risk, waiver of claims, and indemnity for participating in EWU Intramural and Club Sports
2. I understand that for the purpose of this agreement “Intramural and Club Sports” includes participation in EWU Intramural and Club Sports and any travel or other activities related to EWU Intramural and Club Sports

3. I acknowledge and agree that participating in EWU Intramural and Club Sports is voluntary
4. I understand and acknowledge that Intramural and Club Sports include some inherent and dangerous risks that could result in harm, loss, damage, personal injuries, illnesses, or death. Risks include, but are not limited to, falling, slipping, tripping, muscle or skeletal injuries, collisions, allergic reactions, wind, rain, snow, sleet, severe cold exposure, wildlife, altitude sickness, wind burns, and frostbite. I voluntarily choose to participate in Intramural and Club Sports with full knowledge that the activities may be hazardous. **I voluntarily assume full responsibility for any risks of injury, loss, or property damage**
5. I further understand and acknowledge that my travel to and from Intramural and Club Sports includes some inherent and dangerous risks. Further, when transportation is furnished by me for the purpose of participating in the Intramural and Club Sports, it is expressly understood that I am solely responsible for any personal injury to myself, to passengers in my privately-owned vehicle, or to other persons, or damage to my personal property or the property of passengers or other person's incident to such transportation in traveling to and from any location as is necessary to participate in the Intramural and Club Sports
6. I will hold EWU, its employees, volunteers, and agents harmless from any and all liability, actions, causes of action, debts, claims, and all demands arising out of or related to any loss, damage, or injury, including death, that may be sustained by myself, or any property belonging to me, while participating in such activity or any activities related to this Intramural and Club Sports, including transportation to and from the location of this Intramural and Club Sports. This agreement shall serve as a release and discharge of EWU for any and all liability arising out of or related to Intramural and Club Sports on behalf of myself, my heirs, assigns, or other successors in interest. I agree to indemnify EWU for all loss, damage and expense of any kind or character arising out of injury, death, damage, or loss due to my participation in Intramural and Club Sports
7. I certify that I am in good health and have no physical, medical, mental or emotional impairments, conditions or concerns that might jeopardize or affect my safety, or the safety of others, related to my participation in Intramural and Club Sports. I further understand and acknowledge that:
 - a. I should consult with a medical professional to confirm fitness for participation in Intramural and Club Sports;
 - b. If I have a prescription for medications or am taking over the counter medications, I should confirm with my medical provider whether the medications will impact my participation in the Intramural and Club Sports; and
 - c. I should not participate in the Intramural and Club Sports while under the influence of any medication that may impact my ability to safely participate
8. Neither EWU, nor their employees/agents serve as guardians or insurers of my safety. EWU does not provide any special insurance for my protection, and it is my responsibility to obtain any appropriate insurance. I agree that any and all expenses

arising from an accident or injury to myself or my property, including but not limited to, emergency transport, emergency medical services, medical treatment, and damage or loss to property are my responsibilities. I have obtained and agree to use my personal medical insurance as primary medical coverage if accident or injury occur

9. I have notified the supervising instructor/staff member of any existing medical condition or medication that could affect my ability to fully participate in Intramural and Club Sports. In the event that any medical attention is needed and I am unable to provide consent on my own behalf, I consent to emergency medical treatment and grant EWU and its agents full authority to take whatever actions they may consider to be warranted under the circumstances concerning my health and safety. This includes, but is not limited to, the authority and permission to arrange/provide transportation, approval of a hospital, medical treatment facility, and/or health care provider to provide medical exams, testing, medical treatment, and any medical procedures immediately necessary and advisable in the interest of my health and well-being, all at my expense
10. I grant full permission for EWU to use any photographs, recordings, or any other record of this Intramural and Club Sports for any purpose

Insurance

Eastern Washington University (EWU) does not provide medical, hospital, dental, property damage, catastrophic injury or any other type of insurance covering Intramural activities or participants. Each participant must provide their own insurance, either through an outside agency or through the EWU Student Health program, if they are to be insured. Persons taking part in I.M. activities without proper coverage on them or others they may injure or do any type of damage to, are solely responsible for the payment of those items. The EWU Intramural program strongly suggests that all participants maintain an insurance policy that will cover them in the event of any type occurrence mentioned above.

Travel Procedures

Any time that I.M. employees or participants are traveling on school business, the Travel Policies and Procedures in EagleSync will be followed and completed by the designated timeline before the trip will be allowed.

Sexual & Other Discriminatory Harassment

1. Harassment will not be tolerated. The EWU Intramural program is committed to providing a workplace and activity setting that is free of verbal, physical and visual forms of harassment. All participants are responsible to maintain the Student Conduct Code at all times while participating in Intramural Sports. Any person determined to be guilty of harassment will be dismissed or asked to leave and may incur other penalties, according to the EWU Student Conduct of Code (<https://app.leg.wa.gov/wac/default.aspx?cite=172-121-200>)
2. What is harassment? Use of derogatory language or actions including spoken epithets, slurs and jokes towards any person or group based on race, national origin, religion, gender, age, disability or sexual orientation is considered harassment

3. Sexual harassment: unwelcome conduct on the basis of sex that is determined by a reasonable person to be so severe, pervasive, and objectively offensive that it effectively denies the complainant equal access to the university's programs or activities
4. Discriminatory Harassment: physical, verbal, electronic, or other conduct based on an individual's protected status when such conduct creates a hostile environment
 - a. Protected status includes race, color, religion, national origin, sex, age, pregnancy, marital status, sexual orientation, gender identity or expression, citizenship or immigration status, disability, or veteran status
5. Discriminatory & sexual harassment: Physical, verbal, electronic or other conduct that creates a hostile environment based on an individual's race, color, religion, national origin, sex, age, pregnancy, marital status, sexual orientation, gender identity or expression, citizenship or immigration status, disability, or veteran status when such conduct creates a hostile environment
6. Threat: Any conduct or statement that, when viewed objectively, threatens bodily harm to another person or that endangers the health or safety of another person
7. Abuse: Assault and other forms of physical abuse

Field/Court Inspection

When arriving at a facility, you should always make sure that there are no hazards in the area. It is the IM staff responsibility to see that the fields are in playable condition. The game will not start without staff inspection of the field/court. Do not start a game if there is a hazard and delay the start of the game until the hazard can be eliminated. Be aware of the environment throughout your activity from start to end, hazards can develop throughout the course of your shift.

Reportable Threats

1. Bio-hazardous waste
2. Bomb threats
3. Weapons
4. Report threats immediately to the SAL

Campus Recreation Emergency Action Plan

