

INTRAMURALS HANDBOOK

The Sacred Heart University Intramural Office offers a variety of recreational activities for its students, faculty, and staff members. We aim to promote physical fitness and general wellness in a positive and fun atmosphere. We encourage good sportsmanship, positive behavior, and aim to keep our participants happy!

If you have any specific questions not mentioned in this handbook, contact Liz McGreevy, Intramural Director at 203-396-8118 or mcgreevy@sacredheart.edu.

REGISTRATION

You can sign up on the [Intramurals website](#).

- Teams will be registered on a first come first serve basis.
- Teams that sign up after the sign up period will be placed on a waiting list and added to the league if space becomes available.
- New players may be added to a roster any time during regular season games; no additions during playoffs.
- The captain must inform (email, office visit or by phone) the Intramural department of the new team member before he/she is allowed to participate in any activities.

FREE AGENTS

If you register as an individual, the Intramural Department will do its best in assisting you in finding a team to play on. Free Agents are encouraged to attend Captains' meetings and contact captains about joining a team. If you are a captain and need to fill spots on your roster, you can find the Free Agents list in the Intramural Office.

ELIGIBILITY

- All Sacred Heart University full time students (undergraduate and graduate) are eligible to participate in intramural activities.
- Part time students and staff may participate with a gym membership.
- An individual may play for only one team in a league.
- Individuals must have competed in at least 1 regular season game with their team in order to participate in the playoffs.
- Any team participating with an ineligible player will forfeit all games in which that player participated.
- A team found using ineligible players may be eliminated for the remainder of the season.

NCAA STUDENT-ATHLETES

- Current NCAA student-athletes, including red-shirt athletes, may not participate in Intramurals in their like sport or any related sports (i.e. baseball/softball, football/flag football, ice or field hockey/floor hockey).
- Any member of an NCAA team who suits up for a game/match or is listed on the team's roster is ineligible for the remainder of the school year in that sport or related sport. This rule also applies to athletes who have transferred from another university/college during the current school year.
- Non-scholarship practice players and players who only participated in tryouts are not considered current student-athletes.

CLUB SPORTS

- Club sport members are those persons who have: participated in practices and/or games with the team during the current academic year, are paying dues to the club and/or listed as a member of the club on the sport club roster.
- Club sport members are eligible to participate in Intramural Sports; however, in regards to like sports, teams are limited to two club members for sports with five or more players and are limited to one club member for sports with four or less.

TEAM CAPTAINS

- One person will be designated from each team as the team captain. This person is responsible for communicating all information from the Intramural Department to his/her team members (schedule, rules, etc.).
- Team captains must attend the captain's meeting prior to the start of the season. A team will not begin play if this meeting is not attended by the captain or a team representative.
- The team captain is in charge of the team and fans. Only the captain can address an official in his/her decision/judgment.

VALID SHU ID

All participants must present/scan a valid SHU ID.

COMPETITION

- All games are mixed unless otherwise noted. Each league/tournament will compete in its own season for a designated number of weeks with a championship at the end.
- Game schedules, results and announcements will be posted on the Intramural website.

PLAYOFFS

Tournament format will be announced at the conclusion of the season. Team captains are required to check their game results online to make sure they are correct.

If a tie exists, the following procedures will occur:

- Head to head record
- Sportsmanship Rating
- Points against

SPORTSMANSHIP

- Good sportsmanship is essential in running a successful program. The Intramural Department will not tolerate any discriminatory or intimidating language or behavior by players or fans. We ask that you support officials, fans, and fellow participants in a positive manner.
- Sportsmanship will be judged during the entirety of your participation, including pre-game, game and post-game.
- Unsportsmanlike conduct can result in a player and/or a team being ejected.

Unsportsmanlike conduct includes the following:

- Attempting to influence officials' calls
- Profanity, lewd comments and gestures
- Physical or verbal abuse
- Fighting or attempting to swing at another individual

DISCIPLINE

Warnings will be issued; failure to comply may result in ejection. Any attempt to swing at an individual or to engage in a physical fight will result in immediate expulsion from the game and suspension from all Intramural activity (length to be determined based on severity of the situation).

EJECTED PLAYERS

- Ejected players must leave the premises immediately.
- They are required to meet with a member of the Intramural staff before being reinstated to any Intramural event.
- If an ejected player is discovered participating in any intramural activities without having been reinstated, they subject their team to forfeiting all games they participated in. Captains are responsible for making sure all players are eligible.

FORFEITING GAMES

- Forfeits disrupt the continuity of the season. It is up to the captain to make sure his/her team is on time and prepared to play on its scheduled date/time.
- The captain must notify the Intramural Department **in advance** if his/her team can not play on a scheduled date/time. Enough time must be given to change the schedule and notify participants. Efforts will be made to reschedule that game; this is not guaranteed.
- Two forfeits will result in dismissal from the league.
- One forfeit will result in dismissal from playoffs.

SAFETY

The risk of injury is possible and all participants enter games willingly and at their own risk. Injuries and their resulting cost are at the expense of the participant. If there is blood on a jersey or a participant has an open wound, all play will stop and the player must leave the game. The player must be examined by the official running the game in order to for re-entry.

Safety Precautions

- No jewelry
- Proper footwear is necessary (ex: no sandals or boots)
- No casts or braces allowed, unless approved by the official(s)

DRUG & ALCOHOL POLICY

- If any participant is suspected of being under the influence of drugs or alcohol, he/she will be ejected immediately.
- The ejected player must meet with an IM staff member before being allowed to participate in any further Intramural activity.

RESCHEDULING GAMES

Space is very limited. Rescheduling can be very difficult to do, but the Intramural Office will do its best to reschedule games. No guarantees.

PROTESTS

All protests must be communicated through the team captain. They must be registered at the time of contest. Rule interpretations and eligibility may be contested – judgment calls may not be protested.

MEDICAL ATTENTION

Sacred Heart University Intramurals will not be held liable for injuries sustained by individuals participating in the Intramural Program. Participants are reminded that their participation is completely voluntary. Any injuries or accidents occurring during intramurals should be reported immediately to on-duty personnel. Participants with a health problem and/or on medication are urged to confidentially inform our staff of their specific situation. Anyone bleeding or having blood on their clothing will be prohibited from participation until appropriate measures have been administered. If the student needs immediate attention, Public Safety will be called to administer medical attention.