

**SSFC  
INTRAMURAL  
SPORTS  
HANDBOOK**

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## **I. GENERAL INFORMATION**

The Intramural Sports Handbook is reviewed and approved each year by the Intramural Sports Staff at Sonora Sports and Fitness Center.

### **A. Mission Statement**

The primary purpose of the Intramural Sports Program is striving to satisfy the diverse degrees of interest in cooperative/competitive Intramural Sports participation utilizing available resources in the most efficient way possible. Sonora Sports and Fitness Center's Intramural Sports Program desires to enhance the quality of fitness by offering programs for every member of the Sonora Sports and Fitness Center, regardless of age, gender, national origin, religion, physical ability, or past experience.

### **B. Philosophy**

Regular physical exercise promotes a healthy lifestyle. All Sonora Sports and Fitness Center members are invited to participate on an Intramural Sports team. The Intramural Sports calendar offers something for all ability levels and playing interests. In Intramural Sports, the importance is placed on participation within the boundaries of fair play and good sportsmanship as opposed to wins and losses.

### **C. Goal Statement**

This handbook is designed to provide Captains and Intramural Sports participants with specific guidelines and information that will assist them in participating fairly within the Program. Intramural Sports is designed to complement the mental and physical pursuit - have fun and enjoy it!

## **II. ELIGIBILITY**

### **A. Who can play?**

Intramural sports is open to everyone in high school and up, Members and Non-Members.

### **B. How do I get involved?**

Team or Free Agent Registration is available in the Athletic Center. Registration forms can be found online at [www.sonorafitness.com](http://www.sonorafitness.com)

### **C. Levels of Play**

In an effort to create a fair environment for all playing levels and abilities, most sports are offered in advanced (A), Competitive (B), Recreational (C) Co-Ed, as well as Men's, Women's, and Co-Rec Divisions provided there are enough teams. If there are not enough teams to create separate levels and divisions, all teams will be placed into an Open Division.

### **D. Participation**

Within each division (League A: Men's Open, League B: Women's Open, League C: Over 40), players may only participate with team.

### **E. Gender Guidelines**

Players from the opposite gender may not participate on all-women's team or an all-men's team unless league(s) do not exist for their own gender or stated otherwise.

## **III. POLICIES AND PROCEDURES**

### **A. Sports Representative**

Each team must provide a representative to serve as Captain. **This person must be a member of the Sonora Sports and Fitness Center.** Their responsibilities include: general leadership of the team, attending Captains' Meetings, knowing the specific sport's rules, relaying the information contained in the Intramural Sports Handbook to his/her team, and communicating the game schedule for the regular season and playoffs to their respective teams.

### **B. Team Roster**

A player must have played in at least one regular-season game to be eligible for the post-season playoff tournament. The Captains are responsible for keeping their roster up-to-date and adding players prior to their last regular season game. Rosters are now mandatory for all levels of play.

### **C. Identification Check**

Picture identification checks will occur before every Intramural Sports contest. Failure to produce picture identification will result in not being allowed to participate in Intramural Sports. Absolutely no exceptions will be made. ***No I.D. - No Play!***

### **D. Team Name Policy**

A team name that promotes intolerance, degrades a racial, ethnic, gender or religious group, infers an explicit sexual reference or promotes destructive behavior such as that associated with alcohol or drugs will be considered disrespectful to Sonora Sports and Fitness Center members and the Sonora community at large. The name will be deemed inappropriate by Intramural Sports Staff and be modified accordingly.

### **E. Forfeit**

A team forfeiting its first regularly scheduled game will be replaced by a team on the waiting list in that sport and lose its \$25 Forfeit Fee. If the forfeit occurs after the first regularly scheduled game, the team will lose its \$25 Forfeit Fee. To be reinstated into the Intramural Sports league, the team must submit another \$25 Forfeit Fee 48 hours prior to their next scheduled game. Failure to submit this fee will result in the team being removed from the league.

In addition, a team that forfeits two regular-season games will not be eligible for the playoffs.

To avoid being eliminated from the playoffs, a team that cannot avoid missing a game may request a default at least two (2) business days before their next scheduled game (*i.e. if you play on Wednesday night, you must contact the Sonora Sports and Fitness Center-Intramural Sports Office by 5:00 p.m. on Monday; if you play on a weekend day, you must contact the SSFC Intramural Sports Office by Thursday at 5:00 p.m.; exception: if*

*you play on Monday, you may contact the Intramural Sports Office by Friday at 5:00 p.m.).*

To request a default, you must fill out a “Default Request Form” in the Intramural Sports Office by the specified deadline. No requests will be accepted over the phone.

### **F. League Results**

League standings will be determined by winning percentage within the league. Ties in the final league standings will not be played off due to time and facility constraints.

The following tie-breaking system will determine league placement:

- Head to head competition, in common games
- Best net points, in common games among the teams tied
- Total points scored, in common games among the teams tied
- Best net points, in the league
- Total points scored, in the league
- Coin toss

**Note:** If two teams remain tied after a three or four-way tie-breaker, the procedure will revert back to the top.

### **G. Playoffs**

All teams with a winning percentage above .500 will proceed to a post-season, single-elimination playoff tournament. Participants should be flexible with their availability during these dates/times. It is the responsibility of the Captain to check and confirm the playoff schedule.

### **H. Game Postponement**

If a scheduled contest is postponed due to inclement weather, darkness, or facility scheduling conflicts, the Intramural Sports Staff will make every effort possible to reschedule the game.

### **I. Forfeit Fee**

A team’s forfeit fee will be returned to the Team Manager or discarded if 1) the team does not forfeit any of its regularly scheduled contests, and/or 2) a team requests a default.

## **IV. SPORTSMANSHIP**

### **A. Conduct**

The Intramural Sports Program insists on good sportsmanship. Actions that are dangerous and/or conduct that is detrimental to the Program will not be tolerated and are grounds for suspension from further participation in all Intramural Sports activities.

### **B. Guidelines**

Each Intramural Sports contest will be reviewed by Intramural Sports Staff to determine whether actions that were detrimental to the purpose of the Program were exhibited. No player or spectator of a team shall act in an unsportsmanlike manner before, during or after an Intramural Sports contest.

Examples of unsportsmanlike behavior include, but are not limited to:

- *Any attempt to strike an opponent or Intramural Sports Staff member.*

- *Fighting, late hits, cheap shots, etc...*
- *Unsportsmanlike conduct penalties.*
- *Aggressive action toward a participant or Intramural Sports Staff member.*
- *Profanity, insulting or vulgar language or gestures - incidental or otherwise.*
- *Verbal or physical taunting.*
- *Actions that may lead to a fight.*
- *Attempts to influence the decision of a game Official or Supervisor.*
- *Dissent towards an Intramural Sports Staff member's decision.*
- *Failure to cooperate with Intramural Sports Staff.*

**Penalty** - Violations of the sportsmanship policy are considered unsportsmanlike conduct and on the judgment of the Intramural Sports Staff may result in suspension from further participation in Intramural Sports activities. Teams that receive a below-average rating for the regular-season will NOT be allowed into the playoffs.

### **C. Ejected Participant**

Any participant who is ejected from a contest for unsportsmanlike conduct is automatically suspended for his/her next two consecutive games.

**Penalty** - Any team using a suspended player will forfeit all games in which the suspended player participated. Any team knowingly using such a player will be ineligible for competition for one year and player's team may not advance to the playoffs.

### **D. Probation**

All participants ejected from a contest will be placed on probation for a period of one year from the date of the incident. Any further disciplinary action during this probationary period will result in a one-year suspension from all Intramural Sports activities.

### **E. Fighting**

Any participant, who in the judgment of Intramural Sports Staff, engages in any attempt to fight (strikes or engages an opponent in a combative manner, throws a punch, kicks an individual, and/or retaliates against an aggressive act) immediately before, during or after an Intramural Sports contest shall be suspended from further participation in the Intramural Sports Program for at least one year (365 days).

### **F. Leaving the Bench Area to Participate in an Altercation**

Any participant, player, coach or bench personnel who leaves the bench or coaching area to participate in an altercation will be ejected. The penalty is an automatic two-game suspension. In all cases, the Intramural Sports Handbook's policies on "Fighting," "Fighting with Intramural Sports / SSFC Recreation Staff," and "Team Disturbances" will take precedence.

### **G. Fighting with Intramural Sports/SSFC Recreation Staff**

Any participant who attempts an aggressive act towards an Intramural Sports or SSFC Recreation staff member will be banned from all Intramural Sports participation for a period of five years.

### **H. Sportsmanship Ratings**

In order for a team to advance into the playoffs, it must receive an average or better sportsmanship rating during the regular season.

Sportsmanship ratings will be based on the following criteria and are given after each Intramural contest:

- 5 points: Team displays excellent sportsmanship while treating opponent with respect. Players demonstrate excellent sportsmanship at all times. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Maintains an attitude of complete cooperation with staff. Players always display self-control.
- 4 points: Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without gesture or argument. Mostly cooperative with game Officials and opponent. Team Captain able to control his/her players.
- 3 points: Team competes without incident; wins without boasting, loses without excuses, and does not display any poor conduct. Neither cooperative nor disruptive towards staff. Team Captain unable to control all players on his/her team.
- 2 points: Team has a player or coach who is ejected for abusive language or remarks. There is persistent questioning of game Officials' judgment in the game and/or repeated arguing. Spectators, clearly related to the team, fail to cooperate with the Intramural Sports Staff.
- 1 point: Team has a representative (player or coach) who is ejected for fighting. Players are so antagonistic that the game cannot be played with proper order and control. Representatives of the team display uncooperative nature to Intramural Sports Staff. Players disregard warnings of unnecessary roughness by game Officials.

### **I. Team Disturbances**

Incidents where a third player or more join an altercation/fight will result in all participants who are present at the game and on the game scoresheet/roster being suspended from all Intramural Sports activities for at least one year (365 days) from the date of the incident.

### **J. Discipline**

Participants are subject to the possibility of punishment from Sonora Law Enforcement officials if they threaten or abuse another participant, student or staff member. All cases where there is violence or the threat of violence will be referred to the Sonora Community Police Department.

## **V. RISK MANAGEMENT**

### **A. Assumption of Risk**

Players must sign the Intramural Sports Assumption of Risk Form (on the reverse of the game scoresheet) before every contest. Players who do not sign the form will not be allowed to participate.

### **B. Participant Insurance**

Sonora Sports and Fitness Center does not carry medical insurance that covers participants in the Intramural Sports Program. Players are advised and strongly encouraged to obtain medical insurance coverage prior to participating in Intramural Sports.

### **C. Injury / Accident Notification**

In the case of an injury or accident during a scheduled contest, or a potential medical problem, participants should notify any Intramural Sports Staff member on-duty as soon as possible.