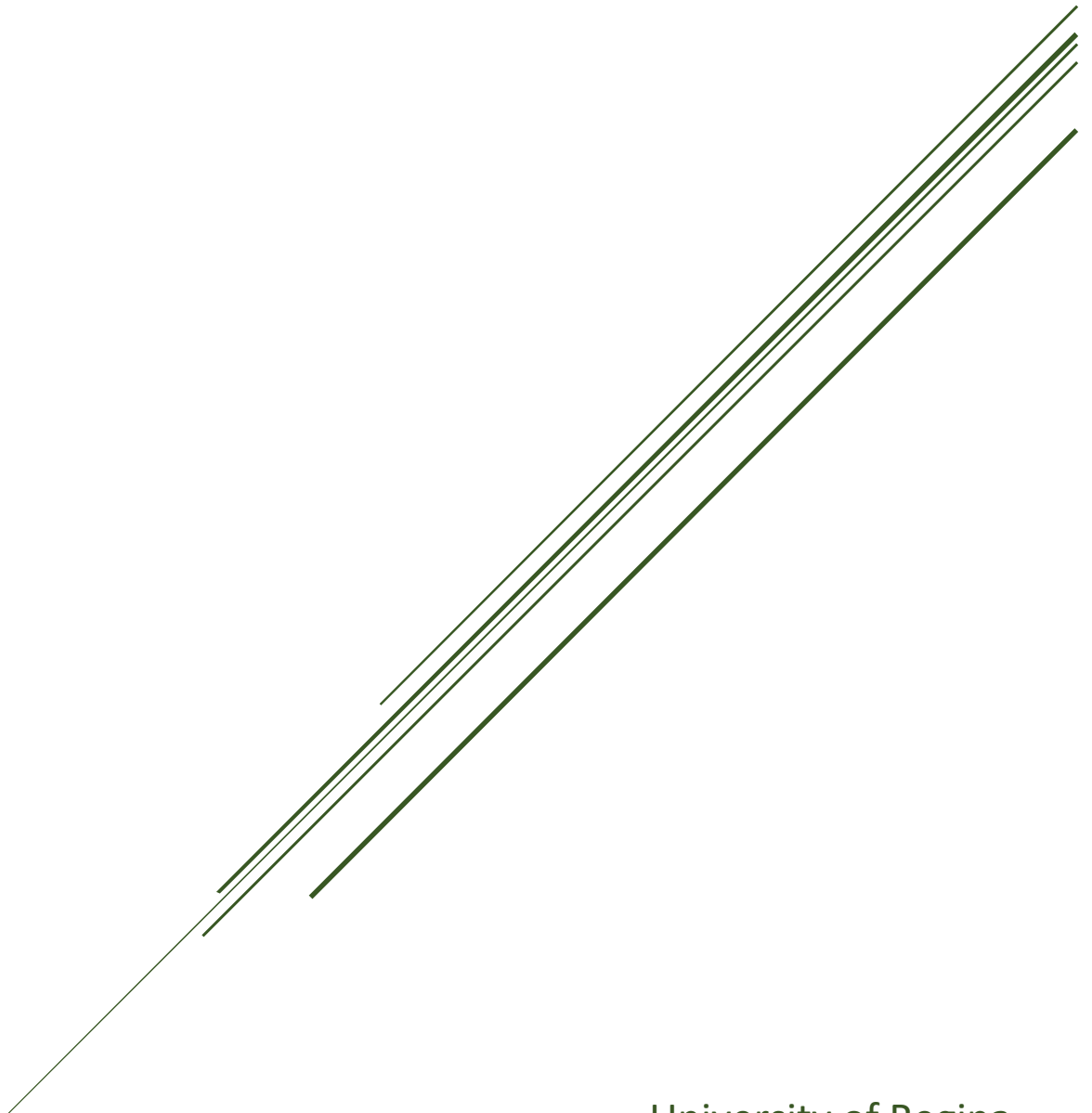


PARTICIPANT MANUAL

Intramural Sport (soon to be Rec Sports)



University of Regina
Faculty of Kinesiology and Health Studies

Introduction

The University of Regina Intramural Sports Program provides an opportunity for the University of Regina community to participate in organized recreational competition in a variety of athletic activities.

Participants may choose to compete individually or as a member of a team in a wide array of activities that promote healthy lifestyles and encourage friendly competition in a fun, safe environment.

Sporting activities find their origin in the basic human need for the spirit of play. Winning and losing are mere outcomes of this play spirit. **Abusive language toward officials and manipulation of the rules are not part of the game and will not be tolerated.** Upholding high standards of integrity and fair play acknowledges the idea of cooperative competition. All participants are encouraged to exercise good judgment in caring for the safety of others as well as themselves.

Our Vision

To provide valued and innovative programming to drive student participation and contribute to healthy communities

Our Mission

To build a welcoming environment that engages a diverse community by providing creative and accessible programming while striving to improve the wellness (physical, mental, social, emotional, occupational, and environmental) of the University of Regina campus community

Our Values

Integrity - We act with respect, accountability and honesty through employment, participation and community engagement

Pride - We work to develop a community that is enthusiastic, creates a sense of belonging and encourages students to give back

Fun - We strive to create an enjoyable and engaging environment for all participants

Community - We are committed to establishing a unified program, without barriers, where all people are able to contribute, participate, and feel valued

Collaboration - We believe in developing partnerships with other units on campus and within the Regina community to create better opportunities for our participants

Our Office

The Intramural Sports (soon to be Rec Sports) Office is located in the Centre for Kinesiology, Health and Sport on the University of Regina main campus, CK 172. Office hours vary depending on student employee schedules – please see the website for the most up to date schedule. The office is closed during all holidays and school breaks. We can be reached at (306) 337-2247 or intramurals@uregina.ca

Employment Opportunities

Do you love sports and want to get paid to work around them? We are always looking for students to fill the roles of league manager and sports official. If you are interested in learning more about our employment opportunities, please visit <https://www.uregina.ca/recservices/employment.html>.

Facilities

- Gym 1 – Volleyball, Dodgeball, Floor Hockey, Soccer
- Gym 2 – Volleyball, Dodgeball, Floor Hockey, Soccer, Badminton
- Gym 3 – Basketball, Volleyball, Ultimate Frisbee, Flag Football, Spikeball
- Field 1 - Flag football, Ultimate Frisbee, Soccer
- Field 2 – Flag football, Ultimate Frisbee, Soccer, Slopitch
- Field 5 – Flag football, Ultimate Frisbee, Soccer
- Baseball Diamond – Slopitch
- Beach Volleyball Courts – Beach Volleyball, Spikeball, Winter 2021 – Volleyball, Dodgeball
- Sport Courts – 3 on 3 Basketball, Shiny, Broomball, 3 on 3 Hockey

Regular Season Games (Covid-19)

The regular season generally consists of 3 – 4 games (depending on the league and the weather). Usually your team will play regular season games every day in a specified time block against the teams that have indicated the same date/time preferences as you. This will create the mini-leagues that will have no more than 30 people including officials and staff. Games will not be played on university closures or when classes are not in session, or holiday weekends. Please be aware the office is rarely able to reschedule games due to the limited facility space we are able to reserve. Dates and time of games are subject to change. It is the responsibility of the captain to continually check their schedule and communicate game times to their team. Please note all prices for the Winter of 2021 are a one-time price due to Covid-19, when we resume to our traditional schedules the traditional fees will be resumed.

Regular Season Games (No Covid-19)

The regular season generally consists of a game per week for the duration of the regular season (anywhere from 4 – 8 games per total) with playoffs to follow. Usually your team will play regular season games every week on the same day (or days as indicated in the league description). Teams will be allowed to set day (when necessary) and time preferences, however we cannot guarantee those times (we do our best but it's not always possible due to facility availability). Games are not played on university closures or when classes are not in session, or holiday weekends. Please be aware the office is rarely able to reschedule games due to the limited facility space we are able to reserve. Dates and time of games are subject to change. It is the responsibility of the captain to continually check their schedule and communicate game times to their team.

Playoffs

At the completion of the regular season, teams are seeded into a single elimination tournament (depending on record, not all teams may make playoffs). During playoffs, we are unable to accommodate time preferences. Please be aware the office is rarely able to reschedule games due to the limited facility space we are able to reserve. **A player will be eligible for playoffs in their respective sport once they compete in at least one third of the games during the regular season and are listed on the official IMLeagues roster.**

To be eligible for playoffs a team must meet the following requirements:

- A sportsmanship rating of 3 or better
- Have no more than 1 default
- Earn a 3 a sportsmanship rating of 3 or better during any playoff game (teams who do not, will lose that contest and will be ineligible for the remainder of the playoffs – regardless of score.)

What to Wear/ Bring

For most leagues basic sports equipment will be provided. Any sport requiring personal equipment (ie. Helmet, skates) will be the responsibility of each player and required equipment will be indicated in the respective sport manual. Any player not properly dressed will not be permitted to play, no exceptions.

For the safety of players and staff the following attire policies are in place:

- Athletic shorts or pants (NO POCKETS FOR FLAG FOOTBALL)
- No hoods, zippers, headwear (unless for religious reasons) or hard braces/ material
- No jewelry, wristbands, or watches (medical bracelets but must be taped down)
- Athletic shoes only, no metal cleats
- Water fountains are available, however players are encouraged to bring their own water bottles (please do not share with your teammates)
- Winter 2021 – all leagues will be taking place outdoors. Please be sure to dress appropriately for the weather – head covering, gloves/mittens, winter coats/warm clothing and masks
 - **Masks will be required for all participants in any Winter 2021 program**

IM Jersey Policy

Participants are encouraged to wear their own numbered jerseys of a similar color, however if teams do not have jerseys teams will be responsible for signing out a bag of jerseys. All jerseys must be returned to the Facilities Management Desk at the conclusion of each game. Any missing jersey will result in a \$25 fine (per jersey missing) to the person that signed them out. NOTE: Due to Covid-19 Jerseys will not be available the winter of 2021 – teams will be encouraged to wear clothing of a similar color – numbers will not be required, league rules will indicate light and dark (where necessary)

Who Can Play

The Intramural Sports Program is open to current University of Regina undergraduate and graduate students, as well as University of Regina faculty, staff, and extension students who pay the Recreation and Athletic Fee (NOTE: Due to Covid-19 programs for the winter of 2021 are only open to University of

Regina undergraduate and graduate students). Prior to participating all players must have paid (where required) and listed on the team's roster on Imleagues.com. Once a participant has participated with a team, that roster spot is frozen, and that player may not change teams. All participants must present a valid photo ID when checking in to each game. In the winter of 2021 all players must also complete the Health Screening Check in order to enter the facility (see Appendix A)

The following eligibility restrictions are in place which helps provide a safe and fair environment. It is the responsibility of the team captain to ensure these restrictions are followed.

Professional Athletes

Individuals who have attained professional status in a sport or related sport are ineligible. Professional status is defined as "anyone who has received money or has received monetary gains from a club or organization for playing a sport."

Varsity Team Members

An individual who is a current member of a varsity (red shirt players are eligible to play) team, and/or is on an athletic scholarship during the current academic year is ineligible to participate in that sport or related sport. This does not include individuals who are currently practicing or working out with a team.

Club Sports Participants

Club sport participants are allowed to participate in any league, including their respective sport. Currently we do not have a restriction on the number of players on a team.

Divisions

Individuals are allowed to participate on one team per division per sport.

CoEd (soon to be CoRec)

The CoEd Division provides team sport competition in which there is a minimum number required for those that self-identify/play as female and players that self-identify/play as male

Open (formerly Men's Division)

The Open Division provides team sport competition in which people of any gender compete together. Rules for play do not have modifications.

Women Playing in an Open Division

For all activities with a men's or open division, a women's division will be offered. If there are not enough teams registered to form a women's division, women may then play on an open team or in the open division

Men Playing in a Women's Division

For all activities, an open division will be offered. If enough teams do not register to form an open division, men may then play on a women's team in the women's divisions.

Waitlist

If your division fills before your team has paid for your team, your team will be automatically moved to the waitlist. Being on the waitlist means you will NOT be scheduled for games and should move to a different day. The only way your spot is locked is by paying your league fees. There is no guarantee that more time slots will be added.

Sport Minimums

Numbers provided are the numbers required on the field of play, not the number for the roster. Roster numbers are up to individual teams.

Sport	Non Covid-19 Year		Winter 2021 – During Covid-19	
	Minimum	Maximum	Minimum	Maximum
Outdoor Leagues				
Ultimate	5 2 male, 2 female	6	5 2 male, 2 female	6
Flag Football	4	6	4	6
Soccer	6	8		
Slo-Pitch	7 2 male, 2 female	9	7 2 male, 2 female	9
Shiny			3	3
Broomball			4 2 male, 2 female	6 (5 players and a goalie)
3 on 3 Hockey			3	3
Volleyball			3 1 male, 1 female	4
Dodgeball			5 2 male, 2 female	6
Indoor Leagues				
Basketball	4	5		
Volleyball	4 2 male, 2 female	6		
Dodgeball	8 4 male, 4 female	10		
Soccer	3	5		
Flag Football	4	5		
Ultimate	5 2 male, 2 female	6		
Floor Hockey	4	5		

Defaults

To avoid a default, the Captain (or designate) will need to notify the Intramural Sports office 24 hours prior to their scheduled contest. Each team is allowed two defaults per sport per season. A defaulted game will result in a loss and a 3 Sportsmanship rating for the first and 1 Sportsmanship rating for the second and will not be eligible for playoffs. A third default in forfeiture of the league and your team will no longer be able to participate, no refunds will be issued.

A default is considered for the following

- A team does not have the required number of players at the start of the game
- A team does not have the required number of players to finish the game (unless there is an injury)
- A player participates under an assumed name, is not a registered student at the University of Regina (or other designated post-secondary institution). NOTE: For the winter of 2021 there will be no other designated post-secondary institutions)
- A USport athlete in the respective sport plays in the game
- A player does not show their ID when asked and plays in the game
- A player is not on the official roster on IMLeagues (24 hours prior to the start of the game) and plays in the game (unless given permission from the league manager in writing)

Participant Conduct

To encourage that fair play and good sportsmanship prevail, Intramural Sports Staff reserves the right to warn, penalize and eject players, teams or spectators for conduct deemed inappropriate.

Participants and spectators who engage in acts of inappropriate behavior before, during or after a contest or event are subject to disciplinary actions. The Intramural Sports Staff may issue an ejection with or without warning if actions are considered to be inappropriate, deliberate or creates an unsafe playing environment. Examples of inappropriate behavior include, but are not limited to, vulgar or abusive language or actions, unnecessary roughness, technical fouls, unsportsmanlike calls, taunting, and fighting or inciting a fight.

Any acts of inappropriate conduct by participants or spectators may be referred to the Associate Vice President of Student Affairs for additional sanctions as per the Non Academic Misconduct policy (<https://www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/undergraduate-calendar/assets/pdf/2018-2019/2018-19-UG-Calendar-Full.pdf> pg 42) .

Sportsmanship Rating System

After each a contest your team will be issued one of the following sportsmanship ratings (when officials or on-site managers are present):

5 – Excellent Conduct and Sportsmanship: Players cooperate fully and calmly converse with the officials and opposing team. They respected all staff, facilities, equipment and opponents at all times.

4 – Acceptable Conduct and Sportsmanship: Team members mostly cooperate with the officials. They respected all staff, facilities, equipment and opponents at most times.

3 – Mediocre Conduct and Sportsmanship: Team makes a couple comments to the officials and/or the opposing team from the field/court and/or sidelines throughout the contest.

2 – Poor Conduct and Sportsmanship: Team makes some comments to the officials and/or the opposing team from the field/court and/or sidelines throughout the contest. Teams were not prepared to play on time. Teams that receive one Unsportsmanlike Penalty/Yellow Card/Technical Foul, will receive no higher than a "2" rating. Teams that receive one Ejection/Red Card/Two Yellow Cards/Two Technical Fouls/Two Unsportsmanlike Penalties will receive no higher than a "2" rating.

1 – Unacceptable Conduct and Sportsmanship: Team constantly comments to the officials and/or the opposing team from the field/court and/or sidelines throughout the contest. The team manager exhibits little or no control over teammates or him/herself. Players/teams abuse/wreck (if something is broken the player responsible will be responsible for the replacement costs) facilities or equipment Teams that receive two or more Unsportsmanlike Penalty/Yellow Card/Technical Foul, will receive no higher than a "1" rating. Teams that receive two or more Ejection/Red Card/Two Yellow Cards/Two Technical Fouls/Two Unsportsmanlike Penalties will receive no higher than a "1" rating.

Tobacco, Alcohol and Other Drugs

The University of Regina is a smoke free campus. Tobacco, alcohol, vaping and other drug use is not permitted during any Intramural Sports activity or event. Any participant or spectator found using tobacco, alcohol, vaping or other drugs will be asked to leave the contest, facility or field immediately. Additionally, any player or spectator suspected of being under the influence of alcohol or other drug will be asked to leave the contest, facility or field immediately. Any player that has been asked to leave the contest for any reason will officially be ejected from the contest. Any incident may be referred to the Coordinator, Student and Youth Programming with potential for a referral to the Vice President, Student Affairs for Non-Academic Misconduct.

Assumed Names / Misuse of ID

Any player using an assumed name or an identification card that is not theirs shall be ruled as an illegal player who will be ejected and therefore, suspended from all Intramural Sports. If an ineligible player is playing they will cause the team they are currently playing for to forfeit the contest that they are participating in. Any individual who knowingly allows another individual to use his or her identification card or any individual who uses an identification card is not theirs may be suspended from the Intramural Sports Program.

Ejections

All participants that are ejected from an Intramural Sports event will be immediately suspended for all events until reinstated by the Intramural Sports Staff. To be reinstated, the ejected participant must schedule a meeting with the Intramural Sports Student Manager and/or the Coordinator of Student and Youth programming (or designee) prior to the next scheduled contest. This meeting must be conducted during normal business hours. During said meeting, the cause for ejection will be discussed, as well as all subsequent sanctions. When all sanctions have been fulfilled, the participant shall be officially

reinstated. All games in which suspended players participate will be considered forfeits by that team. Any player who is ejected who does not schedule a meeting will remain suspended indefinitely until said meeting occurs. Please refer to the default policy section of this guide for additional information.

Team Names

We are committed to assuring that discriminatory and disrespectful conduct or communication is prohibited in our activities. Thus, we reserve the right to disallow any team name that we determine to be unacceptable or inappropriate. We ask that all team names not contain profanity and/or not be racial or sexually explicit in nature. In this event we will simply change the team name to the captain's last name and provide the opportunity for the team to change their name.

Refunds

Registration fees are non-refundable, unless the league does not run. In that case a full refund will be processed.

Protests

The first type of allowable protest is a rule misinterpretation. In order to protest a rule misinterpretation, the team manager must immediately notify an Intramural Sports Staff member. Under no circumstances may judgment calls be protested. In certain situations, once a protest is filed, an immediate judgment may be made by a staff member. In other situations the game may continue and the protest reviewed following the game.

The second type of protest allowed is due to player eligibility rules. Eligibility protests may be filed with an Intramural Sports staff member immediately. Failure to complete and return the protest form in a timely manner will result in the inability to protest the contest or event. If the protest is upheld, the team using the ineligible player shall forfeit the game.

Photo Content Ownership

Intramural Sports will use photographs taken throughout the year to promote its program and upcoming events/activities. Participation in the program provides Intramurals with the unrestricted right to use these photographs at its discretion for the purposes outlined above.

Injuries and Insurance

Participation in Intramural Sports activities is completely voluntary. These activities intrinsically involve risks of physical injury greater than those encountered in daily life, and by taking part in sports and other activities participants acknowledge and assume risks inherent therein. The Intramural Sports Office accepts no responsibility and will not be liable for any injury or other damages resulting from participation in any activity, or from the use of any recreational facility by the Intramural Sports Program.

In case of an injury, please notify a staff member to receive basic first aid. Staff members can also summon medical personnel and Campus Security. For all injuries an accident report form must be filled out. The Intramural Staff member will provide the accident report.

APPENDIX A

Health Screen Questions:

1. Are you sick (or have been in the past 2 weeks)?
Symptoms may include: chills, conjunctivitis (pink eye), cough, diarrhea, fatigue, fever >38 C, muscle or body aches, sore throat, shortness of breath, difficulty breathing, runny nose.
2. Have you been traveling internationally (including the US) within the last 2 weeks or exposed to someone who has travelled internationally?
3. Have you exposed to someone who is suspected to have COVID-19?

An answer of YES to any of these questions will mean the athlete/client will be asked to leave the facility and contact 811 for further assessment.