

Cabrini College - Intramurals and Recreation General Participation Policies

THIS IS AN OUTLINE OF GENERAL INTRAMURAL POLICIES. ALL PROGRAM POLICIES, PROCEDURES AND SPORT RULES WILL BE REVIEWED IN CAPTAIN'S MEETINGS.

- [Eligibility](#)
- [Behavior](#)
- [Sportsmanship Policy](#)
- [ID Policy](#)
- [Registration-League & Tournament Play](#)
- [Cavalier Challenge Points](#)
- [Insurance, "Blood Rule"](#)
- [Student Officials & Game Staff](#)
- [Alcohol & Illegal Substance Policy](#)
- [Forfeit Policy](#)
- [Inclement Weather](#)
- [Captain's Meetings](#)

Eligibility:

- Activities are open to Cabrini students, faculty, and staff.
- Participation is voluntary.
- Each participant must have appropriate health insurance and accident for participation in sports activities. It is each participant's responsibility to verify his or her own health insurance.
- Each participant must complete program assumption of risk & release form prior to start of second game.
- Varsity/club athletes may participate, however team make-up must adhere to the following divisional guidelines:
 - Open Division – teams may be comprised of up to 75% varsity/club athletes. This is a total percentage, therefore male and female varsity athletes both count toward the 75% rule. This rule applies to players on the field or court at any one time (e.g. if 5 players are on the field, no more than 3 may be varsity athletes).
 - Competitive Division – teams may be comprised of up to 50% varsity/club athletes. This is a total percentage, therefore male and female varsity athletes both count toward the 50% rule. This rule applies to players on the field or court at any one time (e.g. if 5 players are on the field, no more than 2 may be varsity athletes).
 - Recreation Division – No more than 1 varsity/club athlete allowed on the field or court at any time.

The Varsity/Club Athlete Percent rule applies in sports similar or identical to the sports in which they compete intercollegiately. For example, softball/baseball players playing whiffleball or softball, soccer players playing indoor soccer (futsal) or full-field soccer, etc.

- Athletes who conclude their varsity/club career continue to count as a varsity athlete in their sport for one full intramural year. Essentially, the individual will be counted in the Varsity/Club Athlete Percent rule until one year after their final varsity competition. After that year, the athlete will no longer count against the Varsity/Club Athlete Percent rule for their intramural team.
- A red-shirt or an ineligible player is considered a varsity athlete until they are no longer considered a team member by the coach and/or Athletic Department.
- Any athlete who is a member of their respective team's roster for 20% of the varsity schedule (this includes practices) is considered a varsity athlete for the remainder of the academic year. Therefore, even if a player leaves or is removed from a varsity team after this time, the player is subject to intramural varsity eligibility rules. This rule applies to walk-ons / red-shirts/ineligible players and junior varsity players.
- A person's name, Cabrini ID number and signature must appear on a roster to participate with that team.
- A person may only play for one team in each league, however a person may play for one co-ed team within league play in addition to one male or female team.

Eligibility (cont.):

- EACH PARTICIPANT MUST BE PREPARED TO PRESENT VALID CABRINI IDENTIFICATION AT THE START OF EACH GAME TO BE ELIGIBLE FOR THE CONTEST.
- Teams may make changes on the roster up until the start time of their second regulation game.
- While the Intramural Sports Program does not assume responsibility for verifying eligibility, any cases of eligibility called to its attention will be dealt with according to the rules. (If you have a question concerning one of your player's eligibility, please consult with the Director of Intramurals and Recreation).
- All eligibility rules, decisions or changes are subject to the discretion of the Director for the best interest of the program.
- A team will forfeit any games in which an ineligible player participates. Any team using an ineligible player during playoffs will forfeit any contest in which they participated.

[Back to top](#)

Behavior:

Any behavior deemed extreme and unsporting by the officials and/or commissioner/supervisor, either verbal or physical, is subject to removal from the game and site for that competition date. Continued abuses, or infractions deemed excessive by the Assistant Director for Recreation, may lead to expulsion from Intramurals. Derogatory language and overt, physical abuse of the rules of the game will not be tolerated. To help maintain proper decorum, the following criteria for ejection by the officials and/or sport supervisor have been initiated:

- persistent and excessive swearing
- arguing with or overt taunting of officials, participants, staff and/or spectators
- unnecessary taunting of opponents.
- improper treatment of facilities and equipment.
- any misconduct that disrupts the normal administration of a specific event and the safety of all involved.
- any fighting, or actions leading up to fighting.

[Back to top](#)

ID Policy:

- Prior to start of each game, captains must sign in with the sport supervisor. Players must be prepared to present valid Cabrini ID, if requested, and their name must appear on the team roster.
- A team can field **only** the players that present valid Cabrini ID.
- If a team does not have enough players per this procedure, the team will forfeit the game.

[Back to top](#)

Sportsmanship Policy:

- Sportsmanship is the core of the intramural sports program, as it is our goal to serve as a student development opportunity via participation in recreational sports. We aim to promote leadership development in team captains and student staff. In addition, we aim to provide a safe and fun environment conducive for cooperative & competitive play. Such an environment allows for participants to enjoy the physical, mental and social benefits of athletic and recreational activity.
- **Good Sportsmanship can be described as treating opponents and staff with respect, acknowledging a job well done, exhibiting grace under fire, sharing your success with others, keeping your accomplishments in perspective and playing as hard as you can within the rules.**
- **Poor sportsmanship can be described as any instance in which a person/team acts in an unruly manner. This includes hurting-physically or verbally- an opponent, game staff or official, delaying a contest in an effort to express individual frustration, berating an official and or opponent or jeopardizing the competitiveness, fairness and safety of the contest.**
- **Rating Scale.** After each contest, the sport supervisor, in consultation with officials, game staff & captains, will provide a sportsmanship rating for each team.
The rating scale is as follows:

+1 = Above Standard

No real concerns. Referees may have had to issue a few verbal warnings (not to same player), but captain took control of their team and solved the problem.

0 = Standard –

A couple of concerns. An individual player has been warned more than once, or 2 unsportsmanlike penalties issued to the team – captains were slow to take control of their team.

-1 = Unacceptable –

Anything worse than above – includes any unsportsmanlike penalties or behavior involving contact away from the ball, unnecessary roughing of opposing players - passer/receiver/carrier - (attacking player rather than ball, etc.), failure of captains to take control of their team and diffuse problems, etc. Any physical contact which is not part of the play, or within the spirit of the game and good sportsmanship (late hit, contact away from the ball, excessive contact, etc.).

Note: Each team must maintain a "0" average throughout the season to be eligible for the playoffs. A team must receive at least a "0" in each playoff game in order to advance.

[Back to top](#)

Registration-League & Tournament Play:

- Obtain a roster from the Dixon Center front desk or from the Director of Intramurals. An on-line version will be accessible in the future.
- Complete roster and return to the Director by the posted deadline.
- Teams that submit a roster after sign-up deadline will be placed on a waiting list and are ineligible unless another team is dropped from the schedule.
- The roster must be completed in its entirety before start of play.
- All those on a roster must complete the release form prior to play.
- No changes to roster are permitted after start of second league game. Hence, all release forms for team members must be completed by the start of the second game for any individuals to maintain their eligibility,
- Individuals without a team (Free Agent) may be placed on a team by submitting their name to the Director of Intramurals and Recreation. Every attempt will be made to place these individuals on a team at the captain's meeting before league play. If enough Free Agents remain, a separate team will be formed.
- Any team deemed too strong for their registered level of competition may be moved at the Director's discretion.

[Back to top](#)

Cavalier Challenge Points System

This Intramural program is based on participation in each sport. Every residence designation (Area 1, Area 2, Area 3, Commuter) is on an equal playing field and teams have the option of playing in either recreational or competitive leagues. Individuals accumulate points through the semester/year for their areas. Points will be awarded for participation on a per game basis (see below for example). **Teams whose roster is 100% from the same area (i.e. all Area 2) will earn an extra 20 points.**

Each rostered player will earn 1 point for their area for each game they attend during the season. Individuals on teams qualifying for playoffs will continue to earn participation points until they are defeated. Additional points will be awarded based on how a team places (champion, runner-up, etc.). Additional points will also be awarded to individuals whose team was registered by the Registration Deadline. Players may be added to the team after the deadline (up until the 2nd league game), up to the maximum allowed for that sport, however they will not receive the early registration bonus points.

Activity Type	Entry Points*	Forfeit Points	Bonus for Area Representation	Place Points				
				1 st	2 nd	3 rd	4 th	5 th
Team sports	3	-10	20	10	6	4	2	1
Individual Sports	2	-10	0	5	3	2	1	0

* Entry points are bonus points added for rosters submitted by the established Registration Deadline. Sport minimums must be met on the roster, and each player name on the roster by the deadline will receive the bonus. Players may be added after the deadline (up to the sport maximum and no later than the 2nd league game), but they will not receive the entry bonus.

Examples

- 1) **The team Fantastic Favre (all 10 players on roster from Area 2) registers for Flag Football and play in a 4-team division. The team loses in the semifinal game of playoffs (8 teams total) to finish in 3rd place.**

each player on roster/in attendance X 3 regular season games = 3 points/player/area
 + each player on roster/in attendance X 2 tournament games = 2 points/player/area
 + 4 point bonus for finishing in 3rd place = 4 points/player/area

Total points earned for Area 2 (9 points/player) = 90 points
 + Bonus points for 100% roster from same area = 20 points = 110 points TOTAL

- 2) **The team Numero Uno (6 players from Area 1, 3 commuters) registers for Flag Football and plays in a 4-team division. The team loses in the championship game (8 teams in playoffs) to finish in 2nd place.**

each player on roster/in attendance X 3 regular season games = 3 points/player/area
 + each player on roster/in attendance X 3 tournament games = 3 points/player/area
 + 6 point bonus for finishing in 2nd place = 6 points/player/area

Total points earned for Area 1 (12 points/player X 6 players) = 72 points
 Total points earned for Commuters (12 pts/player X 3 players) = 36 points

[Back to top](#)

Captain's Meetings:

- Each team must designate a captain. The captain will serve as the point of contact for the IM Sports Program. The captain is also held responsible for the team at all times and held to a list of responsibilities, which they receive at the captain's meetings.
- Prior to league play, the IM Sports Program will coordinate a captain's meeting. The Program mandates that each team have their captain in attendance.
- If a captain cannot attend, another team representative may attend the mandatory captain's meeting. However, the designated captain-on team roster- will still be responsible for serving as point of contact and is responsible for disseminating information, schedules, rules, etc. to his/her teammates.
- The captain's meetings are imperative to the program, as they are the main vehicle for informing teams about the policies/procedures/playing rules/schedules of each league or tournament.
- The purpose of meeting is to distribute schedules, playing rules and discuss all procedures related to the play.
- "Points of emphasis" of a particular event will be reviewed -i.e.-screen blocking in flag football.
- Sportsmanship Policy will be explained at the captain's meeting.
- Game day sign-in will be addressed at captains meeting.
- Equipment will be reviewed at captain's meeting.
- Game staff and officials will be reviewed at captain's meeting.
- Protest procedure will be reviewed at captain's meeting.
- Any team not represented at the captain's meeting will be removed from the schedule and the next team on the waiting list will be installed.
- Teams on waiting list must also have captain in attendance at captain's meeting to be eligible for play.
- These meetings are also an opportunity for the captains to ask the staff any questions they might have regarding schedule, rules and/or program policies. Schedule conflicts must be addressed at this time.

[Back to top](#)

Insurance, "Blood Rule":

- Intramural sports participation is voluntary.
- All participants must have appropriate health and accident insurance coverage for participation.
- Each individual is responsible for verifying his or her own insurance coverage.
- All individuals who wish to participate in Intramural Sports activities must sign a program assumption of risk & release form prior to participation.
- Any participant who is bleeding or has blood in their clothing must be removed from play. The injury must be treated and properly cleaned before the participant continues play.
- Student first aid attendant or sport supervisor will refer to a Blood Disposal checklist following any incident where blood is present.

[Back to top](#)

Student Officials & Game Staff:

- Student Officials will be hired, trained, scheduled & evaluated by the Intramural Sports Program for certain events and activities.
- IM Program will provide training clinics and in-services for student officials.
- IM Program will also provide a site supervisor (also called sport supervisors) who will serve as the coordinator of an event, assignor of staff, and will ensure all games are played as scheduled and that all policies are adhered to and resolve any problems/concerns. The supervisor is responsible for communicating with staff and captains on-site.
- Student Game Staff will be hired, trained, scheduled & evaluated by the Intramural Sports Program. Game staff includes scorekeepers, statisticians, first aid staff and any other necessary support staff for each event.

[Back to top](#)

Alcohol & Illegal Substance Policy:

- All college policies will be followed with regard to alcohol, tobacco, and drug use in college buildings and on college grounds.
- No person will be permitted to participate in an intramural contest or activity under the influence of alcohol or an illegal substance. Alcohol and all illegal substances are prohibited from intramural play.
- Any person(s) violating this policy will be prohibited from playing and expelled from game site.
- Person(s) violating this policy may be subject to expulsion from remaining league play and/or all intramural events for a period of time.
- Teams may be penalized for behavior of individuals associated with their team- players and/or spectators.

[Back to top](#)

Forfeit Policy:

- It is encouraged that teams avoid forfeits. The Instant Scheduling method is designed to accommodate student availability in the hope that forfeits do not occur.
- Advance knowledge of forfeiture must be reported to the Director. If 24 hour notice is provided to the Director, a forfeit MAY not be recorded – dependent on the ability to reschedule the game/match, referees, and the opposing captain. One forfeit will result in a loss of \$10 from a team's forfeit deposit. Two forfeits in a season will cause your team to be ineligible for playoffs, as well as losing the full forfeit deposit.
- Forfeits will count as wins and losses for the teams involved in a forfeit.
- Teams are permitted a 5-minute grace period from scheduled start time to ensure the necessary amount of players on-site and each person properly signed in at scorer's table. Teams are required to be ready for play within 5 minutes of scheduled start time or, in case of a schedule overlap, immediately when facility becomes available.
- If teams are not ready after 10 minutes of scheduled game time or upon facility availability, the game will be recorded as a forfeit. Teams are encouraged to arrive early to avoid forfeits.
- "Necessary" amount of players for a sport must be on site to start play. See individual rule sheets for each sport.

[Back to top](#)

Inclement Weather/Rainout

- All cancellation decisions are based on facility playing conditions, safety and comfort of players and workers, and the preservation of facilities for future use.
- Inclement weather decisions will be made by the Director of Intramurals and Recreation and a message regarding weather will be left on the Intramural phone – **610-225-3909**.
- When feasible, captains will be called regarding a weather related change, and/or information will be posted on website (when it becomes available).

[Back to top](#)