



# INTRAMURALS

## HANDBOOK

[uab.ca/intramurals](https://uab.ca/intramurals)

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# 1 INTRODUCTION

## 1.1 Overview

Intramurals (short for the Intramural Sports Program) are recreational activities (sport leagues and tournaments) for the University of Alberta Community. The program comes under the “wing” of the overall Campus & Community Recreation Program.

The Intramural program is coordinated by the Campus & Community Recreation Program Coordinators, but students play a very prominent role in the administration, delivery and supervision of the activities in the program.

This handbook is a reference guide and is continually being reviewed by Campus & Community Recreation. Specific activity regulations on the website and individual sport handbooks will take precedence over those listed in this manual.

## 1.2 Risk and Insurance

In any activity, there is always the risk of a serious accident or injury occurring. Please consider this before participating and make sure you are covered by adequate insurance. The onus is on the individual to make sure they have ample insurance to handle any eventuality.

## 1.3 Vision

The Intramurals Program acts in accordance with Facility and Operations Vision; to build, sustain and serve the most compelling and inclusive university community imaginable.

Campus & Community Recreation Intramural Program recognizes the value of physical activity as a vehicle for creating lifelong leadership skills, citizenship, and social development foundations for University of Alberta students.

### 1.3.1 Intramural Sports Programs Vision

The Intramural program will be inclusive of all members of the University community, meet the interests and abilities of a wide range of participants, and support the wellness, growth, and enjoyment of its members.

Please remember that the program is based on each participant enjoying their experience. It is hoped that all leagues, events, and tournaments can be structured so players of the same caliber may play against one another. Nonetheless, games will be won and lost at all levels, but if all participants can leave the gym, field, court, or rink feeling good about themselves, our objectives will have been met.

## 1.4 Mission

The Intramural Program acts in accordance with Facility and Operations Mission; to create and maintain innovative spaces, services, and environments to support the University Community.

Administratively, the Intramural Program will deliver a sustainable group structure by: providing a framework for transparent, compliant, fiscally responsible student led activities; engaging and assisting groups in selecting safe and appropriate environments for physical activity; fostering an atmosphere of leadership development through peer education, and; developing groups to act as ambassadors of the University of Alberta.

Participatory, the Intramural Sports Program will offer a sustainable group structure by providing diverse opportunities to learn and lead through physical activities and to foster personal and social growth through extracurricular group activities.

## 1.5 Values

The Intramurals Program operates in accordance with the following Facility and Operations values and behaviors;

- People Focused Service - with integrity, we engage our university community through solution-oriented action
- Sustainability - We make a positive impact through social, human, economic and environmental stewardship
- Diversity - We foster a warm, welcoming and inclusive environment where everyone feels equipped to succeed and empowered to reach their potential
- Wellness - We create safe, beneficial and productive environments that support all aspects of well being and belonging

Intramurals Program values include the following:

### 1. Leadership

*Each Intramural Team has the responsibility to lead and make daily decisions to live our values; - To demonstrate leadership through our daily actions;*

### 2. Collaboration

*Each Intramural Team makes valuable contributions to the success of Campus & Community Recreation; - To strengthen our collective impact we share our passion, knowledge and time with other members of our community;*

### 3. Kaizen

*Each Intramural Team seeks opportunities for continuous improvement in all aspects of work and self; - To improve our current practices we use all resources available to us;*

### 4. Civility

*Each Intramural Team has the responsibility to communicate and act in a respectful, non-judgmental manner; - To facilitate relationships and common understanding among diverse people we seek to create an environment that is considerate and respectful;*

### 5. Inclusiveness

*Each Intramural Team treats our various community members with grace and honor; - To foster an open community we are welcoming to all;*

*5.a. In fulfillment of this commitment, the University of Alberta's Intramural Sports teams are required to be inclusive of all gender identities. These policies honour an individual's stated identity and are provided to encourage genuine acceptance and greater gender diversity in Intramural sports.*

## 1.6 Purpose

The Intramurals Program operates in accordance with Facility and Operations purposes; together, we shape the dynamic spaces, services and environments that allow our university community to thrive and grow.



## 1.7 Contact Information

### **Intramural Sports Program**

Location: 2-662 Van Vliet Complex  
Phone: (780) 492-3614  
Website: [uab.ca/intramurals](http://uab.ca/intramurals)  
E-mail: [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca)

### **Customer Service Center**

Location: 1-213 Van Vliet Complex  
Phone: (780) 492-2231  
Website: <https://www.activityreg.ualberta.ca/>  
Email: [activityreg@ualberta.ca](mailto:activityreg@ualberta.ca)

## **2 RISK MANAGEMENT**

### **2.1 Overview**

Risk Management is the process of working towards creating a less dangerous environment by becoming aware of and addressing potential and perceived risks involved in activities. It also includes monitoring organization activities and taking corrective actions and proactive steps to minimize the opportunity for accidental injury and/or loss.

### **2.2 Planning**

All venues must have a corresponding Event Risk Management document to allow all staff and participants to be aware of the risks and hazards that may be present at the specific venue. Developing a Risk Management document is an effective means of identifying and minimizing the possible risks associated with Intramural Sports.

### **2.3 Waivers**

All participants that participate in our programs must submit a waiver prior to their first participation. The waiver makes participants additionally aware that involvement in Intramural Sports Programs is voluntary and has many inherent risks and that by participating, individuals accept and fully assume these risks.

### **2.4 Participant Undertakings**

In consideration of being allowed to participate in Intramural Sports, participants will conduct themselves in accordance with the University's guidelines. Such guidelines include, but are not limited to the following:

- Complying with the rules and activity instruction of the Campus & Community Recreation Intramural Sports programs.
- Reporting injuries or illnesses to the CCR staff present at the venue as soon as possible
- Being responsible for personal property.
- Declaring you do not knowingly have any medical condition which would prevent you from participating in Intramural Sports

### **2.5 Liability**

Participation in Intramural Sports is voluntary and may involve the risk of injury and even the possibility of death. The University of Alberta, Campus & Community Recreation, and the Intramural Sports programs do not accept liability for any injuries sustained while participating in intramural activities. All participants are encouraged to possess their own health insurance prior to participation.

### **2.6 Personal Protective Equipment**

All participants must wear the personal protective equipment as assigned specific to each league. In addition to the mandatory requirements outlined by Intramural Sports, supplementary protective equipment is highly recommended.

### **2.7 Right of Removal**

To protect the safety of its participants, the Intramural Sports Program reserves the right to remove individuals from play who we suspect are unfit to participate. This includes individuals who sustain injuries while participating in our programs, as well as individuals who arrive with a pre-existing injury and/or condition.

## **2.8 Bodily Fluid Spill**

When treating any blood or bodily fluid spill, always start with putting on gloves.

Participants involved in activities (practice, game and tournament) associated with any Intramural Sports member who is bleeding are required to leave the activity until bleeding has completely stopped. In order to return to the activity, all soiled clothing must be sprayed with a disinfectant or removed and the wound must be cared for appropriately.

While risk of one athlete infecting another during practice/competition is close to non-existent, there is a remote risk that blood-borne infectious diseases can be transmitted. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped; the open wound covered and if there is any amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated. Gloves are available in First Aid kits and at Facility Services.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other bodily fluids. Wash hands immediately after removing gloves.
4. Clean all blood-contaminated surfaces and equipment with a solution made from proper disinfectants before practice/competition resumes. Notify a Facility Manager of any bodily fluid spill.

## **2.9 Health Emergency**

For any Health Emergency that may directly or indirectly involve Intramural Sports will follow advice, restrictions, and/or orders as directed by the provincial and/or federal government.

## **2.10 Jewelry**

The Intramural Sports Staff strongly recommends that all participants remove rings, watches, bracelets, necklaces, earrings, and any other facial piercings when participating in an Intramural activity. The official and/or Coordinator will have the final say as to what a player will be allowed to wear.

## **2.11 Facility Inspection**

It is the intent of Campus and Community Recreation (CCR) to keep all facilities (both indoor and outdoor) in safe, playable condition. CCR will make every effort to review the conditions of each playing surface and surroundings prior to all Intramural Sports activities and events. However, it is important that Intramural Sports members review facilities immediately prior to use and report any problems or concerns that may pose a hazard to the users of the area to the Intramural Sports staff.

## **2.12 Certifications**

### **2.12.1 Standard First-Aid / CPR Level C / AED**

All Recreation Staff are required to have obtained Standard First-Aid and CPR Level C as part of their employment.

## **2.13 Drugs / Alcohol**

It is very important to our Intramural Sports Programs to convey to our members that the use of alcohol/drugs (including performance enhancing) is not tolerated and in direct violation of the Intramural Sports Handbook Code of Conduct policies. It is our mission to provide a fun and safe environment for our members.

Intramural Sports Programs do not permit any use of tobacco (including electronic cigarettes, vaporizers, and/or chewing tobacco), or cannabis during any intramural activity. Student athletes are strongly discouraged from taking dietary supplements as this is an unregulated industry in Canada.

Alcohol within activities for Intramurals Sports registered with Campus & Community Recreation are required to comply with the University of Alberta "Alcohol at University Events Policy": <https://policiesonline.ualberta.ca/PoliciesProcedures/Policies/Alcohol-Policy.pdf>

This policy applies to any event that is being conducted under the name of the group/team on behalf of its members or guests and includes events on and off campus, at member's private properties or at any facilities used to conduct Intramural Sports activities. UAlberta Alcohol at University Events Policy **MUST** be followed.

## **2.14 Incidents**

An 'incident' is an intramural sport-related injury as it occurs during a CCR-ran game, tournament or event.

### **2.14.1 Incident Reporting**

All incidents, whether they be assessed as minor or major must be documented and reported. It is expected that Activity Monitors report all injuries using the provided online First-Aid forms. Use the following procedure when an accident or injury occurs:

1. Attend to injured person(s).
2. If serious, notify the Recreation Facilitator on shift for assistance.
3. As soon as feasible, complete a UAlberta Accident Report Form. If injury occurs off-Campus, be sure to obtain any additional documentation which might be completed by other Universities, police, ambulance personnel, doctors, or hospitals.

University of Alberta Protective Services (UAPS) should be immediately called for other types of incidents (potential or actual) such as serious/life-threatening injury, aggression, major structural failure, major hazardous release, fire or explosion, or otherwise required immediately reportable incident. 911 should still be activated, if appropriate. If activated then the Intramurals Sports Staff must be also advised as soon as possible.

### **2.14.2 Incident Forms**

There are digital forms for accidents that are accessible by each sport's Activity Monitor(s). Incident report forms must be completed by noon the next business day.

### **2.14.3 Major Injury**

A major incident requiring an ambulance, fire and/or police services includes examples such as a heart attack, bone fracture or dislocation, a large cut (may require stitches), chemical spill involving eyes and a severe allergic reaction. Injured individuals will likely

need treatment at a medical facility. In the event of a major injury Intramural Staff will conduct the following steps:

1. Provide First Aid
  - contact another staff member to provide assistance.
  - locate first aid kit / AED and treat the injury.
  - depending on the seriousness of the injury:
    - recommend going to the University Health Centre for advice / treatment during business hours
    - having a friend transport them to the nearest hospital or medical centre
2. Call for an Ambulance
  - If it is apparent that an ambulance is needed (e.g. a serious cut, person having trouble breathing), telephone **911** and tell them what you need. Immediately after that, call University of Alberta Protective Services (UAPS) at **(780) 492-5050** and they will help guide the ambulance to your location.
    - Information needed: Location, type of injury, name, age, gender of patient

#### **2.14.4 Minor Injury**

If, in your opinion, an injury is not life-threatening, e.g. a small cut that is unlikely to become infected, skin contact with a dilute chemical solution (low toxicity), or something that is unlikely to cause any loss of work / school time; take the following steps:

1. Have a First Aid/CPR certified staff member(s), trainer, coach, or other qualified individual assess the individual and provide first-aid to the best of their training and ability.
2. If required, call University of Alberta Protective Services (UAPS) at **(780) 492-5050** or **911** followed by UAPS.
3. Continuously monitor the patient until treatment is complete, or EMS arrives. If their condition dramatically worsens, refer to the Major Injury protocol above.
4. Notify the Recreation Facilitator on Shift.
5. A CCR staff member should stay with the victim and complete an Incident Report Form. Do not diagnose an injury to the victim, a bystander, or on the incident report form.
6. Have any witnesses complete any Witness Statements within the incident form.
7. Return all completed forms for CCR staff to review and submit the next day.

#### **2.15 First Aid Kit**

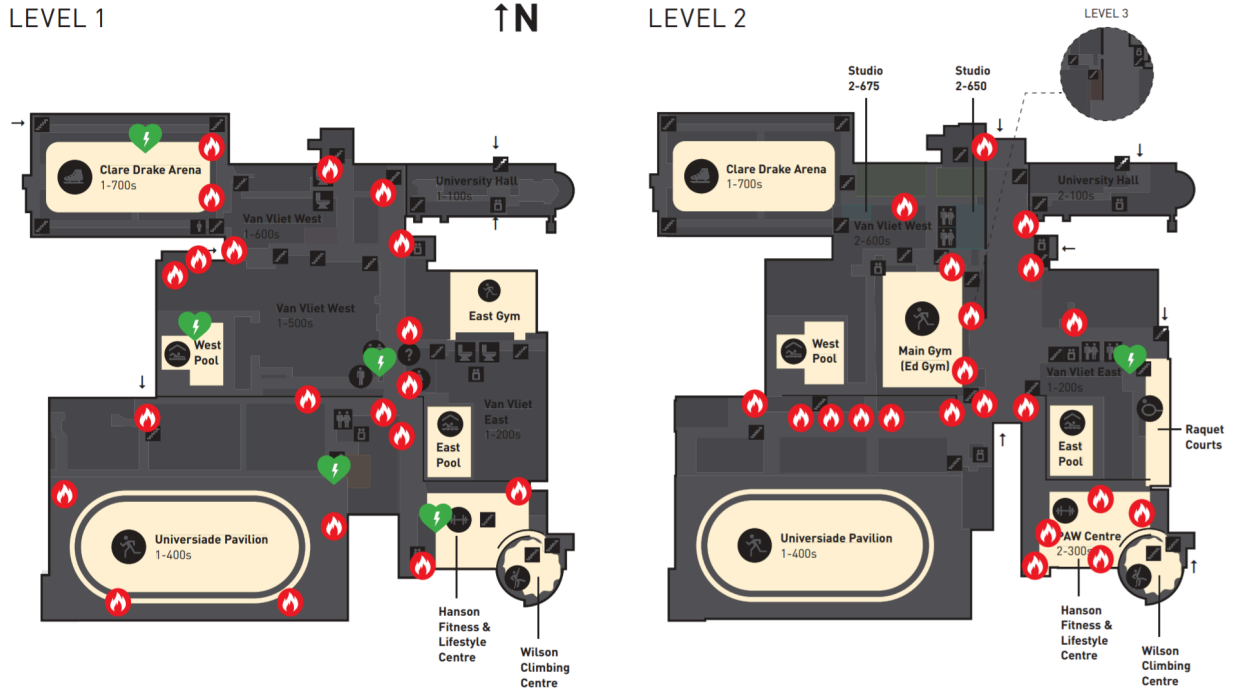
First-Aid Kits are:

- Available for use from the Rec Fac Shack (VCC 2-662);
- Available in the Customer Service Desk;
- Available for Intramural Staff during program offerings.

Intramural Staff are responsible for taking a first-aid kit to their venue before games begin for the night. Ice must be collected in coolers available at the Rec Fac Shack before Activity Monitors arrive for their shift by the Recreation Facilitator on shift. Ice is also available at the Facility Services desk.

## 2.16 AED

There are several locations within our facilities where AED's are available should they be required.



## 2.17 Hazards Assessment

Each venue has been assessed for hazards using the [Event Risk Management Template](#)

## 2.18 Concussion Protocol

### 2.18.1 Overview

It is the participant's responsibility to seek the appropriate medical attention, however Activity Monitors/Recreation Facilitators should encourage proper care is taken for all head injuries.

Absolutely no return to play should occur on the same day of injury if a concussion is suspected.

Signs and symptoms may include: loss of consciousness, seizure, confusion, balance problems, nausea or vomiting, drowsiness, irritability, fatigue, low energy, nervousness, anxiousness, difficulty remembering, headache, dizziness, blurred vision, sensitivity to light, amnesia, neck pain, difficulty concentrating.

### 2.18.2 Preamble

Intramural Sports is committed to maintaining the health of student recreation athletes. Our activities, as do most physical activities, have an inherent risk of concussion. Intramural Sports recognizes that concussions are a significant public health issue

because of their potential short and long-term consequences. Intramural Sports therefore enacts this policy and related protocols as tools to help prevent, recognize and properly treat concussions, which may occur in our activities.

Intramural Sports will endeavor to have all participants follow all treatment protocols, return to learn protocols and return to play protocols.

### 2.18.3 Definitions

1. **Sport related concussion (SRC)** – Intramural Sports supports the definition of concussion from the Consensus Statement, 2023 on concussions in sport. Sport related concussion (SRC) is a brain injury induced by biomechanical forces. Several common features that may be utilized in clinically defining the nature of a concussive head injury include:
  - SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
  - SRC typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously. However, in some cases, symptoms and signs may either resolve over a few minutes to hours.
  - SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
  - SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.
2. **Suspected concussion** – Mechanism of injury and the presence of any one or more signs or symptoms from any of the following clinical domains:
  - Symptoms – somatic (e.g., headache), cognitive (e.g., feeling like in a fog), and/or emotional symptoms (e.g., lability)
  - Physical signs – (e.g., loss of consciousness, amnesia, neurological deficit)
  - Behavioral changes – (e.g., irritability)
  - Cognitive impairment – (e.g., slowed reaction time)
  - Sleep disturbance – (e.g., drowsiness)

Persistent symptoms - Symptoms lasting for longer than the typical 2 weeks in adults or 4 weeks in youth (under age 18).

Concussion diagnosis – a clinical diagnosis made by a medical doctor.

### 2.18.4 Concussion Management

#### 2.18.4.1 Prevention

Intramural Sports requires that all activity within its purview follows game rules and that all rules will be consistently enforced in order to effectively ensure safe play. Further, although it is recognized that equipment does not eliminate the risk of head injuries, all equipment used will meet national guidelines, fit correctly and be used for the purpose designed.

**2.18.4.2 Identification and Management**

All Intramural Sports bins include a concussion recognition tool to aid Activity Monitors when caring for participants that may be concussed.

**2.18.4.3 Documentation of Incident**

Activity monitors must document the incident using First Aid forms available online and also report the incident in the Evening Shift Report to notify Intramural Staff.

**2.18.5 Concussion Action Plan**

<b>Concussion – Signs and Symptoms</b>	<b>Red Flags – Signs and Symptoms</b>
Headache and/or Pressure in head Neck pain Nausea or vomiting Dizziness Blurry vision “Feeling slowed down” Sensitivity to light or noise “Don’t feel right” Difficulty concentrating or remembering Balance problems Fatigue or low energy Confusion Trouble falling asleep Emotional changes (irritable, sad, anxious)	Not breathing Impaired circulation Loss of consciousness Headache worsening in severity Seizures Memory loss Repeated vomiting Cannot recognize people or places Increased confusion or unusual behavior Slurred speech Weakness or numbness in arms or legs Severe neck pain Double vision, unequal pupils

<b>Instructions for Assisting with Head Injury</b>
<ol style="list-style-type: none"> <li>1. Immediate removal stoppage of play if a concussion is suspected. Remove injured participant only if safe to do so.</li> <li>2. If a participant has any above red flags, activate EMERGENCY ACTION PLAN (call 911 followed by UAPS).</li> <li>3. If no red flags are present, go through questions on Concussion Recognition Tool 6. If there is a mechanism of injury (MOI) and any one sign or symptom, the participant should not return to play and should be treated with a concussion.</li> <li>4. Discuss concussion protocol with the participant and review above instructions.</li> <li>5. Referral to physician for evaluation, diagnosis and instructions.</li> <li>6. Physician clearance before returning to contact.</li> </ol>

<b>Instructions for Individual with Head Injury</b>
<ul style="list-style-type: none"> <li>• Have someone who is not the injured individual monitor for red flags</li> <li>• Do not operate a motor vehicle.</li> <li>• Avoid physical and mental activity until follow up with team physicians and athletic therapists.</li> <li>• No prescription or non-prescription medication until otherwise advised by physician.</li> <li>• Reduce stimulus to the brain (screen time, music, reading).</li> </ul>



## 2.19 When to Contact UAPS

University of Alberta Protective Services (UAPS) supports our Intramural Sports Programs in a variety of circumstances. UAPS should be contacted in the following instances:

### 2.19.1 Unwanted Members

If there are unwanted community members who are not part of the intramural games occurring in the venue and are not complying with staff. Feel free to contact UAPS (780) 492-5050 for support.

### 2.19.2 Feeling Unsafe

If you ever feel unsafe due to a participant or community member, feel free to contact UAPS for support.

### 2.19.3 Emergencies

In the event of a major injury requiring 911 assistance, UAPS should be called immediately after 911 is requested. Provide any helpful information regarding the situation to UAPS staff and they will assist in directing Emergency staff to location.

## 2.20 Photographs, Video/Audio Recordings

[Guidelines on Collection, Use and Disclosure of Photographs, Video and Audio Recordings, and Broadcasting of Live Events](#)

## 2.21 Power Outage Procedures

Upon experiencing a power outage, **all staff must:**

1. Stop all activities and note the time that the power went out
2. Once activities have been stopped, contact Recreation Facilities Operator/Supervisor on duty for details or wait for facility staff to offer direction
3. If not given direction, move patrons out of the activity space into the hallway.
  - If in arena or pool, have participants move to their dressing/change rooms
4. Occupants must avoid the use of elevators; they should be moved into areas with natural light or emergency lighting that is not within an activity space
5. Arrange for all persons with disabilities in your areas to be safely moved to an area with emergency light or natural light outside of the activity space
6. Close and lock doors to activity spaces once it is confirmed that ALL patrons have been directed out of the facility
7. Once the activity space has been cleared, one staff member should remain at their activity location entrance to manage access
8. After 10 minutes (or under direction from a Recreation Facility Operator) direct patrons to gather their belongings from the locker rooms and leave the facility
9. The building is officially closed until further notice at this point
10. One staff should continue to monitor their space while other staff clean the hallway and other activity spaces. If further direction is required, please contact the RFO staff
11. Communicate any issues to the Recreation Facilities Operations staff and UAPS
12. All Campus and Community Recreation staff should now lock their space and help clear all activity spaces and hallways of people within the facility. One staff member might be directed by RFO or the supervisor on duty to cover the main entrances to the facility.

13. Place handwritten signs outside exit doors explaining the facility is closed due to power outage. Note the date and time so people are aware.
14. If power outage occurs within two hours of regular building closure, the building will remain closed with exception of a rental or varsity game that might resume under direction from the supervisor on duty, once power returns.
15. Staff should check with RFO for further direction once doors have been secured
16. If power goes out early in the day, staff are to help manage entrances, clean, and anticipate the power to be resolved and for operations to continue

Upon experiencing a power outage, **all participants must:**

1. Follow the directions of staff members
2. CEASE ACTIVITIES NO MATTER HOW MUCH NATURAL LIGHT IS PRESENT

## 2.22 University Building Evacuation Procedures

University buildings may be evacuated for a variety of reasons, including fire, weather emergencies, hazardous material releases or bomb threats. In the event of an evacuation on campus, it's important to be prepared and know what to do. Familiarize yourself with the evacuation routes and your building's muster point. When an alarm sounds or you are told to evacuate the building:

- Leave immediately through the nearest marked fire exit.
- Do NOT use elevators. Close doors behind you.
- Accompany visitors and alert others as you leave.
- Once outside, move to the muster point.
- Notify emergency responders if you suspect that someone is still inside.
- Do NOT re-enter the building until permitted to do so by emergency responders.

People who cannot evacuate for mobility reasons will:

- Report to the nearest emergency exit stairwell and remain there.
- Alert Protective Services at 780-492-5050.

1. When the alarm goes off, do not assume it is a test
2. Follow the instructions as dictated by the fire alarm announcements (e.g. standby, evacuate, all clear, etc)
  1. if stand-by: prepare patrons, staff for possible evacuation (stop activities, get bags ready, change, put on a jacket, etc.). At this point, patrons / staff do not have to leave the building, just preparing to do so
  2. if evacuate, please guide all patrons to the nearest muster point and await further instructions
3. Once all patrons / staff are out of the building, staff should not leave, they should wait for further instructions. For example, RFO may ask that someone stands by a door to support folks not re-entering the building
4. Activities / return to the building may resume once the all clear is given

## 3 STAFFING

### 3.1 Full-Time Staff

There are two full-time staff for the Intramural Sports Programs:

#### 3.1.1 Student-Led Activities Team Lead

Marty Nedjelski - [marty.nedjelski@ualberta.ca](mailto:marty.nedjelski@ualberta.ca)

The Student-Led Activities Team Lead oversees the Club Sports Programs, Climbing Wall, Intramural Sports Programs, Youth Programs, Corporate Team Building, and the KRLS 105 Practicum experiences within Campus & Community Recreation.

#### 3.1.2 Intramural Sports Program Coordinator

Morgan Bosgoed - [morgan.bosgoed@ualberta.ca](mailto:morgan.bosgoed@ualberta.ca)

The Intramural Sports Program Coordinator manages and supports the Intramural Sports Programs within Campus & Community Recreation.

### 3.2 Student Staff

#### 3.2.1 Recreation Facilitators

The Recreation Facilitators (Rec Facs, RFs) are University students hired to help run the Intramural program. Their primary responsibilities are to help coordinate and deliver Intramural activities and liaise with Intramural Program staff. Our Recreation Facilitators can be reached at: [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca)

#### 3.2.2 Activity Monitors

Activity Monitors (AMs) are the employees on the front lines. Activity Monitors are responsible for: Signing participants in, ensuring programs are delivered successfully, and acting as a first aid responder.

#### 3.2.3 Activity Moderators (Referees)

Activity Moderators are either University students hired through an application/interview process, or referees that are hired externally.

#### 3.2.4 Ice Hockey Officials (On-Ice)

Ice Hockey Officials support officiating for all ice hockey intramural sports leagues.

### 3.3 Contracted Staff

Contracted Staff (external to Campus & Community Recreation) may be brought in to better support our Intramural Sports Programs.

## 4 REGISTRATION

### 4.1 Overview

University of Alberta Intramural Sports Programs (including leagues and special events) are an opportunity to play with friends – old and new – in an environment that celebrates teamwork, mutual respect, and – most of all – fun!

### 4.2 Information Access

All league information will be available online at [www.uab.ca/intramurals](http://www.uab.ca/intramurals)

### 4.3 Registration Fees

Most of our program fees include team and free agent-based registration types (unless otherwise noted).

- For Team-based registrations, we ask for a payment for the entire team for the respective league or special event. The captain (and/or designated player) of the team must make the full payment for the team to confirm their spot in our program.
- Individuals who do not have enough players to compose a Team registration are encouraged to express interest in joining our leagues and special events. Individual registrations for each applicable league or special event may add their interest as joining a pre-existing team and/or a whole team of individuals (known as a "Free Agent Team") by completing a [google form submission](#). Free Agents teams are supported and organized by our Intramural Sports staff. Please note that your expression of interest submission does not guarantee you a spot. A staff person will email you (to the email you submit on your submission form) if a spot is available. At that time, payment and registration steps will proceed to get your registered in one of our activities.

Program fees are divided into student fees and non student fees. Student fees are discounted compared to the non student fees. Being registered as a student team requires the majority of your team (51% +) to be currently enrolled at the University of Alberta (see section 4.4).

Intramural Sports Programs registration fees include:

- Facility league access (gymnasium, change rooms),
- Regular Season and playoff\* games,
- Equipment usage,
- Staffing,
- Up-to-date league standings and schedules (within 5 business days),
- \*t-shirts for league champs, and/or spirit winners.\* (\* Eligibility requirements must be met)

For special events and tournaments, the registration fees may also include:

- Food and/or beverages
- External activity bookings
- Distinctive event prizes

#### 4.4 Parking

Parking is not provided with our programs and services. However, with our Intramural Sports programs taking place primarily in the evenings and on the weekends, we recommend purchasing an Evening Permit. This parking pass:

- costs \$78 total for a 4 month term (e.g. Spring/Summer, Fall, Winter).
- allows parking after 4:30 pm on weekdays and all day / night on weekends
- allows access to unrestricted parking areas around our programs (Stadium, Varsity, Education, Windsor, Lot E, Lot M, Lot R, etc.)
- to set up an account, you do not have to be a student (and/or have a CCID)

To set up your account and/or purchase your parking pass, please visit [here](#).

#### 4.5 Student Team & Non-Student Team

Student Team registration is when the majority of participants on any given team consists of 51% or more players **that are current University of Alberta Undergraduate students. You must pay the Athletic and Recreation fee in order to be eligible for the student fee.** Student Teams are eligible for a discount upon registration payment. A Student, as defined above, must make the team's payment through our registration payment system in order for the team registration discount to appear.

Non-Student Team registration is when the majority of the participants on any given team consists of 51% or more players that are not current University of Alberta students. Non-Student teams can be University of Alberta staff, faculty, and alumni. Other post-secondary institution students (e.g. NAIT, MacEwan, Concordia, etc.) and general community members (no affiliation with the University of Alberta) are also considered to be Non-Students.

#### 4.6 Registration Types

Team or Individual registration will be displayed as part of your registration process on our registration / payment website descriptions for each program offering.

##### 4.6.1 Team Registration

Most of our Intramural Sports Programs require one person to register on behalf of their team by paying one total fee. It is up to the team to sort out the per participant fees owing back to the person who paid the one total fee.

##### 4.6.2 Free Agent Registration

Individuals who do not have enough players to compose a Team registration are encouraged to express interest in joining our leagues and special events. Individual registrations for each applicable league or special event may add their interest as joining a pre-existing team and/or a whole team of individuals (known as a "Free Agent Team") by completing a google form submission.

- Please note that your expression of interest submission does not guarantee you a spot.
- A staff person will email you (to the email you submit on your submission form) if a spot is available. At that time, payment and registration steps will proceed to get you registered in one of our activities.

- Free Agents teams are supported and organized by our Intramural Sports staff.
- The Free Agent Interest Form will open when Team Registration opens.
  - Free Agent Interest Form ([Link](#))

#### **4.7 Step-By-Step Registration Instructions**

In order to successfully register, you must complete the following steps in chronological order:

##### **1. Pay your Registration Fee**

- If you are registering as a Team, one person is responsible for paying their team's fee. That person may collect payment from their teammates as they see fit.
- If you are registering as a Free Agent, you are paying for yourself. A team will be created by Intramural Sports Staff (based on registrations) on your behalf.
- Fees may be paid through the Intramurals website links (recommended).
- Fees may also be paid in-person at North or South campus Customer Service desks.
- If you are having issues with your registration account, please call 780-492-2555.

##### **2. Wait for an Email**

- Intramural Sports Program Staff will email you your Team Roster Sheet link.
- Please allow 5 business days for confirmation.
- Confirmations will be sent to the email provided with your registration fee account.

##### **3. Complete your Team Roster Sheet**

- The team's leadership must complete the Team Roster Sheet.
- The Team Roster Sheet may have up to a maximum of 25 participants per team.
- The Team Roster Sheet will be locked 1 day before each team's first game. All subsequent participants added to a roster should arrive 5 minutes early to the game they are attending to be added by staff on-site.
- All participants must be added to the Roster Sheet prior to their participation.

##### **4. Complete your Waiver**

- Intramural Sports Staff will email all Team Roster Sheet participants a waiver link.
- All participants must complete a waiver prior to participation. No exceptions.
- All waivers must be completed through the Waiver link provided. No paper waivers will be accepted.

##### **5. Complete your Quiz**

- Embedded within the Team Roster Sheet will be a quiz link.
- A minimum of 2 team representatives (usually the team leadership) from each team must successfully complete the quiz.
- Representatives must receive a score of 80% (or higher).
- Representatives may take the quiz as many times as required to achieve a passing grade.
- 1 quiz completion = 1 point in your team standings.
- 2 quiz completions = 2 points in your team standings.

#### **4.8 Schedule Creation**

After your league or special event registration has closed, your schedules will be created and posted. Schedules are created by your Recreation Facilitator and are based on their next availability in their staff schedule.

- Schedules will be posted a minimum of 24 hours before league or special event start date.

Intramural Leagues and Special Events are initially designed to have an even number of teams participating so that Bye Week or games can be eliminated. However, based upon registration numbers, this is not always possible. In the case of any Intramural League or Special Event Byes, the team with the Bye may still utilize their Bye timeslot to enjoy a practice or a friendly competition amongst their teammates. Registration fees will not be prorated or refunded based on Bye Week (odd-numbered team) in intramural leagues or special events.

#### **4.9 Quiz Completion**

Each Intramural Sports Program has a specific quiz dedicated towards giving each participant a general understanding of each league.

- The Captains quiz link can be found online [here](#).
- Participants can visit a specific league tab and select the quiz corresponding to their league.
- At a minimum, 2 team representatives (usually the captain and/or assistant captain) from each team must successfully complete the quiz in order to receive points in their standings (1 quiz completion = 1 point in your team standings and 2 quiz completions = 2 points in your team standings)
- Participants must receive a score of 80% (or higher).
- Participants may take the quiz as many times as required to achieve a passing grade. If a team registers for more than one league, they are required to complete a quiz for each of their intramural sports program(s).

Submissions after the Quiz Deadline of each term will not be tallied into your team's standings, however it is highly recommended that you complete the quiz to have a better understanding of our programs.

- Quiz Deadlines can be found in section 4.11 and on your team's Roster Form

#### **4.10 Waiver Completion**

All participants must complete a waiver prior to participation. It is the individual's responsibility (with support from team leadership) to complete the necessary waiver completion requirements.

- A waiver electronic link will be provided based on Team Roster sheet email completion.
- Waivers are to be completed once per year unless otherwise directed by Intramurals Staff and cover all Intramural Sports Program leagues.
- Intramural Sports Program Special Events will have a different waiver. Those specific links will be provided as part of each Special Event registration process.

#### **4.11 Refunds**

Intramural Sports Programs provide an environment where teams and players are dependent on one another for an enjoyable sport experience. If a team withdraws after registration has closed (and once the schedule has been created and published), this negatively impacts other teams whose playing schedules need to be recreated.

- Any registrant that withdraws prior to a program’s registration deadline day (by 11:59 pm MST) will be issued a full (100%) refund.
- If a registrant withdraws after the program registration deadline, no (0%) refund will be issued.
- A full (100%) refund of programs or services fees will be issued for Intramural Sports Program cancellation. Registrants will be informed of cancellations as soon as possible. Cancellations may occur due to low enrollment, limited staff availability, or facility closures
- If the original payment was made by credit card or debit card, the refund will be issued to the same card type used for the original payment. If the original payment was by cash or cheque, the refund will be issued by cheque. This will be mailed to you 3-8 weeks from the time the refund is requested.

No (0%) refunds will be issued for any of the following:

- Game Forfeits and/or Game Defaults
- Participant injury
- Incorrect gender ratios
- Bye Week - scrimmage / practice times will be scheduled during team BYE weeks
- Participant / team / league Code of Conduct sanctioning (e.g. suspension, cessation, etc.) or stoppage of game by Intramural Staff for safety and/or conduct concerns

#### 4.12 Deadlines

Deadline	Date
Spring & Summer League registration opens	
Spring & Summer League registration closes	
Spring & Summer League quiz submission closes	the day before your first game
Spring & Summer Special Event registration closes	Specified on event registration website
Fall Outdoor League registration opens	
Fall Outdoor League registration closes	
Fall Outdoor League quiz submission closes	
Fall Indoor League registration opens	
Fall Indoor League registration closes	
Fall Indoor League quiz submission closes	Specified on event registration website
Fall Special Event registration closes	
Winter League registration opens	Mon, Nov 18, 2024
Winter League registration closes	Mon, Jan 13, 2025
Winter League quiz submission closes	Sun, Jan 19 2025
Winter Special Event registration closes	



## 4.13 Program Types

The University of Alberta Intramural Sports Programs offers various program types in order to foster inclusion of gender diversity in our activities.

League Type	Description
Open	This category welcomes individuals of all genders to participate.
Mixed	This category welcomes individuals of all genders to participate within gender ratios. Individuals shall be permitted to participate in any league type that is in accordance with that person's asserted gender identity.
Women	This category welcomes individuals who identify as women (trans inclusive)

### 4.13.1 Mixed Ratios

Our Mixed programs have gender ratios in order to encourage participation for all. During game play, a larger ratio and smaller ratio must be present on the court at all times (some ratio scenarios may be exempt).

- The Maximum ratio number is for those who identify as the same gender (e.g. 3 men in Indoor Futsal).
- The Minimum ratio number is for all other gender identities. (e.g. 1 woman in Indoor Futsal).
- The Maximum ratio number and Minimum ratio number may have a variety of scenarios based on each team (e.g. Larger Ratio: 3 non-binary, Smaller Ratio: 1 man in Indoor Futsal).
- Teams in mixed leagues playing free agent teams are allowed to not follow the gender ratio for that game (though it is still encouraged).

Mixed League	Maximum Number of any Single Gender Identity in Game (on the field/court)	Type
Badminton	1	League
Basketball	3	League
Dodgeball	7	League
Flag Football	3	League
Futsal, Indoor	3	League
Hockey, Ball	3	League
InnerTube Water Polo	4	League
Red Eye	7	Special Event

Softball, Slo Pitch	7	League
Soccer, Outdoor	6	League
Soccer, Indoor (Foote Field 5's)	4	League
Pickleball	1	League
Ultimate, Indoor	3	League
Ultimate, Outdoor	4	League
Volleyball, Indoor	3	League
Volleyball, Outdoor 2's	1	League
Volleyball, Outdoor 4's	2	League

#### 4.13.2 Roster Maximums

A team may include up to 25 participants. This includes substitute and nomad players. If a roster size is different than the 25 maximum, it will be communicated as part of the specific program offering. It is strongly advised that team leadership only add players who they believe will actually participate. If a player plays 1 or more games, they may not be removed from the Roster Sheet.

#### 4.13.3 Roster Sheet Entry

Team Leadership is sent a Google Drive Team Folder. Within that folder is a Roster Sheet. Team Leadership may fill out this Roster Sheet up until the start of their first game. Roster Sheets are locked after the start of each team's first game. New player entries (and other edits) may still occur after the Roster Sheet is locked, these changes can occur by:

- Sending Intramural Sports Staff an email with the updates to the roster
- Communicating updates with Intramural Sports Staff at the Sign-In Table on game day

#### 4.14 Program Offerings

League/Event	Type	Officiating Type	Type
Badminton	Open	Self-Officiated	League
8-Ball	Open	Self-Officiated	Special Event
Basketball, 5v5	Mixed, Open, Women	Student Officiated	League
Basketball Madness (3v3)	Mixed	Self-Officiated	Special Event
Blitzball	Open	Self-Officiated	League
Dodgeball	Mixed	Student Officiated	League
Games Den Events	Open	Self-Officiated	Special Event

Indoor Futsal	Mixed, Open, Women	Student Officiated	League
World Cup of Futsal	Mixed	Student Officiated	Special Event
Golf	Open	Self-Officiated	League
Ball Hockey	Mixed	Student Officiated	League
Ice Hockey	Open	Student Officiated	League
Pond Hockey	Open	Self-Officiated	Special Event
InnerTube Water Polo	Mixed	Student Officiated	League
Red Eye	Mixed	Self-Officiated	Special Event
Softball, Slo Pitch	Mixed	Self-Officiated	League
Sno Pitch	Mixed	Self-Officiated	Special Event
Soccer, Outdoor	Open	Student Officiated	League
Sportsmix	Open	Student Officiated	League
Ultimate, Indoor	Mixed	Self-Officiated	League
Ultimate, Outdoor	Mixed, Open	Self-Officiated	League
Volleyball, Beach	Mixed	Self-Officiated	Special Event
Volleyball, Big Pink	Mixed	Self-Officiated	Special Event
Volleyball, Indoor	Mixed, Open, Women	Self-Officiated	League

#### 4.15 Program Pools

To foster more evenly-matched games, some leagues will be pooled. Initially, these leagues will have a randomized schedule built for the first 3 weeks of game play with all teams being in the same division. After 3 weeks of games, teams may be re-seeded into either Pool A or Pool B based on their win-loss record.

- Pooled schedules will be posted at minimum 2 days prior to games.
- Pooled schedules may result in playing the same opponent more than once.

#### 4.16 Program Levels

Some of our leagues carry different levels of competition. To foster more evenly-matched games, divisional leagues will begin with teams self-assessing their team's overall skill level upon their initial registration. After a certain amount of weeks of play, CCR Staff will re-seed these leagues based on the team's win-loss record.

- Re-seeding schedules will be posted at minimum 2 days prior to games.
- Re-seeding schedules may result in playing the same opponent more than once.

#### 4.16.1 Leagues (except Ice Hockey)

The objective between ADV and REC leagues is to allow players / teams to choose where they might fit best to create fun, evenly-matched games wherever possible:

##### Advanced (adv)

- Know the rules / positions of the sport
- Have played before (high school, club, league)
- Have generally good base abilities specific to the sport

##### Recreation (rec)

- Know the general concept of the sport, but not all the ins and outs
- Newer to playing

##### Super Recreation (super rec)

- Beginner / novice players
- Social aspect more important than the wins or losses
- No playoffs

#### 4.16.2 Ice Hockey

##### Division 1 - Advanced

Played the sport at a high level. Teams typically have players with past junior and/or professional experience.

##### Division 2 - Intermediate

Play the sport regularly and have a solid understanding of all the rules. Teams typically have players that play set positions and carry out organized plays / formations.

##### Division 3/4 - Beginner

Played the sport a handful of times and know most of the rules, but not all of them.

Teams might have one or two people that will play a set position while the other players may be newer to the game.

#### 4.17 Re-Seeding

Leagues that have a re-seed component to their schedule have the following stipulations:

1. Teams initially register in a "Division" that they feel best represents their team. Divisions are 1 (advanced), 2 (intermediate), and 3 (beginner).
2. After a certain amount of weeks of play, teams will be re-seeded. This means the schedule will be shuffled, with teams moving up or down a division, based on their first few weeks of games.
  - Teams will only move up or down one division maximum.
  - Some teams will remain in their same tier based on their win-loss record before the re-seed. (e.g. if a Division 2 league has 4 teams, the first placed team will move up to tier 1 while the fourth placed team will move down to division 3. Second and Third place will remain in the Division 2 league.
  - Teams may end up playing the same team again after the reseeding of the schedule is complete.
  - If the initial self-assigned division has odd numbers, the schedule will best reflect a balanced schedule for all teams in that same tier (e.g. a 3-team Division 1 league will

- play two division 1 teams and two division 2 teams in the first 4 weeks before re-seed).
  - The divisions wherever possible will be balanced to even numbers at the reseed scheduling point of the season.
3. Upon the completion of the regular season, the finals will include matchups of the teams in their divisions wherever possible (if the leagues have odd numbers, the closest ranked team in adjacent tiers will play each other).
  4. League Champions will be determined for each pool or tier. (e.g. a 3-division league equates to three League Champions).
  5. Spirit Champions will be determined for each league (e.g. one 3-tiered league equates to one Spirit Champion).

#### **4.18 Handbook**

This document is available online at [www.uab.ca/intramurals](http://www.uab.ca/intramurals) and on your team's Roster Form. It is the participant's responsibility to ensure they have a good understanding of these policies and procedures prior to participating in a league.

#### **4.19 Rules**

All our rulebooks for our different leagues can be found [here](#).

#### **4.20 Adding Players**

Players can be added to a roster at any time prior to the end of the regular season. Once the regular season ends the rosters will be frozen and only those players who have played in at least one (1) regular season game will be deemed eligible for playoffs. The only exception to this policy is for Open & Women's Ice Hockey, where players must have played in at least one (1) game to be eligible; for more information, please consult the playoff eligibility rules listed for that particular activity on their team's Roster Form.

A player can participate in an Intramural Sports Program and not appear on their team's Roster Form prior to the game.

#### **4.21 Removing Players**

Participants can be removed from their team's Roster Form as long as they have not signed in and played in any games for that specific team.

#### **4.22 Transfer Players**

Once a player has signed in and played a game for a team, that player "belongs" to that team and in order for that player to switch teams they must contact the RF in charge of their league and request a transfer.

#### **4.23 Nomad Rule**

If a team has at least enough players signed in to be within 1 of a legal (non-defaulting) roster, that team is allowed to borrow players from other teams ("nomads") until they have 1 more than the playing maximum (one sub). Nomad players are allowed to play any position.

- In layman's terms: if a team can almost avoid a default, the team can borrow players until it has a full roster and ONE substitute player on the bench.

If a team is using the maximum number of nomad players and one of their rostered players shows up late, then either the rostered player or the nomad player must be removed from the game. Nomad players cannot be used on a team with more than one sub. If a player is ejected from the game, that player cannot be replaced with a new nomad player.

Nomads are only permitted during regular season games. Games involving nomads still count

There is one exception to the nomad rule in intramurals: Ice Hockey teams are required to have 8 players to avoid a default, teams are allowed to borrow nomad players until they have 9 players. Nomads in Ice Hockey must play on a team within their own division. For example, a player registered in Div 2 cannot play as a nomad in Div 4.

#### **4.24 Team Names**

The University of Alberta Intramural Sports Programs are committed to supporting the wellness, growth, and enjoyment of all its members. To this end, we work to provide a safe and welcoming environment, free from harassment, discrimination, and deliberately offensive behavior. This environment extends to the names and logos used for Intramural teams, where we apply the high standard we do for all behavior within our programs.

In support of this standard, team names and logos within the Intramural program are required to meet the following expectations:

- Names and/or logos that support or endorse any form of discrimination or abuse will not be accepted;
- Names and/or logos that use profanity, racial slurs, and/or sexual references;
- Names and/or logos that make light of serious global issues will not be accepted;
- Names and/or logos that discriminate against any marginalized group will not be accepted;

If a play-on-word is used as a team name and it does not violate any of the above criteria then it must also relate to the sport in which the team is playing.

CCR reserves the right to refuse an inappropriate team name. In such a case, the team will be named after the first name of the team captain until an updated team name is provided.

## 5 GAME DAY

### 5.1 Sign-In

Participants are required to sign-in at each game in order to be eligible to participate. To sign-in, University of Alberta students must present their ONEcard or another piece of valid photo ID. University of Alberta staff, alumni, and community members must present valid photo ID. Any participant failing to do so will be restricted from participating.

A player can join a game in progress at any time (prior to the end of regulation play) as long as they sign-in before taking part in the game. Failure of a player to sign-in on the game sheet prior to playing will result in a default for their team.

### 5.2 Photography and Videography

When accessing our facilities, you are entering a public space. Please be aware that filming, audio recording, and/or photo taking may take place during our events. If you feel uncomfortable with any photo or video shooting, please speak to an Intramurals staff member on site.

### 5.3 Game Start Time

Scheduled times listed for your program are the start times for games. Participants will be given a maximum of a 5-minute grace period; beyond the start time of scheduled games to avoid defaulting or forfeiting (due to either not enough players or not matching gender ratios).

### 5.4 Official Game

A game is official once it has reached the *halfway point*, whether that is based on a timed game or a match score. Therefore, if a game were to end due to the weather conditions once it has reached official game status it would not be replayed; the game and score would be official.

Example: A soccer game is postponed at the start of the second half due to lightning. Whatever the score was at that point is official.

Exceptions to this include early stoppage of games by Intramurals Staff due to varying circumstances (ie: threats to safety, inappropriate conduct). Intramural Staff reserve the right to stop a game at any point for these circumstances. In this case, the score recorded at the game stoppage time will be recorded as the final score. No re-scheduled games will be provided.

At the end of each game team captains are asked to sign the game sheet confirming the score listed is correct and submit a Spirit Rating for their opponent. All 1 and 2 spirit ratings must be accompanied by a completed [Spirit Rating Form](#) by **5:00 pm** the day after your game, detailing the reason(s) for the rating. If the form is not received by that time, the spirit rating will be automatically changed to a 3.

## 5.5 Game Scoring

### 5.5.1 Win-Loss Record

Game Results are traditional point values given based on the game final score (win, tie, loss). Default games and Forfeit games can lead to teams being removed from leagues.

The following chart indicates the points distribution for league standings.

Game Result	Win	Forfeit Win	Default Win	Tie	Loss	Forfeit Loss	Default Loss
	3	3	3	1	0	0	0

- Default Losses (DL) and Forfeit Losses (FL) also have pre-set (lower) Spirit Ratings.

### 5.5.2 Determination of Standings

Standings are determined by different criteria depending on the sport and the league in question. However, most commonly the standings are determined by:

1. Most Total Points
2. Higher Spirit Points Average
3. Higher Spirit Points Total
4. Most Wins
5. Least Losses
6. Higher Point Differential

### 5.5.3 A 3-Way Tie

A 3-way tie is worked out by:

1. Games involving the tied teams only (Win-Loss Record Only)
2. Point Differential in all games
3. Point Differential in games involving the tied teams only
4. Most Points Scored
5. Most Participations

### 5.5.4 Spirit Ratings

Spirit Ratings are the University of Alberta's system of measurement to sportsmanship and commitment to fair and fun games.

- Team participants, supporters, injured players, coaches, and any other team affiliation factor into a team's Spirit Ratings.
- A team defaulting a game will receive an automatic Spirit Rating of 1. Their opponent will receive an automatic Spirit Rating of 5.
- A team forfeiting a game will receive an automatic Spirit Rating of 2. Their opponent will receive an automatic Spirit Rating of 5.



	<b>Spirit Score</b>
<b>Default Win</b>	5
<b>Default Loss</b>	1
<b>Forfeit Win</b>	5
<b>Forfeit Loss</b>	2
<b>Double Default</b>	1 (for each team)

- Intramural Staff can be reached at any time to discuss Spirit Ratings in any of our programs. Spirit is of utmost importance to Recreation and it is expected that all teams will treat each other fairly and respectfully.
  - If Intramural staff don't feel that the rating is justified (eg. team is intentionally giving low ratings) then they (the staff) can change the rating.

**Opponent's Rating:** At the end of each game, team captains will rate their opponent on their sporting behavior.

- Intramurals Staff will verbally ask each Team Captain (or team representative) their rating, confidentially.
- If a Team Captain (or team representative) wishes to give a Spirit Rating of a 2 or a 1, Intramurals Staff will ask for justification.

**Staff Rating:** After each game, the Activity Monitor, Moderator, or Referee will rate each team on their sporting behavior, including their conduct toward one another and staff.

<b>Spirit Rating Descriptions</b>		
<b>5</b>	<b>Excellent</b>	<ul style="list-style-type: none"> <li>● This is the best score given to a team displaying good sportsmanship.</li> <li>● Team was friendly.</li> <li>● The game ran smoothly.</li> <li>● No behavior incidents.</li> <li>● Everyone had fun.</li> <li>● Cheering the opposing team in a fun and respectful manner.</li> <li>● Assisting the opposing team with the game and/or its rules.</li> <li>● Creating a great atmosphere and experience for everyone.</li> <li>● Default Win</li> </ul>
<b>4</b>	<b>Good</b>	<ul style="list-style-type: none"> <li>● This is considered the 'average' spirit score.</li> <li>● Team was mostly friendly.</li> <li>● The game ran smoothly.</li> <li>● No behavior incidents.</li> <li>● Most of you had fun.</li> <li>● Cheering the opposing team in a fun and respectful manner.</li> <li>● Creating a good atmosphere and experience for everyone.</li> </ul>
<b>3</b>	<b>Below Average</b>	<ul style="list-style-type: none"> <li>● The team was somewhat friendly.</li> <li>● The game had a couple of minor issues that were resolved quickly.</li> <li>● Some of you had fun.</li> <li>● Minor behavior incidents occurred</li> <li>● The other team was trash talking you occasionally.</li> </ul>

<b>2</b>	<b>Poor</b>	<ul style="list-style-type: none"> <li>● One or more players displayed poor sportsmanship.</li> <li>● One or more players were overly competitive.</li> <li>● Opposing team complained and/or did not enjoy themselves due to this team.</li> <li>● Milking the clock.</li> <li>● Running up the score.</li> <li>● One (or two) players received a Class A behavior offense.</li> <li>● Forfeit Loss</li> </ul>
<b>1</b>	<b>Very Poor</b>	<ul style="list-style-type: none"> <li>● Most of the team displayed poor sportsmanship.</li> <li>● The team captain did not make the effort or is unable to get the team under control.</li> <li>● The teams' manner of play is aggressive and dangerous to the opponents and their own teammates.</li> <li>● Show no, or very little, respect for staff.</li> <li>● One (or more) players received a Class B (or higher) behavior offense.</li> <li>● Default Loss</li> </ul>

### 5.6 Game Discrepancies

Any game discrepancies and inquiries must be documented on the game sheet. Typical discrepancies may include:

1. A misinterpretation of playing rules and regulations,
2. The question of player eligibility,
3. Incorrect game score entered

Please email [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca) or your sport specific Recreation Facilitator to report any game discrepancies.

### 5.7 Website Updates

Please allow for up to 5 business days after your game for scores to be updated online. Please email [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca) or your sport specific Recreation Facilitator to report any game discrepancies

### 5.8 Incomplete Games

In the event of a incomplete game due to unforeseen circumstances (e.g. major injury, facility hazard, emergency evacuation, fire alarm, etc.) the following actions may be taken by Intramural Sports Program Staff:

1. Restart game immediately upon end of circumstance. A full game may not be completed based on remaining schedule for that night but efforts will be made to restart the game as soon as possible, if possible
2. Reschedule the game, where possible. Facility schedules may impact the rescheduling process (e.g. it may not be possible)
3. Call the game where it stopped (e.g. the game score when the game stopped will be declared the final score.
4. Other options as decided by the Intramural Sports Program Staff.

Please note, incomplete games may occur during regular season, playoff, tournament, and/or special events.

Intramural Staff reserve the right to stop a game at any point for varying circumstances (ie: threats to safety, inappropriate participant conduct, etc). In this case, the score recorded at the game stoppage time will be recorded as the final score. No re-scheduled games will be provided.

### **5.9 Self-Officiating an Officiated League**

Referees are scheduled for certain Intramural Sports Programs. This will be publicized as part of your program specific registration(s). If it should occur that a referee / official / umpire fails to turn up for a game, it is up to the two team captains to decide how the game shall be officiated. Examples may be: everyone makes their own calls, captains officiate the game, etc. In these cases, games are still considered to be official.

### **5.10 Defaults**

If a team fails to show up and/or notify Intramural Sports Program Staff 8 hours before the game start time on game day the game shall be declared a Default. A Default occurs when:

- In-Game Participant requirements are not met
- Minimum Participant requirements are not met
- Participant eligibility requirements are not met (including playoffs eligibility)
- A team does not notify Intramural Sports Program staff 8 hours prior to game start time (if notified 8 hours before, the Default will be downgraded to a Forfeit)
- If an entire team is suspended, it is a default loss

A team who Defaults more than 2 times will be removed from the league, with no possibility of refund.

### **5.11 Forfeits**

Teams unable to field the minimum number of players may forfeit the game by alerting Intramural Sports Program Staff 8 hours before the game start time on game day. This will allow time for Staff to notify and/or reschedule where appropriate.

- In most situations, if the participant minimums are not met, it results in a Default, unless injury results in a team dropping below the minimum. In this case, a Forfeit Loss results.

A team who Forfeits more than 3 times will be removed from the league, with no possibility of refund.

### **5.12 Playoffs Eligibility**

1. Each participant must have played at least 1 regular season game for your team;
2. Your team has achieved an average Spirit Rating Average of 4.0 or greater;
3. Your team has less than 2 regular season Defaults;
4. Your team has less than 3 regular season Forfeits;
5. Your team's participants meet all eligibility requirements outlined in [Section 6](#)

### 5.13 Spectators

- Spectators are not permitted within our leagues and special events (excluding Clare Drake Arena).

### 5.14 Weather

In the event of unsafe conditions for participants (e.g. rain, air quality, standing water, lightning), outdoor-based intramural leagues, tournaments, and special events will be canceled. Intramural staff will endeavor to contact teams at least an hour prior to their scheduled game time.

#### 5.14.1 Make-Up Days

Campus & Community Recreation will build in "Make-Up Days" for weather cancellations (and other unforeseen circumstances). Leagues, tournaments, and/or special events will be rescheduled utilizing these make-up days. If make-up days are used up and/or no longer available, Campus & Community Recreation will try to reschedule games using double-headers, or booking alternative venues (where applicable and/or available). In all cases, staff will do their very best to reschedule games during empty game slots in upcoming weeks, though Sundays may be used if no alternative exists. Games that cannot be rescheduled prior to playoffs will be declared no-games (will not count in the standings).

#### 5.14.2 Refunds

If make-up days are exhausted AND rescheduling options are unavailable, the league, tournament, or special event will be shortened. No refunds are available for shortened seasons. In the event of an outright cancellation of a league, tournament, or special event in its entirety, full refunds will be available.

#### 5.14.2 Notification

The basic guideline for assessing the situation in the absence of Full Time CCR staff: if there is any question or doubt, reschedule. In case of inclement weather and/or poor field conditions, the following policy should be followed for event cancellations:

Full-time Campus & Community Recreation staff members or Recreation Facilitators may cancel the game prior to starting due to severe weather and/or dangerous playing conditions.

- Participants will be notified by **4:00PM** on the day of the games if games are canceled due to weather conditions.
- If there are make-up (rain-out) days added to the league schedule, all games will be rescheduled on the make-up (rain-out) days.
- If no make-up days are available, leagues will be shortened however staff will first try to accommodate originally scheduled amount of games through seeking out alternative venues, alternative times, alternative days, or scheduling more than 1 game per week.
- Any games postponed due to weather that cannot be replayed or rescheduled prior to the end of the regular league schedule will be considered no contests (the game will not count in the standings). If necessary, the standings may be based on winning

percentage if an uneven number of games have been played by the teams in that pool.

Once the contest has begun, the responsibility for canceling the event rests jointly with the game officials and the CCR Staff present at the venue. All outdoor sports rulebooks include information regarding weather conditions and cancellation procedures to refer to if needed.

### **5.14.3 Lightning**

If there is lightning in the area, all leagues will use the 30-30 rule to determine continuance of play:

- If there are fewer than 30 seconds between lightning and thunder, the storm is too close for safety; the game will be postponed.
- After 30 consecutive minutes without any thunder strikes, the game may resume.

### **5.14.3 Heat**

With summer temperatures increasing, please be aware of the possibility of Heat illness and watch for signs of it in yourself and other players. Stay hydrated, take breaks, and be prepared to reduce your level of play; or even abandon your use.

Refer to these tables for more information.

### **5.14.4 Air Quality**

Activities will be canceled, postponed, and/or rescheduled if the when the [Air Quality Health Index](#) reaches **7 or greater**.

Intramural Sports Program staff in charge of the league will send out a cancellation notice **at 4:00 pm** on game day.

### **5.14.4 Temperature**

Activities will be canceled, postponed, and/or rescheduled if the temperature feels like ([Humidex](#)) reaches **+35 celsius or greater** or **-22 celsius or lower**.

Intramural Sports Program staff in charge of the league will send out a cancellation notice **at 4:00 pm** on game day.

## **5.15 Appropriate Clothing**

All Intramural participants must wear appropriate footwear (non-marking soles) and athletic attire.

## **5.16 Personal Protective Equipment**

Intramural participants are responsible for supplementing their in-game participation with additional safety equipment as part of their participation. The following sport-specific equipment is mandatory. Intramural Sports may have available use of some equipment, but not all. It is the players responsibility to ensure they have the necessary gear.

- Futsal / Soccer - shin pads

- Ice Hockey - mouth guard, helmet with visor / cage, gloves, shoulder pads, pants, cup, shin pads, socks, skates, jersey
- Ball Hockey - gloves

### 5.17 Default & Forfeit Scores

Default & Forfeit Scores	
Badminton	21-0
Basketball, 3-on-3	21-0
Basketball, 5-on-5	50-0
Dodgeball, Indoor	10-0
Dodgeball, Outdoor	10-0
Flag Football	28-0
Futsal, Indoor	3-0
Hockey, Ball	5-0
Hockey, Ice	5-0
Kickball, Indoor	10-0
Kickball, Outdoor	10-0
Pickleball	2-0
Soccer, Indoor	3-0
Softball, Outdoor	10-0
Softball, Slo-Pitch	10-0
SportMix	2-0
Ultimate, Indoor	10-0
Ultimate, Outdoor	10-0
Volleyball, Beach 2's & Beach 4's	2-0
Volleyball, Indoor	2-0
Waterpolo, Innertube	2-0
Double Default	0-0
Double Forfeit	0-0

## 6 PARTICIPANT ELIGIBILITY

### 6.1 Overview

To be eligible to participate in the Intramural Sports Programs, all teams must:

1. Have completed their registration payment,
2. Have completed their team registration,
3. Must ensure their team has correctly registered as a Student or Non-Student Team,
4. Must be added to their team's Roster Form,
5. Must have had all participants sign-in each and every game,
6. Must abide by all policies, procedures, and protocols in this Handbook, including the Eligibility requirements in this section.

It is the team Captain's responsibility to make certain that all players who have played or are going to play for their team are registered properly, appear on the team roster, and that they are eligible. The captain should communicate with Intramural staff in advance of their participation if they have any questions surrounding team and/or player eligibility.

### 6.2 One Team Per League

Participants are only eligible to play on one team per league.

### 6.3 Varsity Team Member

Any member of a Varsity team or Junior Varsity team are ineligible to participate in **their particular sport** (for example, a Bears Hockey player cannot play in Intramurals Hockey). A team member is an individual who has participated in one regular league game, tournament, meet or race for that team at any time after May 1st of the current academic year. A person currently "trying out" for a particular team is also considered a team member. Also, any member of a Varsity team or Junior Varsity team may **not participate in an Intramural activity requiring the same basic skills** (for example, a Bears Basketball player cannot participate in the Intramural 3-on-3 basketball tournament). Any varsity member found playing in a league will have to withdraw themselves from their team and any games they participated in would be considered automatic Defaults.

### 6.4 Professional

Any current professional (or semi-professional) athlete is considered ineligible for that particular activity.

### 6.5 Suspended Player

A suspended player may not participate in any recreation programs until the suspension period has ended. This includes all intramural leagues, tournaments, and special events, not just the specific league a player was suspended from.

### 6.6 Underage Player

A non-University of Alberta student or University of Alberta student, under the age of 18 may not participate in our intramural sport programs.

## **6.7 Injured Player**

Injured players asked to stop playing their game for safety purposes.

## **6.8 Unregistered Player**

All players must be added to their team's Roster Form and have their waiver completed.

## **6.9 Use of Assumed Names**

A player using a false name (i.e. another student's OneCard) shall be barred from all Intramural activities for the remainder of that year. Specific instances will be reviewed by the Intramural Conduct Board to determine final sanctions.

## **6.10 Playoff Participant**

A participant must have played in at least 1 regular season game to be eligible for finals week. Exceptions may be made, with advanced notice, in the case of injury or illness. Recreation staff must be informed of any issues that will cause missed participation due to injury or illness 8 hours before the game start time on game day. If a team is playing with an ineligible playoff participant, that team will receive a Default.

## **6.11 Multiple League & Team Participation**

Participants may not register in 2 different leagues on the same night during the same time range or on more than 1 team in the same league. Participants may register in 2 or more different leagues occurring on different days during different time ranges.

This includes leagues that include a re-seeding component. Re-seeding links together 2 different levels of the same league (e.g. Recreational vs. Advanced) which means these 2 leagues occur during the same night and within the same time range.

## **6.12 Use of Ineligible Player**

Any team using ineligible participants shall Default any games in which the ineligible player(s) take part. Teams that used a player who could not be eligible (i.e. varsity player, on another roster) will be placed on probation as stated in our conduct board. Multiple violations will lead to teams being removed from the league.



## **7 AWARDS & RECOGNITION**

### **7.1 Overview**

Intramural Sports Programs have a variety of recognition mechanisms in place to incentivize teams who excel in a specific league or special event.

### **7.2 Awards Eligibility**

- An overall equal to or greater than average Spirit Rating of 4.0 or higher will make teams eligible to win Champions t-shirts.
- Teams with an average score less than a 4.0, teams are ineligible to win Champions t-shirts and will not have their team name engraved on the league trophy.
- Teams with an overall rating of 4.0 or lower will not be eligible to play in playoffs.
- Individual participants on teams (even if team average is 4.0 or higher) with Code of Conduct violations of Class B or higher will not be eligible.
- Teams with 2 (or more) Defaults will not be eligible for champions t-shirts
- Teams with 3 (or more) Forfeits will not be eligible for champions t-shirts
- Participants must play a minimum of 3 games to be eligible for a t-shirt
- Teams who do not have at least 2 team leaders complete (and pass) the quiz will render their team ineligible for t-shirts.
- Participants must play in the championship game to receive a t-shirt

### **7.3 Team Awards**

#### **7.3.1 League Champions**

The overall winner of the division will receive t-shirts and have their team name engraved on the league trophy displayed by the Intramurals Office in VVC 2-662.

#### **7.3.2 Spirit Champions**

The team with the highest spirit rating will receive t-shirts at the end of the year. If there are multiple teams with the same spirit rating, a draw will happen to determine the winner of the t-shirts.

#### **7.3.3 Distribution**

All t-shirts will be distributed to the league and spirit winners after the last game of the league.

- Awards may not be available if a league season is not completed due to unforeseen circumstances. If this is the case, CCR Staff will notify participants as soon as possible.

### **7.4 Unit Points**

#### **7.4.1 Overview**

Unit Points is a point-based reward system used to recognize Intramural achievements from various areas at the University of Alberta. Unit Points are accumulated during the Fall (Sep to Dec) and Winter (Jan to Apr) Intramural leagues, tournaments, and special events. Intramural awards are issued to the Intramural Unit from each conference and

division with the highest Unit Point total. Units are awarded Unit Points for participation and achievement in Intramural events.

### 7.4.2 Achievement Points

Points for achievement are awarded based on final standings (after playoffs) in all Tournaments and Leagues. Achievement points are only available to the top 8 teams in the event (generally in Division 1 of playoffs). Each Unit-affiliated team is eligible to earn Achievement points, meaning that a Unit may earn multiple levels of Achievement points if they have more than one team finish in the top 8.

Achievement	Points
1st Place	10
2nd Place	9
3rd Place	8
4th Place	7
5th Place	6
6th Place	5
7th Place	4
8th Place	3
1st Place - Spirit	10
2nd Place - Spirit	9
3rd Place - Spirit	8
4th Place - Spirit	7
5th Place - Spirit	6
6th Place - Spirit	5
7th Place - Spirit	4
8th Place - Spirit	3
Team Games Played	3
Team Registration Complete	10

### 7.4.3 Units

Units	
1	Agriculture
2	Alberta Pharmacy Students' Association

3	Biological Sci. Grads (BGSA)
4	Brew
5	C.G.S.S. (Chem Grad Students Soc)
6	Campus Saint-Jean
7	CGSS (Chemical Graduate Students Society)
8	Chemical Engineering
9	Civil Club
10	DEKE (Delta Kappa Epsilon)
11	Delta Chi
12	Dentistry
13	Engineering Physics
14	Engineering Students' Society
15	English and Film Studies
16	Environmental Conservation Students Association (ECSA)
17	Farmhouse
18	FIJI (Phi Gamma Delta)
19	Forestry
20	G.A.M.E. (Math)
21	G.S.A. (Grad Students' Association)
22	Geology (P.S.Warren)
23	Kateri House (St. Joseph's College Female Residence)
24	KSRGSS (KSR Grad Students' Society)
25	KSRSS (KSR Students' Society)
26	Laser Mob
27	Law
28	Law Students' Association
29	M.B.A. (Masters Business Admin)
30	MecE (Mechanical Engineering)
31	Medicine
32	Mining Engineering

33	Nurses for Intramurals
34	Pharmacy
35	Phi Delta Theta
36	PIKE (Phi Kappa Alpha)
37	REES
38	Rehab Med
39	Lister Hall - Mackenzie
40	Lister Hall - Schaffer
41	Lister Hall - Kelsey
42	Lister Hall - Henday
43	Lister Hall - Chalifoux
44	Residence - East Campus
45	St. Joseph's College
46	The Landing (LGBTQ2S+ & Allies)
47	UACS (Computer Sciences)
48	Ukrainian Students' Society (U.S.S.)
49	WIN (Women's Intramural Network)

#### **7.5.4 Unit Guidelines**

Units can accumulate points through registering affiliated team(s) in an Intramural Sports Program and for each team's achievement within each league. Entering more teams in a league increases the number of possible points received from league participation and team achievement in the league (e.g Placing in the top 8 teams of a league) earns the team further points.

Unit Points will only count towards the Unit's point total if the team has joined as part of your registration.

#### **7.5.5 Unit Recognition**

At the end of the season, the Unit with the most points in their respective Conference will have their Unit engraved to the respective trophy. Where possible, a Unit Winner photo will also be taken and displayed in the Intramural Sports Programs display case.

## 8 CODE OF CONDUCT

### 8.1 Overview

Participants attending (including supporters) any Intramural Sport Program are responsible for conducting themselves in an appropriate manner. Our Intramural Sports Programs emphasize the importance of fair play and sportsmanship in all our programs, regardless of level of play or ability. Behavior that defies these values will not be tolerated. All participants need to respect each other and avoid destructive behavior.

We would like to emphasize that Intramurals is committed to being an inclusive, safe, and enjoyable space for all people from all walks of life. Any action that detracts from this experience will follow our Code of Conduct guidelines in this section.

The Intramural Sport Programs Code of Conduct focused on program / activity type violations that happen within our leagues and special events. Any reported behaviors that supersede the Intramural Sports Program Code of Conduct will be addressed by other areas on campus who have the resources and expertise to support those types of incidents. Areas include, but are not limited to: Dean of Students, UAPS, Risk Management and Insurance, etc.

### 8.2 Definitions

1. Conduct Board: Including the Conduct Board Chair, is made up of a minimum of 2 Campus & Community Recreation staff members.
2. Conduct Board Chair: Head of the Conduct Board who handles incident investigations along with communication with participants/staff regarding sanctions.
3. Program Coordinator: Head of the intramural sports program.

### 8.3 Code of Conduct Protocol

Staff, participants, spectators, etc., may witness individual or team behaviors that detract from enjoyable experiences within our programs. These types of behaviors should immediately be reported. Code of Conduct Protocol is designed to better inform anyone who may have been involved in a Code of Conduct incident, the following procedure is to be followed.

1. The staff member(s) most closely linked with the incident (generally the staff who responded or was supervising and present) generates a report of the incident. The report details what actions were taken leading up to, during, and following the incident for all those involved (i.e. the actions of staff, offending participant(s), etc.). Participants themselves may wish to report an incident. They can do this by emailing [intramurals@ualberta.ca](mailto:intramurals@ualberta.ca) to submit their concern(s).
2. Any incident report should be submitted for the purposes of documenting all perspectives. Reports should be as detailed as possible to better support next steps. A report may include:
  - the names and/or descriptions of any witnesses to the incident, and/or any participant(s) and/or team(s) involved directly or indirectly to the incident that occurred.
  - Details on the incident - what happened, when it occurred, where it happened, what activity was taking place, etc.
3. Incident Reports that fall within the scope of the Intramural Sports Programs will be reviewed by the Intramural Sports Program Conduct Board.

- If the incident is deemed to be outside the scope of the Intramural Sports Programs and/or the Intramural Sports Program Conduct Board, Intramural Staff will ask that the participant(s) and/or team(s) involved be connected with different resources on campus (e.g. Dean of Students, UAPS, etc.).
  - Intramural Staff will support by providing contact information to those resources, where possible. A list of some resources is also available in Section 9 of this Handbook.
4. The Conduct Board will reach out to those involved in the incident, letting them know a review will be necessary for the incident they may have been involved in. Participant(s) or Team(s) may not return to play Intramural Sports Programs until an incident result has concluded and/or their suspension has concluded.
  5. The Conduct Board will reach out to staff who may have been involved or witnessed the incident for further information. The staff members will share their perspective in writing as to keep all perspectives documents.
  6. The Conduct Board may follow up with participant(s) and/or team(s) involved for further clarification. Participant(s) and/or team(s) may respond in writing their perspective to support the Conduct Board's decision by documenting and reviewing all perspectives involved. Some incidents may not require further follow-up.
  7. Based on information provided, inclusive of staff, participant, and/or witness (e.g. spectator, team captain, teammate, etc.) perspectives, a review and result will be concluded by the Conduct Board.
  8. The result will be emailed to the participant(s), team(s), and/or league(s) (depending on the scope of involvement), inclusive of the Class (if any), the Sanction (if any), and the end date of the sanction (if any) by a Conduct Board representative.
  9. Code of Conduct Sanction(s) may be necessary based on review of the incident report(s).
  10. All incidents and inquiry results will be documented and stored securely within the Campus & Community Recreation database in perpetuity.

#### 8.4 Code of Conduct Sanctions

The sanctions below represent the process in place for the Conduct Board to better guide an appropriate response to incidents during our programs. Class violation and their corresponding sanctions are determined by the Conduct Board through incident inquiry.

- Participants(s) and/or Team(s) are not eligible to return to **any** intramural sports programs until their end date of the sanction has lapsed.
- In the case that multiple infractions occur in a single event, sanctions will be combined.
- Repeated violation of rules will result in an increase in the duration or severity of sanctions.
- Sanctions can be given to an individual, a group of individuals, and/or a team.

Any violation not falling into the Code of Conduct is cited in other areas of this Handbook. These violations, although not defined as a Code of Conduct sanction, are not prohibited. Examples are: ineligible players, not having proper identification to sign-in, etc.

Class A	Minimum Sanction: Probation
<ul style="list-style-type: none"> <li>● Minor acts of disrespect towards staff, participant, or team</li> <li>● Disregard for sport rules and regulations</li> <li>● Acute/repetitive disruption of gameplay</li> <li>● Use of ineligible player(s) (team probation)</li> <li>● Not meeting the gender requirement (also a default loss)</li> </ul>	

- Swearing
- Excessive body contact (any contact beyond that is deemed to be above the appropriate level necessary when challenging for a ball).
- Excessive celebration and/or obnoxious behavior.
- Questioning the referee's calls inappropriately.
- Improper personal safety equipment (e.g. no shin pads)
- Improper adherence to Intramural Sports Program specific safety rules
- Questioning a referee's call that has a **coloured** whistle

<b>Class B</b>	<b>Minimum Sanction: 1 game suspension</b>
<ul style="list-style-type: none"> <li>● Repeated Class A violations</li> <li>● Inappropriate and/or offensive language or gestures directed towards a staff, teammate, and/or participant</li> <li>● Misuse of registration management system</li> <li>● Misuse of facility and/or equipment</li> <li>● Ejection from a game</li> <li>● Messaging staff on their personal email and/or social media accounts</li> <li>● Receiving a Red Card (Futsal, Soccer)</li> <li>● Receiving 3 accumulated Yellow Cards (Futsal, Soccer)</li> <li>● Receiving a Game misconduct penalty (Ice Hockey)</li> <li>● Receiving a Misconduct penalty (10 minutes) (Ice Hockey)</li> <li>● Receiving 30 minutes of cumulative penalties over a season (Ice Hockey)</li> <li>● Fouling out - 6 fouls in a game (Basketball)</li> <li>● Receiving 10 fouls over a season (Basketball)</li> <li>● Receiving a Flagrant foul (Basketball)</li> <li>● Dunking (Basketball)</li> <li>● Slide Tackling (Futsal, Soccer)</li> </ul>	

<b>Class C</b>	<b>Minimum Sanction: 2 game suspension</b>
<ul style="list-style-type: none"> <li>● Repeated Class B violations</li> <li>● Verbal altercation involving a staff member and/or participant</li> <li>● Spitting (all sports)</li> <li>● Playing in a way that is dangerous to others</li> </ul>	

<b>Class D</b>	<b>Minimum Sanction: 3 month suspension</b>
<ul style="list-style-type: none"> <li>● Repeated Class C violations</li> <li>● Instigation of a fight (all sports)</li> <li>● Participation in a fight (non-instigator)</li> <li>● Violation of the program's Alcohol, Cannabis, and Tobacco Policy (below)</li> <li>● Targeting a player's head</li> <li>● Out-of-scope violations</li> </ul>	

## 8.5 Hockey-Specific

1. Any player sustaining three (3) penalties within a game will be automatically ejected from the game, with no further punishment.
2. Referees have the right to remove a player from the game without penalizing the team at their discretion. Unlike a game misconduct, the Balance of Game penalty does not come with an automatic suspension.

## 8.6 Out-of-Scope Violation Examples

Some incidents fall out of the scope of our Intramural Sports Programs. Those incidents will be handled by various other areas on campus, such as Dean of Students, UAPS, etc. Some examples may include:

- Theft, misuse, or destruction of Intramural property (*fine will be commensurate with the replacement or repair cost of the associated property*)
- Intent to harm others (verbal or physical)
- Derogatory, sexist, misogynistic, and/or racist language both in person or online
- Inappropriate touching / contact of others
- Physical/sexual harassment of Intramural Staff and fellow participants
- Any local, regional, provincial, federal, or international laws that may have been broken

## 8.7 Alcohol, Cannabis, and Tobacco Policy

Playing while under the influence of drugs or alcohol is strictly prohibited. Game staff will remove a player/team if there is any reason to believe they may be under the influence of drugs or alcohol. Any player in violation of this rule will be immediately suspended from all Intramural competition. Alcohol, cannabis, tobacco or other drug use in the change room or on the playing surface is strictly prohibited.

*Exception:* For events taking place at a licensed venue (Golf, Curling, Bowling), consuming alcohol purchased from the venue is permitted, as long as it does not detract from the enjoyment and safety of others.

## 8.8 Spectator Policy

Spectators are both welcomed and encouraged in Intramural Leagues. However, spectators are required to behave respectfully at all times. Players and Captains of Intramural teams are accountable for the behavior of their supporters. Teams and their supporters may incur sanctions based on their supporters' behavior.

If needed, Referees and Activity Monitors may eject spectators from Intramural events. In this case, any refusal to leave will be considered trespassing and will be referred to Protective Services.

## 8.9 Entire team violations

If a team is on probation, and then gets suspended, the game(s) they are suspended for will be a **default loss**.



## 9 STUDENT RESOURCES

### 9.1 Overview

The Intramural program recognizes that following an adverse event, participants may benefit from enlisting support from on-campus resources. To this end, we are happy to connect participants with these or other student services provided at the University of Alberta in the hope that anyone in need of help will receive it.

### 9.2 Accessibility Resources

Accessibility Resources promotes an accessible, inclusive, and universally designed environment at the University of Alberta. Individuals with documented disabilities are connected to the resources and supports needed to achieve their full potential. We serve prospective/current students, staff, and faculty with disabilities affecting mobility, vision, hearing, learning, and physical or mental health.

Location: 1-80 Students' Union Building 8900 - 114 Street Edmonton, AB, T6G 2J7

Phone: 780-492-3381 Fax: 780-248-1665 Email: [arrec@ualberta.ca](mailto:arrec@ualberta.ca)

### 9.3 Counseling & Clinical Resources

Counseling & Clinical Services aims to provide accessible and compassionate psychological and psychiatric services to U of A students. Using a short-term therapy model, we help students improve their personal, social, and academic well-being. We offer consultative services to the University of Alberta community, like opportunities for faculty and staff to consult with us regarding students of concern, as well as provide supervision and training to graduate students in psychology.

Location: 2-600 Students' Union Building (SUB), next to the Myer Horowitz

Phone: 780-492-5205

### 9.4 First People's House

Standing true to our beliefs as First Peoples and guided by our cultural teachings, the First Peoples' House provides an environment of empowerment for First Nations, Métis, and Inuit (FNMI) learners to achieve personal and academic growth.

Our vision is to demonstrate our commitment to the First Nations, Métis, and Inuit student community on campus and provide services that reflect this responsibility. We will continue to honor the Indigenous worldview of education as a continuous ceremony of learning by respecting and supporting the voices and spirit of our student community at the University of Alberta.

Location: 2-400 Students' Union Building 8900 - 114 Street University of Alberta Edmonton, Alberta, T6G 2J7

Phone: 780-492-5677 Fax: 780-492-1674 Email: [fph@ualberta.ca](mailto:fph@ualberta.ca)

### 9.5 Healthy Campus Unit

The Healthy Campus Unit is a health promotion team working to support campus health and wellbeing by creating a healthy campus community at the University of Alberta.

General Info: [wellness@ualberta.ca](mailto:wellness@ualberta.ca)

## 9.6 Sexual Assault Centre

*The U of A Sexual Assault Centre provides drop-in crisis intervention support to survivors of sexual violence & their supporters, as well as comprehensive educational workshops for the Campus Community.*

*We actively work towards creating a campus community free of sexual violence and operate from a feminist, anti-oppressive, intersectional, trauma-informed, person-centered framework.*

**Location:** 2-705 Students' Union Building (SUB) University of Alberta Edmonton, Alberta, T6G 2J7

**Phone:** 780-492-9771 **Fax:** 780-492-0172 **Email:** [sexualassaultcentre@ualberta.ca](mailto:sexualassaultcentre@ualberta.ca)

## 9.7 The Landing

We strive to promote gender equity on a broad scale, and advocate for the safety and acceptance of individuals of all genders and sexualities in campus life.

*As part of this mandate, we support LGBTTTQQPIANU+ (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning, Pansexual, Intersex, Asexual, Non-Binary, Unlabelled, and more) communities and individuals, as well as their supporters, friends, family and loved ones.*

**Location:** 0-68A Lower Level Students' Union Building University of Alberta 8900 - 114 Street NW

**Phone:** 780-492-4949 **Fax:** 780-492-4643 **Email:** [thelanding@su.ualberta.ca](mailto:thelanding@su.ualberta.ca)

## 9.8 University of Alberta Protective Services (UAPS)

University of Alberta Protective Services (UAPS) is an operational unit within [Facilities and Operations](#). This [community peace officer agency](#) provides a number of services to the University of Alberta, including:

- General Patrol and Incident Response
- Complaint Investigation
- Accident Response
- Traffic Safety Enforcement
- Public Education Services
- [Community Assistance Team \(CAT\)](#)
- Alarm Response
- [Special Duty Services](#)
- Community Liaison Officer Program
- Controlled Goods Program
- Security Survey (CPTED Audits)
- Victim Support

**Location:** 11390-87 Avenue Edmonton, Alberta, Canada T6G 2R5 **Non-emergency dispatch:** 780-492-5050 **Lost and found:** 780-492-2943

## 9.9 SafeWalk

A free accompaniment service for anyone traveling on or around campus at night. To use Safewalk, call **780 4 WALKME (780 492 5563)**, if no one picks up the phone, we're probably not in operation yet! If that's the case, please use our [FORM](#) to fill in information regarding your walk! Our dispatchers will send a two-person team to meet you and walk you anywhere within [our boundaries](#). You can also approach any patrolling team on campus.

## 9.10 Reporting Resources

### [Reporting to the University: Disclosures & Complaints](#)

There are three options to consider if you would like to report what happened to the university:

An anonymous disclosure - may result in supports but no modifications/interim measures or investigation process.

- Disclosure - results in support services, applicable modifications and interim measures for safety, but no disciplinary investigation.
- Complaint - results in support services, applicable modifications and interim measures for safety. Complaints with tangible links to campus often include a disciplinary investigation, which may lead to sanctions.

The decision to pursue any of these options is yours, and there is no wrong choice. Choosing one option does not prevent you from learning about or pursuing another option at a later time.

People supporting a survivor may also submit a disclosure or a complaint to the university. The survivor's wishes should always guide the decision to take this step or not; in extreme cases a complaint may need to occur. In cases where a supporter may submit a disclosure or complaint, may still be asked to provide information. Learn more about supporting a survivor through the University of Alberta Sexual Assault Centre.

It is important to note that the university is unable to take actions, be they interim measures or disciplinary steps, without a disclosure or complaint.

The university is committed to supporting all survivors. We stand beside you against acts of sexual violence, no matter who they may be committed by. Should you choose to make a disclosure or a complaint, there will be services and experienced professionals ready to assist and support you. You will not be alone and every effort will be made to maintain your safety, privacy, and well being.

For more information, click [here](#).