



Intramural Sports Program Policy

The Intramural Sports Program offers sports and activities to the campus. Participants should gauge their participation to their interests, time available and personal situation. Individuals and teams participating in the intramural program at Laurel Ridge Community College imply their acceptance of the rules, regulations and interpretations governing intramural play.

What are Intramural Sports?

Intramural sports are played on campus among Laurel Ridge students, faculty, and staff. They provide exercise, recreation, competition, and fun to participants in a relaxed, yet structured environment. Intramurals offer competition while placing an emphasis on fairness, sportsmanship, and leadership for teams and individuals.

There are three broad categories of participation, each serving a different interest area or recreational purpose. Eligible participants may participate across all three categories.

Classic Series Events

These are team sport activities that have a regular season followed by a single elimination playoff. Generally, these events are self-officiated by student officials. Seasons followed by championship playoffs is the general format for the Classic Series. Teams may pick up players on the fields or courts to ensure that games are played. Participants may be added to team rosters until a determined date or round in the playoffs. The season runs 5-6 weeks and requires a time commitment of about 1 hour per week. This event is the most competitive.

Modern Series Events

This series offers participants a chance to engage in sports and activities that they enjoy. Sports in the Modern Series offer an extended season for maximum participation. There are generally no playoffs involved. Sports and activities are self-officiated. Eligible participants may play on multiple teams and teams may pick up players on the fields or courts to ensure that games are played. The focus of the Modern Series is for participants to get an opportunity to participate, not to try to determine an eventual champion. There is no set season and time commitment is generally 1 hour per week. This event is recreational and is suited for players who want to play for fun.

Flash Series Events

The Flash Series are generally events that happen quickly and are not a long-term time commitment, hence the "flash" designation. These events are typically one-day events, that may either be tournament style or drop-in open participation. The Flash Series is designed for participants who wish to have a short-term option for play.

Teams

All teams are CoRec and there are no gender specifications or requirements. Student Life and Engagement values diversity and strives to create a welcoming environment where everyone is treated with dignity regardless of physical or cultural characteristics including age, disability, national origin, race, religion, political affiliation, sexual orientation, gender, veteran status, or marital status. When choosing a team name, note that the Office of Student Life and Engagement reserves the right to change any team name that may be considered inappropriate or offensive. If accommodations are needed, please contact the Office of Student Life and Engagement at least one week before the start of the season. Teams are formed by team captains prior to the start of the season according to game requirements.

Team Captain Responsibilities

Many people on campus want to participate in intramural sports but don't know how to get involved. You can introduce those individuals to the Intramural Sports Program by including them on your team. As a captain, you should ensure that every teammate is eligible. You can recruit Free Agents if your team is in need of more players, so have extra waivers on hand. It is the captain's responsibility to ensure all registration requirements are completed.

As a captain, the most important job as the leader is communicating with your teammates. It is up to you to know the intramural policies and procedures and encourage team members to know them as well. If necessary, inform team members of any special rules that may apply for your particular sport. We suggest frequent communication among team members so you know which team members will be present for each contest. Games are typically the same time each week, so teams should expect to be available for matches. However, it is important that team captains be able to contact their teammates and inform them of any changes or cancellations.

It is the captain's responsibility to represent the team in a respectful, sportsmanlike manner. For example, only the captain should be involved in conversations with Student Life and Engagement to discuss player eligibility and rule interpretations/applications.

Intramural Sports offer the opportunity to enjoy friendly competition, healthy exercise, and interaction with diverse groups of individuals. Use this opportunity to get involved and get others in the game.

Participant Responsibilities

Each member must register on the corresponding Google Form and sign a waiver. Minors must have a parent or guardian sign a waiver. Eligible participants are enrolled full or part-time in credit courses or as a dual enrolled student, have a 2.0 GPA or better, and are not failing any classes. Each participant shall be aware of the Intramural Sports Program's rules, policies, and procedures related to your specific sport. Ask your team captain or the Student Activity and Recreation Specialist if you have any questions. Team members are expected to participate in scheduled matches. If a participant cannot attend, it is their responsibility to alert the team captain as soon as possible. All participants shall act in a sportsmanlike manner when participating in intramural activities and uphold the values of Laurel Ridge Community College which include fairness, respect, inclusion, and integrity. The college [Code of Conduct](#) applies to all campus activities.

Self-Officiating

During self-officiating activities, it is the responsibility of the participants involved to resolve all disagreements during the competition. If an agreement cannot be reached, the protesting competitor(s) should make clear that the remainder of the contest is played “under protest”. After the contest, email the Student Activity and Recreation Specialist with details of the protest and copy all participants. Staff will then provide a ruling on the disagreement. If the protesting player(s) wins the contest, it is recorded as an official match. If the protesting player(s) do not win the contest, it must be replayed to be considered an official contest.

Participant Safety and Injuries Risk Statement

The Office of Student Life and Engagement strives to conduct all activities in the most prudent manner possible. However, due to the inherent risk of accident or injury in any activity, it is the responsibility of each participant to be aware that there are assumed risks involved in participation. While no medical clearance is required, all participants must acknowledge inherent risks of playing sports and assume all responsibility for personal safety. All participants must sign a liability form which assumes risk and waives Laurel Ridge Community College of liability. Participants are reminded that their participation is entirely voluntary. The Student Life and Engagement staff assumes no responsibility for injuries received during intramural activities. Any participant receiving injuries during intramural activities will receive first aid treatment as available. When a participant is bleeding or has an open wound the player will be directed to leave the game. The injured player may not return to the game. The game may continue play without the injured player at the discretion of the Student Activity and Recreation Specialist.

Athletic Apparel and Equipment

Athletic Apparel All intramural participants must wear appropriate athletic attire while participating. Appropriate attire requires each participant to wear, at minimum, a shirt, shorts/pants, and appropriate athletic footwear.

Equipment

1. Many knee braces are designed to be worn during sport-related activity. Knee braces made of hard unyielding material are legal but it is advised to cover such a brace with at least ¼ inch of closed-cell, slow recovery rubber or another material with similar physical properties (such as a neoprene sleeve). Braces with exposed metal edges that have developed a sharp, cutting surface are not allowed.
2. All jewelry must be removed before any participant is permitted to play. Taping over jewelry is not permitted! Medical bracelets or necklaces may be secured with tape but must first be shown to a staff member when checking-in to the game.
3. Shoes:
 - Shoes must be worn during play.
 - Court shoes of a soft leather or canvas uppers must be worn in the gym facilities.

- Hiking boots, combat boots, or street shoes are not permitted.
- Metal spikes or metal screw-ins are not permitted.
- Shoes with front toe spikes are not permitted during any activity.

Cancellations and Inclement Weather

Game status as it relates to weather and playing conditions is determined as soon as possible. The Student Activities and Recreation Specialist will notify team captains as soon as possible. Participant safety is the most important factor when determining game status. The following policies outline guidelines for certain weather conditions. Unless circumstances permit, games canceled during regular season play are not rescheduled. If games are rescheduled, team captains will be notified. Except for extenuating circumstances, all playoff games postponed or suspended due to inclement weather will be rescheduled and teams will be notified as soon as rescheduling is finalized.

During any shelter-in-place situation (i.e., weather-related emergency), heed the directions of Laurel Ridge Community College Alert System. **Outdoor matches are rain or shine** however activities must be terminated if lightning is detected within 10 miles of the site for outdoor activities. Game play will be suspended until there has been no lightning activity within the 10-mile radius for a minimum of 30 minutes following the last strike. During a lightning delay, participants may not be on any playing surface. All participants should seek a lightning safe facility immediately. The Student Activity and Recreation Specialist is responsible for monitoring the proximity of lightning to the intramural fields. Severe weather notifications are communicated via weather forecasts, radio or television warnings, warning sirens, Laurel Ridge Alerts, or cell phone notifications from weather monitoring programs and applications. During a tornado warning, all activities will be suspended and participants must seek appropriate shelter. The Intramural Sports Program follows the Department of Recreational Sports policies in regards to all extreme temperature situations. Below are some important notes specific to intramural play:

1. Extreme heat and humidity.
 - If the “feels like” temperature rises above 100°F, intramural activity may be suspended for the safety of participants and staff.
 - Persons suspected of heat-related illnesses will be immediately removed from activity.
2. Extreme cold and wind chill
 - If the “feels like” temperature drops below 20°F, intramural activity may be suspended for the safety of participants and staff.
 - Persons suspected of cold-related illnesses/injuries will be immediately removed from activity.

Forfeit Policy

Game time is forfeit time. Each team must be present and “ready to play” at the scheduled game time. The team present and “ready to play” at the scheduled game time may claim a win by forfeit or choose to allow a grace period not to exceed 10 minutes in order to have the minimum number of players “ready to play.” If the team or player is still not present and/or “ready to play” after the grace period has been exhausted, a forfeit will be declared. Affording the grace period is irreversible. If the

grace period is granted, game playing time will be reduced by 10 minutes or by whatever amount of time was used to avoid a forfeit. If neither team is "ready to play" at game time, the Grace Period will automatically be afforded to both teams.

"Ready to Play" means that a team must be on the playing area, ready to play, with the minimum number of players as listed in the sport rules. A team that forfeits, by not being "Ready to Play" or a rule violation, may be dropped from further play, especially if a waitlist team is available. A team that forfeits twice will automatically be dropped from further play. All forfeited contests will not be rescheduled.