

## INTRAMURALS AT NCSSM

The Intramural Program is an important part of student life at NCSSM. These recreational activities provide opportunity to exercise, relieve stress, and build camaraderie among hall teammates.

The program provides a variety of competitive sports for women and men. Soccer, Volleyball, and Basketball are offered to both women and men.

Participation is an enjoyable and relaxing complement to the academic life. The entire school community is encouraged to actively take part in the program.

Please review the policies of the Intramural Program to familiarize yourself with all phases.

Brian Gonyeau  
Intramural Coordinator

### Personnel

#### Intramural Coordinator

The Coordinator of the Intramural Program is Mr. Brian Gonyeau. A full time faculty member in Physical Activity and Wellness, Mr. Gonyeau also provides supervision of the Eilber Physical Education Center throughout the academic year. His duties as the Intramural Coordinator include: promotion and publicity for the overall program, preparation and administration of the intramural budget, arrangement of schedules and facilities for activities, maintenance of intramural records, settling disputes concerning competition or eligibility, evaluation and growth of the program, advisor to team captains, interpretation of the program as necessary to students and staff, provide rules for all intramural activities, supervise intramural team sport games, direct the training and supervision of officials and all intramural work service students.

The Coordinator's office is in room PEC 104 and he can also be reached by EMail (Gonyeau) or by phone, extension 2843.

#### Intramural Field/Gymnasium Supervisor

The Intramural Field/Gymnasium Supervisor is an adult NCSSM staff member who is responsible for supervising the participants and work service students at the play site. The Field/Gymnasium Supervisor insures that the

Intramural contests begin on time by checking that all equipment and game Officials are present. He/she also serves when necessary to provide First Aid, interpret rules and to insure that all participants conduct themselves in a sportsmanlike manner and in compliance with all NCSSM rules, regulations and policies. At the conclusion of the contest, the Field/Gymnasium Supervisor secures all intramural equipment and directs the participants and work service students to leave the play site in good condition.

NCSSM staff members who serve as Field/Gymnasium Supervisors are: Brian Gonyeau, Intramural Coordinator; Eileen Witt, Head of Physical Activity and Wellness and Thomas Michell, Athletic Trainer.

#### Intramural Work Service Students

The Intramural Work Service Students are indispensable individuals who assist in conducting the day to day activities of the Intramural Program. The function of these students include: setting up equipment for the activity, officiating games, serving as timers and scorekeepers, preparing outdoor fields for competition, providing clean vests for program participants and transporting equipment to and from activity sites.

#### Intramural Team Captains

These students are essential to the program in that each team must be represented in the program for the following purposes: to complete and return roster entry forms to PEC 104 on or before the publicized deadline, to be familiar with eligibility rules and special rules for the sport, to notify teammates about the game schedule (date, time and place) to prevent forfeits, to represent his/her team in all dealings with the Intramural Program, to maintain a high standard of sportsmanship in all contests, to submit line-ups to scorekeeper before the contest, to attend meetings and communicate information when requested by the Coordinator.

#### Intramural Participants

Individual students and staff members who participate in the Intramural Program are expected to play within the stated rules for the sport and to conduct themselves on the playing field and sidelines in compliance with all NCSSM rules, regulations and policies.

- **Staff teams are ineligible for playoff competition. (Adopted 8/2002)**
- **Student Life Instructors are not allowed to participate with their hall. (Adopted 8/2005)**

## General Program Information

### Equipment

1. Game equipment and a limited amount of practice equipment for team sports will be transported to the site by the intramural work service students.
2. All participants must furnish their own personal equipment such as sneakers and towels for intramural participation.
3. The Intramural Program assumes no responsibility for the loss of or damage to personal equipment or property.
4. All lost and found items may be located in PEC 118 for 24 hours after received. Thereafter, these items will be turned over to the office of the NCSSM Security Supervisor in Bryan 11.

### Proper Attire

1. All intramural athletes are expected to dress appropriately for program participation. At a minimum, this includes a tee shirt, athletic shorts or pants, socks, and athletic shoes (sneakers for all sports and/or rubber cleats for soccer).

### Publicity and Information

The Intramural Calendar, listing the year's activities, tentative registration periods and season, is distributed during the first week of the academic year in August to all Student Life Instructors and posted for staff on the bulletin boards in the Watts and Bryan mail rooms. Shortly before each sport registration period is to begin, flyers with pertinent sport information are distributed in the same manner. Student Life Instructors also receive registration forms with the program flyers. Staff who are interested in participating in an intramural activity are requested to obtain a registration form from PEC 104. In addition, flyers are posted on the Intramural Bulletin Board, located beside PEC 107.

Announcements concerning intramural sport activities and upcoming deadline dates are carried on At A Glance and on the NCSSM web site.

The Intramural Coordinator also provides game schedules, field and court locations, team captain's listings by sport, league standings, league rules and results before, during and after the sport season. Please consult the Intramural Bulletin Board beside PEC 107 for this information.

## Health Status

All students who intend to participate in the intramural program must have an annual medical examination. Staff are recommended to have an annual physical examination before participating.

Participation in Intramural sports is encouraged within the limits of one's health status. Participants are responsible for their own health and safety and are cautioned to participate according to the limits specified by their doctor and their own knowledge of their health status.

Students who are ill on a particular day and have received an excused absence from the NCSSM Clinic are temporarily excluded from Intramural team participation for the duration of their illness. Please note that if a student who has received an excused absence from class participates in Intramural competition that day, the excused absence will revert to an unexcused absence for all classes missed on that day.

## Safety and Injury Prevention

Risk of injury is a realistic part of athletics including Intramural participation. To reduce your risk of injury:

1. Participate in activities which are appropriate for your level of physical fitness. In addition, you should have medical clearance from your physician and parental permission if you are a student.
2. Warm-up before the contest by stretching the muscles that will be used in the activity and prepare your cardiovascular system for the activity with a gradual increase in the intensity of the work.
3. Wear the proper equipment and clothing for the sport.
4. Play or practice under conditions that are safe - dry fields or courts that are free from obstacles.
5. Notify the adult supervising the activity if you have incurred an injury or do not feel well.
6. After the contest, stretch your muscles again and gradually decrease the intensity of work on your cardiovascular system. This will decrease the incidence of muscle soreness.
7. If pain or discomfort develops after the competition is over, seek medical attention immediately.

## Injuries

Because there is a risk of injury even though the sports activity is supervised and prevention measures are taken, it is strongly recommended that all participants competing in the Intramural Program carry medical insurance, in the event an accidental injury occurs. The Intramural Program will not assume any financial responsibilities for injuries occurring in Intramural competition. NCSSM does not carry accident insurance for participation in the Intramural Program. Because there is this risk of injury and the lack of accident insurance, students are required to have written permission from their parents or legal guardians



## Rules Governing Intramural Team Competition

1. Each individual participant is responsible for the verification of his/her own eligibility. The Team Captain and SLI must also accept responsibility for the eligibility status of any participant representing their hall. Although the Intramural Coordinator does not personally check the identity of every participant for eligibility, opposing teams and their spectators are encouraged to bring questionable cases to the attention of the Intramural Coordinator.

The integrity of competing individuals and teams is not questioned. However, on occasion, there are individuals and teams who attempt to circumvent the rules. The restraint imposed by those who believe in playing by the rules prevails.

2. All students enrolled at NCSSM and who have written parental permission on file in the Intramural Coordinator's Office, shall be eligible to compete in activities sponsored by the Intramural Program, except as provided by specific sport rules. However, only men may participate in men's activities and women in women's activities. Men and women may compete together only in scheduled co-recreational activities.

3. A student is permitted to play on only one intramural sport team per residential hall per sport season.

4. Once a player has competed for a team in one contest he/she may not transfer to another team in that sport season.

NOTE: In addition to the general rules, there are certain specific rules by sport that take precedence. These eligibility requirements are indicated on the sport flyer.

5. No individual presently or having been a member of a varsity squad, including the coach, may compete on an Intramural team in that sport during the academic year. A squad member is defined as any team member listed by the head coach on his/her roster at the beginning of the sport season. Copies of these rosters will be distributed by the Intramural Coordinator at the team captains meeting at the beginning of the intramural sport season.

NOTE: Any student who practices with the varsity or who drops off the varsity for whatever reason, is not eligible to participate in the same intramural sport that season. Students who try out and do not make the varsity are eligible for intramural competition.

## Rule Infractions

1. Ineligible player. Any team using an ineligible player shall forfeit the game.

2. An eligible player who signs-in on a scoresheet and does not play will have his/her name deleted by the game official or adult game supervisor. Opposing team captains are encouraged to bring this situation to the

attention of adult game supervisor. If 2 or more eligible players per hall engage in this behavior, the team will be assessed a penalty of -20 President's Cup participation points for each game in which this behavior occurs.

3. Cheating. Any individual who is found guilty of cheating will forfeit the game or match and may be disqualified from Intramural participation for the academic year or any part thereof. If the team he/she represents is party to this cheating, that team may be barred from Intramurals for the balance of the year or any part thereof. Examples of cheating are:

- a. Participating under an assumed name.
- b. Playing on more than one team in the same sport.
- c. Misrepresenting the results of a game or match.
- d. Playing after having been barred from Intramural competition.

Note: Students who are suspected of cheating will also be subjected to the discipline outlined in the Student Code of Conduct. Falsification of records is a Level II offense. Cheating is a Level III offense.

4. Sportsmanship. Sportsmanship is vital to the conduct of every contest. The officials and the adult supervisor have the authority to make decisions whether to warn, penalize or eject players or teams for acts of poor sportsmanship. The following actions may be considered as evidence of unsportsmanlike conduct:

- a. use of abusive language
- b. making offensive gestures
- c. unnecessary delay of the game
- d. arguing with an official
- e. actions with the intent to injure an opponent or intimidate an official
- f. disregard for the rules of the sport

Players who are ejected from a game for unsportsmanlike behavior will automatically be ineligible for the next scheduled intramural contest.

The Student Code of Conduct will also apply in incidents concerning unsportsmanlike behavior. These behaviors could be considered a Level I or Level II offense depending on the circumstances.

5. Flagrant Misconduct - An individual or team who threatens or endangers the safety of other players or officials, may be barred from Intramural competition for the remainder of the current school year or any part thereof. Some examples of flagrant misconduct are:

- a. Fighting with opposing players or officials.
- b. Inflicting injury on an opposing player or official. The student code of conduct will apply in cases of flagrant misconduct in the Intramural Program. These behaviors could be considered a Level II or Level III offense depending on the circumstances.

#### Organization of Intramural Competition

1. Intramural Competition is divided into two leagues, one each for men and women.

a. The size of each league in a team sport may be divided into divisions according to the number of entries and the availability of facilities.

b. Team sport division winners automatically qualify to participate in the League Championship. Depending on the availability of facilities and playdates, division runnerups may qualify for the League Play-offs. Please consult the rules for the specific sport.

2. Competition in individual sports is limited to 6 individuals per hall due to limited facilities and resources. Individual sports are organized into men's and women's leagues.

#### Roster Entries

1. Team and individual sport roster entries are due in PEC 104 on or before the posted deadline date for registrations.

2. Additions or deletions of names on team rosters may be made up to the beginning of the first scheduled game.

3. During a team sport season, new members may be added to a roster who are eligible to replace players who left the team and school due to academic dismissal or other reasons.

4. During an individual sport season, no substitutions or alterations will be made after the established deadline or after competition materials are compiled.

#### Forfeits - Team Sports

1. If a team fails to appear at the scheduled location within 10 minutes of the scheduled playing time, the official will declare the contest forfeited to the team ready to play.
2. Any team using an ineligible player shall forfeit the game.
3. The procedure for recording the score in forfeited team contests will be determined by the average of points scored in previous contests.
4. The winning team must record its line-up for the forfeited game.
5. In the event of a double forfeit, both teams will have defeats recorded.
6. A team must have present the minimum number of players to start and continue a contest, according to the Intramural rules governing that sport.
7. A team that forfeits two games in one sport season will be dropped from further competition in the league. All remaining games will be automatically forfeited and the game schedule may be modified to account for one less team in the league.
8. A team that is found to have cheated in a game will forfeit the game.
9. A team that exhibits unsportsmanlike conduct will forfeit the game.

#### Protests

1. Protests based on the judgment of the officials will not be considered under any circumstances.
2. Only protests based on player eligibility will be considered. Team Captains or interested students who suspect an ineligible player is participating in an event, shall report to the adult supervisor of the activity the name of the student and the probable reason for the ineligible status. The adult supervisor shall forward this information to the Intramural Coordinator for investigation and resolution.
3. Teams who are found to have played an ineligible player, shall forfeit the game. The team captain will be notified in writing as soon as possible by the Intramural Coordinator.

## Scheduling

In team sports, the game schedule is determined by the availability of facilities and personnel. In 2005-06, Intramural contests will be scheduled after school Monday through Thursday at 4:30 - 5:00 p.m. and at 5:05 - 5:35 when facilities permit. Teams entered in Intramural competition are urged to list 15 players on the roster entry form to insure that all games will be played as scheduled to avoid forfeits. It is the policy of the Intramural program not to postpone contests for player's convenience. However, the Intramural Coordinator will attempt to schedule around potential conflicts when they are indicated in writing on the roster entry form. Note that there is no guarantee that all written requests will be honored due to the limitations of facilities and playdates for the Intramural program. Therefore, a full team roster of 15 players is strongly recommended.

## Postponements

1. The Intramural Coordinator will only postpone a contest due to inclement weather, poor field conditions or an unforeseen emergency.
2. Postponements due to inclement weather or poor field conditions are made to protect the participants from injury and to protect the playing field from damage. Teams and players are urged to keep the fields in optimal condition by keeping off the fields when they are wet.
3. Team Captains are requested to call the Intramural Coordinator at ext 2843 between 4:00 and 4:30 p.m. for the decision on game postponements on that day.
4. The date and time of rescheduled games will be publicized by e-mail to the affected Team Captains, and in At A Glance and EMail when time permits.

## Officials

1. The Intramural Program relies on work service students to officiate games in team sports. The Intramural Coordinator is constantly striving to improve officiating within the capabilities of 15 - 17 year old students with limited experience. Preseason training in techniques and rules interpretation is provided. Because of the age and limited officiating background of these officials, only the obvious infractions will be called. Individuals who are accustomed to professional officiating by adults and feel that they are unable to adjust to this basic level of officiating, are strongly urged to reassess playing on the Intramural level.
2. Officials have full responsibility for the conduct of each contest to which they are assigned.

## League Ties

1. In a case of a two-way tie for first place, first place will be awarded to the team which won in the regular season.
2. In a case of a three-way tie for first place, season records will be examined. First place will be awarded to the team which defeated the other two. **In the event there is still a tie, playoff games will be played to determine the order of finish. The team that scored the most goals, points... will receive a bye. The tie-breaker playoff games will not count toward the President's Cup ( Adopted 8/05).**
3. In the case of a two or three-way tie for second place, which will determine a play-off slot, the same procedures will be followed as described above for a first place tie.
4. All league play-off games will be scheduled as soon as the facility schedule permits.

## Program Evaluation

At the end of each sport season, team captains are sent an evaluation form to provide feedback to the Intramural Coordinator about their hall's experience in the league. This valuable information is collected anonymously and used in making decisions for program improvement.

All participants in the Intramural Program are urged to ask questions or seek further information from the Intramural Coordinator in PEC 104, whenever the need arises.

## 2004-05 Intramural Champions

|        |       |                        |
|--------|-------|------------------------|
| Soccer | Women | Reynolds 1e,2e,2d      |
|        | Men   | 1 <sup>st</sup> . Hunt |

|            |       |                         |
|------------|-------|-------------------------|
| Volleyball | Women | 2 <sup>nd</sup> . Beall |
|            | Men   | 1 <sup>st</sup> Hunt    |

|            |       |                         |
|------------|-------|-------------------------|
| Basketball | Women | 3 <sup>rd</sup> . Bryan |
|            | Men   | 2 <sup>nd</sup> . Bryan |

## President's Cup

|       |                        |
|-------|------------------------|
| Women | Ground Royall          |
| Men   | 1 <sup>st</sup> . Hunt |