



Towson University Campus Recreation

Intramural Sports Participants' Manual

2020-2021



**Campus
Recreation**

**2020-2021 INTRAMURAL SPORTS PARTICIPANTS MANUAL
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2019-2020 INTRAMURAL SPORTS CHAMPIONS

7v7 Flag Football (Fall):

Open Competitive: We Still Gon
Score

Open Recreational: Bye Week

CoEd Competitive: Pam and
Seasoning

IFC Fraternity: Pike 1

6v6 Volleyball:

Open Competitive: FCAT A

IFC Fraternity: Alpha Sigma Phi

CoEd Competitive: Ya Dig

3v3 Basketball:

Open Competitive: Touch Tips

Open Recreational: Elite 3

IFC Fraternity: Alpha Sigma Phi

Table Tennis:

Open-Singles: Mirkwood

Badminton:

Open Singles: Team Olivella

Open-Doubles: Hereford Bulls

Outdoor Soccer:

Open Competitive: Blazed Goats

Open Recreational: Towsonham

Hotspurs

CoEd Competitive: We Prefer

Football

CoEd Recreational: Thunder FC

IFC Fraternity: No KAP

Dodgeball:

Open: Skillz that Killz
IFC Fraternity: Theta Chi

Cornhole:

Open: What the Shuck

5v5 Basketball:

Open Competitive: Kobean

IFC Fraternity: ZBT

CoEd: Coronavirus

4v4 Volleyball:

Open Competitive: Yerd

IFC Fraternity: Phi Psi

CoEd Competitive: Ya Dig?

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2020-2021 INTRAMURAL SPORTS PARTICIPANTS MANUAL

All changes from previous year and additions are highlighted in yellow.

1) **CAMPUS RECREATION MISSION**

The mission of Campus Recreation is to create opportunities that foster engagement and well-being for the TU community through diverse programs, services, facilities, and employment.

2) **PROGRAM STRUCTURE**

a. **GENERAL:**

The Intramural Sports Program offers team sports and dual and individual sports, as seasons, tournaments, and drop in style play to Towson University students, faculty, staff, and alumni (with a campus recreation membership). All activities are played between members of the Towson University community at Campus Recreation facilities.

b. **SEASONS:**

Season offerings, along with their registration periods and starting dates can be found on the Intramural Sports website (www.towson.edu/intramurals). Teams typically play one game per week during the regular season. These games are usually played on the same day of the week at the same time (ex: Mondays 7p). At the conclusion of the regular season, the top 50% of teams from each division with at least a 3.0 Sportsmanship Rating average will advance to a single elimination playoff bracket. *Divisional ties are broken by the following criteria: Sportsmanship Average followed by Head to Head, followed by Point Differential, followed by Points Allowed.*

Leagues:

Open- Teams consist mainly of male students, faculty, staff, and alumni that have purchased a campus recreation membership. Anyone is welcome to participate in the open league, regardless of how they identify.

IFC Fraternity – Teams consist of students who are current members of a Towson University IFC fraternity. Students who are not listed on a fraternity's roster registered with Towson University are not eligible to participate in this league.

Women's- Teams consist of female students, faculty, staff, and alumni that have purchased a campus recreation membership.

CoEd- Teams may consist of students, faculty, staff, and alumni that have purchased a campus recreation membership. Teams are required to have both male and female participants. The required number of male and female participants depend on the individual sport and can be found on the Eligibility Chart below or within the individual team sport rules.

Divisions:

Most Open and CoEd Leagues feature Competitive and Recreational Divisions. Competitive divisions are geared toward experienced participants who are looking for more challenging game play. Recreational divisions are aimed toward participants who are playing with a 'just for fun' mentality. *All* Varsity Athletes must always compete in the Competitive Division, and club athletes participating in their associated sport must also compete in the Competitive Division. Restrictions of the number of club athletes participating in associated sports still applies.

Eligibility Chart:

Sport	Total # of Players	Minimum # of Players	Maximum # of Players	Coed # Restrictions	Varsity Sport Equivalent	Sport Club Player Restriction
<i>2v2 Volleyball</i>	2	1	3	1m/1f	Volleyball	1
<i>3-Point Contest</i>	1	1	1	n/a	Basketball	n/a
<i>Badminton</i>	1 (singles) or 2 (doubles)	1 (singles) or 2 (doubles)	1 (singles) or 2 (doubles)	1m/1f	n/a	1 (doubles)
<i>Can Jam</i>	2	2	3	1m/1f	n/a	n/a
<i>Cornhole</i>	2	2	3	1m/1f	n/a	n/a
<i>Esports</i>	Varies	1	4	n/a	n/a	n/a
<i>Free Throw Contest</i>	1	1	1	n/a	Basketball	n/a
<i>Kickball</i>	10	8	15	5m/5f	Soccer	2
<i>Punt-Pass-Dash</i>	1	1	1	n/a	Football	n/a
<i>Soccer Tennis</i>				1m/1f	Soccer	1
<i>Table Tennis</i>	1	1	1	n/a	n/a	n/a
<i>Tiger Treasure Hunt</i>	2-4	2	4	n/a	n/a	n/a
<i>Virtual Board Games</i>	1	1	1	n/a	n/a	n/a
<i>Virtual Races</i>	1	1	1	n/a	Track & Field	n/a
<i>Virtual Trivia</i>	4-Jan	1	4	n/a	n/a	n/a

**If CoEd teams have less than the total number of players they must stay within 1 gender difference (ie, 5m/4f, 4m/5f)*

c. TOURNAMENTS:

Several tournaments are offered each semester. Tournaments take place as single elimination brackets over one or more days. Specific structure for each tournament varies depending on the number of participants/teams registered, facility limitations, and time of year.

d. FREE EVENTS:

Several free events take place each semester. Free events are designed to be informal style play, where individuals can play for as long as they would like within the scheduled time. Free events also serve as an opportunity for individuals to meet new people, and possibly form a team together for a season offering.

3) ELIGIBILITY

a. GENERAL:

All students currently enrolled in three or more credits at Towson University or students paying student fees (FTP and ELC), and all faculty and staff currently employed by Towson University (who have a Campus Recreation membership)

are eligible to participate in all activities. Additionally, alumni that have purchased a campus recreation membership may participate in all activities.

b. GENDER:

All participants are permitted to play under the gender they identify as. This will apply to any gender specific rules or player ratios for Open, Women's, or CoEd leagues.

c. VARSITY ATHLETES:

Current members of varsity intercollegiate teams (listed on the team roster at any point during the semester) at Towson University are not eligible to compete in corresponding activities. Consult the Eligibility Chart in Section 2b for specific details.

d. PAST VARSITY ATHLETES:

Any member of a varsity athletic team whose eligibility ends or discontinues participation for any reason may not participate in the corresponding intramural sport until the following academic year.

e. VARSITY TEAM DEFINITION:

A varsity team is defined as a group that represents Towson University in NCAA competition and/or that group of participants holding varsity status. This includes red shirts and athletes who have made the team but retired themselves during the season. This does not include individuals who have tried out unsuccessfully.

f. PROFESSIONAL ATHLETES:

Any individual who has received professional playing status may not compete in the corresponding sport for a period of two years after the completion of their last professional season.

g. OLYMPIC/NATIONAL TEAM ATHLETES:

Any individual who has received Olympic and/or national team playing status may not compete in the corresponding sport for a period of two years after the completion of their last Olympic and/or national team season.

h. SPORT CLUB ATHLETES:

A sport club member is defined as an individual who is listed on the official active club sports roster. Individuals who participate on a sport club are eligible to participate in the corresponding intramural sport; however, they must adhere to the player number restrictions associated with each sport. Please consult the Eligibility Chart in Section 2b or the rules of the sport in question for Sport Club athlete limitations.

i. INTRAMURAL SPORTS ROSTERS:

To appear on a team roster, an individual must have purchased an IM Sports Pass, signed a waiver, and joined a team roster on IMLeagues. Teams must have a full roster by the end of the team registration period. All individuals must be listed on the team roster, prior to the first game of the season or tournament. A team may add eligible players during the regular season only. Additions may not be made to rosters after the end of the regular season.

j. PLAYER RESTRICTIONS:

Once an individual has participated with a team they may not be moved to another roster. Participants are also restricted from playing on two teams in the same league (Open, Greek Life, Women's, CoEd) each season. A player may participate in a single gender or open league and a CoEd league in the same sport. The IFC Fraternity league is classified as a "single gender" league.

k. PENALTY FOR ELIGIBILITY INFRACTIONS:

A team shall lose any contest in which it is discovered that an illegal player participated, and the participant will be suspended for a minimum of one additional contest. Participation is defined as the individual signing in at the game site.

4) REGISTRATION

a. INTRAMURAL SPORTS PASS:

All individuals interested in participating in Intramural Sports will have to purchase an IM Sports Pass in order to be eligible to participate in certain Intramural Sports activities. There are different levels of pass memberships that can be purchased depending on your desired participation in Intramural Sports.

Semester Play Pass: \$20 (allows you to participate in as many Intramural Sports activities as you want during one semester)

Single Team Pass: \$10 (allows you to participate on one intramural team for one sport for a whole season)

Free Pass: Virtual Programming offered by the Intramural Sports Office will be free to all eligible participants.

An IM Sports Pass is required for participation in all seasons and tournaments. An IM Sports Pass is NOT required for participation in free **in-person** events including: learn, meet & play series, adaptive recreation, Labor Stay, Welcome to TU, MayDay, and other special events.

IM Sports Passes will be non-refundable, unless the entire season, tournament, or special event is cancelled.

b. TEAM REGISTRATION:

To register as a team, the captain must follow the instructions at

www.towson.edu/studentlife/activities/recreation/campusrec/sports/intramurals/register.html.

Registration will be taken on a first-come, first-served basis; once all divisions/leagues are filled the remaining teams will be placed on a 'waitlist'.

c. FREE EVENT REGISTRATION:

An IM Sports Pass is not required for participation in Free Events. Free Events include: learn, meet & play series, adaptive recreation, Labor Stay, Welcome to TU, MayDay, and other special events. If you have NOT purchased a Play Pass, but would like to participate in a free event, you must complete the [free events registration form](#). This can be completed in advance or on the spot. If you are a Play Pass holder, you should complete registration as normal via IMLeagues.

d. TEAM COLORS:

Teams that are designated as 'Home' on the IMLeagues webpage schedule will be required to wear white or a matching light team color. Teams that are designated as 'Away' on the IMLeagues webpage schedule will be required to wear black or matching dark team color. *Teams who do not comply with the color policies are subject to a reduced sportsmanship rating starting the second week of play.*

e. FREE AGENTS:

Free agents are individuals wishing to participate in an intramural team sport, but who do not have a team. To register as a free agent, an individual must purchase an IM Sports Pass, create an account and log on to Towson University's IMLeagues page and provide contact information to the free agent list for the sport(s) in which they wish to participate. If enough free agents are available and there is an opening remaining in a league, a free agent team may be created. Once a free agent team is created, they are subject to the same rules as every other team. We cannot guarantee that free agents will be placed on a team, but the Intramural Sports staff will attempt to assist in the process.

f. DEADLINES:

Deadlines for team registrations will be posted on the Intramural Sports website and IMLeagues. Registration periods are a minimum of one week long and always close at 11:59pm on the date of the registration deadline. Teams that have not registered on IMLeagues before 11:59pm on the date of the registration deadline will not be registered. Teams must have a full roster on IMLeagues by the registration deadline. Teams that do not meet this requirement will not be scheduled.

5) CAPTAINS' RESPONSIBILITIES

a. GENERAL:

The team captain is the liaison between the Intramural Sports Office and the participants. Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Rules and policies can be downloaded from the Intramural Sports website (www.towson.edu/intramurals). Captains are responsible for their teams' sportsmanship, and in some cases may be held accountable for the actions of individuals on their teams.

b. IDENTIFICATION:

Each participant is required to bring their valid Towson University OneCard to every activity. No other form of identification will be accepted. Failure to do so will result in the participant being ineligible for that game. **NO ID=NO PLAY**

c. ONE TIME EXCEPTION:

Each participant will be allowed one exception, per semester, to the Identification policy stated above. If a participant does not bring their Towson University OneCard to the activity site, they will still be allowed to participate if they present another form of photo identification (with name and photo (driver's license, passport, etc.)), they are listed on the roster, and they complete a One Time Exception Form with the Supervisor on site. If a participant is later determined to have: provided incorrect information to the Supervisor, previously used their One Time Exception, or is not eligible to participate in Intramural Sports, the game(s) the individual participated in will be declared a forfeit.

d. ID CARD CONFISCATION:

In order to gain access to the Campus Recreation facilities and programs, all users must present a valid Towson University OneCard or AlumniCard. Towson University OneCards/AlumniCards may be verified at any time by Campus Recreation staff and/or other University officials.

The sharing of OneCards/AlumniCards is prohibited. If the photo on the OneCard/AlumniCard does not match the individual presenting the card to the Campus Rec staff, the card will be immediately confiscated. Only the individual whose name appears on the confiscated card may claim the card by showing another valid form of ID. The OneCard/AlumniCard will be available to be reclaimed by the owner during Burdick Hall operational hours. Members in violation of this will be suspended from the facility and all programs for the remainder of the day. The violation will be documented and could result in additional consequences for repeat offenders.

e. ELIGIBLE PLAYERS:

It is the responsibility of the captain to make sure that the players on their team are eligible. All games in which an illegal player participates will result in losses, with the opposing team receiving the win.

6) FORFEITS

a. GAME TIME IS FORFEIT TIME:

Any team failing to report to the activity site by the scheduled starting time shall forfeit the contest to their opponent. If both teams fail to report, each team will be given a forfeit. A team's forfeiture will result in their disqualification from making the playoffs or even the league, at the discretion of the Coordinator, Intramural Sports.

b. GRACE PERIOD:

If a team fails to report to the activity site by the scheduled starting time, the opposing team captain will be given two options. They could elect to take the win by forfeit, or they could elect to wait 5 minutes for the opposing team to arrive. If this option is selected, and the opposing team arrives within 5 minutes, the game will be played and the result will be recorded. The grace period will never extend beyond 5 minutes after the scheduled starting time.

c. FORFEIT FEE:

Teams forfeiting a game will receive a fee of \$20 assessed to the captains' bursars' account if the below forfeit policy is not followed. This fee will be assessed for each game forfeited.

d. FORFEIT POLICY:

If your team cannot play at your scheduled time, and the following process is followed, the team captain will not be assessed the \$20 forfeit fee. Any team that forfeits a game or defaults 2 games in a season, will become ineligible for playoff play.

- Steps to avoid Forfeit Fee:
 - Email opposing team captain
 - Email Intramural Sports Office (intramuralsports@towson.edu)
 - Confirm with opposing team and office staff
 - Completed by 1pm of game date

If these steps are followed, the game will be recorded as a default.

e. DEFAULTS:

If the above forfeit policy is followed, the game will be recorded as a default. A default still counts as a loss in the standings. The official score of a defaulted game is 1-0. The team that wins by default will receive a four (4) sportsmanship rating. The team that defaults will receive a two (2) sportsmanship rating. Any team that defaults 2 games in a season, will become ineligible for playoff play.

f. OFFICIAL SCORE:

The official score of a forfeited game is 1-0. The team that wins by forfeit will receive a four (4) sportsmanship rating. The team that forfeits will receive a zero (0) sportsmanship rating.

g. MINIMUM PLAYERS:

- I. **In-Person Sports:** Each in-person sport rules contain a minimum number of players required to start a game. If the opponent forfeits, the opposing team is still required to have at least the minimum number of players to avoid a double forfeit. The minimum number of players for each sport can be found in the Eligibility Chart in Section 2b.
- II. **Virtual Sports:** Most virtual events have an exact player/participant number that must be met in order to participate. These numbers can be found in the Eligibility Chart in Section 2b or on IMLeagues.com for specific Esport games.

h. MAXIMUM PLAYERS:

- I. **In-Person Sports:** Each in-person sport rules contain a maximum number of players allowed to be on a roster. This is typically twice the amount of players on the field/court at a time. The maximum number of players for each sport can be found in the Eligibility Chart in Section 2b.
- II. **Virtual Sports:** Most virtual events have an exact player/participant number that must be met in order to participate. These numbers can be found in the Eligibility Chart in Section 2b or on IMLeagues.com for specific Esport games.

i. ILLEGAL PLAYERS:

If a team uses an illegal player in the regular season, all games or contests in which that player participated will be declared losses and wins will be given to their opponent(s). If this occurs during the playoffs or tournament play, the team will be disqualified from the tournament and the opponent will move ahead in the bracket.

7) PROTESTS

a. ELIGIBILITY:

Protests based on the eligibility of an opponent must be completed within 24 hours of the completion of the game in which the opponent's eligibility is in question. Forms can be acquired from the Intramural Sports Supervisor on-site or from the Intramural Sports Office.

b. RULE INTERPRETATION:

Questions pertaining to the interpretation of rules by officials must be resolved on the field/court at the time the interpretation occurs, prior to the next live ball, and by the Intramural Sports Supervisor.

The procedure shall be:

- If a team/participant feels an official has made an incorrect interpretation of a rule, the team captain shall calmly request a time out and inform an official that he/she wishes to have a ruling on the interpretation by the Intramural Sports Supervisor.
- If corrections are necessary, the Intramural Sports Supervisor shall make them immediately and the team/participant shall not be charged with a time out. However, if the interpretation was correct, the protesting team/participant will be charged with a time out; if the team does not have any remaining time outs, the appropriate delay of game penalty (sport specific) will be enforced.
- If the participant still does not agree with the decision, a formal written protest can be filed with the Coordinator, Intramural Sports. The team captain shall inform the Intramural Sports Supervisor that they intend to file a formal written protest with the Coordinator, Intramural Sports. The Supervisor will inform both teams that the remainder of the game is being played under protest. The formal written protest must be emailed into the Intramural Sports Office within 24 hours of the completion of the game.

c. OFFICIALS' JUDGMENT:

No protest will be accepted which involves the judgment of a game official.

d. FINAL AUTHORITY:

The Coordinator, Intramural Sports will make all final decisions on written protests.

8) EQUIPMENT

a. GAME EQUIPMENT:

Intramural Sports game balls are not available to be checked out for warm-up. Balls may be available at the Burdick Hall Equipment Room for warm-up (*please note that ball availability is limited and based on Campus Rec re-opening plans*). Only Intramural sports equipment can be used with the exception of racquets (Badminton & Table Tennis).

b. JERSEYS:

For some sports, contrasting color jerseys and/or jerseys with numbers are required (see Section 4b). Failure to follow the team color policy may result in a decrease in sportsmanship rating.

c. PROPER EQUIPMENT:

Proper footwear must be worn for all sports. For outdoor sports, cleats may be worn, but they must be rubber, plastic, or plastic-tipped cleats (metal cleats are not permitted). For indoor sports, non-marking athletic shoes must be worn. All participants must wear a shirt or jersey that covers their entire torso, holes below the sleeves may only be 3 inches in length or width.

d. MASKS/FACE COVERINGS:

Masks/Face Coverings are required to be worn at all times. Participants will receive one warning to correct their mask. Failure to do so will result in players being asked to leave the playing area & facility.

9) JEWELRY/ACCESSORIES

a. PLAYERS WEARING JEWELRY/ACCESSORIES:

All jewelry/accessories are illegal for all activities. Any player wearing jewelry/accessories will be asked to leave the game and not be permitted to return until the jewelry/accessory is removed. If the jewelry/accessory is unable to be removed the individual may not participate. If a player wishes to participate with a religious medallion, they must set up a meeting with the Coordinator of Intramural Sports prior to any participation, in order to get approval to participate while wearing a religious medallion.

b. MEDICAL ALERT BRACELETS:

Any medical alert bracelets will be permitted, but they must be taped to the body with the medical data visible. The Intramural Sports Supervisor must be alerted prior to the beginning of the game if a participant will be playing with a medical alert bracelet.

10) CANCELLATIONS/INCLEMENT WEATHER

a. REGULAR SEASON:

The first cancelled game of any season will NOT be rescheduled, any subsequent cancellations will be rescheduled based on time and availability.

b. PLAYOFFS:

All cancelled playoff games will be rescheduled. Participants can view updated playoff brackets by noon the following day on the IMLeagues web site.

c. CANCELLATIONS DURING AN ACTIVITY:

If a regular season activity has begun and is postponed before it reaches the official game minimum, it may or may not be resumed based on timing. During the playoffs, the game will be resumed from the time that it was postponed.

d. OFFICIAL GAME MINIMUM:

The minimum that an activity must be played to be considered an official game during the regular season is one half of the allotted game time. For games that are timed, any game postponed past halftime will be recorded as an official game. For softball, one half of the game time is four complete innings. For volleyball, there is no official game minimum.

11) SPORTSMANSHIP/TEAM CONDUCT

a. TEAM NAMES:

The Coordinator of Intramural Sports reserves the right to change names of teams deemed offensive, profane, and/or inappropriate.

b. UNSPORTSMANLIKE CONDUCT:

The definition of unsportsmanlike conduct includes, but is not limited to: arguments with staff or officials by any player, coach, manager, or spectator, flagrant fouling, fighting (before, during, or after a contest), etc.

c. ESPORTS & Cyberbullying:

Cyberbullying is a form of bullying or harassment using electronic means. Cyberbullying in Intramural Esports, whether in-game or in the IM Sports Discord, will not be tolerated. For more information, please review Appendix B.

d. EJECTED PARTICIPANT:

Any ejected participant must leave the activity site immediately after speaking with the Intramural Sports Supervisor to discuss the reinstatement procedure. The player who was ejected will be ineligible to participate in ALL Intramural Sports activities until he/she has completed the reinstatement procedure.

e. EJECTED PARTICIPANT REINSTATEMENT:

Any ejected participant who is seeking reinstatement must petition in writing (email) to the Coordinator of Intramural Sports for a reinstatement hearing. The petition must include a description of the events leading up to and during the incident, rationale for actions of the ejected participant, rationale for why the participant should be reinstated, and contact information (name, email address, phone number, and TU ID number). Upon receiving the petition, a hearing will be arranged between the ejected participant, the Coordinator and/or the Assistant Director where a decision will be made regarding reinstatement.

f. YELLOW AND RED CARDS:

Game officials use a yellow and red card system to enforce sportsmanship-related issues during intramural contests. Yellow cards are formal warnings that are issued by an official to an individual player or coach. A red card is a player ejection. A player does not necessarily have to receive a yellow card before receiving a red card if the offense is deemed severe enough to warrant an ejection (fighting or assaulting officials, staff, or opponents). Some sports, by rule, have specific enforcements for issuing yellow and red cards, as listed below:

- Basketball: technical fouls
- Flag Football, 4-on-4 Flag Football: unsportsmanlike conduct penalties

g. TEAM SPORTSMANSHIP RATINGS:

Intramural Sports staff and game officials will evaluate teams and assign a sportsmanship rating following each game. Ratings are given based on the following criteria:

- 4 – Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team.
- 3 – Good sportsmanship and conduct: Team members are in control throughout the contest. The team does not show verbal dissent or aggression towards the opposing team or officials.
- 2 – Below average sportsmanship and conduct: Verbal dissent or aggression towards the opposing team or officials resulting in a yellow card. Any team receiving one sportsmanship-related yellow card, technical foul, or unsportsmanlike conduct penalty will receive a 2.
- 1 – Poor sportsmanship and conduct: Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team. Any team receiving two sportsmanship-related yellow cards or one red card, two technical fouls, or two unsportsmanlike conduct penalties will receive a 1.
- 0 – Unacceptable sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards, technical fouls, or unsportsmanlike conduct penalties and/or causing the game to be ended early will receive a 0.

h. REC RESPONSIBILY:

Campus Recreation users, visitors, participants and affiliates are expected to Rec Responsibly. Rec Responsibly means...

- To utilize recreation resources to better ones personal health and well-being
- To be proactive about safety and manage risk
- To treat yourself, others, and the space you are utilizing with the utmost respect and consideration
- To be accountable for one's personal behavior and interaction with others
- To create a welcoming and inclusive environment for all

i. FORFEITS:

Any team receiving a win by forfeit or default will receive a 4 sportsmanship rating for that game, and any team receiving a loss by forfeit will receive a 0 sportsmanship grade.

12) PLAYOFFS

a. SPORTSMANSHIP AVERAGE:

To be eligible for the playoffs, a team must have a 3.0 sportsmanship average.

b. FORFEITS:

Any team forfeiting a game, or defaulting twice, (see page 9 for default process) will be ineligible for the playoffs.

c. BRACKETS:

Playoff brackets will be posted on the IMLeagues web site, prior to the end of the regular season. Updated brackets with the full schedule and teams will be available the day after the conclusion of the regular season.

d. PLAYOFF RESCHEDULING PROCESS:

If the conflict should arise where you know you will not meet the requirement of players needed to field a team, (see individual sport rules for required number), you will need to email intramuralsports@towson.edu as soon as you find this out. There are no guarantees we will be able to accommodate a time switch but we will do our best to find a time that works for both teams participating. There must also be field/court and staff availability in order to reschedule a game.

e. INTRAMURAL SPORTS CHAMPIONS

Champion T-shirts are awarded to the champions of each sport (teams may receive up to as many T-Shirts as they have players on their roster). There will be two different designs. One will be for the competitive league, and one for the recreational league. Championship shirts will be available to be picked up by the team captain from the Intramural Sports office, the day following the championship game. Please have a count of what sizes you will need and email them to intramuralsports@towson.edu. Please include what times you are available to pick them up from the office.

13) ASSUMPTION OF RISK

a. RISK STATEMENT:

Participation in Intramural Sports includes a risk of injury. The Intramural Sports Program assumes no responsibility for injuries; however, basic first aid will be available.

b. WAIVERS:

Each participant is required to sign an Intramural Sports waiver for each academic year. A waiver must be completed before the participant plays in any games.

c. COVID

CONCUSSION HANDOUT



Concussions in Sports

A concussion is a mild traumatic brain injury with both physical and functional components. It is caused by a blow to the head/body, a rapid twisting motion or whiplash that causes the head and brain to move quickly back and forth.

Signs & Symptoms

Signs: observable clues witnessed by staff, roommates, or teammates that a person may be suffering a concussion.

- Physical
 - Dazed or vacant look
 - Decreased playing ability
 - Facial injury following head trauma
 - Grabbing or clutching the head
 - Lying motionless on the ground or slow to get up
 - Poor coordination or balance
- Cognitive
 - Slurred Speech
 - Confusion
 - Difficult concentrating
 - Easily distracted
 - Slow reaction/response time
- Emotional/Behavioral
 - Strange or inappropriate reactions

Symptoms: feelings and sensations reported by person who has a concussion (athletes).

- Physical
 - Blurred or double vision
 - Dizziness or problems with balance
 - Fatigue or feeling tired
 - Feeling "off" or not right
 - Headache or feeling pressure in the head
 - Neck Pain
 - Nausea or vomiting
 - Ringing in the ears
 - Seeing stars or flashes of light
- Cognitive
 - Sensitivity to light or noise
 - Trouble falling asleep
 - Confusion
 - Difficulty concentrating or remembering
 - Feeling dazed or "in a fog"
 - Slowed down, fatigue, low energy
- Emotional/Behavioral
 - Irritable, sad, more emotional than usual
 - Nervous, Anxious, depressed

Any athlete who sustains a significant blow to the head, neck, or body followed by ANY one or a combination of concussion signs or symptoms should be removed from participation and evaluated for a concussion by a medical professional. It is not necessary for a person to exhibit all or even most of the common signs & symptoms to have a concussion.

Some concussions will show signs and symptoms right away, while others may take 24-28 hours, and sometimes longer, for the injury to be noticed by those experiencing it or those around them.

Red Flags: Call 911

Call 911 if one or more of the following danger signs are present:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitating or combative

What should I do if I think I have a concussion?

- **Don't hide it.** When in doubt, sit it out! Tell your friends, roommates, and/or teammates. If you have ANY of the above symptoms you should not participate in physical activity until you have been evaluated by a medical professional. Do not try to judge the severity of the injury yourself.
- **Get checked out** if you, your teammate or your friend think you may have a concussion. It is your responsibility to contact a medical professional within 24 hours of the incident.
- **Take time to recover.** If you have had a concussion, your brain needs time to heal. The decision about return to play is a medical decision that must be made by a health care provider.

Athletes with suspected concussion should NOT be left alone initially (at least for the first 1-2 hours), drink alcohol, use recreational/prescription/over the counter pain relievers/drugs, be sent home by themselves (they need to be with a responsible adult) or drive a motor vehicle (until cleared to do so by a healthcare professional).

This handout has been provided to you by Campus Recreation for information purposes only and should not be considered a replacement for a medical examination or diagnosis.

A printable version of this handout [can be found here](#).

This handout was created using information from <https://www.cdc.gov/headsup/>

APPENDIX B: Esports Sportsmanship

The purpose of this appendix is to explain sportsmanship in E-Sport leagues and tournaments.

TU Intramural Sports

- **GAMING SPORTSMANSHIP STATEMENT:** We in the Intramural Office understand that gaming can bring out both the best and worst in people. Any players participating in an E-Sport League or event hosted by TU IM Sports should follow the North America Scholastic Esports Federation (NASEF) Code of Conduct. We want the best to come out from all players in our esports league. Sportsmanship is expected to be held at the highest regards. Trash/ smack talk is expected, however, certain words, phrases and terms that are demeaning to people and groups of people are FORBIDDEN. If your opponent ever uses words, terms or phrases that break the above policy please let us know (see reporting section below for more details).
- **DISCORD:** The Intramural Office has created a Discord Server to provide a platform where players/teams will be able to communicate with one another. All gaming sportsmanship policies will apply to the Discord. The Intramural Office will be monitoring the Discord for any statements or remarks that go against our policies.
- **INTRAMURAL SPORTS POLICIES:** Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.

NASEF Code of Conduct

Below are excerpts from the NASEF Code of Conduct that directly apply to Intramural Sports E-Sports offerings. This non-exhaustive list should be taken into consideration every time you log in to play. [The complete code of conduct can be found here.](#)

- **Offensive expression.** Do not express oneself in an offensive manner toward other people or their actions. Offensive expression includes, but is not limited to, actions which are insulting, mocking, disruptive or antagonistic.
- **Offensive language.** Do not use language, nicknames or other expressions that insult another player's sex, gender identity and expression, sexual orientation, race, ethnicity, disability, physical appearance, body size, age, or religion.
- **Harassment.** Harassment is forbidden. Harassment is defined as systematic, hostile, and repeated acts taking place over a considerable period of time, or a singular egregious instance, which is/are intended to isolate or ostracize a person and/or affect the dignity of the person.
 - **Verbal harassment.** Do not use words or actions that make another person uncomfortable, including, but not limited to: name calling, spreading rumors, telling unsolicited jokes, or spamming messages.
 - **Physical harassment.** Unwelcome or hostile touching of a person or clothing is not allowed.
 - **Sexual Harassment.** Do not sexually harass other players, team members or other associated parties. Sexual harassment is defined as unwelcome sexual advances. The assessment is based on whether a reasonable person would regard the conduct as undesirable or offensive. There is zero tolerance for any sexual threats or coercion or the promise of advantages in exchange for sexual favors.
- **Discrimination and Denigration.** Do not offend the dignity or integrity of a country, private person, or group of people through contemptuous, discriminatory, or derogatory words or actions on account of race, ethnicity, socioeconomic status, ability status, gender identity, language, religion, political opinion or any other opinion, sexual orientation, or any other reason.

Sportsmanship Reporting

TU IM Sports takes sportsmanship very seriously. If you ever hear or witness unsporting behavior, or behavior that goes against University Policies or the NASEF code of conduct during an IM Sports E-Sport game, please report it. You can report unsporting behavior by:

- Email:
 - Email the IM Sports office at intramuralsports@towson.edu
 - Email the Coordinator for Intramural Sports at nlawless@towson.edu
- Anonymously:
 - If you would like to anonymously report unsporting behavior in an E-Sport game, please [use this google form.](#)

Because the IM Sports Staff can not be involved in every E-Sport game, we ask that you provide as much detail (including screenshots when applicable) so that we can properly adjudicate the situation.

Sportsmanship Reporting

Any participant found to be in violation of any IM Sports Sportsmanship policies will face consequences as outlined in the Intramural Sports Participant Manual.