



PARTICIPANT'S GUIDE

INTRAMURAL SPORTS AT THE WELL AT
SACRAMENTO STATE



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SECTION 1: INTRAMURAL PROGRAM OVERVIEW AND HISTORY

“Intramural,” Latin for “within the walls.” For over 70 years, Sacramento State’s Intramural Sports Program has provided opportunities “within the walls” of Sacramento State for all of its students and regular faculty and staff to participate in organized recreational competition. This program strives to offer the university community structured leagues and tournaments in a diverse array of activities including but not limited to basketball, flag football, volleyball, and indoor/outdoor soccer, dodgeball, floor hockey, and more! Each event is presented under the simple philosophy that an Intramural program should be fun, fair and safe. 9 out of 10 Intramural participants on this campus claim that Intramurals help them relieve stress and provides them with an opportunity to make new friends and increase social interaction.

The Intramural program bases sport rules on NIRSA, National Federation of High School Sports, NCAA and specific event governing bodies for play and safety. The Intramural program also reserves the right to adjust sport rules and make judgments based on the need for greater safety for event staff, participants and officials.

SECTION 2: INTRAMURAL SPORTS’ MISSION

We are committed to providing equitable opportunities for all students throughout campus to participate in fun, recreational, and competitive intramurals facilitated through a safe, welcoming, and inclusive environment. Intramural Sports is dedicated to running a devoted student-centered program for students, by students that demonstrate equal passion and excitement for achieving recreational excellence.

SECTION 3: ENGAGEMENT CENTER INFORMATION

The Engagement Center is housed in The WELL at Sac State just inside the front entrance to The WELL. The Engagement Center is designed to be a customer service hub for membership services as well as our home for Intramural Sports. Here, individuals may sign up or join a team, check out necessary sports equipment, and inquire about information regarding intramural sports.

Engagement Center Hours (closed spring break and winter/summer breaks):

Monday – Thursday 10:00 am – 10:00 pm

Friday 9:00 am – 5:00 pm

Saturday and Sunday – Closed

Engagement Center : 916-278-1792

Web Page: <https://thewellatsacstate.com/intramurals/>

Email: intramurals@unionwellinc.org

Instagram: @wellsacstate

SECTION 4: INTRAMURAL SPORTS STAFF

INTRAMURAL CONTACT

- Email: intramurals@unionwellinc.org
- Office Number: (916) 278-1789



PROFESSIONAL STAFF

- *Kayla Irlbeck, Intramural Sports Coordinator*
- Email: kayla.irlbeck@csus.edu
- Phone: (916) 278-1786

SECTION 5: ELIGIBILITY

Any active member of The WELL with a monthly-based WELL membership is eligible to participate in an Intramural Sports contest. This includes current students, University Faculty, University Staff, and Sacramento State University alumni.

Article 1: Maintaining WELL Membership

It is the responsibility of the player to keep their monthly-based WELL membership current for the entire duration of their Intramural Sports season. * If a player is found to have an invalid WELL membership during their Intramural season, that player will automatically be suspended from play until they can either obtain a valid monthly-based WELL membership or prove that they are currently a member.

**Exception for summer leagues, day passes can be used to maintain eligibility*

Article 2: Penalty for Ineligible Player

- Team will lose the roster spot for that individual
- Team will receive a forfeit on the official score sheet for the game in which the ineligible player participated
- Team may be subject to forfeiting all games in which the ineligible player participated

Article 3: Levels of Play

Our Intramural Sports activities are broken down into Open, Women's, and Co-Rec leagues. Within each league there may be competitive and recreational divisions; players may only participate with one organization or team per league in any sport during the same season.

Article 4: Playing on One Team

A participant may play on only one team per league. Our leagues consist of Open, Women's, Co-Rec and RACC. Once a participant plays for a team, they may not switch to a different team. Any participant found playing on two or more teams (i.e. two open, two women's, two RACC or two co-rec teams) will automatically be removed from any team on which they have been found to be playing except for their initial team and any game the participant played in illegally may result in a forfeit for each game. The Intramural Office will enforce this policy without exception. It is the captain's responsibility to make sure all players on their team are only participating in one team.

Article 5: Gender Participation

The California State University is committed to maintaining an inclusive community that values diversity and fosters tolerance and mutual respect. We embrace and encourage our community differences in age, ability (physical and mental), gender (or sex), gender identity (including transgender), gender expression, genetic information, marital status, medical condition, nationality, race or ethnicity (including color or ancestry), religion (or religious creed), sexual orientation, veteran or military status, and other



characteristics that make our community unique. All individuals have the right to participate fully in CSU programs and activities free from discrimination, harassment, and retaliation. The CSU prohibits harassment of any kind, including sexual harassment, as well as sexual misconduct, dating and domestic violence, and stalking. Such misconduct violates University policy and may also violate state and/or federal law.

California State University, Sacramento's [Non-discrimination Policy](#) prohibits discrimination on the basis of gender identity and/or gender expression. Some Intramural leagues have specific gender requirements. For example, Women's leagues are only available to female-identifying participants. Co-Rec teams must have players from two or more gendered-identified groups on the field/court at any given time. There are no gender restrictions or requirements for Open leagues.

Transgender participants should have equal opportunity to participate in our sports leagues and tournaments. "Transgender" is a term used to describe any individual whose gender identity and/or expression does not match the person's assigned birth sex. People participating in any intramural sports activity may participate in accordance with their gender identity, should that be relevant, regardless of any medical treatment. All Intramural Sports participants are subject to Sacramento State University's non-discrimination policies. If complaints of discrimination or harassment arise, they will be referred to the Office of Student Conduct and/or the Intramural Sports office.

Article 6: Professional Athletes

- Current and former professional athletes are ineligible to participate in the same or a related Intramural sport in which that individual was a professional. For Intramural Sports purposes, a professional athlete is defined as an individual who has received financial compensation for their play.
- These athletes are eligible, however, for participation in any sport unrelated to their professional sport.

Article 7: Varsity Athletes

- A varsity athlete is defined either as a currently listed member of a university intercollegiate athletics team or as a former member of a university intercollegiate athletics team.
- Members of a university athletics team (Sac State or any other 4-year University) are ineligible to participate in a related Intramural sport for 365 days from their last competition date.
- All current members of university athletics teams are ineligible for the same or similar Intramural sports.
- Varsity athletes are eligible for all other Intramural sports outside of that which they play at the collegiate level. All athletes are encouraged to check with coaches and administrators of their sports for athletic department guidelines.

Article 8: Sports Club Athletes

No more than TWO sport club athletes may participate for the same team in their respective or alike intramural sport, activity, or event. Practice players count toward the limit. A sport club member is defined as an individual who is or was practicing or playing during the current academic year.



Article 9: Related Sports List

This is a list of Sacramento State's Intramural related sports:

ATHLETIC/CLUB SPORT	RESTRICTED INTRAMURAL SPORT(S)
Football	Flag Football
Basketball	3v3, 5v5 Basketball
Volleyball	Volleyball
Baseball/Softball	Softball
Soccer	Indoor, Outdoor Soccer, Futsal

Article 10: Playoff Eligibility

A player is only eligible to participate in the playoffs if they were on the official Fusion Play roster prior to the end of the season and participated in at least one contest.

SECTION 6: CAPTAIN'S RESPONSIBILITIES

Article 1: Team Captain

Each team registered to participate in an Intramural activity must have a designated team captain who will act as the official liaison between the team and the Intramural Department.

Article 2: Responsibilities

The team captain is a vital link between the individuals participating in a sport and the IMS staff. For this reason, any person assuming the role of a team captain has a number of obligations. The captain is responsible for:

- Registering the team in Fusion Play.
- Ensuring that all team members are eligible for participation
- Knowing deadline dates, the rules governing the sport, and being familiar with intramural Policies & Procedures in regard to forfeits, concessions, sportsmanship ratings, etc.
- Regularly checking e-mail messages for pertinent information.
- Keeping the team informed as to the rules, game site, time, opponent, and other pertinent game information.
- Promoting and developing good sportsmanship (teammates and fans) before, during, and after all intramural contests.
- Assisting the intramural staff with an ejected teammate and referring that teammate to the Intramural Sports Coordinator after the incident. Should the original captain be ejected from the game due to conduct issues, a new captain will be designated by the on-site officials and/or supervisors. This designee will then assume all captain responsibilities.

Article 3: Rules and Eligibility Protests

All protests must be filed at the time of the incident in question by the team captain. Sports may have a specific set of rules regarding when a protest may be filed.



SECTION 7: PARTICIPANT RESPONSIBILITIES

Article 1: Responsibilities

The Intramural Sports staff is proud to offer a variety of activities for the Sacramento State campus community. Each person participating in an intramural event assumes responsibilities as an individual participating including, but not limited to:

- Purchasing an Intramural Sports Player Pass
- Creating an account on the intramural registration system, Fusion Play
- Joining your team roster on Fusion Play by the deadline
- Knowing your team's game time and location
- Agreeing to the Intramural Code of Conduct on Fusion Play or signing one out on-site for events that require on-site registration
- Arriving to the site at least 15 minutes prior to the start of every contest to make sure that you are checked in
- Being familiar with all rules, schedules, policies, and procedures including the sportsmanship and eligibility policies of the Intramural Sports program.
- Cooperating before, during, and after competition with the intramural sports staff on site
- Pet(s) are not allowed off leash at any Intramural Sport site. Persons will be asked to leash their pet or remove from premises with the understanding that they may return with a leash or without their pet.

Article 2: Participant Safety, Injuries, and Concussions

Participants are encouraged to have a physical examination and insurance prior to participation in Intramural Sports. Individuals who participate in activities at The WELL do so at their own risk and must have a signed waiver on file to do so. Neither the WELL nor the University carry medical insurance that covers participants in the Intramural Sports program. Players are advised and strongly encouraged to obtain medical insurance coverage prior to participating in Intramural Sports.

All reported injuries that occur during intramural play require official documentation by a WELL staff member.

Basic first aid will be available at game sites. When a participant is bleeding, has an open wound, or has blood on their uniform the player will be directed to leave the game. In order for the participant to continue to play, the bleeding must be controlled, the wound covered, and clothing changed if needed. The game may continue to play without the injured player at the discretion of the intramural sports staff.

Any participant displaying concussion-like symptoms, as identified by the intramural sports staff, shall be removed from play immediately. Participants removed from play for concussion like symptoms may be suspended from play until cleared by a licensed medical provider. The Intramural Sports Staff reserves the right to remove a participant from participating in further intramural activity if concussion like symptoms are visible or disclosed and/or if in the judgement of the intramural staff the participant is putting themselves or any other person at risk for further injury.



SECTION 8: INTRAMURAL REGISTRATION

Article 1: Registration Deadline

Interested participants, whether you are registering a team or yourself as a free agent, may register through the Fusion Play app purchasing an Intramural Player Pass. It is the responsibility of the team captain to register their team by the published deadline for a given activity. Registration periods are outlined in the Fusion Play App.

Article 2: Registration

In order to create a team, join a team, or sign up as a free agent, participants must first download the Fusion Play App on Apple or Android. Once downloaded, participants will create accounts using their Sacramento State credentials.

Article 3: Creating a Team

In the Fusion Play Player App, select the activity for which you would like to register, then the league, and then, if applicable, the division in which you would like to play.

1. Select "Create a Team."
2. This will create an entire team in the sport, league, day, and time that you selected.
3. Add your team's name.
4. Select whether or not you wish to play on the team. Participants can manage multiple teams, but can only appear on one team's roster in a given League or Tournament, depending on the guidelines of the activity.
5. If desired, add a team description.
6. Select "Create Your Team."
7. A screen will appear confirming creation of the team
8. To invite players to join your roster, select "Share Team Invite." Selecting "Share Team Invite" will allow Captains to text team invites.

Article 4: Inviting Players to a Team

1. In the Fusion Play Player App, navigate to "My Teams."
2. Select the Team to which you would like to invite players.
3. Select "Roster."
4. Select "Invite Players."
5. Captains can share the team invite or view available Free Agents

Article 5: Requesting to Join a Team

1. In the Fusion Play Player App, navigate to the desired League and Division.
2. Select "Request to Join" under the desired team.
3. Select "Send Request."

Article 6: Accepting Team Requests

1. In the Fusion Play Player App, navigate to "My Teams."
2. Select the desired team(s).



3. If there is a pending request, the “Roster” tab will have a red dot on the top right.
4. Select the “Roster” tab. You will see a message from the person(s) requesting to join the team.
5. Select the message to review. Captains can select “Accept” or “Decline.”

Article 7: Registering as a Free Agent

1. In the Fusion Play Player App, select the activity for which you would like to register, then the league, and then, if applicable, the division in which you would like to play.
2. Select the desired Activity, League, and Division.
3. Select the “Plus Sign” on the bottom right of the screen, then select “Become a Free Agent.”
4. Select all Divisions for which you would like to become a Free Agent. Once all divisions are selected, select “Become a Free Agent.
5. A screen will appear confirming that you have become a free agent

Article 8: Rosters

For all teams, rosters will not exceed double the number of participants on the court/field, unless noted otherwise in activity specific rules. Once a participant has played a game, they are locked onto the roster. If the individual would like to be removed from the team’s roster, the individual needs to directly email the Intramural Department, intrumural@unionwellinc.edu.

Article 9: Inappropriate or Offensive Team Names

The Intramurals Office reserves the right to change any team name deemed inappropriate or offensive.

SECTION 9: SCHEDULING

Article 1: League Sports

Team sports are scheduled into leagues based on level of competition and organizational affiliation. Leagues consist of a regular season followed by a single elimination tournament. The size of each league is determined by the number of teams registered. Leagues may be combined based on the number of teams registered.

Article 2: Divisions

Each league consists of divisions which correspond with a specific time of play. There are a limited number of team spots in each division, so register early

Article 3: Tournament Sports

Individual/dual and various team sports are scheduled into tournaments based on the level of competition. Based on the activity, teams will be placed in a single or double elimination bracket. When possible, a number of pools play games may be scheduled prior to bracket play. Tournament schedules and structure will be based on number of teams and facilities available.

Article 4: Playoffs

During playoffs, teams need to be aware that they may play on different days and different times than they played during the regular season. The Intramural Sports program will make a strong effort to schedule games that fall within the regular timeframe as the regular season, but nothing is guaranteed. A team must have a record of .500 or above to be eligible for the playoffs.



SECTION 10: DEFAULTS, FORFEITS, AND RESCHEDULING

Article 1: Defaults

Teams which anticipate a hardship in fielding a team for a game which has already been scheduled and cannot be changed should either default the contest in the Fusion Play App no later than the day before the scheduled contest, or notify the IMS office no later than 2:00pm the day of the scheduled contest to default the contest. A default will be recorded as a loss, but will avoid the designation of forfeit.

1. To default a game in the Fusion Play App, navigate to “My Teams.”
2. Select the team you wish to default.
3. Select the “Schedule” tab.
4. Select the 3 dots on the game card, then select “Default Game.”
5. Confirm the default.

Article 2: Forfeits

All games shall be played on the date and hour scheduled (including playoff games). Games lost by forfeit for any reason will not be rescheduled. Forfeits will result in a 1.0 Sportsmanship Rating. Teams must have at least the minimum number of players required present and ready to play as indicated by the specific rules for that sport to avoid a forfeit. Teams which forfeit may be removed from the league.

Article 3: Tournament Policy

A default/forfeit in a single-elimination tournament is recorded as a loss and results in the team being removed from the tournament. A forfeit in a double-elimination tournament is recorded as a loss and results in the team being removed from the tournament. A default in a double-elimination tournament is recorded as a loss, but the team will remain in the tournament.

Article 4: Reschedule Policy

Rescheduling of games is possible, but is limited to time and facility space available. If a team wishes to reschedule a game, it is the responsibility of that team’s captain to notify the IMS office by 2:00 pm the day of the originally scheduled contest. To reschedule a game scheduled on a weekend day, the team must notify the IMS office by 2:00pm Friday. The IMS office will assist in finding available dates and times, but it is the responsibility of the team captain to make arrangements with the captain of the opponent. No game will officially be rescheduled unless there is mutual agreement between the two captains.

SECTION 11: PARTICIPANT AND TEAM CONDUCT

Article 1: Conduct

All participants, coaches, and fans that choose to participate in the Intramural Sports program at Sacramento State University are expected to display good sportsmanship and comply with the spirit and rules for each sport. The Intramural Sports program will not tolerate profanity or any other unsportsmanlike conduct. Officials and supervisors shall make decisions on whether to warn, penalize, or eject players and/or teams for poor sportsmanship. These decisions are final.



- Each team’s players and spectators will be held accountable for acts including abusive language and threatening remarks before, during or after any intramural contest.
- The Intramural Sports program has the right to report any and all students to the Office of Student Conduct (OSC), and the Office of Equal Opportunity and can and will suggest expulsion from the University in extreme cases.
- Each team is responsible for the actions of its members and fans before, during, and after any game or event. Failure of a team to cooperate with officials, or to control or restrain any individual member or fan is cause for a team to be removed from the league.
- Each team is responsible for the actions of its members and fans before, during, and after any game or event. Failure of a team to cooperate with officials, or to control or restrain any individual member or fan is cause for a team to be removed from the league. This decision will be left to the discretion of the Intramural Sports Coordinator.
- Ejected players, coaches, and fans must remove themselves from the area (out of sight and sound) immediately. Failure to comply within one minute (60 seconds) will result in a team forfeit.
- Any player ejected from a game for any reason will face a minimum one game suspension and is subject to the rules set forth in Article 3: Ejections and Disciplinary Action.

Article 2: Sportsmanship Rating System

All participants, coaches, and spectators that choose to participate in the Intramural Sports program at Sacramento State University are expected to display good sportsmanship and comply with the spirit and rules for each sport. The Intramural Sports program will not tolerate unsportsmanlike conduct. Officials and supervisors shall make the decisions on whether to warn, penalize, or eject players and/or teams for poor sportsmanship. These decisions are final.

A 2, 3, 4, 5 method is used to determine sportsmanship eligibility. The following will be in effect for the activity’s season:

- The accumulation of TWO (2) unsporting behavior fouls in a game will result in the ejection of the individual from the game, and procedures outlined in Article 3: Ejections and Disciplinary Action.
- The accumulation of THREE (3) total unsporting behavior fouls during an activity’s season will result in the dismissal of the individual from the activity’ for the remainder of its season.
- The accumulation of FOUR (4) unsporting behavior fouls accumulated by a team during a game will result in the team forfeiting the contest.
- The accumulation of FIVE (5) unsporting behavior fouls by a team’s individual participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

Accumulations of unsporting behavior do not reset during playoffs. If an individual or team meets the prior criteria during playoffs, they may be subject to dismissal during playoffs.

Unsportsmanlike Sport Specific Equivalents		
Sport	Yellow	Red/Ejection



Flag Football	Unsportsmanlike Conduct Penalty	2 nd Unsportsmanlike Conduct Penalty
Volleyball	Yellow Card	Red Card
Soccer/Indoor Soccer	Yellow Card	Red Card
Basketball	Unsporting Technical Foul	2 nd Unsporting Technical Foul
Dodgeball	Unsporting Foul	2 nd Unsporting Foul
Non officiated Sports	Unsportsmanlike Conduct Penalty	2 nd Unsportsmanlike Conduct Penalty

Article 3: Ejections and Disciplinary Actions

The Intramural Program reserves the right to eject any team, participant, or spectator who interrupts the flow of a game in any manner. Ejections may occur before, during, or after any contest. Individuals that are ejected from an intramural contest will be required to leave the facility/field and are ineligible for further competition (regardless of the sport) until meeting with the Intramural Sports Coordinator. Any attempts to participate or attend games prior to this meeting or any action in violation of disciplinary action that has been levied will result in additional action being taken.

Any suspension a player receives applies to all leagues, events, and tournaments and may affect access to the WELL. When all sanctions have been fulfilled, the participant shall be officially reinstated. Depending on the severity and the number of times a participant has been ejected or penalized for misconduct the suspension can be extended.

All participants ejected from a contest will be placed on probation for a period of one year from the date of the incident. Any further disciplinary action during this probationary period will result in a one-year suspension from all Intramural Sports activities and may result in expulsion from Intramural Sports.

Any participant, who in the judgment of the Intramural Sports Staff, engages in any attempt to fight (strikes or engages an opponent in a combative manner, throws a punch, kicks an individual, and/or retaliates against an aggressive act) immediately before, during or after an Intramural Sports contest shall be suspended from further participation in the Intramural Sports program for a minimum of one year (365 days).

Any participant who attempts an aggressive act (pushing or makes intentional contact) with an Intramural Sports or Campus Recreation staff member will be banned from all Intramural Sports participation for a period of five years. Level 1 offenses will result in a suspension of at least one game. Level 2 offenses will result in a suspension of at least the rest of the team's season.

Level 1 Offenses include, but are not limited to:

- Ineligible participants who illegally played in a game
- Receiving a second unsportsmanlike penalty, yellow card, flagrant or technical foul (depending on the sport) and are cooperative and cause no further incident
- Using threatening language towards another participant, WELL Employee, or spectator
- Participants who are intentionally uncooperative with Intramural Sports staff requests



Level 2 Offenses include, but are not limited to:

- Participants who are ejected from play for two (2) unsportsmanlike conduct fouls and are uncooperative and/or cause further incident
- Participants who are ejected from play due to unsportsmanlike conduct that is excessive in nature (which may include hurtful or threatening language used towards other participants and/or staff)
- Participants who are ejected from play due to harming or attempting to harm other participants or staff (includes pushing, shoving, fighting, spitting, etc.)
- Participants who have been ejected multiple times and/or participants who attempt to play while serving a suspension

All behavior at intramurals must coincide with the policies of the WELL, located on our website [here](#)

SECTION 12: ALCOHOL, DRUG, AND TOBACCO POLICY

Article 1: Intoxication

In accordance with Sacramento State policy, alcohol consumption and drug use prior to or during an intramural contest is not only unsafe, but is also a violation of university rules, and if you are underage, is illegal. The Intramural Sports staff strictly enforces a zero-tolerance policy regarding alcohol and drugs during all intramural contests. Any participant or spectator found using alcohol or other drugs will be asked to leave the contest and facility/fields immediately. Any player that has been asked to leave the contest for any reason will officially be ejected from the context. Any incident may be referred to Public Safety/Campus Police.

Article 2: Tobacco

Use of all tobacco products (cigarettes, chewing tobacco, cigars, e-cigarettes, etc.) is strictly prohibited on all Union WELL Inc. property. The Intramural Sports staff strictly enforces a zero-tolerance policy regarding the use of tobacco in order to allow all participants a pleasant experience during contests and events.

SECTION 13: PROTESTS

Questions pertaining to the interpretation of rules on the part of game officials must be addressed by the intramural supervisor at the time the interpretation occurs and prior to the restart of play. The procedure shall be:

- If a team feels the official has misinterpreted or misapplied a rule, the captain shall calmly and immediately inform the official that they wish to have a ruling on the interpretation by the intramural supervisor in charge.
- No protest, which involves the judgment of the official(s), shall be considered. The judgment of the official(s) is final.



- If corrections are necessary, the intramural supervisor shall rule immediately.
- If the participant still does not agree with the decision at the game site or a supervisor is not immediately available, the contest will continue from this point “under protest” and the team captain must complete a protest form immediately following the conclusion of the game.

Protests involving player eligibility must be called to the immediate attention of the intramural supervisor prior to the completion of the contest while the protested individual is present. Eligibility protests may not be made by participants after the completion of the contest. A protest form should be obtained from the intramural supervisor and completed. The contest will continue from this point “under protest.”

Due to time constraints, protests during the playoffs will be decided by the Intramural Sports Supervisor on duty. The decision of the Intramural Sports Supervisor is final and cannot be appealed.

Sportsmanship Protests

If a player wishes to protest an unsportsmanlike foul, they must approach the Intramural Supervisor on duty and inform them of the circumstances. If it is a player second (2) technical foul of the game, or third (3) technical foul of the season, the event supervisor has the final say on if that player will be ejected or if they will finish the game, and their ejection will be under review by the coordinator.

SECTION 14: PLAYER AND TEAM AWARDS

For all sports with a paid entry fee, teams/player(s) winning their playoff bracket will be awarded IM Champion T-Shirts and/or Champions Rings (up to the maximum allowable roster size). These teams/player(s) will also have their team championship photo and player information put up on the IM Champions Wall.

For all sport that are free, without a paid entry fee, teams/player(s) winning their playoff bracket will be awarded IM Champion T-Shirts (up to the maximum allowable roster size). These teams/player(s) will also have their team championship photo and player information put up on the IM Champions Wall. These teams/player(s) will not receive championship rings.

SECTION 15: RESIDENCE HALL ALL-CAMPUS CHAMPIONSHIP (RACC)

In an effort to bolster a more rewarding and engaging college experience, the Intramural Sports Department and Housing and Residential Life Department have created a sports league between the 8 residence halls on Sacramento State’s Campus. Resident halls will compete against each other in 2 sports each semester

Article 1: Eligibility

Only students currently living in Residence Halls may participate.

- RA Responsibilities:** As an RA, you are the captain for your team, and carry the same responsibilities stated in section VII.
- INELIGIBILITY/PENALTY FOR USING AN INELIGIBLE PLAYER**
 - Team will lose the roster spot for that individual



- Team will receive no more than a 1.0 Sportsmanship Grade for all contests in which the ineligible player participated
- Team may be subject to forfeiting all games in which the ineligible player participated

Article 2: Awards

There will be fall and spring semester championships. The residents of the hall that wins a semester championship will receive an Intramural Championship T-shirt and an Intramural ring. Since the RACC league does not have a limit on the number of players on one team, Championship T-Shirts & rings will be awarded to the winning team equal to double the starting line up (e.g. A volleyball team that typically has six players on the court, the winning residential hall will be awarded up to 12 Championship T-Shirts & 12 Intramural rings).

SECTION 16: FACILITIES AND FACILITY POLICIES

Article 1: Playing Locations

Intramural Fields (IM Fields)

- Located just behind Yosemite Hall alongside the Athletic Softball and Soccer facilities, these fields are used for Flag Football, Outdoor Soccer, and Softball.

The WELL Gym Box Courts

- Located inside the Well Recreation Center, the Gym Box is divided up into four courts, labeled 1-4. These courts are used for Basketball, Wiffleball, Volleyball, Pickleball, Badminton, and Dodgeball.

The WELL MAC (multi-purpose activity court)

- Located inside the Well Recreation Center, the MAC is used for Indoor Soccer, Volleyball, Dodgeball, Floor Hockey and Futsal.

Tennis Courts

- Located next to the Intramural Fields and Parking Structure 1, the tennis courts host Intramural Sports tennis leagues and tournaments.

American River Courtyard (Field)

- Located on the north end of campus next to campus housing, this field is used for Kickball, Volleyball, and Wiffleball

Sand Volleyball Courts

- Located next to the tennis courts and Parking Structure 1, host Intramural Sports Volleyball tournaments.

Article 2: Facility Policies

Each facility has specific policies that must be obeyed by participants, **these include but are not limited to all of the WELL policies and rules.**

Intramural Fields (IM Fields)

- No glass containers are allowed on the Intramural fields



- Any activity that may endanger the safety of others is prohibited
- Pets are not allowed at Intramural Sports contests (service animals excluded)
- No speakers or amplified sound are allowed as to not disrupt surrounding academic buildings

The WELL Gym Box Courts & MAC

- Non-marking athletic shoes must be worn in the activity areas. Proper athletic attire, shirts or tops must be worn at all times in all public areas. Chewing gum is not allowed in The WELL. Disorderly conduct, abuse of the facility, equipment, or staff, and/or disregard for the recreation and fitness centers' policies will result in immediate dismissal from the facility.
- Hanging on the basketball rims or nets is not allowed; dunking may be safely performed.
- Throwing objects, including balls against the walls, bleachers, sprinkler heads, pipes and lights is prohibited.
- Food is not allowed in any activity area
- No glass containers are allowed in The WELL. Drinks in a non-glass, closed container are allowed.
- Alcoholic beverages are not allowed in The WELL or outside the premises.

Tennis Courts

- Non-marking athletic shoes must be worn in this activity area
- No glass containers are allowed on the Tennis Courts

Sand Volleyball Courts

- No glass containers are allowed on the Sand Volleyball Courts
- Any activity that may endanger the safety of others is prohibited
- Pets are not allowed at Intramural Sports contests (service animals excluded)

Article 3: Spectator Policy

Intramural sports allow and encourages spectators to come and cheer on our participants! Due to WELL policy, all spectators must have either a monthly WELL membership or a day pass provided to them by a WELL member. Participants must accompany their spectator to purchase their pass and enter the facility at the time of the spectator's arrival.

SECTION 17: WEATHER POLICIES

Article 1: Inclement Weather

All Intramural Sports contests will be played as scheduled. In the case of inclement weather, the Intramural Office will contact the team captains via email and/or phone notifying them if the game is postponed. If you do not receive a phone call and/or email from an Intramural Sports staff member, show up at the site and be prepared to play.

Article 2: Postponing and Making Up Games

If contests are not played due to bad weather, environmental or field conditions, Intramural Sports will try their best to make up that particular contest. However, making up a canceled game is not always guaranteed. The judgment calls to postpone games will be made in the early-afternoon of gameday, before 4:00pm. If bad weather, environmental or field conditions arise during a game, that game may



need to be stopped and possibly made up at a later date (from that particular point in the game). The Intramural Sports staff will do their best to contact the team captains for the games remaining on that date to inform them they will not have a game.

Article 3: Lightning Policy

Play will stop if lightning is detected within six (6) miles of the playing area. All participants must leave the playing area and seek shelter until the Supervisor deems the area safe to play. Games may resume 30 minutes after the last lightning strike has been detected.

Article 4: Excessive Heat

The heat index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. The Intramural Sports program will regularly monitor the current weather conditions as well as forecasted conditions for the current day regarding temperatures and relative humidity.

If the heat index is in the yellow, games will continue as scheduled and players are highly encouraged to take mandatory water breaks every 20 minutes. If the heat index is in the orange or red students shall not participate in outdoor activities.

SECTION 18: OMISSION STATEMENT & PROFESSIONAL DISCRETION

In cases where policies are not outlined in this handbook, the intramurals staff reserves the right to use common sense and fairness in providing interpretations on the policies and procedures contained within. The Intramural Sports Coordinator will use professional discretion when necessary to make adjustments and exceptions to any intramural policy, procedure, and/or rule in the best interest of the program.

SECTION 19: EMPLOYMENT OPPORTUNITIES

The Intramural Sports program is looking for sports-minded students who are interested in officiating. No experience is necessary. We will train you in the sport(s) that you are interested in working. With competitive pay, flexible scheduling, an enjoyable work environment, and development opportunities, Intramural Sports is one of the most desirable employment opportunities at Sacramento State University. For more information, contact our department (contact info posted in the opening of this document). Part-time positions will be posted here: <https://secure6.saashr.com/ta/6158859.careers?CareersSearch>