

KEENE STATE COLLEGE



INTRAMURAL SPORTS HANDBOOK *2022-2023*

Campus Recreation & Fitness Staff

Lynne M. Andrews, Director
room 100, Recreation Center
603-358-2815
landrews@keene.edu

Vacant, IM Sports/Club Sports Coordinator
room 103, Recreation Center

Recreation Center front desk: 603-358-2826

www.keene.edu/campusrecandfitness/

INTRAMURAL SPORTS

A very popular extracurricular activity on campus is a great way to meet new people, reconnect with friends, and continue playing the sports you have grown to love, or try a new activity you've never played before. KSC offers team, dual, and individual leagues in which participants compete for the coveted champion t-shirt. You can organize your own team or utilize the free agent list in hopes of getting picked up by another team looking for more players.

Through participation in physical activity, the Intramural Sports Program seeks to promote wellness, develop friendships, and to encourage the wise use of leisure time. You are encouraged to sample several of these activities so as to discover the ones you enjoy and may continue to pursue in later life. We believe there is something offered for everyone. Sign up for a league, enjoy the competition, and have fun!

The Intramural Sports program is open to all full-time and part-time matriculated students and Recreation Center members. Check the Intramural Sports Calendar for a list of all the Intramural Sports being offered this year and the entry deadlines for each sport.

League Play

Men's, Women's, and Co-Rec or Open (any gender combo) leagues are offered for most sports. Participants may compete on one Co-Rec team and one Men's or Women's team within the same sport only. Teams will play on a set night and/or time depending on the league for either a 4 week or 5 week regular season, or a double elimination tournament depending on the sport. Qualifying teams will be entered into a playoff bracket for a chance to win the championship t-shirt.

REGISTRATION

Registration will open 2 weeks prior to the deadline date. All registrations close at 11:

30pm on the deadline day. All registration is done through IMLeagues.com. Students must have an IMLeagues account to participate in intramural sports. Accounts are free and instructions for signing up can be found through IMLeagues or on the Intramural Sports website. Registration is limited on a first come, first serve basis for league nights and times, we will do our best to accommodate all teams, but facility availability will limit some sports. Team registration is not completed until the team captain passes the Captain's Quiz and invites team members to sign up and join their team on IMLeagues. All team members must be added to the team's roster online at IMLeagues.com prior to arriving at the game site.

Registration Highlights:

- Captains will need to pass a quiz over the rules and handbook to register teams.
- All players must be added to the roster prior to arriving at the game site.
- Competitive and Recreational Leagues offered for sports with the highest participation.
- Sign-up for day of the week/time your team can play (when allowed).
- Registration period opens for each sport **2 weeks** prior to deadline date.
- **All participants MUST have their KSC ID to be eligible to participate!**

- All participants must create an IMLeagues.com account to participate in Intramural Sports. When signing up you MUST use your KSC EMAIL ADDRESS: **@KSC.KEENE.EDU** to register!

FORFEITS

If a team forfeits a game, they are required to pay the \$10 Forfeit Fine before 5pm the following business day at the front desk of the Recreation Center to be eligible to participate in future games. Teams may arrange a payment time if the 5 pm deadline is unattainable but team plans to pay. This should be done with the Coordinator. After the second forfeit, the team will be dropped from the league.

DEFAULTS

A default occurs when a team captain notifies the Intramural Sports Coordinator by 4:00 PM of the last business day prior to the scheduled game that his/her team will not be able to play a scheduled game. Defaults can be submitted online or on a paper form in the Intramural Sports office. A default will result in a loss, but a forfeit will be avoided. The game will be rescheduled if time and space allow.

One default is allowed per team, a second default is recorded as a forfeit and the team will be charged a forfeit fee which must be paid to remain in the league

Eligibility

1. The Intramural Sports Program is open to students and members of the Recreation Center. Participants must have a current KSC ID for all games. If a student does not have their KSC ID, they can show another form of ID and be able to recite their Student ID number. Students must remain registered for classes the entire intramural season. Full- and part-time matriculated students and Continuing Education students must be able to show proof of medical insurance if requested by the Recreational Sports staff. ***Continuing Education students, faculty, or staff who have not purchased a Recreation Center membership are not eligible to participate in the Intramural Sports Program.***

2. **Transgender Policy for Eligibility/Participation in Intramural Sports Activities:** The Keene State Intramural Sports Program seeks to provide opportunities for all students to participate in its sport programs regardless of gender identification. **While sport programs are typically offered in gender-based divisions, all individuals shall be permitted to participate in the Keene State Intramural Sports program (i.e. leagues, tournaments, etc.) in accordance with the gender they most closely identify.** If an individual or team is unsure of which division would be most appropriate in which to participate, please contact the Coordinator of Intramural Sports and Club Sports to work with professional staff to determine which division would most appropriately fit the participation needs of the individual or team.

3. No former or current professional player of the sport may play in a sport related to the one they played professionally. A professional player is defined as one who has received money from a professional team/organization upon signing a contract; played professionally overseas; received other forms of compensation, including but not limited to travel expenses, meal money, clothing, or cars; or signed a contract with a professional agent.

4. Players who are currently on a varsity or junior varsity team, have played in any JV or varsity games, or were on the varsity or JV team roster as of the first regular-season game may not play on an intramural team in that sport or alike sport during the main varsity season (e.g.,

varsity/JV/club soccer players cannot play on a fall co-rec soccer team, or someone who is on the varsity basketball team in the first semester cannot join an intramural team second semester). **Exception: Players who played on similar varsity sport team for less than 10% of the regular season games before leaving team, are eligible to play in that similar intramural sport unless the intramural sport season has already begun. Any student that meets these criteria will be considered a former athlete.** Varsity/JV/club athletes may play in similar intramural sports during the off-season (e.g., varsity/JV/club soccer players may participate in spring indoor soccer). In this situation, a team is limited to two former or current varsity/JV and/or club soccer players on its roster. In sports where less than five players participate at one time, the limit is one former or current varsity player.

5. Any team may have two former varsity players of that particular sport or a similar sport (e.g., baseball players on a softball team). A former varsity player is defined as any person who was on a varsity team roster at Keene State or at any other college or university. The player must be retired from the varsity sport for the equivalent of one full semester before playing intramurals. Any players on a varsity basketball team through the first scheduled regular-season game will not be eligible for intramural basketball the following semester. Varsity baseball and softball players who complete their eligibility during the spring season are eligible to play intramural softball the next fall. Again, in this situation, a team can't have more than two former varsity players on its roster. In sports where less than five players participating at one time, the limit is one former varsity player. **Any player for whom it's been more than one year since the end of the last season/semester played is not considered a former varsity player for the purpose of this rule. Intramural teams may have any number of these players.**

6. Any team that fields an ineligible player forfeits all games in which that player participated. This includes but is not limited to players who are not listed on the team roster in the main office, players who have played on another team, and students deregistered from classes. All players must sign the team's roster, which includes an acknowledgment-of-risk statement.

7. Team captains are responsible for ascertaining the eligibility of their players. Captains must report ineligibility and remove the players in question. We recommend that the team captain be a full-time student.

8. During playoffs, any person not on the game roster is not eligible to play.

9. Teams may add new players but those players must sign up through IMleagues to be recognized to play. Names may not be added at game time, however. Adding names to the scorebook only is illegal. Players must sign up on the official roster in IMLeagues. Players who leave a team's roster before playing in an official game may join another team.

10. Some activities have additional eligibility regulations.

11. A player from a team that forfeits its first two games, and is therefore dropped from the league, may join another team as long as they have not played in an official game (practice games do not count).

12. To experience a desired level of competition or to play "just for fun," women may participate on men's teams. In this case, they may not also play on a women's team.

13. Leagues/tournaments labeled "co-rec" require a certain number of each gender players participating at all times Leagues/tournaments labeled "open" are open to an unspecified number of each gender on a team.

Game Officials

Campus Recreation employs students to officiate games. To be an official, a student must complete training sessions and appropriate practical and written tests administered by Rec Sports.

In games, the judgment of the official is final. Officials conduct each game according to the rules and officiate to the best of their training and ability. Team captains may evaluate officials' performance by requesting an evaluation form at the Rec Sports Office. These evaluations should be constructive in nature, to help the intramural sports staff in ongoing training and evaluation. All teams should support the officiating process by urging players and others to sign up for officiating training. Officials are paid a student hourly rate or as work study.

Sport Supervisors

Intramural

Sports employs student sport supervisors to supervise intramural sports games. These student leaders work closely with the intramural sports coordinator to plan, organize, and supervise the program. Weekly leadership training sessions are held to ensure constant, continuing excellence in supervision. Some intramural sports officiating experience is preferred.

Sports Conduct Code

To improve players' behavior in intramural sports contests, the Campus Recreation & Fitness department has adopted a Sports Conduct Code. Intramural Sports supervisors and officials strictly enforce the code. It is our goal to conduct games in an amiable manner. Each player is responsible for doing everything possible to ensure that the atmosphere of each game is friendly and good-natured. The following rules of good game conduct are enforced:

No player, coach, or team follower may:

1. Use abusive language, threaten, abuse or attempt to intimidate any other player or intramural employee, before, during, or after the game.
2. Participate in a game for which they are ineligible.
3. Argue or talk back to the game official. Only the captain may address (courteously) the game official concerning the interpretation of a rule.
4. Intentionally strike, push, or trip another player or official.
5. Mistreat facilities, equipment, or supplies of Keene State College.

Penalties for poor game conduct include but are not limited to the following:

1. The official will display a red card, and the player will be ejected from the game and from at least one other game. The ejected player must immediately leave the gym or field. **Any ejected player must meet with the IM coordinator before playing in his/her next intramural game.**
2. Players who receive a penalty or technical foul for poor game conduct will automatically be assessed a yellow card.
3. Players or teams can be barred from play for a period of up to one year for extreme behavior or repeated violations of the code of conduct.
4. If a league is plagued by poor game conduct, especially regarding the treatment of officials, referees will be removed from the tournament and teams will call their own fouls. In this event, there will be no playoffs and no awards.

5. For a team to qualify for the playoffs, it must attain an average game conduct rating of B during regular-season round-robin play (see below).

6. Participants in open recreation are subject to the same penalties for poor game conduct as participants in intramural sports. Players involved in a fight in either intramurals or open recreation may be barred from all recreational activities for up to one year.

Yellow/Red Card System

1. A yellow/red card system will be used to control players', captains', bench personnel's, and followers' poor game conduct and improper behavior (persistent infringement of any rules of the game). When cautioning players, coaches, or other bench personnel, the official may display a yellow card and/or verbally indicate it to the players concerned. The second card displayed on the same person in the same contest for any poor game conduct will be a red card. When ejecting a player, coach, or other bench personnel, the official may display a red card and/or verbally indicate it to the player concerned. Any player, coach, or other bench personnel who receives a red card will be ejected from the game and not be allowed to compete in the next regularly scheduled contest; an additional penalty may be assigned as determined by the Intramural Sports Coordinator. A player who receives two yellow cards in separate games will be treated as the recipient of one red card.

2. The yellow/red card system is used for poor game conduct. Examples of such conduct include but are not limited to:

- a. Abusive or insulting language,
- b. Any acts of unfair play,
- c. General improper behavior.

Yellow/red cards may be issued to any player for undue roughness or personal conduct.

3. If, during playoffs, improper behavior occurs, the game may be suspended and the offending team will lose the game. A team is warned once prior to suspension of a game. A player disqualified in a playoff game is considered out for the season.

4. Team captains are responsible for their sidelines and spectators. Captains who cannot control their sidelines will be issued a caution (yellow card), and a red card if needed.

Game Conduct Ratings

At the end of every intramural contest, the sport supervisor and officials who worked the game give each team a game conduct grade. For a team to qualify for postseason playoffs, it must have a B (3.0) average game conduct rating during the regular season.

Sportsmanship ratings are based on the following criteria:

A—Excellent Conduct and Fair Play: Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls and has full control of his or her teammates. (4 points)

B—Good Conduct and Fair Play: Team members verbally complain about some decisions made by officials and/or show minor dissension, which may or may not merit a yellow card. (3 points)

C—Average Conduct and Fair Play: Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card, technical foul, or unsportsmanlike conduct penalty. Captain exhibits minor control over teammates or him- or herself. Teams that

receive at least one yellow card, technical foul, or unsportsmanlike conduct penalty will receive no higher than a C rating. (2 points)

D—Below Average Conduct and Poor Play: Teams constantly comment to the officials and/or opposing teams from the field and/or sidelines. The team captain exhibits little or no control over teammates or him- or herself. A team that receives one red card (player ejected) will receive no higher than a D rating. (1 point)

E—Poor Conduct and Poor Play: Team is completely uncooperative. Captain has no control over teammates or him- or herself. Any team that causes a game to be forfeited other than by not showing or receives multiple red cards will receive an E rating. (0 points)

A team that receives an E rating must have its captain meet with the coordinator and/or associate director the following day to be eligible to play their next contest.

A team must have a B (3.0 points average) or higher game conduct rating during the playoffs to continue to each round. The average game conduct rating is calculated similarly to the grade points/hour ratio.

Captains' Responsibilities

Captains must have an active telephone number. The captain serves as the communication link between the players and the Rec Sports staff. Captains are responsible for relaying information to their teammates.

It is the captain's role to read and know the game rules and ensure their players do as well. We encourage captains to have a team meeting to go over the rules, schedule, and Sports Conduct Code. Captains must control their own behavior and also must assume responsibility for the behavior of their teammates, coaches, and fans. Captains represent the team with the game officials and are the only players allowed to speak to them (only for rule clarification, requests, protests, etc.). Captains are responsible for verifying the eligibility of every player on their team.

Game Rescheduling

Most games cannot be rescheduled. Captains must indicate to prospective players the time of each game on the schedule and make certain that players make a commitment to attend all games. Teams must have enough players on their rosters to fill in for players who are ill. All reschedules will be done through the IMLeagues.com website. Instructions to help with rescheduling can be found on IMLeagues. The only games that we can attempt to reschedule are those that are preempted by the College or by bad weather.

Protests

Only protests concerning players' eligibility are considered, and they must be made in writing and submitted to the Intramural Sports Coordinator within 24 hours of the contest. All other disputes are settled at the site of the activity and within the allotted time of the contest. Remember, judgment calls are made by the officials and are not open to debate. Interpretation of a rule can be questioned. Captains may call for a rule clarification only during a time-out.

Awards

Intramural Sports t-shirt awards are presented to championship teams and to individual tournament champions. Any player who has been disciplined (ejected from a game or the gym) is ineligible to receive this award.

Nomad Rule

Purpose: To establish a guideline for teams short of the minimum number of participants at game time of a scheduled Intramural contest to temporarily field a full, competitive roster without compromising the integrity of the league.

Nomad Definition: Any current KSC Student/Faculty/Staff member with an active and eligible IMLeagues profile; rostered and playing an intramural sport.

How it works: Any team may pick up currently rostered player(s) from another team in the same league (i.e., “nomad”) to play for their team to avoid forfeit and play competitively. Teams must be scheduled for a sanctioned intramural game and have *at least* one less player than the playing minimum per sport (see chart below) to sign in any “nomads”. Teams may only add enough nomads to bring their team roster up to league standard for the game.

Team Eligibility:

- Teams must be scheduled to play an KSC Intramural sponsored game
- Teams must have enough current rostered players signed in at game time per sport designation
- Teams may not play nomads at any “position of significance” as defined per sport
- Teams **MUST** announce nomads to officials and opposing captain during pregame captains meeting
- Teams may only pick up enough nomads for a full team on the field; no bench/alternate players
 - Co-Rec League: Teams may use specific nomads to fulfill co-rec gender requirements. *Example:* Co-rec basketball Team A has 6 males and 1 female at game time. Team A is allowed 1 female Nomad to meet 2f/3m requirement.
- If at any time during the game a currently rostered player signs in, a corresponding nomad must sign out
- Teams are responsible for the sportsmanship/actions of entire team
- Teams may **NOT** use the Nomad during the playoffs or special event

Nomad Eligibility:

- Nomads must be eligible to participate in KSC Intramurals as define by the IM Handbook
- Nomads must be able to prove they have a current IMLeagues account
- If a nomad is not currently on a roster, they will automatically be added to the first team they play with
- Nomads cannot play a “position of significance” at any time during the game or serve as team captain
- Nomads cannot play in playoffs or special events/tournaments
- Any sportsmanship/behavior penalties will “carry over” over to nomads’ current team

Administration: Recreational Sports and Intramural Sports program reserve to the right to change, modify or cancel this rule at the league, team and/or participate-level at any time during the season if the staff determines the spirit or intent of the rule has be misused, abused or no longer effective.

Sport Specific Nomad Eligibility Chart:

Sport / Event	Min# avoid forfeit	Min # to use nomad rule	MAX # of nomads	Position of Significance
---------------	--------------------	-------------------------	-----------------	--------------------------

3v3 Basketball	2	1	2	NA
4v4 Volleyball	2	1	3	NA
5v5 Floor Hockey	4	3	2	Goalie
5v5 Basketball	4	3	2	NA
5v5 Indoor Soccer	4	3	2	Keeper
6v6 Dodgeball	4	3	2	NA
6v6 Volleyball	4	3	3	NA
7v7 Flag Football	5	4	3	Quarterback
9v9 Outdoor Soccer	6	5	4	Keeper

Intramural Sports Calendar 2022-23

Fall 2022

<i>Sport/Event</i>	<i>Entry Deadline</i>	<i>Play Begins</i>
Soccer League	Sept. 13	Sept. 18
Flag Football League	Sept. 13	Sept. 19
Cornhole/Spikeball Tournament*	Sept. 13	Sept. 17
4v4 Volleyball League	Sept. 27	Oct. 3
Floor Hockey League	Oct. 4	Oct. 10
3v3 Basketball League (M, W)	Oct. 11	Oct. 17
Dodgeball League	Oct. 25	Nov. 1

Spring 2023

<i>Sport/Event</i>	<i>Entry Deadline</i>	<i>Play Begins</i>
Basketball League	Jan. 24	Jan. 30
Indoor Soccer League	Jan. 31	Feb. 6
Volleyball League	Feb. 28	Mar. 6
Dodgeball League	Mar. 27	Apr. 3
Wiffleball League	Mar. 27	Apr. 3
Cornhole Tournament*	Apr. 18	Apr. 22
Softball Tournament*	Apr. 18	Apr. 23

****IM Sports calendar is subject to change****

For more information and to sign-up go to www.imleagues.com/Keene

*** Indicates event is a one-day tournament**

