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Intramurals

Mission Statement

Intramural activities are a part of the total athletic program at Eastern, coordinated under the leadership of the Director of Athletics. The program is designed to provide fitness and healthy competition amongst participants. While sometimes competitive in nature, the primary goal of the Intramural program at Eastern is to encourage participation by offering a variety of activities that meet the interests and needs of our diverse campus community.

How to Get Involved

Pick up an Intramural Calendar, published at the beginning of each semester, from the Intramural Office located in the Sports Center Room 212. The IM Calendar is also published on the Intramural website http://www.gowarriorathletics.com/intramurals_clubs/Handbook.

To create a roster, you will have to make an account using your University email. Once you complete that task you have the option of becoming a captain or a free agent. The captain can add players to their teams. Free agents will be placed on a team.

Team organization and registration is the participant’s responsibility. If you would like to join a team and do not know enough people, or have enough teammates to make up a complete roster, please see the Director of Intramurals prior to the roster deadline and every effort will be made to match you up with a team.

- The following is a list of Intramural programs that in the past have proven to be most popular and successful with the student population and therefore continue to make up the core of our offerings. However, any interest in developing a new intramural sport should be brought to the Director for discussion. Unless specified as coed, all other listings represent separate leagues for men and women in every sport. Unless specified as a tournament, all other programs run on a season schedule that may average 4-8 weeks in length

- Fall Sports Coed Softball Tournament, Dodgeball, Flag Football, Coed Indoor Soccer, Volleyball

- Spring Sports Basketball, Coed Floor Hockey, Wiffleball, Softball, Coed Volleyball.

Eligibility Rules

1. All matriculated students in the day college, graduate, or extension division may participate in Intramurals. Part-time students may participate in intramurals,
provided they are officially admitted into the university. Faculty and staff may also participate; keeping in mind the primary purpose of the program is to serve the student population. The Director of Intramurals has free rein to impose rules that may affect or limit faculty/staff participation if in his/her judgment such participation infringes on the program's intent to serve the student population.

2. The Intramural Director and Intramural student staff are not responsible for checking eligibility of all participants, but will investigate such matters when questioned, or brought to their attention. Responsibility for complying with eligibility rules lies solely with team captains and participants.

3. Members of JV and Varsity teams may not participate in the same intramural sport in which they are a student athlete while “in season.” Season is defined as the time frame including and between the first official day of practice and the last scheduled game, match or tournament.

4. If an intramural roster deadline has not passed when an athlete is cut or leaves a Varsity or JV team, that player is eligible to participate in that intramural activity. Participants in JV, Varsity, and Club Sports cannot put their names on an IM roster while currently participating in their respective sport.

5. In order to ensure equality of competition, a player in the above category (#4 - athlete who is cut or leaves a JV or varsity team) must play in the highest intramural category (i.e. NBA basketball league) and no more than two such players may be placed on the same roster.

6. Any current varsity or club sport athlete is welcome to participate in intramural activities other than their corresponding varsity, JV or club sport. (This does not override coaches’ rules and restrictions governing player participation in outside activities/sports.) However, when competing in their same sport (out of season), no more than one-third of the playing team on the floor/field at any one time shall be comprised of the above players. For example, members of the men's volleyball club may participate in intramural volleyball when not in season, as long as no more than 2 (1/3 of 6) such players are on the court at any one time.

7. Current Varsity, JV, or club sport athlete is defined as those who played or intend to play at such level of competition during the current academic year. There are no restrictions on students who were members of varsity, JV, or club sport teams in previous years, but do not currently participate at that level and do not intend to try out for such teams during the current academic year.

8. No professional athlete may participate in that activity in which he/she was a professional.

9. Only those players who are on the official team roster are eligible to play in any contest on behalf of that team. No other players or substitutes are permitted.

10. Players can only be on one roster and play for one team in a given sport. Any athlete who plays for more than one team once the roster deadline has passed, will be suspended from participating on any team in that sport for the remainder of the season.
11. Any team using an ineligible player may forfeit all games in which that player participated, unless other teams knowingly allowed the ineligible player to compete all season without bringing it to their attention. No special permission or agreement for the playing of an ineligible player can be entered into by captains of either team or by intramural staff.

12. Anyone competing under an assumed name will be barred from intramural participation for one full academic year and the team shall be suspended for the remainder of the season.

RESPONSIBILITIES OF TEAM CAPTAINS AND PARTICIPANTS

1. Joining an Intramural team and having your name on the corresponding team roster indicates you will read and adhere to published rules, regulations and policies governing participation in the Intramural program at Eastern. It is the responsibility of the team Captain to make team members aware of such policies as listed in this Handbook and the corresponding rules for each sport. Ignorance of such policies does not exempt any participant from possible consequences or sanctions associated with these regulations.

2. It is the responsibility of the team Captain to submit an accurate roster listing all team members prior to the published roster deadline. Captains will have until one week after the opening day of each season to make changes to the official team roster. During tournaments, roster changes must be finalized prior to the start of the second game. Changes must be made with the Director of Intramurals. After one week has passed, no changes will be accepted and the roster will stand for the remainder of the season. An individual who wishes to change teams within the first week, prior to the closing of rosters, may not play for two different teams on the same day, but must wait at least one day after having played for one team before switching to another.

3. There will be a MANDATORY Captains Meeting prior to the start of each new intramural season or tournament. These meetings will be brief and concise, but are necessary for organization of the league prior to play and disseminating important last minute information and changes. At this meeting the captain will receive a contract to sign.

4. Teams that enter an intramural league should be present for all scheduled contests. In order to ensure this, the captain should sign up as many people as the roster limit allows for - extra players will be needed to cover absences due to classes, illness, work conflicts, etc.

5. A game schedule covering the entire season will be published prior to the start of competition. It is the responsibility of the team captain and every individual player to check on the IM Leagues web page or IM Leagues App to know when games are, and to show up on time for each contest.

6. Once the official schedule is published, no changes will be made, except in extreme cases when an unforeseen event arises causing conflict with the scheduled gym, court, or field. Changes to the Intramural schedule will not be
made to accommodate teams that do not have enough players to field a team (even if requested in advance). Therefore, it is crucial that each team use their roster limit wisely to ensure enough players will be available to participate in all scheduled contests.

7. Game schedules, league standings and any necessary notices, updates, and possible changes will be posted on the Intramural bulletin board in the Sports Center and the Intramural page on the athletics website. All team Captains and players should check the bulletin board, and website frequently to keep abreast of this necessary information.

8. Both teams should arrive at least 15 minutes prior to the start time for their contest in order to ensure proper sign-in, equipment issue, and warm up before the match begins. There is a five minute grace period after the scheduled start time for each game to get the required number of players (as stated in the rules for each sport) present and signed in on the game roster. Any team that does not have enough players to begin a match within five minutes after the scheduled start time will forfeit the contest.

9. Any and all injuries (even those seemingly minor) must be reported to the Intramural Supervisor immediately and the injured party and IM staff must complete a corresponding accident report form.

RULES OF CONDUCT

1. There is no place for unsportsmanlike conduct of any nature in Intramural competition. At no time will inappropriate behavior, actions, or language be tolerated. All Supervisors and Officials have the authority to take the necessary disciplinary action against participants and spectators displaying unsportsmanlike conduct. Such cases may subsequently be referred to the Director of Intramurals for further action/ follow-up. The IM Director has full discretion to determine appropriate sanctions against both participants and spectators in violation of this policy. Such sanctions may include, but are not limited to, immediate ejection from the contest, removal from the gym or playing field, and/or suspension from all intramurals for an extended period of time.

2. Student Supervisors and the Director of Intramurals will have the authority to suspend games immediately if, in their opinion, the safety of players or spectators may be at risk. This will include, but is not limited to: unsafe field/court/gym conditions, or if behavior and/or emotions of participants and/or spectators become too extreme or dangerous to carry on safe competition.

3. Any individual who is guilty of flagrant misconduct, or who strikes an opponent, official, spectator, or supervisor is automatically ejected from that contest, removed from the premises, and may be suspended from any further participation in intramural activities until reinstated by the Director.
4. Discriminating or harassing behavior and language of any nature, whether based on race, ethnicity, gender, sexual orientation, etc. will not be tolerated and will lead to disciplinary action by the Director.

5. Team names will be deleted if they deal with suggestive language or references to sex, drugs, alcohol, or anything offensive or inappropriate as determined by the discretion of the Director.

6. All jewelry (including watches) should be removed for safety reasons. Officials, supervisors and the Director may require compliance with this rule and bar participation for those who ignore it.

**FORFEITS, PROTESTS, SUSPENSIONS**

1. Any team that does not have the minimum number of players, as required by the rules of each sport, present and ready for competition within five minutes after the published start time shall forfeit the contest.

2. Forfeits are recorded as losses.

3. In order to obtain a victory by forfeit, the opposing team must have a full line-up present, signed in, and ready to play within ten minutes of the scheduled start time. If neither team is present on time and signed in on the game roster, the official will declare a double forfeit.

4. When a team forfeits due to a lack of players, attendance will be taken. All those present should sign in on the game roster even if they do not have enough members to field a full team. The third time a team forfeits in a given season, they will automatically be suspended from participating in any further competition for the remainder of that season.

5. Officials/Supervisors may declare a contest a forfeit if:
   a. Any team leaves the field or court before the conclusion of play.
   b. One team, player, spectator, coach, or any individual associated with that team displays unsportsmanlike conduct. Both teams may be assessed a forfeit if both teams are guilty of unsportsmanlike conduct.
   c. Any team uses an ineligible player. Subsequently all contests in which that person played while ineligible may be determined forfeits and losses for that team.

6. The only ground for legitimate protest of the outcome of a match is an alleged violation of the eligibility rule. All protests must be entered in writing to the Director of Intramurals within 48 hours after the contest. Exceptions to the 48-hour rule will apply only on the last day of the season or during post-season playoffs. During this time, protests must be filed within 24 hours of the completion of the contest to which the protest applies. Questions of eligibility should be raised immediately and should not be allowed to continue without being brought to the attention of the Director at first knowledge of a violation. If it is determined that the protesting team suspected the player in question to be
ineligible during previous matches, or all season long, but did not protest the eligibility prior to the end of season playoffs, the protest may or may not be upheld in this case at the discretion of the Director.

7. Judgment calls and interpretations of rules made by officials and/or supervisors are never grounds for protest.

INCLEMENT WEATHER

Due to the tight time frame and back to back scheduling of Intramural seasons, all contests will be played as scheduled as long as it is safe to do so. Cancellations will be avoided if at all possible, unless weather conditions put the safety of participants and officials at risk. The assigned Supervisor or the Director will make decisions concerning the postponement of games due to inclement weather. Cancellations/postponements will be sent as a notification through the IM Leagues website one hour prior to the scheduled contest. Captains and participants should check the bulletin board and website for updates, or may call the Intramural Office at 465-0265 to inquire about possible postponements due to inclement weather.

OFFICIALS

1. The Intramural program would not exist without the services of student Supervisors, Officials, Referees, judges, etc. Paid student supervisors and/or officials will be provided and scheduled by the Intramural department for every sport. Officials will be given the proper training, must pass a written test, and will be paired with experienced officials before they are allowed to officiate a contest on their own.

2. Officials will be evaluated by the Intramural Supervisors and the Director of Intramurals. Officials of questionable ability may be retrained, reassigned, or relieved.

3. Officials are in complete control of the contest. They have the authority and direction to make all judgment calls, interpret rules, determine forfeits, eject any player, coach or spectator, and terminate any contest at their discretion. Any questions or disputes should be approached in a reasonable and respectful manner. Any questions or issues that cannot be resolved amongst the parties and officials of that contest will be immediately brought to the attention of the Intramural Supervisor on the premises. The decision of the Supervisor will be final and must be adhered to by all parties in all cases.

4. Taunting, harassing or any other disrespectful behavior or language toward officials, supervisors or the Director will not be tolerated under any circumstances. Such actions or behavior may result in immediate ejection, removal from the premises, and possible suspension from any further participation in Intramurals for an extended period of time, as determined by the Director.
5. Complaints regarding the quality of officiating should be registered with an Intramural Supervisor or the Director of Intramurals.

**CHAMPIONSHIPS**

The format for championships may differ in each sport. In the case where two or more teams are tied in win/loss record at the end of the regular playing season, tie-breaker procedures will be in effect in the following order:

1. How the teams fared in head-to-head competition during the regular season

2. Number of wins/losses per game (vs. per match) in the sport of volleyball

3. Defensive points allowed (an average per game will be used if number of games played is not the same for all teams.) Forfeits are thrown out and are not counted in determining number of points/goals allowed.

**RULES**

**BASKETBALL**

The Men's Intramural Basketball league will consist of two different levels of competition in the spring semester. The NBA league is designed for top skilled competitors who have a great deal of playing experience either at the high school or college (intramural) level. The ABA is for intermediate players. There is normally just one intramural basketball league for women. Roster limit is 10 players.

1. Games will be played in accordance with all official NCAA basketball rules making note of the following highlights or exceptions:

2. There will be two (2) 20-minute halves, running time, except for the last two minutes of the second half when the clock will stop under the same conditions that it would normally stop according to NCAA rules (fouls, out of bounds, etc.) The clock will also stop after each made basket in the last minute of the game.

3. There will be a five-minute half-time, unless the game has been delayed and the officials/supervisor rules that the second half must start sooner in order to complete the game in accordance with any time restrictions that may exist.

4. The ball will be taken out of bounds on common fouls at the spot nearest to where the foul occurred up to and including the first six fouls of each half. Upon the seventh team foul, the one-and-one bonus rule will be in effect. Upon the tenth team foul in a half, the two-shot rule will be in affect for common fouls.

5. Each team is allowed two (2) one-minute time-outs per half.

6. Each team must start the game with five players, but may finish with less if players foul out or are otherwise disqualified. A player shall be disqualified upon committing his/her 5th personal foul.
7. The lack of sufficient action rule is in effect when a player holds the ball without attacking the basket for five seconds and is “closely-guarded” (within six feet) by an opposing player. In this case, the offending team loses possession. Once again, the closely-guarded rule applies in both cases whether the offensive player is dribbling or stationary as long as there is lack of sufficient action, without attacking the basket.

8. A flagrant foul is one that is grossly violent, posing danger and the threat of injury. A flagrant foul will result in two foul shots, plus the ball at half court, and an automatic ejection of the offending player.

9. An intentional foul will result in two foul shots, plus the ball out of bounds at the point nearest the spot of infraction. An intentional foul does not result in an ejection.

10. Technical fouls resulting from gross conduct, language, or contact will result in two shots plus the ball at half court, regardless whether against a player or the bench. These technical fouls are counted as part of a player’s five fouls for disqualification and against the number of team fouls. Flagrant technical fouls will result in automatic ejection.

11. Technical fouls resulting from administrative acts such as inappropriately requesting too many time-outs, or hanging on the rim, are assessed two shots, plus the ball, but do not count against an individual’s total of five personal fouls, or against the team total.

12. A player-control foul is committed by a player when he is in control of the ball. It cannot occur during a discontinued dribble. Player-control fouls do not result in free throws, but do count toward an individual’s five personal fouls.

13. Both teams must supply a scorer. The scorers shall sit together and immediately appeal to the officials when a discrepancy occurs.

14. If a regular season game ends in a tie, there will be one five-minute overtime period. If still tied at that point, the game ends in a tie. If a playoff game ends in a tie, there will be one five-minute overtime period. If still tied at that point, there will be as many additional five-minute overtime periods as necessary to break the tie. The clock will stop in the last two minutes of any overtime period.

15. Each team will get (1) one-minute time-out per overtime period. Unused time-outs during regulation play do not carry over into the overtime period.

DODGEBALL

Each team will play with 6 people on the court at a time, no less than 5 - any combination of male/female or single gender. Roster limit is 10 players.

1. Each game will be 10 minutes in length. Each match will be the best two out of three games.
2. The game starts with two balls lined up on the center line and both teams lined up on the far end line. The official blows the whistle to start the game and the balls in the middle are fair game.

3. The object is to throw the ball at the opposing team and contact one or more opponents. Anyone hit by a thrown ball on the fly is out of the game and must leave the court immediately. This is a game of honor, if you are hit, take yourself out. Officials will make and overrule calls if they have to. The word of the official is final.

4. If the ball hits more than one player before touching the ground, wall, or any other object, all players are out. Deflections off the wall, floor, or any object other than another player do not put a player out.

5. The person throwing the ball is out if the receiving team catches the ball without it hitting the floor, wall, or another object. If the ball deflects off another player and/or a ball being held by another player and is caught before hitting the floor, wall or any other object, the thrower is out.

6. You can deflect a thrown ball with a held ball, but if the player drops the held ball, he/she is out.

7. If a team catches a thrown ball, the first player to have left the game (person who has been out the longest) or the first substitute lined up on the sideline may reenter the game. The team can use either system, but must declare their reentry plan in advance. A team cannot reenter at random.

8. There are no timeouts or substitutions - the only way additional players on the sidelines may get into the game is if their team catches the other team's throw and the subs are in line to go in per the standard rotation listed above.

9. The team with the most players left on the court at the end of 10 minutes is the winner. If both teams have the same amount of players at the end of a regulation game, there will be one (1) two-minute overtime. The overtime begins with only the players remaining on the floor at the end of regulation, where the balls ended up at the end of regulation. You cannot bring on any new or additional players for overtime, nor make any substitutions. If the game remains tied at the end of the first overtime, there will be one sudden victory overtime period whereby the first team to have a player put out loses.

10. Absolutely no head shots allowed! This includes the face or any part of the body above the shoulders. If the ball hits a player in the head, the person who threw it is out. The only exception to this is if in the mind of the officials, the receiver INTENTIONALLY ducked into the shot, which caused them to get hit in the head. If
the receiver is legitimately trying to get out of the way by ducking and still gets hit in the head, the thrower is out. If the ball bounces off one player and hits a teammate in the head, the thrower is not out.

11. No player can step on or cross the center line, or they are out. Substitutes standing on the sideline may not cross over into the other team's half of the gym to retrieve loose balls whether in or out of bounds.

12. If a ball goes out of bounds, players standing on the side of the court where the ball lands may retrieve the ball and throw it in to one of their teammates.

13. No player can leave the boundary of the court, or step on the sidelines or they will be ruled out. The only exception to this is if a ball rests out of bounds on one team's side and they don't have any substitutes to retrieve the ball, they may leave the court to get an out of bounds ball. There is fair game as soon as they step back in play. You cannot cross over into your opponent's half of the gym to retrieve loose balls out of bounds. The ball belongs to the team who's half of the gym it lies in.

14. You cannot delay the game with a held ball. Each player must throw or release the ball within 10 seconds of picking it up or it landing on their side of the court. Any player declared not to be actively trying to engage the opponent will be called out.

**FLAG FOOTBALL**

Each team must play with a maximum of seven or a minimum of six players. No team may compete with fewer than six players. Roster limit is 14.

1. Played in accordance with rules of NIRSA Flag Football.

2. Games shall consist of two (2) 20-minute halves, running time, except for the last two minutes of the second half when the clock will stop (as it would under normal circumstances such as an incomplete pass, fumble, out of bounds, penalty, etc.). The first half can and will end on a penalty due to the running time.

3. Each team is allowed two (2) one-minute time-outs per half. In a playoff game, each team will have one timeout during the overtime period. Previously unused timeouts do not carry over.

4. There will be a five-minute half-time, if time allows in the judgment of the officials. Games that end in a tie at the end of regulation play will be recorded as such. There will be no additional playing period for the purposes of breaking a tie during regular season play. If a playoff game ends in a tie at the end of regulation play, there will be a 10-minute (running time) sudden death overtime period. Possession of the ball will be determined by the flip of a coin as it is at the beginning of the game. Each team will have one
time-out during this period, and cannot carry over unused time-outs from regulation play. The clock will stop only in the last two minutes of the overtime period. Additional 10-minute, sudden death periods will be played under the same conditions until a winner is declared.

5. Each player will conform to the following equipment requirements, or the officials will not allow them on the field: Only rubber cleats are permitted; no metal spikes are allowed. Players may wear soft, pliable wrestling or basketball knee, leg or ankle pads only (except in the case of protecting an injury, in which case special permission must be granted by the Supervisor or Director of IM.) No shoulder pads, football or lacrosse pads, etc. Every player on the field will wear a belt with flags attached to each side (hip) of the belt. Belts and flags must be worn on the outside of all clothing and may not be tucked in, hidden or obstructed. Belts may not be tied or looped; infractions may result in a 15-yard unsportsmanlike conduct penalty. Mouth guards are optional if provided by the participant.

6. If the belt has removable Velcro flags, removing or losing one flag is considered a tackle and play stops. If the belt has affixed flags, removing or losing the entire belt is considered a tackle and play stops.

7. If the belt has removable Velcro flags, removing or losing one flag is considered a tackle and play stops. If the belt has affixed flags, removing or losing the belt is considered a tackle and play stops.

8. The field will be 80 yds in length, plus a 10-yard end zone on each end. The field will be divided by 20-yd. line markers. Advancing the ball past one line constitutes a first-down.

9. Each team will be separated by a 1-yd. neutral zone at the line of scrimmage.

10. At the start of each play, the offense must have at least 4 (when playing with 7 players) or 3 (when playing with 6) players on the line of scrimmage. Players on the line of scrimmage may assume a 2, 3, or 4 point stance, but otherwise must be stationary. The remaining players must be either on the line of scrimmage, or in the backfield. Players in the backfield may be in lateral motion prior to and at the time of the snap, but only one at a time.

11. All players are eligible receivers.

12. The offensive team will have 25 seconds on the play clock from the placing of the ball by the official to snap the ball.

13. Each team gets a series of four consecutive downs to advance to the next yard line to gain a first down.

14. The center must snap the ball to a player who is at least 2 yards behind the line of scrimmage. No direct snaps, no center sneaks.

15. Screen blocking is the only form of legal blocking. It is defined as legally obstructing an opponent without using any part of the body to initiate
contact. Offensive linemen must keep their hands at their sides or behind their backs. The offensive linemen cannot move into the path of an oncoming defender, or cause contact with any part of the body, or they will be penalized for an illegal book.

16. Defenders must go around offensive linemen, cannot initiate contact, or run them over once they have established position, or they will be penalized for charging.

17. If one foot land in bounds and the receiver has possession and control of the ball, it is a catch or interception even if he takes a subsequent step out of bounds or falls out of bounds. A catch by any kneeling or prone player in bounds is a good catch.

18. When running with the ball, you cannot jump, leap, or leave your feet to avoid a tackle. You may, however, leap to catch or deflect a pass. You may also leap to avoid injuring yourself or another player. You may lean forward (and consequently leave your feet) to advance the ball and/or get into the end zone, i.e. “stretch out” as long as it is not a leap.

19. The ball becomes dead as soon as it hits the ground. Fumbles that hit the ground, may be neither recovered, nor advanced. They remain in possession of the last team to have possession before the fumble hit the ground.

20. On fourth down, the offensive captain must declare whether they will go for a first down or punt. Both the offense and defense must stay behind the line of scrimmage until the ball is punted. There is no fake punt allowed.

21. The receiving team may block the ball after it is punted. Once the punt hits the ground, it is dead. If either team catches a blocked punt in the air, they may advance it. However, the kicking team may not catch a punted ball in the air, unless it is blocked by the defense- i.e. you cannot punt to yourself.

22. If the ball goes out of bounds on a punt, it will be spotted at the point where it crossed the sideline, whether in the air, or on the ground.

23. After a safety, the scoring team will start the ball at its own “x” which is the 14 yd. line.

24. Touchdowns will be scored 6 points.

25. Extra points after the touchdown will be taken from either the 3-yard line for one point, the 10 yard line for 2 points or from the “x” (14 yard line) when attempting a three point conversion. When a defensive penalty occurs on an extra point, the point stands if converted, or another attempt will be granted if missed. Once the decision to go for either a one or two point conversion is made, it can only be changed after a timeout. This decision cannot be changed based on or after a defensive penalty, thus warranting a second attempt. If an offensive penalty occurs on an extra point attempt, no point is awarded and the play is dead with no further attempts to score.
26. Each team will designate one offensive and one defensive captain. Only those players may address officials and speak on behalf of the team.

27. Substitutions may be made during a time out, on a change of possession, when the clock is already stopped, or in between downs. However, the 25 second play clock will begin from the time the official spots the ball and will not wait for substitutions.

28. All touchbacks will come out to the “x” at the 14 yard line.

29. Flag guarding- an offensive player may not obstruct a defender from pulling his flags or deflect a defender’s hands or guard his flags in any way to prevent being “tackled.” Flag guarding will result in a 10 yard penalty.

Floor Hockey

Each team consists of six players: 3 men and 3 women on the floor at a time. A team may participate with only 2 men on the floor, but in this case will be playing one person short with 3 men and 2 women. Roster limit is 12.

1. The game will consist of three 12 minute periods. In case of a tie, one 5-minute overtime (sudden death) will be played. All periods will be running time with no time-outs, except for the last 2 minutes of play in the third period and the overtime period when the clock will stop for face-offs, penalties, long distance out of bounds, when a goal is scored.

2. If a regular season game remains tied after on overtime period, it is recorded as a tie. Playoff games will continue until a winner is declared.

3. The ball must completely cross the goal line to be counted as a score. Each team must provide a person who will keep score.

4. Regular substitution may occur during break in play after a goal is scored, when a penalty is called, and on a face off. “On the fly” substitutions may occur during play as long as the substitution does not work to the advantage of the team. (For example, a player cannot “fly in” to participate in an offensive fast break, nor to stop a break defensively.)

5. The clock does not stop for any ball out of bounds. When the ball crosses the sideline or end line of the playing court, the first player to touch it has the right to bring it back in to play, directly at the point where it went out of bounds, without being contested by the defense. No team may advance the ball up the sidelines (out of bounds) before putting it back in play. Only when the ball travels a great distance out of play, such that it takes a long time to retrieve, or one team takes an excessive amount of time to put it back into play, will the official stop the clock.
6. A goal cannot be scored on an in-bounds pass without first touching another player, stick, or player's equipment.

7. All players will be given a hockey stick and may only provide their own if it has a plastic or fiberglass blade: absolutely no wooden blades are allowed.

8. Players can wear regular street gloves if they wish. Goalies must wear a face mask/helmet, or eye protection provided by the IM department. Goalies may also wear knee pads and a baseball glove if they desire, which are not provided by the Intramural Department. Padding such as shin guards, chest protectors, elbow pads, etc. that do not exceed the width of the arms or legs, is acceptable, but is not provided by the IM department. No other excessive protective equipment such as goalie pads or any extra wide padding is allowed, unless protecting an injury and cleared with the Director in advance.

PENALTIES: the offending player, not a sub or designee, must sit out for 2 minutes for the following infractions:

- Body Checking – in any form is not allowed. Screening in a stationary position is allowed.
- High Stick – swinging the stick above the waist (whether intentional or not), both on the backswing and foreswing. A warning may be given prior to calling a penalty if the infraction occurs away from any other player. When the violation occurs in the presence of an opposing player, it should be called immediately, without the issuance of a warning.
- Roughing – swinging wildly at the ball, pushing, etc.
- Dangerous Play- pushing, etc.
- Delay of Game – intentionally wasting time. All players not in the game must stay behind the sidelines. Any team that has players on the court who are not in the game will first be issued a warning, then will be assessed a delay of game penalty. Anyone interfering with the officiating or progress of the game may be

Dangerous Play or Flagrant Foul- 5 minute Penalty

Any double violation on one person in one play (i.e. roughing and body checking on the same play) constitutes dangerous play and will result in a 5 minute penalty.
• If in the judgment of the official a serious violation occurs outside of the nature of good sportsmanship and safe competition, a flagrant foul will be called and a 5-minute penalty will be assessed.
• Officials have the right and responsibility to eject anyone from the game at any time, if in their judgment they are committing repeated fouls such that they pose a danger to other players.
• Fist Fighting will result in automatic ejection, removal from the premises and/or possible suspension from further games.

Running Fouls – no penalty assessed, but play does stop for a face-off:

• Goalie throwing the ball – the goalie must clear stopped shots by immediately deflecting or rolling the ball to a teammate. Goalie may not throw the ball with their hand or glove or swing the stick like a bat to clear the ball.
• Players directing the ball with their hand – although they may knock it directly to the floor below with their hand, or catch it and immediately drop it, players may not use their hands to push or direct the ball away from them.

COED INDOOR SOCCER

Played under the rules of regular NCAA Soccer (which normally govern outdoor soccer). This modified game is NOT played under the international rules for indoor soccer. Roster limit 14

1. Teams shall consist of 7 players; 4 male, 3 female. Teams may play one person short with 4 men and 2 women, but may never begin a game with less than 6 players, 2 of which must be women (5men and 2 women is not allowed.)

2. Games consist of two 25-minute halves, running time, except for the last two minutes of the second half and any overtime period when the clock will stop after a goal.

3. Only sneakers or indoor soccer shoes with flat soles may be worn – no indoor cleats.

4. Shin guards are optional; participants must provide their own.

5. If a regular season game is tied at the end of regulation play, there will be one 5-minute, sudden death overtime period. If a playoff game ends in a tie, there will be a maximum of two 5-minute sudden death overtime periods. If the playoff game remains tied at the end of both overtime periods, it will be decided by penalty kicks as follows:

6. Penalty kicks – a penalty kick will be awarded for any penalty inside the penalty box.
   • Penalty kicks to decide a tie-breaker at the end of double overtime - each team gets 5 shots alternating, each of which must be taken by a different person, including two women, all of whom must have been in the game
(on the court) at the end of regulation play. You cannot enter a sub into the game to take a penalty kick.

- On a standard penalty kick (not deciding a game after overtime) once the penalty kick is completed, the ball is dead and a goal throw will resume play. The ball becomes live with a goal throw.

7. There are no off-sides.

8. All throws-ins and free kicks (except for penalty kicks) are indirect.

9. A goal kick or goal throw cannot pass half-court without hitting the floor or another player. If it does, the opposing team is awarded an indirect kick from mid-field.

10. A corner kick is awarded when the ball goes beyond the end line off of a defensive player.

11. When an offensive player passes the ball back to the goalie with their feet, the goalie may not use his/her hands to field it. If the ball goes off the head, shoulders, or any part of the body above the waist of an offensive player, their goalie may use their hands to field it.

12. Substitutions are permitted only when the ball crosses the ENDLINE, resulting in a corner kick or goal kick. The substitute can only enter on the whistle after being acknowledged by the official. Substitutions are not permitted when the ball crosses the sideline, resulting in a throw-in.

13. The ceiling is out of bounds, when a team hits the ceiling with a thrown or kicked ball, the opposing team receives possession of the ball at half-court.

14. A player will be penalized for obstructing an opponent when not playing the ball. That is running between and opponent and the ball or interposing his/her body as to form an obstacle to an opponent. Obstruction will result in a free kick to the opposing team.

15. Fist fighting will result in automatic ejection, removal from the premise, and/or possible suspension from further games.

SOFTBALL

Current A.S.A. official rules for “slow pitch” shall be the governing rules, with the following additions which specifically cover the Intramural program at Eastern.

Roster limit 15

1. A team may field no less than 8 and no more than 10 players. In coed softball, there must be at least 4 women (per each team) in the game at all times. A coed team may play with 3 women if they cannot field 4, but in this case they can only play with 9 (not 10) players on the field.

2. The Intramural department will supply all equipment except for gloves. No metal spikes will be worn.
3. Games will be 7 innings or the maximum time limit of one hour. A new inning should not be started if in the judgment of the umpires/supervisor it cannot be completed (both top and bottom of the inning) prior to the one-hour limit. For example, if it is five minutes prior to the one hour limit, the top half of a new inning probably should not be started since it is unlikely we would be able to complete the entire inning in five minutes. If the Intramural Officials do decide to begin the inning, both halves will be played. The judgment of the IM staff is final. The one hour limit may be waived in the Championship Game where a full seven innings will be played if arranged by the site supervisor prior to the start of the game.

4. In order to keep games moving, no more than 2 pitches will be permitted between innings.

5. Only players on the team roster may be used as base coaches. Only one person may occupy the coaching box at a time.

6. Unsportsmanlike behavior is unacceptable. The umpire/Supervisor has the authority to dismiss any player, coach, scorekeeper or spectator who displays inappropriate behavior or uses inappropriate language.

7. Both teams shall supply their own scorekeeper and bring any discrepancy to the umpire’s attention immediately.

The following is a list of some slow pitch rules that are least known or most commonly misunderstood, or are particular to IM softball at Eastern:

1. No leading off the base, stealing, or advancing on a passed ball. Base runners must have one foot on the base until the ball is hit by the batter, any runner who leaves the base before the ball is hit, will be called out.

2. No bunting. A batter who intentionally bunts the ball, or attempts to bunt the ball, will be called out.

3. If the batter fouls the third strike, it is an automatic out (even if it is only their first foul ball at bat.)

4. The dropped third strike rule is not in effect. If the catcher drops the third strike, the batter is out and may not advance to first base.

5. The pitcher must deliver the pitch in an underhand motion; the arc of the pitch must be between 3’ from the point of release, and not higher than 12’ from the ground. The ball must be presented to the batter before each pitch (no quick pitch). Putting spin on the ball is allowed. The pitcher must have at least one foot on the pitching rubber through the delivery, and may not lose contact until after the release. Both feet must be within the width of the pitching rubber; the
foot not in contact with the rubber may be either in front of, or behind but not to the side of it.

6. In the case of an illegal pitch the umpire will not make the call out loud until after the ball is dead. The batter has the opportunity to hit an illegal pitch and keep the results of the hit.

7. No two base runners may occupy the base simultaneously. The runner who first legally occupied the base shall be entitled to it, but the trailing runner must be tagged out by the defense (the out is not automatic).

8. The batter cannot have his/her entire foot touching the ground completely outside of the batter's box or touching home plate at the time of contract with the ball. If so, they will be called out.

9. Batting out of order constitutes an out only when appealed by the defensive team prior to the first pitch being made to the next batter.

10. No runner may return to touch a missed base (or one left illegally) after a following runner has passed that same base, or has scored, or after they have left the base path by three feet and/or returned to the team area.

11. A DEAD BALL is that which is thrown into the out of play area, or one that hits bats, balls, people or ANY other objects lying in front of the out of play area marker.

12. The base runner will be granted two bases from the pint at which the overthrow/dead ball occurred. That is, the base they are already advancing toward, plus one additional base. For example, if a runner is advancing toward first base at the time the ball is thrown away on an overthrow in attempt to put him/her out, that runner is awarded second base (the base they were advancing toward = first, plus one additional base = second).

13. The runner is liable to be put out after crossing first base ONLY if he/she makes or feigns an attempt to go toward second base. They are not out if merely turning on the inside (2nd base side) of the line, with no effort to advance.

14. An INFIELD FLY is a fair ball, which can be caught by and infielder with ordinary effort with runner on 1st and 2nd, or bases loaded, with less than two outs. The batter is automatically out. The ball is alive and runners may advance at their own risk.

15. An appeal play – the pitcher assumes normal pitching position, steps backward off the rubber, tells the umpire “appealing” and what the grounds for appeal are. Pitcher throws ball to the base where the infraction occurred, baseman touches the base (does not have to touch the player.) Umpire makes the call, the ball is in play and all runners can advance at their own risk.
16. Substitution: only starters may re-enter the game into the same place in the batting order where they previously batted. Hitters may NEVER change positions in the batting order.

17. Base runners must slide into the base and/or avoid fielders attempting to make a tag on them. If a runner deliberately crashes into a defensive player who is attempting to put him out, that runner will be automatically out. The ball is dead, such runners may also be subject to ejection from the game according to the umpire’s/Supervisor’s judgment if the action is flagrant and/or dangerous.

18. If a runner runs in front of, or interferes in any way with, a defensive player attempting to field a batted ball, the runner is out. Contact does not have to be made for interference to be called.

19. If a base runner is hit by a batted ball before it passes any infielder other than the pitcher the runner is out.

20. If a defensive player (not fielding a ball) interferes with the progress of a base runner, the umpire will award the runner the number of bases he/she would have reached (in the umpire’s judgment) if they had not been interfered with.

21. Only regulation softball bats stamped ASA approved will be allowed. Metal bats must have a knob securely fastened at the end of the handle.

22. When played on the women’s varsity field, only four homeruns (over the fence, not in the park) are allowed per team per game, any additional homeruns hit over the fence after the third one are automatic outs.

23. A 10-run mercy rule will be in effect when: the home team leads by 10 or more runs any time after 4 ½ innings or the visiting team leads by 10 or more runs any time after 5 complete innings.
### DESIGNATED HITTER

- Is optional, teams may use all defensive players to bat for themselves. The DH may bat anywhere in the lineup. The DH is an offensive player only who will bat in place of any one player in the defensive lineup.
- If used, the DH must be instituted at the beginning of the game. You cannot institute a DH after the game has begun if you did not start with one.
- Once the DH spot in the lineup is designated, it must be used throughout the game, unless the DH enters the game on defense, then the DH simply continues to bat in the same spot, but also plays field in place of the person for whom he/she was hitting.
- You may substitute for, pinch-hit, or pinch-run for the DH, as long as that replacement player has not previously been in the game and follows the normal rules of substitution, pinch-hitting, pinch running.
- In coed softball, if the DH is a woman, this does count as one of the four women required to be in the game at all times. Thus, only three more women need to be in the game in addition to the DH. You can only DH for a woman, or use the woman as a DH if you are playing

### VOLLEYBALL

Played with a maximum of six and a minimum of five players. Roster limit 12

1. In coed volleyball, there must be three men and three women on the court at all times. If a team does not have enough women, they will play one player short (3 men, 2 women), but can never use an additional man in place of a woman (4 men, 2 women is not allowed).

2. A coin toss will decide choice of serve and court. The team that lost the first game serves first in the second game. If needed, serve and court will be decided in the third game by another coin toss.

3. Game is to 25 points by rally scoring. You must win by 2 points. A match is the best 2 out of 3 games. Each team is allowed one time-out per game.

4. The first player to serve is the right, back player. The server's foot may not touch the boundary line while contacting the ball with his/her hand on the serve. This constitutes a foot-fault and side-out.

5. The ball may be served, underhand, overhand, or sidearm, as long as it is hit sharply and not carried.

6. Each team must follow the same rotation throughout the entire game. If using single substitutes, a sub must enter for the same player, or in the same position each time. Substitutes cannot enter into a different spot in the rotation.

7. If a team serves out of order, or rotates out of order, it is a side-out.
8. After the serve, players may switch positions within their respective front or back row only. In other words, they may switch positions with a teammate on either side of them, but not with someone in front or in back of them. If players do switch positions after the serve, they must return to their correct position before the next serve.

9. Each team gets three hits (not counting a block) to return the ball back over the net.

10. No player may play the ball twice in succession unless their first hit is a touch on the block.

11. In passing the ball, all players must clearly and sharply strike the ball, or a carry will be called.

12. In setting the ball, only the fingertips may be used to softly set the ball, or carry may be called.

13. When using two hands to pass or set the ball, the ball must strike both hands/forearms simultaneously and return sharply, or a double hit may be called.

14. If a ball touches the boundary line, it is in.

15. No player may encroach on the opponent's court or make contact with an opponent under the net. The center line under the net may be stepped on, but no part of the body may cross it entirely.

16. No player may reach over or contact the net. The ball can only be played above the plane on your own side of the court.

17. Back row players may not cross the 10-foot line to play a ball in the front row and may only spike a ball if their feet leave the floor from behind the 10’ line.

18. If the ball hits the ceiling on the same side of the net as the team who hit it, it is still in play if all three hits have not been used. If the ball hits the ceiling and goes over the net into to the opponent’s court, it is a side out.

19. The serve may be received with a set as long as it is a clean hit. The serve may not be blocked.
Campus Recreation

FACILITY USE, POLICIES, PROCEDURES

Eastern Connecticut State University recognizes the importance of physical fitness and recreational activities in the life of our students. Facilities and programs in the Sports Center are designed to encourage physical activity in a safe and healthy environment. The following policies are enforced to provide maximum opportunity for use of recreational facilities in the Sports Center by students, faculty, staff and authorized users.

Authorized Users

- **Students:** Only students possessing a current, valid Eastern student I.D. may use the recreational facilities of the Sports Center during scheduled open hours. Students may be asked to present proof of identification at any time, and to sign-in prior to use.

- **Faculty, Emeritus Faculty, Administration, Staff:** Employees and retired employees of the University shall have the same privileges and are subject to the same restrictions as students in use of the recreational facilities of the Sports Center during scheduled open hours.

- **Alumni, E-Club, Foundation Members:** Current Alumni Association, E-Club (athletic booster), and Foundation members, with appropriate identification, verifying Sports Center privileges, may use the facilities subject to availability. Not all Alumni and E-Club members automatically have facilities privileges, these come with a certain level of giving.

- **Guests:** All Sports Center members, with appropriate identification and credentials for facility privileges, may be accompanied by members of his/her immediate family (spouse, children, parents) and/or one additional guest. Guests must be in the presence of the member who signed them in at all times. Members are personally responsible for the behavior of their guests and must ensure that they abide by all facilities and university policies. Limitations on the number of guests shall not apply to Athletic Department coaches and staff, or anyone bringing visitors to the campus for authorized recruiting visits.

- **Other University Groups:** Any university group not mentioned above desiring to use the recreational facilities of the Sports Center must obtain permission from the Assistant Athletic Director for Facilities.
• Non-University Groups: Any non-university group or organization seeking use of the recreational facilities of the Sports Center shall make application to the Office of Continuing Education and follow procedures as directed by that office.

Hours of Operation

During weekdays when classes are in session, Health and Physical Education classes have priority in scheduling between the hours of 8:00 AM and 3:00 PM. During this time the facility is available for open recreational use, only if certain areas are not being used for class. From 3:00-8:00 PM on days when classes are in session, and during specified weekend hours, priority in scheduling of the gymnasium will be given to varsity team practices. From 8:00-11:00 PM, organized intramural programs will have priority in scheduling of the gymnasium. The gymnasium and all other activity areas are open for recreational use outside of reserved hours whenever possible. A schedule of open recreation hours, to include the swimming pool, will be posted on the Eastern website/athletics web page at http://http://www.gowarriorathletics.com/landing/index

During times when the building is normally closed, the following shall apply:

Intercollegiate Team Practice: Any team practices for intercollegiate sports held during hours when the building is not normally open, shall be scheduled by the Coach with the Assistant Athletic Director who shall notify any necessary persons/agencies of the practice session. An adult coach must be present throughout the practice session, and shall be responsible for security of the building.

Physical Education Classes and Clubs: Any class or group under the supervision of the Physical Education program that seeks use of the Sport Center facilities when it is not open, shall obtain permission from the Assistant Athletic Director, who shall notify the Director of Athletics and any other necessary persons/agencies of the planned usage. The faculty or staff member requesting use of the facility on behalf of the class or group must be present at all times during their period of usage and is responsible for securing the facility.

Athletic and Physical Education Faculty: In order to maintain those skills required for demonstration in teaching physical education classes, and in coaching intercollegiate teams, Physical Education Faculty members and Athletic Department Staff may use the facilities during hours when the building is not normally open with the following provisions:

• No one shall use the Sports Center or other athletic facilities alone. There must be at least two people together at all times.

• The staff member shall be responsible for maintaining total building security.

• All rules for proper use of the facilities during open hours shall be adhered to.

• Any use of the pool when the facility is otherwise closed, shall be approved by the Assistant Athletic Director and staffed by at least one certified lifeguard who must be an employee of the University.
• At no time may anyone be in the swimming pool without a lifeguard who is employed by this University.

• Anyone opening an athletic or recreation facility under the guidelines listed above is responsible for the use of that area and must be sure the building is secured upon departure. If a staff member allows access to a certain area by students when the building is otherwise closed, that staff member is personally responsible for supervising those students during their activity. Such supervision means being in the same room with them at all times.

• At no time may any individual, student, or group of students be in the building unsupervised.

Equipment

Equipment and gear owned by Eastern and must be used properly, in correct areas, and returned in the same condition as when it was issued, or individual will be billed for its replacement cost. Any user who finds equipment in a broken, or dangerous condition, should report it to the facilities staff immediately.

Gymnasium

The Francis E. Geissler gymnasium located in the Sports Center is available for open recreation by authorized users when not reserved for class, varsity team practice, intramurals, or other scheduled events. A weekly schedule of open use is available on the athletics page of the university website. The following rules will be followed during open recreation in the gym:

• No personal radios, boom boxes, or stereos will be allowed in the gymnasium

• Street shoes are NOT allowed on any playing surface

• Food and beverages are not allowed in any of the athletic and recreation areas. Water bottles will be allowed in athletic/recreation areas

• No tobacco products of any kind are allowed in the building

I.D. Cards

All users of Eastern athletics and recreation facilities must present a current and valid Eastern I.D card or may be denied entry.

Lockers

Students enrolled in physical education classes may sign up for a locker in the general locker room area. All lockers will be issued on a first-come, first-served basis. The long lockers in these areas are intended for day use only. Any locks left on ‘day use only’ lockers for a period over night will be cut off and all articles within the locker will be removed. Removed items can be claimed at the equipment room.

Lockers in the Instructors’ Locker Room will be assigned as follows:
• All Head Coaches, Trainers, and full time Physical Education faculty on a seniority basis
• Full time athletic support personnel
• Assistant Coaches in season
• Lockers in the faculty/staff area will be open for use on a daily basis. Users will bring their own locks, lock up their items while using the building and remove all items when leaving the building.

Racquetball and Squash Courts
The Sports Center has four regulation racquetball courts and two regulations squash courts for both academic and open recreation use. Same day court reservations may be made after 3:00 PM weekdays by contacting the equipment room either in person, or via the phone at 465-4326. Reservations are only taken for same day. Goggles are available for sign out from the Equipment Room and are strongly recommended. Users are responsible for their own safety, Eastern Connecticut State University will not be held responsible for injury to those who aren’t wearing goggles.

Recreation Programs
The Department of Athletics offers recreational programming to students, faculty, staff at no cost throughout the year. Such offerings may include yoga, aerobics, weight training. Recreation programs will be advertised on the athletics web page of the University website.

Swimming Pool
The Sports Center houses a six lane, 25 meter swimming pool. The following policies will be adhered to by all users of the swimming pool at all times:

• Only appropriate swimwear will be worn in the swimming pool. Cut-offs and shorts are not considered appropriate swimwear
• Street shoes are not allowed on the pool deck
• Jewelry should be removed prior to entering the pool
• Everyone must change in the locker room areas; changing on the pool deck or in the office is not permitted
• All valuables should be locked in a locker
• No running on the pool deck
• No horseplay of any kind in the water or on the pool deck
• Authorized pool users are required to sign in and out on the pool log
• The lifeguard on duty is in control of all activity within the pool area and has the authority and responsibility to remove anyone who is acting in an unsafe manner, or who violates the rules and policies of the swimming pool area
• Persons will not be allowed in the pool, if in the opinion of the lifeguard or any professional staff member he/she is under the influence of alcohol or drugs, or is not capable of using the pool in a safe manner
Towels

Towels may be signed out from the equipment room upon presentation of a valid Eastern ID. No more than two towels may be signed out by any one individual. Users may exchange one used towel for one clean towel. Any repeated violation of this policy will result in the loss of this privilege.

Weight Room

Located in the lower level of the Sports Center, the weight room and cardio conditioning room are open to members of the Eastern community with a valid ID. The following are some of the policies governing use of these areas:

- Stereos, televisions that are a part of the fixed facility and/or the property of Eastern Connecticut State University may be played on an appropriate station, at an appropriate volume conducive to all patrons as determined by the athletics facilities staff
- All free weights and weight plates are to be returned to the appropriate rack when not in use
- No sandals, flip-flops, or open-toed shoes in the weight room at any time
- Due to the high usage of this small room, access may be controlled by limiting the number of users in the weight room at one time to ensure the safety of users

Work orders and repairs

Any staff member or patron who becomes aware of maintenance or cleaning issues at an athletic or recreation venue should notify the Assistant Athletic Director who will issue a work order to the University Facilities Management Department.
### STAFF DIRECTORY

<table>
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ASSUMPTION OF RISK AND WAIVER OF LIABILITY FORM

Intramural Sport: ___________________________ Semester: ___________________________

Participant's name: ___________________________ Date of Birth: __/__/____

(Please Print)

In consideration of being permitted to participate in ______________________ (hereinafter called "THE INTRAMURAL SPORT ACTIVITY"), for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Eastern Connecticut State University and/or the Board of Regents of Connecticut State Community Colleges and Universities (hereafter called "the University"), their trustees, officers, employees, and agents and to indemnify them from liability for any and all claims resulting from personal injury, accidents or illnesses (including death), and property damage or destruction arising from, but not limited to, participation in Intramural Sport Activity.

I understand that participation in Intramural Sport Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scrapes, bruises and sprains, 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks and concussions, to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the Intramural Sport Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

I also agree to indemnify and hold the University harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees, brought as a result of my involvement in the Intramural Sport Activity and to reimburse them for any such expenses incurred.

I further expressly agree that the foregoing waiver and assumption of risk agreement is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Finally, I have read this waiver of liability, assumption of risk and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend it by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Participant: ___________________________ Parent/Guardian: ___________________________

(Name) (Name)

(Signature) (Signature)

__/__/____ /__/____

(Date) (ECSU Student ID#) Date

(Student’s Cellphone Number)

Emergency Contact Information:

Name (first, last) ___________________________ Relationship to student: ___________________________

Day Phone: ___________________________ Evening Phone: ___________________________

Address: ___________________________

**AFTER READING DOCUMENT – PLEASE PRINT TO SIGN**
EASTERN CONNECTICUT STATE UNIVERSITY
IM SPORTS TEAM CONTRACT

As captain of a Eastern Connecticut State University intramural Sports Team and as a condition of being entered into formal league/play-offs competition, I agree that my team will abide by the following (place an “X” to left of each item as you read them):

__ 1) I have the necessary number of players on my initial roster to consistently field a team as scheduled.

__ 2) I understand that the second forfeiture of a game WITHOUT PRIOR TIME communication with ECSU’s Intramural Sports Office will result in my team being dropped from further league play.

__ 3) The players on my roster will only participate for one team in this sport (my team) and that if a second team is played for, my team and/or the other team may be penalized.

__ 4) I am responsible for informing all of my teammates about the playing rules and sport eligibility requirements and that it is expected that all members of my team will be aware of these rules and provisions, even in my absence.

__ 5) I/we accept the ECSU’s Intramural Sports doctrine of “Zero Tolerance” in terms of personally derogatory, insulting, and inappropriate language/behavior towards the program’s student officials and supervisors.

__ 6) My team, our fans, coaches, and I acknowledge that Intramural Sports are for the enjoyment and thrill of competition for everyone and will thus treat our opponents with the same respect we would treat our own teammates — that failure to treat the opposing teams in such a manner may result in expulsion from the league for any of my teammates or even my entire team.

__ 7) My team, our fans, coaches, and I acknowledge that at no point during any intramural competition is any form of alcohol or tobacco is allowed at the playing area.

Violation of this rule could result in the expulsion from the league for my players/team.

__ 8) My team and I acknowledge the authority of the on-site Student Sport Supervisor and accept that this Student Employee is the formal on-site authority figure. As such, their requests will be respectfully honored.

__ 9) Unsportmanlike conduct/actions or violations of ECSU Code of Conduct committed by my team, our fans, coaches, or I will be forwarded to the Office of Student Integrity for further review.

__ 10) My team and I understand the ECSU Intramural Sports Play-off System:

ALL TEAMS MUST BE PREPARED TO PLAY PLAY-OFF GAMES ON DAYS AND TIMES THAT ARE DIFFERENT FROM THEIR REGULAR SEASON SCHEDULE. IT IS HIGHLY RECOMMENDED TO CARRY ADDITIONAL PLAYERS ON YOUR ROSTER TO AVOID SCHEDULING CONFLICTS. IF YOU KNOW OF ANY CONFLICT YOU NEED TO NOTIFY TAYLOR MCBRIDE 465-3265. PRIOR TO THE POSTING OF THE PLAY-OFFS. ONCE POSTED, PLAY-OFFS GAMES WILL NOT BE RESCHEDULED UNLESS THERE IS INCLEMENT WEATHER.

__ 11) I have thoroughly read this sheet — that I will convey both the letter and the spirit of what is stated herein to the rest of my team and that I/we agree to be held accountable for all provisions.

Captains Signature: __________________________ Date: ____________
All intramural participants will be required to create an account on IMLeagues.com.

To create an IMLeagues account: **Note** IMLeagues offers a live support button in the top right corner of all pages, please use this button if you encounter any difficulties.

1. Go to www.imleagues.com/EasternCT/Registration
   OR
   Go to www.imleagues.com and click Create Account
   OR
   Go to www.imleagues.com and click Log in with Facebook if you have a facebook account with your school email attached - this will automatically create an account, fill in your info, and join you to the school (steps 2-4)

2. Enter your information, and use your School email (@my.easternc.edu) and submit.

3. You will be sent an activation email, click the link in the email to login and activate your IMLeagues account.

4. You should be automatically joined to your school – If not you can search schools by clicking the “Schools” link

How to sign up for an intramural sport:

1. Log in to your IMLeagues.com account.

2. Click the Create/Join Team button at the top right of your User Homepage page
   OR
   Click on the “Eastern Connecticut” link to go to your school’s homepage on IMLeagues.

3. The current sports will be displayed, click on the sport you wish to join.

4. Choose the league you wish to play in (Men’s, Women’s, Co-Ed. Etc.)

5. Choose the division you’d like to play in (ABA, NBA, WNBA etc.)

6. You can join the sport one of three ways:
   a. Create a team (For team captains)
      i. Captains can invite members to their team by clicking the “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.
         1. If they’ve already registered on IMLeagues: search for their name, and invite them
         2. If they haven’t yet registered on IMLeagues: scroll down to the “Invite by Email Address” box, and input their email address.
   b. Join a team
      i. Use the Create/Join Team Button at top right of every page
      ii. Accepting a request from the captain to join his team
      iii. Finding the team and captain name on division/league page and requesting to join
      iv. Going to the captain’s playcard page, viewing his team, and requesting to join
   c. Join as a Free Agent
      i. You can list yourself as a free agent in as many divisions within a league as you’d like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.