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INTRAMURAL SPORTS AND THE SRC

Introduction
Intramural sports are structured leagues and tournaments designed to give everyone the opportunity to exercise, relieve stress, and rejuvenate through recreational play. They are intended for the “everyday athlete” within the university setting. Intramural activities are publicized throughout the year via the SRC website, bulletin boards, Facebook, and flyers throughout campus.

Mission Statement
The Student Recreation Center provides optimal service in a safe and fun environment for the CSUB community to achieve physical and mental well-being, personal development, and life-long learning through innovative, student-funded, student-driven programs of fitness, sports, and wellness.

Purpose
The purpose of this handbook is to establish policies and procedures that govern participation in the Intramural Sports Program. Please note that it is the responsibility of each team/participant to know and understand these policies and procedures. Ignorance of any Intramural Sports policy is not an excuse for failure to comply. The Intramural Sports Program reserves the right to modify these rules in whole or in part at any time as necessary. If you have questions, comments, or suggestions for these rules or the Intramural Sports Program in general, please contact the Intramural Sports Staff. These rules serve as a guide for an enjoyable experience for all, and should be interpreted in conjunction with the rules in the California State University, Bakersfield Student Code of Responsibility Handbook. http://www.csub.edu/osrr/documents/studentcodeofconduct.pdf

STAFF AUTHORITY
The Intramural Sports Staff has full responsibility and authority for enforcing Intramural Sports Rules and Regulations including, but not limited to, restricting participation, ejection, and cancelling games.
In cases where policies are not outlined in the Intramural Sports Handbook, the Intramural Sports Staff reserves the right to use common sense, fairness, and the "spirit of the program" in providing interpretations on the policies and procedures contained in the Intramural Sports Handbook.

ELIGIBILITY
Any clarification of rule interpretation will be determined by Intramural Sports Staff.

Students (Undergraduate/Graduate)
o All active Undergraduate and Graduate Students of CSUB are eligible to participate in any activity sponsored by the SRC. The Intramural Sports Staff reserves the right to check with the Registrar’s Office to confirm a participant’s status.
o Must have a valid Runner ID card to participate. NO ID, NO PLAY, NO EXCEPTIONS!
o Participants must be a full fee paying student at CSUB.

Faculty/Staff/Alumni/Spouses
o All current Faculty/Staff and Alumni Association members of CSUB are eligible to participate in any activity sponsored by the SRC (If not a member of the SRC, guest fees apply for every contest.)
o Must have a valid Runner ID, Alumni Association card, or SRC membership card to participate. NO ID, NO PLAY, NO EXCEPTIONS!
Spouses may participant when playing with their eligible SRC member. If the spouse is not a SRC member a $5 guest fee will apply

**Sport Club Athlete** - Members of CSUB Sport Clubs will be allowed to participate in Intramural Sports competition in their related sports. However, for a single intramural team, a maximum of two Sport Club players may appear on the team’s roster. For team sports in which the required number of players is 4 or fewer, the maximum number of club players permitted on the team’s roster shall be one.

**Current Student Athletes** - Student athletes shall be eligible for all Intramural Sports except the sport(s) affiliated with. Student Athletes are defined as these:
- Receiving any aid, assistance, or benefit given to a student for his/her participation as a player in any sport that is not available to the general student population. This includes, but is not limited to, scholarship, lockers, towels, apparel, footwear, equipment, etc.
- Any athlete who is working out with the varsity team (including walk-ons, red-shirt players, and practice squad members) is considered a student athlete under this section. This section remains in effect for as long as the student receives this aid, whether or not they continue to play or practice with a team.

**Former Student Athletes** - A student who has been a member of a competitive team at a four year college or university in a particular sport is eligible for Intramural Sports in their related sport during the next academic year. The Fall Quarter is considered the start of the next Academic Year. Teams affected by this rule are limited to one player in this category on their team roster and must play in the “A Division.” Graduates or transfers from community colleges, D-II, D-III, or NAIA do not have to sit out an academic year before participating in Intramural Sports, but those players must adhere to the “A Division Rule.”

**Professional Athletes** - All current and former professional athletes are ineligible to participate in the Intramural Sport, or related sport, that they played professionally. Students that are allowed to tryout with a professional team/organization, remain eligible provided that they do not take part in any outside competition (games or scrimmages) as a representative of that professional team/organization.

*Note: Any participant who terminates his/her ties with CSUB immediately relinquishes his/her right to participate in the Intramural Sports Program.*

**LEVELS OF COMPETITION**
In an effort to meet the needs of a more varied recreational population, the SRC has instituted a two-tiered Intramural Sports structure. There are two levels of competition based on intensity of competition and motivation of playing. This will enable participants to play in the most appropriate division based on their skill level. Most activities are scheduled once-a-week in the afternoons or evenings to accommodate busy class schedules. Each team selects the best times and days their team is available to play.

*A Division* These leagues are highly competitive and most participants have previously participated in organized competition for a high school or club. The skill level and the level of competition demonstrated by players are high.
“B Division” These leagues are more relaxed and intended to let participants who have not previously participated in organized competition experience the sport and have fun. The emphasis is on playing and having fun.

Men’s leagues/divisions are for men, but women can play in this league. Women’s leagues are for women only. Coed leagues are for a combination of men and women with modified rules (see individual sport rules for roster requirements and lineup limitations). Open leagues are for any combination of men and women, rules are not altered in open leagues. In any one event/sport, a player is allowed to participate on ONLY one men’s team or one women’s team and one coed team. Other divisions may include Greek Leagues which consist of only sorority and fraternity members.

ENTRY PROCEDURE

Entering a Team
Individuals interested in forming a team for an Intramural Sports league must complete the following steps:

- Check for entry dates and deadlines via fliers or the website
- Create an account on imleagues.com making sure to select CSU Bakersfield – CSUB as the school
- Click on the “CSU Bakersfield – CSUB” tab at the top of the profile
- Scroll down and click on the appropriate sport
- Click the create team tab and enter team name and information (the Sports Coordinator reserves the right to reject team names that are deemed inappropriate)
- A team captain must be identified
- Individuals will then be able to request to be a member of the team; make sure there is enough participants sign up.

Entering an individual
Persons interested in joining as an individual to play on a team in an Intramural Sports league will have to complete the following steps:

- Check for entry dates and deadlines via fliers or the website
- Create an account on imleagues.com making sure to enter “CSU Bakersfield – CSUB” as the school
- Click on the CSU Bakersfield – CSUB tab at the top of the profile
- Scroll down and click on the appropriate sport offered
- Click the Join as a free agent tab and the captain can add individuals
- If a team is already made request to join the team by clicking join team tab

No person may participate for two different teams during any one Intramural Sport’s season (i.e., if a person has played one game or is on another team’s roster, he/she may not join another team). Any player found in violation of this rule will be INELIGIBLE for the remainder of the sport’s season and that team will forfeit the game. Participants may not trade or switch teams once the league play has started have started.

A person may participate on a coed team and still be a member of one other competitive team in the same sport (Men’s or Women’s team). A player must play in at least one regular season game, regardless of a forfeit, default, or bye week to be eligible to participate in playoff games. None of the three situations mentioned above counts as official game participation.

TEAM CAPTAINS
Responsibility
The team captains are responsible for the actions of the team as well as the fans associated with the team. Additionally, the captain will ensure that the team is familiar with the rules of play and Intramural Sports Policies and Procedures contained in this document. Copies of the rules are available in the SRC and on the Intramural Sports web page. Also, team captains will:
- Maintain a cooperative attitude with all Intramural Sports Supervisors and Officials and serve as an example of good sportsmanship for others to follow.
- Be familiar with the rules and officiating techniques of all sports entered.
- Accommodate players without teams by inviting Free Agents to play.

Captains Organizational Meeting - Mandatory
Captain meetings are held to review the policies and rules for the sport in season. All captain meetings will be held in the Student Recreation Center unless you are informed otherwise by a member of the Intramural Sports staff. Captains must have their Runner ID to enter the SRC for meetings. No Exceptions!
While it is the responsibility of the captain to attend this meeting, we are aware that circumstances may arise which may keep captains from attending this meeting. If the captain is not able to attend the meeting, a representative from the team MUST attend the meeting. There will be no exceptions to this policy and those teams failing to be represented will receive an automatic -1 point for their first game.
Captains are responsible for the following information while attending the captains meeting:
- Print off a copy of the IM handbook from the SRC website or imleagues.com.
- Sign the attendance sheet to verify presence at the meeting.
- Pick up a copy of the schedule for team’s games at the sports desk, located in the SRC.

In-Season
During the season the team captain is the liaison between the Intramural Sports staff and the team. The captain must:
- Control the actions of, and accept responsibility for, the conduct of all team members and spectators.
- Inform team members of league and playoff schedules to ensure enough team members are present at each game to avoid a forfeit.
- Submit a printed roster by the second week of the season.
- Ensure that each team member has a numbered shirt of the same color in the sports which requires them.

Rescheduling
Rescheduled games may occur when a team cannot meet its scheduled game. The team captain requesting the reschedule must contact the Sports Coordinator at least 48 hours (2 days) prior to weekday games and before Wednesday at 5:00pm for weekend games. All reschedule requests will be considered on a first come, first serve basis. Once a team captain has requested a reschedule, the opposing team captain has the option to accept or decline the request. If the opposing team captain accepts the request, and the facility is available, then the rescheduled event will be confirmed by the Sports Coordinator with both team captains. If the opposing team captain declines the request, then the rescheduling team has the option to play the game or default the game. The Intramural Sports Staff reserve the right to refuse reschedules based on availability of facilities, officials, or weather conditions.

SAFETY
Health/Safety Precautions and Insurance
The Intramural Sports Program includes several activities that can be physically demanding and have the potential for injury. We strongly suggest that all participants undergo a routine physical exam and seek the advice of their physical prior to playing. Individuals who have had previous injuries that may recur or who are not physically suited for an activity are urged to reconsider their participation for their own safety. All injuries, regardless of severity, must be reported to the Intramural Sports Supervisor.

Insurance
CSUB does not provide medical insurance to students. Therefore, students are encouraged to enroll in an individual medical insurance plan to cover off-campus medical care, emergencies and hospitalization. CSUB Associated Students Inc. sponsors an insurance plan and can be contacted at (661) 654-2418.

Blood Related Injury
Any player who is bleeding must be replaced with a substitute player until the bleeding stops. A member of the Intramural Sports Staff can remove a bleeding player. If removing the bleeding player causes the team to fall below the minimum number of participants necessary to play for the specific sport, the game clock will stop for a maximum of five minutes to allow for the treatment of the player. A member of the Intramural Sports Staff must approve the re-entry of the player. The five-minute time allowance is only for teams who have no substitute when a player is bleeding.

Inclement Weather/Unplayable Field Conditions
In the best interest of all participants’ safety, Intramural Sports contests may be canceled because of inclement weather. If possible, the decision to cancel games will be made by 4:00 p.m. on the day of the contest and will be posted on imleagues.com and at the Intramural Desk. If play is in progress and it begins to rain, the program supervisors may make the decision to cancel on the field and will place an announcement in the SRC regarding the remainder of the day's schedule. Canceled games MAY be rescheduled by the Intramural Sports Staff later that season if field availability and time permit.

Uniforms and Jewelry
Jerseys/Logos - For sports where fouls are committed, numbers must be present on the jersey. Individual numbers must be located on either the front or the back of the jersey. The following numbers are legal: 0–5, 10-15, 20-25, 30-35, 40-45, and 50-55. No duplicate numbers on one team are allowed. Jerseys with taped-on numbers are unacceptable and teams will have to use the SRC jerseys. Numbers on jerseys should be in contrasting color to the jersey color.
Just as the Intramural Sports Staff reserves the right not to allow team names that are considered obscene or offensive, logos that illustrate obscene or offensive pictures or gestures will also not be tolerated.

Attire - It is left to each player’s discretion what type of pants or shorts he/she wears. However, there can be no zippers, snaps, pockets or exterior drawstrings present for “contact” sports.
In Flag Football, players with pockets will not be allowed to enter the game, or if discovered after the start of the game, the player will be removed from the game and will NOT be allowed to return until proper shorts are worn. Flipping your shorts inside out with hanging pockets is not acceptable. No shorts may be the same color as the flag being worn. This rule mainly applies to those sports that involve contact, such as Flag Football and Soccer.
Jewelry - No jewelry may be worn during any Intramural Sports contest. All participants are expected to remove all jewelry prior to the start of the contest. This is a SAFETY rule, and applies to ANY and ALL JEWELRY. NO EXCEPTIONS will be made for jewelry that is intended to be permanent or not removable for any reason.

NOTE: Any participant required to wear medical bracelets or medical medals will be permitted to do so. However, they must be taped to the body with medical data visible. Exceptions may also be made for military tags and religious jewelry at the discretion of the Intramural Sports Staff.

CONDUCT
Good sportsmanship is vital to the conduct of every contest. While winning sporting contests are important to many participants, winning should not become so overriding that participants lose sight of appropriate behavior. The playing field is not a venue for verbal or physical abuse for the officials, players, or the spectators. Ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team-followers are primary concerns. The game atmosphere should remain good natured at all times. Individuals should demonstrate good sportsmanship throughout their participation in all facets of the Intramural Sports Program. Team captains are responsible for the actions of any player on his/her team and for spectators directly related to that team. The conduct of all players and spectators is important before, during, and after the game; sportsmanship can affect the team's eligibility for playoffs.

Failure to comply with the SRC Intramural Sports conduct policies may result in these consequences in no particular order:
- Referral to SRC Administration.
- Suspension from Intramural Sports.
- Referral to University Police Department.
- Referral to Office of Student Rights and Responsibilities.
- Referral to the Vice President for Student Affairs.

Sportsmanship Point System
Sportsmanship points are given to teams after each contest by the Intramural Sports Supervisor. These scores reflect behavior before, during, and after the contest. This system is meant to develop a positive atmosphere of fun and fair play.

For each sport the maximum amount of points is based on the number of games that are on the schedule. Each game will be worth 10 points. Each team will start the game with 10 point. Deductions will be tallied when the following unsportsmanlike conduct, personal misconduct, procedural misconduct is displayed.

Unsportsmanlike Conduct
Players shall not commit acts of unsportsmanlike conduct. These include, but are not limited to:
- Arguing with officials and staff by any player, coach, manager, or spectator (the captain is the only player permitted to talk with the officials.)
- Intentionally strike, push, trip, or flagrantly foul another player.
- Use foul or derogatory language, threaten, or verbally abuse any other participant or Intramural Sports Staff before, during, or after the game. This includes “trash talk.”
- Mistreat the facility, equipment, or supplies of California State University Bakersfield.
- Excessive celebrations after a score and/or using equipment as a prop after a score (ex. spiking the football after a touchdown.)
**Personal Misconduct**

Personal misconduct is any inappropriate physical or verbal actions directed towards an Intramural Staff member or participant. These include, but are not limited to:

- Participating under the influence of alcohol or drugs.
- Fighting and inappropriate contact, “I was defending myself” and “He/she hit me first” is not an excuse to fight.
- Leaving the bench or sideline to engage in an altercation.
- Abusive, inappropriate, intimidating gestures or comments towards Intramural Sports Staff or participants.
- Any intimidating act or gesture.

**Procedural Misconduct**

Procedural misconduct is knowingly breaking policies and procedures to gain an advantage over your opponent. These include, but are not limited to:

- Participation under an assumed name with someone else identification card.
- Misrepresenting a score.
- Participating under suspension.
- Knowingly participating as a former professional and/or a collegiate athlete.
- Violating any eligibility rules.

**Ejections**

Any individual who has been ejected from a game as a player or spectator will be subject to a minimum one game suspension from Intramural Sports activities. Ejected individuals must leave the SRC field area.

**Reinstatement**

Participant(s) or Teams ejected from an intramural contest will be ineligible for any future competitions until they meet with the Sports Coordinator. The Sports Coordinator will make a ruling on the length of the suspension based on the severity of the incident.

The ejected participant and team captain must meet with the Sports Coordinator within 24 hours/one business day (Monday – Friday 8:00am – 5:00pm) of the incident.

**Sideline/Benches and Spectators**

Only officials, players, and one coach are permitted on the field of play during a timeout. Smoking and alcohol or drug use on the SRC Field and facility is prohibited for all participants and spectators. Failure to comply with all Intramural Sports Rules and Regulations for the field or court by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game. Teams and their fans are not permitted to bring glass or metal containers to the field complex. Only clear, plastic bottles will be allowed on the SRC Field. No plastic or Styrofoam cups will be allowed.

Furthermore, to ensure participant safety, no pets will be allowed on the SRC Field during any activity. Violators will be removed from the Intramural Sports facilities with the possibility of forfeiting the game.

Any team that fails to clean up their sideline/bench area after a game will be subject to having their sportsmanship grade lowered.

All SRC Facility Policies and Participant Guidelines are in effect for all Intramural Sports activities.

**Drug and Alcohol Policy**

In accordance with CSUB Policy, drug and alcohol consumption prior to participation or during an Intramural Sports contest is not only unsafe, but also a violation of university rules, and if you are underage, illegal. As a reminder, the Intramural Sports Staff strictly enforces
the zero tolerance drug and alcohol policy during all Intramural Sports contests. Consequences for this violation of the rules include, but are not limited to, being prohibited to continue participating in Intramural Sports activities and a referral to the Office of Student Rights and Responsibilities.

FORFEITS AND PROTEST

Forfeit Policy
Officials/Supervisors appointed for contests have the authority to declare a game a forfeit. One forfeit will result in an automatic elimination from the playoffs. Contests that are completed prior to a team being dropped from the league for forfeits shall remain official, while contests not yet played will be recorded as “wins” for the opposing team/teams. A forfeit results when:
- A team does not enough players present to play at the scheduled starting time. There will be a five minute grace period, with a running clock.
- A team’s unsatisfactory behavior forces a forfeit while the game is being played.
- Ineligible player(s) is used (see ELIGIBILITY).

Protest Policy
Game Protest - Any game protest and other disagreements will be settled on the field/court by the captains and the Intramural Sports Supervisor. Teams may protest rule interpretations however protesting the judgment of an official’s call will not be overturned. All decisions are final.

Player Protest - If a team captain thinks the opposing team is playing with an ineligible participant, he/she must bring it to the official’s attention. The official will inform the offending team’s captain and the game will continue. It is the team captain’s responsibility to correct any violations once brought to his/her attention.

CONTACTS

Intramural Sports Staff and Directory

Sports Coordinator.................Kareem Bland - 661-654-2729 - kbland@csub.edu
Sports Student Manager........Taylor Tafarella- 661-654-2734- tltafarella@yahoo.com
Sports Supervisor...............Josh Thompson
Sport Supervisor..................Chris Smith
Sports Information Desk.......661-654-3428

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