

# INTRAMURAL SPORTS

2025/2026

## PARTICIPANT GUIDE



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## **PURPOSE AND MISSION STATEMENT:**

The intramural sports program is designed to provide all members of the University opportunities to participate in a variety of athletic activities. The activities encompass team and individual sports. Currently our intramural program includes both indoor and outdoor activities and events. In addition to the benefits of physical fitness, participants also improve skills, establish friendships, and develop lifelong leisure time habits.

Intramural sports are recreational activities which allow students and faculty to experience structured individual or team competition. Teamwork, hard work and dedication are values which we encourage, and exhibit in this program. The winners of each league or tournament are awarded championship t-shirts for each member of the team.

Intramurals are an integral part of campus life. Students, faculty, and staff all come together for competition and camaraderie through participation in a variety of sports activities and programs offered throughout the academic year. The intramural staff invites, and encourages you to get involved.

- Provides enjoyable experiences for the University participants
- Promotes fair play and sportsmanship through activities

## **INTRAMURAL STAFF AND CONTACTS:**

*Inclusion Policy:* If there are any additional sports you would like incorporated into the program please visit the Queens Athletics website under “Intramural Sports,” or email one of the contacts listed below.

<b>Name:</b>	<b>Position:</b>	<b>Email:</b>
Leah Brackett	Assistant Athletic Director for Sport Administration/Director of Campus Recreation	<a href="mailto:brackettl@queens.edu">brackettl@queens.edu</a>
Tertius Diestrechsen	Campus Recreation Graduate Assistant (Spring 2025)	<a href="mailto:dietrechsent@queens.edu">dietrechsent@queens.edu</a>
Hunter Meyer	Campus Recreation Intern (Spring 2025)	<a href="mailto:meyerh@queens.edu">meyerh@queens.edu</a>

*For Immediate Inquires:* [Campus\\_Recreation@queens.edu](mailto:Campus_Recreation@queens.edu)

## **EQUIPMENT:**

The Queens University of Charlotte Intramural Sports will provide the necessary equipment to participate in the decided activity. Participants are however required to wear athletic wear and proper athletic shoes. See below for more details:

- Regulation athletic footwear (Non-marking, rubber sole) required in the Levine Center. Shoes also must be closed toe.
- Rubber cleats are allowed during events at the Queens Sports Complex, this excludes the use of metal spikes or participants that are barefoot.
- Clothing may not contain any foul language, inappropriate slogans or images.
- The use of personal equipment:
  - Must meet regulations provided by the supervisor/*The Intramural Rulebook*.

## **CAPTAINS RESPONSIBILITIES:**

The team captains act as the primary liaison between the Intramural Program and their team. Captains are responsible for overseeing all associated members, including teammates, fans and coaches. Anyone associated with the team will be held liable under the captains control. The sum of team representatives and captain are liable for any disciplinary actions which can happen at any time during the Intramural season.

### *Captains Duties Include:*

- Create the team and select a proper and appropriate team name.
  - Any team name deemed inappropriate will be subject to change at the timely discretion of the staff
  - Inappropriate team names include political statements/views, aggressive/vulgar language and discrimination of any kind.
- Ensure your team has the correct number of participants. Teams are subject to at least have the minimum requirement of participants on their selected roster.
- Ensure all players are students and therefore eligible to participate before competition.
- Educate fellow teammates on up to date and current rules regarding the event and general rules and regulations using the *Intramural Handbook*.
- Educate fellow teammates regarding times and dates to avoid forfeits and potential suspensions.
- Responsible to pay forfeit fine(s) if necessary.
- Follow Queens Recreation on social media and be prepared to inform teammates on inclement weather updates, postponements or cancellations.

## **ELIGIBILITY:**

To participate in Intramural Sports at Queens University of Charlotte. All participants must provide a valid **Student ID (Q-Card)**, or Government issued photo ID. This must be a physical form of identification, digital is unacceptable.

Before participating participants must sign the *Intramural Participant Waiver*.

Participants will be given elicited directions, regarding the completion of the waiver before competition. Participants that are over 18 years-old, are responsible for signing their own waiver, whereas participants under 18 years-old must have a parent or guardian sign on their behalf. Intramural waivers will be saved in the system; therefore, it is only necessary to complete once per academic semester.

The Queens University of Charlotte Intramural Sports staff have the right to suspend any player(s) or team, based on the attempted use of ineligible player.

If you become aware of an ineligible player after the match, it must be reported by the next business day in order to be reviewed/processed. In the unlikely event of this occurrence please email [Campus Recreation@queens.edu](mailto:Campus_Recreation@queens.edu).

## **ELIGIBILITY PROTESTS:**

*Eligibility Protests are to be filed in this order:*

Prior to the start of the event, the team captain must notify the officials and/or the Intramural staff if they have a reason to believe a participant on the opposing team is ineligible to participate.

If the eligibility affair can be solved immediately by staff/supervisors, it is to be resolved prior to the start of the match.

If the eligibility affair cannot be solved immediately, the supervisor will notify both team captains that the game will be played “under protest”. This is until the suspicious player's identity can be verified.

- The player being questioned may participate at their own risk.
- If the player is found to be ineligible, the game will be forfeited to the opposing team, no matter the outcome.
- If the player is found to be eligible, the results of the game will stand as final.

## **ELIGIBLE PARTICIPANTS:**

Further information regarding participation is present in the *Intramural Rule Book*.

*Students:* All undergraduate and graduate students are eligible to participate in Intramural sports as long as they are enrolled in (2) credit hours of academics.

- Students that partake in off campus living are also eligible to participate, as long as they follow the rule above and have an active Q-Card.

*Faculty and Staff:* All faculty and staff both full-time and part-time are eligible to participate in Intramural sports. Documentation from the department stating that the faculty/staff member are enrolled in the Queens University of Charlotte workspace is required.

- Staff must work wither full time or part time at the University, and are required to work a minimum of (20) hours per week.

*Spouses:* Spouses of any eligible participants, are also eligible to participate in Intramural Events. In order to participate they must:

- Complete the *Intramural Participant Waiver*.
- Must be on the same team as the spouse or partner.

*Levine Center Members:* Anyone who has purchased a membership for the Levine Center is eligible to participate in Intramural Sports.

## **SPORTSMANSHIP RATINGS:**

The mission of Intramural Sports is to provide a safe, friendly, enjoyable recreational environment for everyone. Sports without sportsmanship have no place in Queens University of Charlotte's Intramural program. In order to improve and uphold sportsmanship this specific rating scale was developed.

*Rating Scale:* Team captains are responsible for the behavior of all participants, and bench members of their team. The ratings are as followed:

*4.0 Rating:* Excellent Conduct / Sportsmanship and Model Behavior: Players fully cooperate with officials, other players, team sport supervisors, and their own teammates. Captain is in complete control of their team, bench, and themselves throughout the entire game.

*3.0 Rating:* Average Conduct and Sportsmanship: Some team members or Spectators verbally complain to officials. Display minor hitch in judgment. Showing some disrespect to officials,

other players and / or Team sports supervisors. Except for minor problems shows control over their team, bench, and themselves.

*2.0 Rating: Below Average Conduct and Sportsmanship:* Multiple obvious verbal disrespect towards officials and/or other players and/or team sport supervisors. Captain shows control over him/herself but little control over players, and bench. Vulgar language and / or profanity is displayed by members of team.

*1.0 Rating: Poor conduct and Sportsmanship:* Players and/or team constantly comments to the officials and opposing team. Captain has zero control over, players, bench and him/herself. Zero ratings are given out to games that are ended early for behavior issues or to teams that show total disrespectful to; opposing players, officials, and/or team sport supervisors.

**0 Rating: UNACCEPTABLE CONDUCT AND SPORTSMANSHIP:** Team is completely uncooperative. Captain has zero control over, players, bench and him/herself. Zero ratings are given out to games that are ended early for behavior issues or to teams that show total disrespectful to; opposing players, officials, and/or team sport supervisors.

- If this rating is received, it will allow for repercussions against members of the team. This includes:
- Written disciplinary conduct violations, Honor code violations, bans from Intramural Events.

How to Calculate Sportsmanship Ratings:

Officials and/or The Director of the Intramural Sports program will rate the team's sportsmanship and average them out if the team is participating in a short season.

General Knowledge and Ratings:

- Must have 3.0 season average to play in playoffs
- Team with ejected participants can receive no higher than "2.0" rating
- Any team receiving a "0" or "1" must have captain meet with Intramural sports director before next game
- If a team receives a second "0" rating will be dropped from the league.
- A team winning a contest by forfeit or default will receive a "4.0" rating.
- A team losing a contest by default will receive a "3.0" rating.
- Officials/Supervisors judgment whether team rating is "1.0" or "0" when game is forfeited for 3 or more technical by a team.

## **RESTRICTIONS REGARDING PARTICIPANTS:**

Participants are required to follow the restrictions below: If you are unable to follow these rules and restrictions, disciplinary action will be taken depending on the severity of the violation.

*One Team Rule:* Whilst participating in Intramural Sports, participants must only be a part of one team during the event.

*ID Requirements:* In order to participate in Intermural Sports, participants must show a valid student/faculty and staff card to confirm their eligibility. If there is no ID or invalid ID available, you will be unable to participate.

*Sportsmanship & Code of Conduct:*

- Respectful behavior towards teammates, opponents, staff and officials is required.
- No fighting, abusive language or disruptive behavior will be tolerated.
- No undermining spirit (deliberately injuring someone/cheating)

Failure to follow the restrictions above will prevent you to attend/participate in Intramural Events in the future.

*Injuries (Restrictions):*

- Any injury that happens during the game should be immediately reported, If the participant wants to return they must follow Return-To-Play guidelines provided by a health care provider.
- If a participant is injured before the beginning of the match, they are unable to participate.

## **VARSIY ATHLETES:**

Any student (officially) participating, or listed on an Intramural Sports team roster that is a part of a four-year athletic program at Queens University of Charlotte will be deemed a varsity athlete. This includes NCAA club sports such as rugby and triathlon. All teams under the regulation of the NCAA hosts athletes that must follow the rules below.

*Training Conflicts:*

- Varsity athletes are required to prioritize athletic and academic responsibilities. If their participation in Intramural Sports conflicts with their varsity training or competition, they must defer back to their varsity commitments.

*Return to Play:*



- Varsity athletes that choose to participate in Intramural Sports are responsible for any injuries withstood from the event.
- If a participant gets injured during Intramural Sports, they must follow return to play protocol provided by their teams designated Athletic Trainer (AT) to return to NCAA athletic play.

*Conduct Responsibilities:*

- Varsity athletes that choose to participate in Intramural Sports are required to be held responsible to the highest sportsmanship standard possible.
- Varsity athletes should be role models for recreational players, demonstrating respect towards teammates, officials and opposing teams.
- Disciplinary action will be taken if the athlete fails to do so, which may affect their intramural and varsity standing.
- Varsity athletes are expected to show strong leadership capabilities and overshadowing less experienced players, especially if it is a familiar event.

**VARSITY ATHLETE LIMITATIONS/PARTICIPATION:**

*Varsity Athlete Limitations:* Each team is allowed two varsity athletes on the floor at a time. Refer to the table below to see which sports are applicable.

<i>Varsity Sport</i>	<i>Intramural Related Sport</i>
Men's and Women's Basketball	3v3 Basketball, 4v4 Basketball
Men's and Women's Volleyball	4v4 Volleyball
Men's Baseball and Women's Softball	Slow Pitch Softball
Men's and Women's Soccer	Futsal
Men's and Women's Rugby	Flag Football

## **ALCOHOL, DRUG, AND TABACCO POLICY**

Alcoholic beverages, illegal drugs, vaping/e-cigarette products, and tobacco items are strictly prohibited in and around the playing areas. Any individual found in possession of these substances, or who appears to be under the influence, will be asked to leave the premises immediately. In serious situations, campus security may be contacted. Intramural Sports staff members have full authority to enforce this policy. The possession and use of intoxicants in public spaces within university facilities, as well as at official university events or social gatherings held on campus, are not allowed. Violations of this policy may result in probation or dismissal from intramural activities and could lead to further disciplinary actions in accordance with Queens University of Charlotte and Recreation Services regulations.

## **INJURIES AND LIABILITY:**

### *Assumption of Risk:*

By registering for and participating in any intramural sport, participants understand that injuries, accidents, or other health-related incidents may occur. These may include, strains, fractures, concussions and other sport specific injuries. The University will not be held liable for any injuries sustained during the participation in Intramural Sports.

### *Emergency Response:*

In the event of an injury or emergency situation during an intramural event, the University staff will follow standard ***Emergency Action Plan (EAP)*** protocols to ensure the safety of all participants. This may include providing first aid, contacting emergency medical services and if necessary, arranging for transport from Queens University of Charlotte facilities to a medical facility.

Queens University of Charlotte is committed to providing a safe and healthy environment for its students, faculty and staff.

### *Participant Responsibility:*

Participants are responsible for their own actions and behavior. If a participating in Intramural Events you must be respectful, adhere to rules, and adhere great sportsmanship qualities. By participating in Queens University of Charlotte's Intramural Sports Program, you are helping to create an inclusive, fun, and positive environment for everyone involved.

### **BLOOD-BORNE PATHOGENS:**

Participants that are bleeding will be removed from play immediately. If blood is found on any article of clothing, or one's body, the participant will be removed from competition until the proper playing conditions are met.

### **INCLEMENT WEATHER:**

In the event of inclement weather, Intramural Sports events at Queens University of Charlotte may be postponed or canceled. Updates regarding cancellations or rescheduled events will be communicated via email and on the Campus Recreation Instagram. For your safety, please remain off the Intramural Sports Complex fields during adverse weather conditions. Failure to comply with this request may result in suspension from participation in Intramural Sports activities.

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