The mission of Central College Intramural Program is to provide team and individual sporting opportunities to the Central College community. Our intention is to deliver a well-organized program of various sport activities in order to engage participants in physical activity, develop leadership through sport, and have fun through competition. This is supported to best develop participants as a whole person – body, mind, and soul – in the framework of the college mission statement.

1 Events Calendar

1.1 Fall Sports
- Sand Volleyball 6 v 6 (Co-Ed)
- Flag Football 7 v 7 (Men & Women)
- Basketball 5 v 5 (Men & Women)

1.2 Winter Sports
- Volleyball 6 v 6 (Co-Ed)
- Indoor Soccer 5 v 5 (Co-Ed)
- Other as interest demands

1.3 Spring Sports
- Softball (Co-Ed)
- Basketball 3 v 3 Outdoors (Men & Women)
- Other as interest demands

2 Participants

2.1 How to be involved
- Complete the sign-up form prior to sport sign-up deadline. Forms are available from the Directors of Intramurals, Monica McWilliams (mcwilliamsm@central.edu or office Kuyper 201) and/or Katelin Gannon (gannonk@central.edu or EX SC building office 111)
- Visit http://departments.central.edu/intramurals/ for more information
2.2 Captain: Role and Responsibility

- The captain will be responsible for all communication between his/her team and the intramural coordinator and staff
- The captain will inform teammate(s) of rules, schedules, and time/place of activities
- The captain will represent the team at all informational meetings
- The captain is responsible to confirm player eligibility and communicating that with the intramural staff
- The captain will keep the intramural staff with updated roster and contact information

2.3 Eligibility

- All current Central College students, staff, and faculty are eligible to participate in intramural programs
- Each individual may only compete on one team for each individual sport
- Pending the sport offered, there are roster limitations for rostered intercollegiate athletes of that same sport

3 Sign Up Procedures

3.1 Teams

- Complete the sign-up form prior to sport sign-up deadline. Forms are available from the Directors of Intramurals, Monica McWilliams (mcwilliamsm@central.edu or office Kuyper 201) and/or Katelin Gannon (gannonk@central.edu or EX SC building office 111)
- Late team entries are not guaranteed placement in the league/tournament
- Team Captain must attend the rules meeting prior to the team competing in the intramural event

4 Procedures

4.1 Sport Rules

- Please see individual sport rule books as provided on the website and/or from the office of the Director of Intramurals

4.2 Equipment

- Sport equipment will be provided by intramural staff unless otherwise indicated
4.3 Schedules

- Schedules are subject to change by the intramural staff only. In certain instances, captains may self-schedule with each other after permission is granted from the intramural coordinator.

- Weather delays or cancellations may alter intramural games and/or seasons. This is particularly affected by field and court availability, wherein the Central College Athletic Teams will gain first priority.

4.4 Forfeit Procedures

- At game time the minimum number of players must be present, otherwise the result is a forfeit

- More than 1 forfeit by a team is subject to removal from the competition season

- Concession games: If a team captain knows s/he will not have sufficient numbers to play, the captain will communicate that to the intramural coordinator; the teams may play with the ineligible team recognizing it will be marked as a loss

4.5 Post-Season/Tournament Play

- Tournament play will be subject to each individual sport and number of teams participating. Details will be provided at the initial rules meeting.

4.6 Protest Procedures

- A protest form may be written and given to the Intramurals Director within 24 hours of when the dispute took place. This protest is not a guarantee that a change in the decision or result will occur, but it will be considered after a review of the incident, an Intramural staff meeting, and/or a conference with all those involved.

5 Player Conduct

5.1 Players are expected to act and conduct themselves in a dignified, respectful, sportsmanlike manner

5.2 Penalties for violation of sportsmanlike behavior may range from a warning, suspension (1+ games, season, semester, or college career), and/or referral to the class dean for discipline issues. Penalties are administered by the intramural coordinator
5.3 Unsportsmanlike behavior includes use of profanity and/or derogatory remarks, hitting or striking an opponent, deliberate intent to hurt an opponent or official, arguing or touching an official, acting to damage the facility and/or equipment, possession of alcohol or drugs at events, unnecessary delay of the competition, and/or actions that disregard the rules and policies of the intramural sport programs

6 Injuries/Insurance

6.1 Participation in intramural programs at Central College is completely voluntary

6.2 The college does not assume responsibility for injuries occurring during the intramural competition

6.3 The intramural program does not carry insurance to cover participants who are injured during competition

6.4 Participants must complete a consent/liability form prior to involvement in the intramural season. Only one form needs to be completed per academic year is necessary. Forms are available and housed with the Director of Intramurals.

7 Sportsmanship

7.1 The success of the Central College Intramural Program is conditional to all participants acting in a fair, appropriate, and sportsmanlike way. A positive attitude and consideration of others throughout intramural competition is expected.