



**LIMESTONE**  
UNIVERSITY

*Intramurals*

**Intramural Sports and Student Activities  
Participation Manual  
2022-2023**

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## Important Phone Numbers

McKenzie Hite, *Director of Student Activities and Summer Conferences*

864-488-4374

[mnhite@limestone.edu](mailto:mnhite@limestone.edu)

Nathan (Nate) Burgess, Student Activities and Intramural Sports Graduate Assistant

[neburgess0814@limestone.edu](mailto:neburgess0814@limestone.edu)

Campus Safety

864-761-6598

*If an emergency, students should see a front desk associate during Timken Center Hours of Operations or Contact Campus Safety. For night events, students may contact the supervisor working on the event or Campus Safety.*

## Timken Hours of Operations

Monday – Friday: 10 AM – 11 PM

Saturday: Closed

Sunday: 2 PM – 6 PM

*Please note that the hours of operations are subject to change. On days that the University is closed, so are our facilities. On days when Timken Center facilities are being used for NCAA affiliated games, Timken Center Operations will be closed for the games.*

*Additional information regarding summer hours and hours during Finals will be released to the students via email. If you have questions about our hours, please contact McKenzie Hite at [mnhite@limestone.edu](mailto:mnhite@limestone.edu).*

## List of Intramural Activities

Details regarding registration, start dates, and schedule of events, can be found by downloading the IMLeagues app. Search Limestone University and create an account!

- 8-Ball Pool
- Basketball
- Cornhole
- Dodgeball
- Flag Football
- Man-Hunt
- Ping-Pong
- Sand Volleyball
- Spikeball
- Teqball
- Yoga

Limestone University Intramural Sports Department will also host weekend getaway trips throughout the year. These trips will be free to current Limestone University students and on a first-come-first-served basis. Please pay attention to your email for more information regarding these trips.

*Please note that Intramural Activities are subject to change based on interest. If you have any other activities in mind for intramurals, please contact McKenzie Hite at [mnhite@limestone.edu](mailto:mnhite@limestone.edu) and share your ideas or ask any questions regarding IMLeagues.*

## Section One: Liability and Injuries

All participants must sign a liability waiver before competing or participating in any Intramural and Student Activities events on or off-campus.

1. Participation in the Intramural and Student Activities programs at Limestone University is voluntary and individuals participate at their own risk. Participants should be aware of the responsibilities for bodily, mental, and emotional injury. They should understand that they are responsible for any cost arising from injury or property damage sustained through participation.
2. To use the Timken Facility, all students, faculty, and staff members must check in with the front desk associate and present their "L Card" (Limestone ID card).

## Section Two: Eligibility

All Limestone University students are eligible to participate in Intramural and Student Activities. Participants are to be knowledgeable of the eligibility rules that govern their specific activity. The Intramural Sports Department holds the right to investigate any eligibility concerns and act on them accordingly.

### ***Undergraduate Students***

All undergraduate students currently enrolled in one or more credit hours at Limestone University are eligible to participate in Intramurals and Student Activities.

### ***Graduate Students***

All graduate students currently enrolled in one or more credit hours at Limestone University are eligible to participate in Intramurals and Student Activities.

### ***Faculty, Staff, and Spouses***

Faculty, Staff, and spouses are allowed to participate in Intramurals when extended an invitation and will need to complete a waiver before the event/activity. In some circumstances, faculty and staff may be asked to supervise an off-campus activity.

### ***Varsity Sports***

Varsity Athletes are defined as being on a collegiate varsity, junior varsity, or freshman roster. Varsity athletes may participate in Intramurals or Student Activities with their coach's consent.

### ***Team Rosters***

Players must be on the team's roster within IMLeagues prior to participating in their game if the game calls for teams. Participants can be added to a team at any point prior to the playoffs. There will be no addition of teams or players once tournaments have started.

## Section Three: Captain's Responsibility

It is the responsibility of participants to form their team and register in the Intramural Sports Office, Dobson 2<sup>nd</sup> Floor (Room 202), and on the Intramural Formstack during the registration period and before the deadlines provided by the Intramural Sports office. When registering, a captain must be listed, and the captain is the liaison between the team and the intramural Sports office. The captain is also the person to whom communication/correspondence will be directed. Specific responsibilities of the captain include:

### ***Before the Season Starts***

1. Register your team in the Director of Student Activities office and on the Intramural Waiver Formstack.
2. Stay in contact with the Director of Student Activities (McKenzie Hite).
3. Choose a team color and name for events.
  - a. The office of Intramural Sports highly recommends these decisions be made as a team.
4. Ensure all teammates have signed a waiver and are on the roster prior to the cut-off date.
5. Ensure all teammates comply with current health and safety measures.

### ***During the Season***

1. Notify team members of rules, playing schedules and changes, eligibility policies, and team compliances.
2. Ensure all teammates have signed the waiver.
3. Represent the team in the case of a protest.
4. Promote good sportsmanship and fair play before, during, and after games for all team members and spectators.
5. Inform all the team members of the proper process if a team member is ejected from an Intramural Sports activity.



## Section Four: Participation Responsibilities

All participants are encouraged to assist their team's captain with the organization of their Intramural Sports team. Intramural sports are only fun if both teams show up to their scheduled game with enough players to compete. Every participant can do their part to prevent forfeits. Teams can be disqualified for poor sportsmanship, not having enough players, and not following the University's or Director of Student Activities' rules.

All participants and spectators are responsible for cleaning up after themselves prior to leaving the facilities. Participants and spectators are also responsible for gathering their personal belongings. Intramural Sports, Student Activities, and staff are not responsible for any items left behind and the location of items left behind. Please keep up with your own belongings.

## Section Five: Cancellations

Students can find out the latest news from Intramurals and Student Activities, including weather updates through:

1. Email
2. IMLeagues
3. Instagram: @limestone\_studentactivities

It is the team captain's responsibility to update their team members on cancellations.

Games do NOT have to be made up. Makeups are at the discretion of the Director of Student Activities.

### **Weather Guidelines**

Limestone University may cancel outdoor programs to ensure the safety and health of participants if:

- The weather falls below 25 degrees Fahrenheit
- The heat index rises above 105 degrees Fahrenheit
- Thunder, lightning, or rain is detected

## Section Six: Protest

At no time should the Director of Student Activities be emailed, texted, or called after an event to discuss a ruling on a disqualification, cancellation, or complaint. However, in-person office visits are allowed to discuss the decision-making process.

### **Rule Interpretations**

1. A protest of a rule interpretation must be verbally registered with a supervisor with the incident occurs. The game clock will be stopped until a decision has been made. At no time should a team captain or team member involve themselves in the decision-making process with the Intramural staff.
2. If either captain believes the staff's ruling to be in error, they should inform the supervisor that they wish to protest. The staff member or supervisor will then work with the team captains and all staff to identify the error and find a proper decision.
3. Protest must be made during the game, not after.
4. Students may not protest decisions made by a staff member.

### **Participant Eligibility**

1. Protest of alleged ineligibility should be made immediately to the Intramurals and Student Activities staff prior to any gameplay or activity.
2. If either captain feels there is an eligibility concern during or after the game, they should inform the supervisor.

## Section Seven: Equipment/Attire

For most sports and activities, equipment is provided by the Intramural and Student Activities program. However, some sports allow participants to use their own equipment if the Intramurals staff, the opposing team, and the Director of Student Activities approves it.

Athletic attire and closed-toe shoes are required for participation in most intramural student Activities.

1. Shirts must be worn on the basketball courts and when participating in events on campus.
2. The onsite staff member will decide whether a participant's attire is appropriate for play.
3. The Director of Student Activities will send an email prior to the events and games to arrange team colors or proper attire.
4. If a participant does not honor the dress code, they will become ineligible to attend an event or game.

### Jewelry

The Intramural Sports program prohibits the wearing of jewelry for safety reasons. However, jewelry may be worn during Student Activities. If safety is a concern, a staff member may ask participants to remove their jewelry.

1. The only pieces of jewelry that will be allowed are medical alert bracelets/necklaces or jewelry with a religious affiliation that is taped down.
  - a. ***Intramural Sports and Student Activities Department and staff are not responsible for any pieces of jewelry lost or damaged during competitions or if they cause harm or injury to other participants if worn unknowingly and improperly.***

### Wearable Fitness Technology

Participants may wear fitness tracking technology during Intramural games and events on campus under the following guidelines; ***Intramural Sports and Student Activities Department and staff are not responsible for losses or damages.***

1. Participants may wear fitness watches at their own risk.
2. Participants may wear their fitness tracking devices in their pockets to monitor activity if desired.
3. Headphones may not be worn at any time during activity play.
4. Fitness tracking devices must be checked prior to Intramural games by a staff member.

## Section Eight: Conduct and Sportsmanship

The Intramurals and Student Activities Department realizes that games and events are very important to participants, but the competition importance of winning should not be so great that good sportsmanship is overlooked. Our playing fields/courts/facilities are not to be used for verbal or physical abuse towards any participant, spectator, or staff. To ensure fair play and good sportsmanship prevail, the Intramurals and Student Activities staff will assign a sportsmanship rating to each participating team and will notify the Director of Student Activities if poor sportsmanship conduct is being displayed during events. The Intramurals and Student Activities staff reserve the right to warn, penalize, eject, or dismiss participants from participation based on conduct and sportsmanship. Each team is responsible for the actions of each member and their fans before, during, and after the game. Failure of a team or individual to cooperate may be caused for suspension from Intramural Events.

### **Team Sportsmanship Ratings**

Each team will be given an overall sportsmanship rating for each game by the Intramurals Staff. The rating will be on a 5-point scale of 5 – 1. No comments by staff members on sportsmanship ratings will be given un the end of the season. If students are concerned about their team’s rating, they may email the Director of Student Activities or the Graduate Assistant. The final sportsmanship scores will be released at the end of each event season.

A general description of each rating and the behavior that constitutes each rating is listed below:

- 5 Rating: Excellent Conduct and Sportsmanship
  - Players fully cooperate and are friendly with all staff members and other teams. The captain calmly converses with the officials about rule interpretations and calls. The captain has full control of their teammates, spectators, and sideline throughout the contest. There is no dissension shown.
- 4 Rating: Good Conduct and Sportsmanship
  - Team members have minor verbal complaints about decisions made by staff or show minor dissension towards the other team.
  - Teams that receive one conduct warning will not receive higher than a “4” rating.
- 3 Rating: Average Conduct and Sportsmanship

- Team members verbally complain about several decisions made by staff members or show dissension towards their opponent, which may or may not merit an unsportsmanlike conduct penalty.
- Teams that receive two conduct warnings can receive no higher than a “3” rating.
- 2 Rating: Below Average Conduct and sportsmanship
  - Team members show unacceptable verbal dissent towards staff or opponents from the playing field or sideline. The team captain exhibits very little control over their teammates or themselves.
  - Teams that receive one ejection of three conduct warnings can receive no higher than a “2” rating.
  - Their captain and participants may be asked to meet with a staff member regarding their sportsmanship rating.
- 1 Rating: Unacceptable Conduct and Sportsmanship
  - Team members are completely uncooperative. The team captain has no control over their teammates or themselves.
  - Teams with two ejections and four conduct warnings will forfeit the season and sit out the following season.
  - Any form of fighting or aggression towards another participant or staff member will result in a “1” rating and the game will be forfeited.

At Limestone University, each student is responsible for upholding the policies found in the student handbook. In addition, as participants of the Intramurals and Student Activities events or games, it is the team’s job to keep teammates and fans accountable for their actions and demonstrate respect towards opponents and other spectators.

### **Tobacco, Alcohol, and Other Drugs**

1. The use of alcohol or other drugs prior to or during any Limestone University Intramural or Student Activities event by participants and spectators will not be tolerated. Any person suspected of this use will be asked to leave the premises immediately. Further actions may be taken.
2. Use of tobacco of any kind during Limestone University Intramurals or Student Activities events by participants and spectators will not be tolerated. Any person suspected of this use will be asked to discontinue use immediately. Further actions may also be taken.
3. Please refer to the Limestone University Alcohol and Durg Policy in the Student Handbook for more information.

### **Ejection Policy**

All participants ejected from a Limestone University Intramural or Student Activities event will be immediately suspended from all other activities until the Director of Student Activities reinstates them.

If ejected, participants must remove themselves from the area immediately. Failure to do so will result in the forfeit of a game or force staff to call Campus Safety.

1. Ejected participants will not be permitted back into events until reinstated.
2. To be reinstated, the ejected participant must set up a meeting with the Director of Student Activities.
3. The Director of Student Activities will speak to the suspended participant and base the length of suspension for each incident on the information obtained from the officials, supervisors, and participants involved. The Director of Community Values and Campus Safety may become involved based on the infraction.
4. Infractions that may result in ejection from Intramural and Student Activities include but are not limited to the following:
  - a. Unsportsmanlike behavior
  - b. Verbal Abuse
  - c. Unnecessary physical contact
  - d. Fighting
  - e. Threatening behavior
  - f. Playing under the wrong name or on two teams
  - g. Consumption of alcohol/drugs
  - h. Damage or destruction of facilities or equipment

### **Playoffs**

1. Sportsmanship will be enforced during playoffs. To continue to proceed in the playoff bracket, all teams must be respectful and simply positive sportsmanship; win or lose.
2. During playoffs, teams are expected to have a three or higher sportsmanship rating.
  - a. Teams with below a two rating will forfeit the rest of their games and be removed from the bracket.
3. During playoffs, single elimination will occur unless otherwise stated. No shows or ejections will present cause for elimination and allow the opposing team to advance without play.

### **Sportsmanship Appeal**

Teams that wish to appeal their rating must set up a meeting with the Director of Student Activities. No appeals will be made during the playoff season.

### **Feedback**

The Director of Student Activities will collect feedback at the end of the semester via an email survey.



## 2022-2023 Intramural Sports and Student Activities Participation Waiver

### **PARTICIPANT RESPONSIBILITY:**

I understand that it is my responsibility to know, understand, and comply with all applicable Limestone University Intramural Sports and Student Activities rules, policies, and procedures.

I understand that failure to comply with these rules will result in disciplinary action.

### **INSURANCE RESPONSIBILITY:**

I understand that Limestone University does not provide insurance for participants. It is strongly recommended that all participants have a satisfactory health status and appropriate medical and/or personal accident insurance coverage for any injury, which might occur during participation in a Limestone University recreation, Intramural, and or fitness activity.

### **WAIVER, RELEASE, and ASSUMPTION of RISK:**

I understand that in consideration of permission to participate in recreational sports activities organized by The Limestone University Department of Intramural Sports and Student Activities on behalf of myself, my family, my heirs, and my assigns, I hereby release and hold harmless The Limestone University Department of Intramural Sports and Student Activities, the Board of Trustees, the State of South Carolina, Limestone University, and its employees and agents from liability for injury, death or property loss suffered by me resulting from the ordinary negligence of the Department of Intramural Sports and Student Activities, its agents or employees while I am using the facilities, equipment, participating in events or in any way associated with participating in the Intramural program.

I acknowledge that I know and understand the inherent risks of participating in the recreational sports activities that I chose. I know that these risks range from minor scrapes, strains, and bruises to significant injuries such as broken bones, eye injury or loss, concussion, paralysis, and even death which may result from my own actions, the actions of others or a combination of both.

By the execution of this agreement, I fully assume the inherent risks associated with The Limestone University Department of Intramural Sports and Student Activities and assert that I am voluntarily participating in such activities. I have fully and carefully read this waiver, release, and assumption of risk prior to signing it and understand its contents.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_