

1.00 PHILOSPHY

The Intramural Sports Program at Northern Virginia Community College wants to encourage the wellness of its community by providing opportunities to both students and faculty/staff to engage in fun, competitive, and social activities. Through a wealth of different activities and events participants will benefit physically, mentally, and socially, helping the Intramural Sports Program achieve its goal of promoting active and healthy lifestyles.

Intramural Sports is also a vehicle being used to increase the facet of Student Life at each campus of Northern Virginia Community College. Through the use of sports and activities the Intramural Program is attempting to increase student ownership and a sense of pride in their college by offering students opportunities outside the classroom that present different kinds of challenges and give them a sense of fun and enjoyment.

2.00 PARTICIPATION

1. **PARTICIPANTS MUST BE A CURRENT REGISTERED STUDENT AND/OR FACULTY/STAFF WITH VALID NOVA ID CARD.** No outside individuals allowed.
2. You cannot participate in a game if you do not present your NOVA ID.
3. Teams found with illegal players will forfeit the remainder of their scheduled games.
4. Participants must wear proper athletic attire during event: shorts, sweat pants, any athletic shirt (shirt must be worn), sneakers, **NO JEANS, NO DRESS PANTS, NO BOOTS, NO BLACK SOLED SHOES, NO JEWELRY** (please place tape or band-aid over ear piercings).
5. A team may only have 2 players who are considered Varsity Athletes on their roster. A Varsity Athlete is anyone who is currently on an athletic team roster at NOVA during the semester of the Event.
6. Players cannot switch teams in the middle of an Event season. People can be added to the team roster up until half way through the season, provided they have not already participated in a game with another team.
7. Only players who have played in a game for their team are allowed to play in the playoffs. A team may not pick up extra players for the playoffs.

3.00 SPORTSMANSHIP

Participants will adhere to the spirit of good sportsmanship. The following will be considered a violation of the Intramural Sportsmanship Code of Conduct:

- Engaging in any physical or verbal abuse of fellow participants, officials, or spectators.
- Using obscene gestures, profanity, and derogatory language.

- Consumption of tobacco, alcohol and/or illegal drugs before and during play.
- Inciting any spectators or other participants to engage in abusive or disrespectful behavior that can display poor sportsmanship.
- Violating any College rules or policies.

Anyone found engaging in such behaviors will be removed from the game and the playing area, and also may be subject to involvement of Campus Police. Furthermore, a participant in violation will not be reinstated until they have a meeting with Jeff Dukat, Director of Intramurals. If participant plays in a game before reinstatement their team will forfeit that game. Two removals due to bad sportsmanship in one semester will result in expulsion of Intramural Participation for that individual for the rest of the academic year.

3.10 SPORTSMANSHIP POINTS

1. Sportsmanship Points is a way to gauge a team's compliance in adhering to the spirit of good sportsmanship. The criteria stated above provides a broad guideline as to how a participant/team should conduct themselves while playing in an Intramural Sports sponsored event.
2. If Intramural Staff, officials, scorekeepers, supervisors, deem any individual or team to be engaging in act that falls under any of the criteria stated above a sportsmanship point will be deducted from that team.
3. Sportsmanship points can only be deducted not awarded. You are expecting to uphold the ethics and standards of sportsmanship at all times. Your commitment to upholding the conduct of sportsmanship is to be commended but also it is to be assumed and therefore, not rewarded.
4. Depending on the severity of the act 1 warning may be issued in lieu of a deduction but does not have to be. Upon receiving a deduction of a sportsmanship point the team will be notified immediately once there is a break in play so the team is aware of the infraction. Any consistent questions aside from trying to gain an understanding of the infraction may result in another deduction.
5. A deduction in Sportsmanship Points can hurt your chances in the standings or if you are on the bubble to get into the playoffs as they will be used as the first tiebreaker category.

4.00 TEAM CAPTAIN/CAPTAIN'S MEETINGS

1. Each team has a designated team captain. Information regarding scheduled games will be relayed to the team captain who is responsible for informing the rest of their team.
2. There will be a Captain's Meeting held prior to the first scheduled games of each event. At the meeting we will discuss policies and rules, and schedules will be distributed.
3. There will also be a Captain's Meeting help prior to the playoffs, so that schedules can be handed out and any concerns can be discussed.

4. The game will follow the rules set forth by the Intramurals Department. Rules will be discussed at the Captain's Meeting. Please see event organizer for clarity of any rules in question.
5. If your team misses the Captain's Meeting you will be required to pay the \$10 Forfeit Fee. If the Forfeit Fee is not paid before your next game, your team will be removed from the schedule.
6. 2 forfeits in one league during the same Event and your team will be removed from the schedule.

5.00 AVAILABILITY

It is important to note that your team's availability times, while certainly taken into consideration, will not always comply with actual scheduled game times. Certain formats will be easier than others to match availability with actual game times

5.10 REGULAR SEASON GAMES

These games will be easiest to match with availability. It is possible your team may play a few other teams more than once based on availability.

5.20 PLAYOFF GAMES

Every effort will be made to ensure playoff games are scheduled during both teams availability. However, please understand that we are on a time table to move forward so it is likely a playoff game could be scheduled outside your availability time due to the pre-determined nature of the scheduling.

5.30 TOURNAMENTS

For tournament play your availability will be used to schedule your first game. Due to the nature of tournament play and the factors that lead to game schedules being pre-determined, most games beyond the first round are likely not to match with your availability.

We do ask that you please take this into consideration when thinking about signing up a team. Participation is key to Intramurals, and although the utmost effort to schedule each team's game during their availability will be made, it is high likely team's will have some games outside their availability time.

6.00 LEAGUE CLASSIFICATIONS & DIVISIONS

1. There will be 2 different Classifications offered per Event. Both a Men's League and a Co-Ed league will be offered for each Event.
2. Females are welcome to play in Men's League competition.

3. Co-Ed teams are comprised of a mix of male and female participants OR all female participants. If a team has a mix of male and female there can only be at most one less female participant than male participants playing.
4. There will be 2 different divisions for each classification. There will be a Pro Division, for more experienced, competitive participants, and a Rec Division, for those who are less experienced and are playing more so to have fun rather than to be competitive.

7.00 FORFEIT POLICY

There are several ways in which to incur a forfeit, resulting in having to pay a Forfeit Fee of \$10 in order to remain on the schedule for that Event:

- If a team is not present at their scheduled game time it will be considered a forfeit and that team will be taken off the schedule unless the Forfeit Fee is paid before their next game.
- Teams are allowed to start and play a game with 1 fewer people than the max number of players required. Any less and the team will forfeit.
- Any team that did not pay the Forfeit Fee before their next contest will forfeit the rest of their games and be removed from the schedule.
- Any team that plays a game with an ineligible player will incur a loss but it will not result in having to pay the Forfeit Fee. If it happens a second time the team will be removed from the schedule. If it is found out after a number of games have already been played, rosters will be reviewed and the team will have losses for every game participated in by the ineligible player.
- If a team calls the Intramural Office before their scheduled game to concede the game due to lack of players the team will lose the game but will not have to pay the Forfeit Fee.
- Forfeit Fees can be paid to Jeff Dukat, Intramural & Recreation Specialist, at the site of Intramural Games or at the Recreation and Athletic office on the Alexandria Campus Engineering Building (AE) room 214.

8.00 INCLEMENT WEATHER & CANCELLATIONS

1. In situations where there is inclement weather, it will be the discretion of the Intramural Staff to cancel games. If Regular Season games are cancelled efforts will be made to try to reschedule if possible.
2. Playoff Games that are cancelled will be rescheduled.
3. If games are cancelled Team Captains will be notified. It is then the Responsibility of the Team Captain to let the rest of their team know.