

**LINCOLN CHRISTIAN
UNIVERSITY**

Intramural Sports Program

HANDBOOK

LCUS INTRAMURAL SPORTS PROGRAM HANDBOOK

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Introduction

Welcome to the Intramural Sports Program here at Lincoln Christian University. The mission of the Lincoln Christian University Intramural Program is to enrich the LCU experience for all students, faculty and staff by providing quality opportunities for participation, healthy competition and leadership through organized recreational activities. The overall aim is to provide opportunities for the LCU community to participate and have fun in an athletic environment while upholding our core values to glorify God in all we do, develop Christian character and be a responsible steward of God-given talents. The Intramural Sports office is located in the Laughlin Center, room L112, and can be reached by phone at #2227 or by email at: intramurals@lccs.edu.

Eligibility

All Lincoln Christian University students, faculty and staff members are eligible to participate in the Intramural Sports Program given the following restrictions.

1. Students:

All student participants must be currently enrolled full or part time at Lincoln Christian University.

2. Intercollegiate Athletes:

“In-Season” intercollegiate athletes (Basketball, Volleyball, or Soccer) are restricted from participating in their specific sports. “Off-Season” athletes are allowed to participate as individuals and groups up to three per team; including coaching staff. Any individual listed on a roster is considered part of an intercollegiate team.

3. All Players:

A player is to be considered a member of the team with which he/she legally participates with first. All other teams on which that individual participates shall be given a forfeit loss for each game that he/she participates in.

A player removed from any intramural contest by a Court Supervisor or the Director for any reason is suspended indefinitely from all intramural sports and must personally seek reinstatement from the Director of Intramurals.

Assumption of Risk

1. The possibility of injury exists in all sports. The Office of Student Development and Intramural Sports Program assume no responsibility for injuries.
2. All participants acknowledge the assumption of risk by their voluntary participation in the Intramural Sports Program.

Acknowledgement of Intramural Rules and Regulations:

1. All participants acknowledge the Intramural Sports Program rules and regulations by their voluntary participation in the intramural sports activity.
2. Ignorance of a rule(s) is no excuse.

I have read and understand the LCU Intramural Sports Program rules and regulations. I understand that my team may lose their chance to play if any of the following occurs: forfeits, missed captains meetings, ineligible players, unsportsmanlike conduct by teams or fans and other missed deadlines.

Intramural Registration

1. Registration begins the first week of classes. Entry forms can be obtained online at www.lccs.edu/intramurals, on the Laughlin Center Intramural bulletin board, or in the Intramural Sports Program office in Laughlin Center, room L112.
2. Submit the entry form by the deadline. The deadline will be posted on the top of each entry form, on the website, in LCU announcements and on the Intramural bulletin board.
3. The team captain must attend the captains' meeting, or in emergency cases send a responsible team representative.

Entry Forms

1. All entry forms must contain the following information:
 - Captain's name, email and phone number.
 - Team members full name.
 - Minimum number of participants.
2. There is a maximum number of participants for each Intramural Sport activity. All team rosters must abide by the sport specific amount.
3. Roster changes: will be open for change up until the team has completed the second game of the season. All roster changes must be approved by the Intramural Director.

Captain's Responsibilities

The role of the team captain is important, as it is the main link between the participants on the team and the Intramural Staff. For this reason, the person assuming the role of the team captain has a number of responsibilities they are required to fulfill. These responsibilities included:

1. Attending all captain meetings.
2. Making sure the team fee is paid.
3. Informing teammates of schedule dates, times and locations.
4. Informing teammates of schedule changes.
5. Making yourself and teammates familiar with rules and rule changes.
6. Submitting an accurate, legible team entry form on time to the Intramural Program office.
7. Ensuring that all players on the entry form are eligible for participation.
8. Getting approval for additions and deletions on rosters from the Director.
9. Keeping all entry form information current.
10. Providing two (2) Referees and one (1) score keeper on scheduled nights.
11. Making sure final scores are recorded when team is scheduled to officiate.
12. Ensuring that your team is on time for all games and when scheduled to officiate.
13. Striving to promote good sportsmanship and being a prime example of good sportsmanship.
14. Representing the team and being the only one to discuss rule interpretation and calls with the scheduled Officials.
15. Communicating with the Intramural Sports staff throughout the season.

There will be a Captains' meeting at the start of each Intramural Sports activity. The Captains' meeting is mandatory; a team will be dropped from the league if a team representative does not come to the meeting. Team schedules will be passed out at the meetings. Information regarding rules/policies will also be provided.

Free Agents

Free Agents are individuals that want to play an Intramural Sports activity but are unable to form a team.

1. Free Agents can fill out a Free Agent form, located online at www.lccs.edu/intramurals or pick up one on the Intramural bulletin board located in the Laughlin Center front lobby.
2. Free Agent teams will be formed, should there be enough individuals.
3. A Free Agent list will be available for team Captains that are looking to add extra players to their team.
4. Free agents are encouraged to attend the captains' meeting.
5. There are no guarantees that a free agent will be placed on a team.

Forfeits

1. A forfeit may be assessed for the following reasons:
 - After the 10 minute grace period, game time is forfeit time.
 - Failure to have the minimum required number of players at the field ready to play at game time.
 - A team has an ineligible player(s) on the roster or playing field.
 - Unsportsmanlike conduct.
 - Failure to show up for scheduled officiating.
2. Winning by a forfeit requires the opposing team to have the minimum number of players at the field, ready to play at game time (also must fill out score sheet).
3. If both teams fail to have the minimum number of players required at game time, a double forfeit will be called and both teams will receive a loss.
4. Obtaining two (2) forfeits within regular season play will disqualify a team for the Playoffs.

SPORT	MINIMUM # REQUIRED
VOLLEYBALL	4
BASKETBALL	4
INDOOR SOCCER	4
BADMINTON	2
DODGEBALL	4
FLAG FOOTBALL	5

Defaults

1. A default is the advanced notice that a team will be unable to compete at the scheduled day and time.
2. The Captain must notify the Intramural Director of the default no later than 24 hours prior to the scheduled game.
3. A team is allowed one default per season, per sport.
4. A team that defaults will receive an automatic loss for that game instead of a forfeit.

Sportsmanship

Sportsmanship: Conduct and attitude befitting participants in sports, especially fair play, courtesy, and grace in losing. Sportsmanship is a vital component of the LCU Intramural Sports play. Poor sportsmanship is disruptive and not fun to play with, against, watch or officiate and has no place in the LCU Intramural Program.

The Referees and Court Supervisors have the authority and jurisdiction during pre-game, in-game and post game at and around the areas of play. The officials have the authority to stop the game at anytime to give warnings, penalties, declare a forfeit or eject players, spectators and team(s) for unsportsmanlike conduct.

Discipline

Any person receiving a red card, two technical fouls or two unsportsmanlike penalties will be ejected from the game. Any person being ejected from a game will receive a minimum one game suspension and must meet with the Intramural Director for reinstatement.

The development of a distinctly Christian community and persons of character is an important purpose of the Intramural Program at Lincoln Christian University. As Such, the behavior of all parties involved should reflect this purpose. Every individual is completely responsible for his/her behavior in regard to language, attitude, and general misconduct.

Equipment

- The responsibility of getting the equipment to the game and set up will be handled by the Intramural Sports staff.
- Team captains assume responsibility for equipment care during the course of the game and until it is returned to the Intramural Sports staff.
- Any player who willfully damages Intramural equipment will be fined the replacement cost of the equipment in question and is subject to further disciplinary action.
- Players are not allowed to wear any dangerous material including but not limited to: casts, hats, jewelry or spiked shoes.
- Score sheets will be provided as part of the equipment.
- In order to avoid giving a team an advantage, no players may use game balls to warm up.
- All participants will be required to wear appropriate athletic attire. Shoes are required for all sports.

Scheduling

1. Regular Season Games
 - The Intramural Department reserves the right to change game times, dates and opponents at any point. Participants will be given reasonable notification if any changes are made.
 - Schedules will be available on the day of the Captains' meeting at the following locations: Intramural Sports Program office, the Intramural Sports bulletin board and at the Captains' meeting.
2. Rescheduling/Cancelled Games
 - Due to the number of teams, limited time, and availability of Intramural Staff, cancelled games are not guaranteed to be rescheduled. Only if the schedule allows will cancelled games be rescheduled.
 - If a game is rescheduled, the teams are obligated to play.
 - A game cancelled by the Intramural Department will not count as a win or a loss for or against either team.
 - Cancellation information can be found by calling the Intramural Sports Office at extension #2227.

Playoffs

1. Any team that does not wish to participate in playoffs must notify the Intramural Sports Director prior to their last regular season game.
2. Playoff brackets will be posted on the Intramural Sports bulletin board in the Laughlin Center front lobby and in the LCU weekly online announcements.
3. It is the responsibility of the captain to notify the team of playoff schedule dates and times.
4. The top teams eligible for playoffs will be entered into a single elimination playoff bracket.

Awards

1. The LCU Intramural Program Champion t-shirt will be awarded to the Champions of all sporting activities.
2. For all team sports, the following number of t-shirts will be awarded:

SPORT	MAXIMUM NUMBER OF T-SHIRTS
VOLLEYBALL	10
BASKETBALL	10
INDOOR SOCCER	12
BADMINTON	3
DODGEBALL	10
FLAG FOOTBALL	12