

**UPEI**  
**INTRAMURALS**  
**Fall 2023**



**INTRAMURAL HANDBOOK**

**University of Prince Edward Island**  
**Department of Athletics & Recreation Services**

# INTRAMURAL HANDBOOK

CONTACT INFORMATION	3
PANTHER RECREATION VISION	3
PLAYER ELIGIBILITY	3
• UPEI Full Time Students	
• Part Time UPEI Students who have purchased a membership	
REGISTRATION	3
• Fusion IM	
• Registration deadlines	
• Team Names	
• Photo/Media Release	
• Code of Conduct	
• Gender Requirements	
FEES	4
SCHEDULING OF GAMES	4
• Game Changes	
SIGN-IN PROCEDURES	4
FORFEITS/DEFAULTS	4
CODE OF CONDUCT	5
• Covid guidelines	
• Bags, coats, boots	
PHONE/CAMERA USE GUIDELINES	6
MISCONDUCTS	6
• Penalties	
• Misconduct Penalties	
• Game Misconduct	
SUSPENSION GUIDELINES	7
• Right of Refusal Policy	

## SPORT RULES

8

- Basketball
- Futsal
- Soccer
- Volleyball

## CONTACT INFORMATION

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## **PANTHER RECREATION VISION**

The Campus Athletics and Recreation supports the University of Prince Edward Island by providing leadership in the promotion and delivery of athletic excellence and quality physical activity programs and services that enhance health, wellness, and a sense of community. UPEI Athletics and Recreation aims to deliver fair, enjoyable, and rewarding recreational opportunities for all eligible members of the Panther and UPEI community, as it is an integral part of campus life, providing relief from the stress of daily academic commitments, improving personal fitness and well-being, and providing an opportunity to make social contacts.

## **PLAYER ELIGIBILITY**

- a) UPEI Full-Time Students - Full time UPEI students may participate in Intramural programs. All participants must be fully registered in order to participate and sign in for a game.
  
- b) Part-Time UPEI students who have purchased a Sports Centre membership.

## **REGISTRATION**

- a) Innosoft Fusion Membership Management System will be used for registration. Students can log into the system at [recreation.upei.ca](http://recreation.upei.ca)
- b) Go to Intramurals (Fusion IM)
- c) Click on Register and follow prompts to register
- d) **IMPORTANT:** All teams have to have a designated Captain to form a team. The captain registers and can accept individuals on their team.
- e) Team Names - All teams will be able to choose a color for their team's name. However, when a team is formed, they can change the team name. When selecting a team name please ensure that:
  - They are in good taste
  - They do not contain any profanity
  - They do not contain a person's real name
  - If a 'play on words' is used:
    - It is not offensive to any religion, gender, ethnic background, sexual orientation, or any other student group on campus.
    - That switching of letters does not spell an offensive or profane word
  - Where a complaint is received regarding a team name, it shall be reviewed by UPEI Athletics and Recreation Department.

- To register a team, you must have a min number before the team can be registered. Otherwise, it sits on the waitlist and doesn't guarantee your team is entered into the sport/league/division.

**NOTICE:** Registration does not guarantee a spot on a team. Those without teams will be placed on a waitlist for the respective sport.

- f) Photo/Media Release  
Photographers and videographers may be present to capture participation in Panther Intramural programs.
- g) Code of Conduct  
All participants are required to sign an Intramurals Code of Conduct.
- h) Gender Requirements: Please note that there are no gender requirements in any of the intramural leagues or programs. Participants are encouraged to register for the league that matches their skill, regardless of their gender.

## **FEES**

No charge for Full-time UPEI students. Part time Students who have purchased a Sports Centre membership.

## **SCHEDULING OF GAMES**

- a) Game Changes  
When possible, the full schedule will be posted prior to the first game of each league. The Panther Recreation office reserves the right to modify the date, time and location of games due to special circumstances. These include (but not limited to) officiating availability, facility issues and weather.

## **SIGN-IN PROCEDURES**

All participants must sign in with intramural staff when arriving for scheduled games. Staff will be using the Fusion IM check in system which has photo identification.

## **FORFEITS/DEFAULTS**

Teams are expected to show up on time for all games.

- If your team knows they cannot attend ahead of time, they can notify the Fitness & Wellness Coordinator 48 hours in advance. Your team will receive a DEFAULT.

- Teams that do not show up to play or don't have enough people to play will receive a FORFEIT.
- 1 default or 1 forfeit = loss of playoff eligibility.
- 2 defaults or forfeits = removal from league

A team will be required to forfeit a game if they have less than the minimum number of players required for the game as stipulated by the established Intramural rules for that sport.

Forfeited and Default games WILL NOT be rescheduled.

Postponements that occur due to inclement weather or other factors that make rescheduling necessary shall be the responsibility of the Fitness & Wellness Coordinator. On such days that there is a question as to whether a game shall be played, participants will receive an email indicating the cancellation prior to the game.

Games which are postponed due to inclement weather conditions may be recorded as a tie or may be rescheduled depending on the availability of facilities.

## **CODE OF CONDUCT**

It is a priority that participation in intramural/recreation programming be first and foremost a fun experience! Panther Recreation attempts to ensure participation in our program is an integral part of the student experience at the University of Prince Edward Island. Our request to you is to assist us in maintaining a safe, fun and enjoyable atmosphere for all involved in UPEI Intramural programs.

All participants are expected to exhibit good sportsmanship, fair play, and abide by all rules of the Intramural program and the scheduled activity. Remember that it is a privilege to participate in Intramurals, and this privilege can be taken away from you.

All participants are required to sign a UPEI Intramurals Participant Code of Conduct.

Standards of Behaviour:

Treat staff, officials and participants with respect and courtesy.

- Respect the rights, safety and dignity of staff, officials, and participants.
- There will be zero tolerance for abuse, harassment, or discrimination in the Intramural program. Participants who engage in inappropriate behaviors before, during or after play are subject to suspension and/or disqualification. This includes the following:

- Abusive language to officials, staff, and participants
- Harassment of any kind to officials, staff, and participants
- Fighting
- Aggressive Behavior
- Adhere to Intramural Sport Rules
- Adhere to relevant UPEI policies, including Discrimination and Harassment Prevention, Sexual Violence and Workplace Civility and Respect and Scent Free Policy.
- Intoxication is prohibited during the intramural program. Refrain from the use of alcohol or drugs prior to and during intramural activities. Individuals suspected of being intoxicated will be removed from play and referred to Campus Police.
- Team names which exhibit any of the following will be removed from their league immediately:
  - Offensive language to any group of people (Gender, Sexuality, Race, Religion, etc.)
  - Sexual Innuendos
  - Any Illegal activity
  - Referencing alcohol/drugs

Bags, Coats, Boots: Bags, coats, outdoor footwear is to be left in the hallway or in general locker rooms. We encourage everyone to take a lock to secure their belongings.

## PHONE/CAMERA USE GUIDELINES

For the protection of all students, members, facility users and guests, please follow cell phone and videotaping guidelines.

- The use of photographic equipment such as cameras and video equipment is prohibited in changing rooms and washrooms. This includes cell phones and iPods with photographic capabilities.
- Only use cell phones in the lobbies, hallways, and administrative areas of the Chi-Wan Young Sports Centre.
- Use of photographic equipment in work out/activity spaces in the Chi-Wan Young Sports Centre requires **advanced approval in writing**.
- Failure to comply will result in the suspension of your membership and may include possible further disciplinary sanctions.

## **MISCONDUCTS**

### **PENALTIES**

#### a) Minor & Major Penalties

The game officials according to the rules and regulations of the game will evoke minor and major penalties. (Minor and major penalties - minor penalties, major penalties, fouls, violations, etc.)

#### b) Misconduct Penalties

The official(s) shall assess misconduct penalties and determine the appropriate penalty according to game regulations.

#### Game Misconduct Penalty

The referee or game official shall assess game misconduct penalties to any player or team representative warranting such action. The player or team representative shall be ejected from the game and ordered off the premises for the remainder of the game.

## **SUSPENSION GUIDELINES**

Any participant who threatens a Athletics & Recreation staff member in any manner will automatically be suspended from the league and have the possibility of being suspended from all access to the Sports Centre facilities and/or programs. This would be pending a review by the Athletics and Recreation Department.

Any verbal abusive attacks directed towards a Athletics and Recreation staff member will be subject to an immediate suspension. Each case will be reviewed on an individual basis.

The following acts, including but not limited to, will be considered cause for suspension from Panther Recreation programming:

- Shoving or striking a staff member of Athletics & Recreation and Intramural participants.
- Verbally abusing, baiting or harassing a Athletic & Recreation staff member or Intramural participant before, during or after participation.
- Theft and/or damage to equipment
- Failure to adhere to facility policy and procedures
- Failure to follow verbal instructions of a staff member
- Failure to provide staff with proper identification upon request



- Unauthorized use of facilities
- Fighting, including verbal and physical altercations, with another Panther Recreation participant or Athletics & Recreation staff member.

## **SPORT RULES**

### **I. BASKETBALL**

Intramural Basketball shall be governed by the current F.I.B.A. Rule Book with the following exceptions:

#### 1) Timing Rules:

- A game shall be 2 twenty-five minute halves with a five minute half time and shall finish within the time scheduled regardless of time on the clock.
- Stop time will occur in the last two minutes of the second half only.
- Teams will have one timeout game.
- Any player closely guarded who does not pass/shoot within 5 seconds will be charged with a turnover. Any team who is winning by 15 points or more may not use a press-defense until the differential drops below 15 points.
- There will be NO shot clock used.

#### 2) Team:

- Team Captains may seek information from the referee for the purpose of clarification of rules only.
- Maximum 10 players per team

3) Teams must wear pinnies provided to signify teams.

4) A team shall consist of five players. Teams must have at least 5 players present within 10 minutes of their scheduled start time. Teams that do not have 5 players ready, within 10 minutes of the start time will be assessed with a Default.

5) Should a team fall below 4 players due to an EJECTION, the game will end immediately. The score shall be recorded as zero.

6). All jewelry shall be removed by the player prior to the game. Officials have the right to request the removal of jewelry prior to an individual entering the game.

- 7) Equipment shall be provided by the convenor.
- 8) The referee's decision on all matters will be final. Constant harassment will not be tolerated.
- 9) A player will be ineligible to play after committing a total of 5 personal fouls in one game (including technical fouls)
- 10) A player will be ejected after two technical fouls
- 11) BONUS will be awarded on the 7th team foul.
- 12) On Free Throws, players in the key may enter the key upon release of the ball from the shooter's hand. Players behind the 3-point arc may only enter the key after the ball passes the front of the rim.
- 13) On Free Throws if no rim is hit, it will be a dead ball and the defending team will inbound.
- 14) During free throws, there will be a maximum of 3 players from each team in the key (inclusive of the shooter).
- 15) A two shot intentional foul, plus possession will be assessed for any foul coming from behind on a breakaway layup, regardless of whether the player is in the act of shooting.
- 16) All in-bounding of the ball will occur out of the area of play at the discretion of the official (sideline or baseline). Inbounding will not start until the official has handed the player the ball (except following the scoring of a basket).
- 17). Technical Fouls: - Any player assessed a second technical foul will be immediately ejected from the game. This player must leave the playing venue immediately (they may not remain on the sidelines). - If a team incurs a 5th technical foul, the game will be immediately suspended and awarded to the non-offending team. The score shall be recorded as the current score, or the default score (whichever gives the non-offending team a higher +/-). - Technical fouls are cumulative through an academic year. Any player receiving a 2nd (or subsequent) technical foul in an academic year will be subject to suspension.

## 18) All Other FIBA Rules Apply

### Overtime and Ties:

- Should a game end in a tie during the regular season, it shall be recorded as a tie.
- Overtime will be 2 minutes in length and will only occur in the playoffs. Team fouls will not be reset. Personal fouls will also not be reset.
- Overtime shall be continuous until the tie is broken.

### Definitions:

Blocking is personal contact which impedes the progress of an opponent who does not have the ball-Penalty-Personal Foul.

A foul is an infraction of the rules, the penalty for which may be one or more free-throws, provided the foul occurs while a player is in an act of shooting or after the bonus is in effect.

An intentional foul is a personal or technical foul, which in the judgment of the official appears to be designed, premeditated, or committed with the intent to injure. It is not based on the severity of the act. 2 Free Throws and Loss of Possession shall be assessed to the offending player.

A personal foul is a player foul which involves contact with an opponent while the ball is alive, or the ball is in possession of a player while they are in control of the ball.

A player control foul is a common foul committed by a player while they are in control of the ball

An unsportsmanlike foul is a technical foul which consists of unfair, unethical, or dishonorable conduct. The offending team shall be assessed 2 Free Throws and Loss of Possession

Holding is a personal contact with an opponent which interferes with their freedom of movement.

## **II. FUTSAL (INDOOR SOCCER)**

### **Game Format**

- 6 players versus 6 players, one of which will be a goalkeeper
- Maximum players on a team 10

- Two 20 min halves with 5 min break in between. No stop time.
- No offsides
- No goalkeeper punts, ball must stay below head height, otherwise possession and a free kick will be awarded to the opposing team
- No slide tackles, players must not go to ground to steal possession back
- No Throw-ins from the sidelines. Instead, ball is placed on ground and passed in to a teammate with the foot
- Free kicks and corners the opposing team must be minimum of 5 yards away from the ball.
- With a penalty kick, all players behind the ball except for the penalty kicker

### **III. VOLLEYBALL**

#### **Game Format**

- Two Divisions: Competitive and Recreational. Can only participate in one division.
- Each team will have 8 players on their court at a time. (Absolute minimum of 4 players). Maximum per team is 10
- Each match will be 40 minutes maximum, consisting of 3 sets. The first 2 sets will go to 25 points, and the third set to 15 points.
- Each set must be won by two points, with the first 2 sets capped at 30 points, and the last set at 17.
- The winning team will win 2 of the 3 sets.
- If all games are not completed within the 45-minute time limit, the team with the most points at the end of regulation time will win the final game of the match.
- No officials, therefore, sportsmanship and honor calls will be made by players. Respect the calls of others.
- To determine who serves first, teams will play rock-paper-scissors.
- If a match concludes early, the teams can continue to play, but the score of the fourth game will not be recorded.

#### **General Play**

- Each rally begins with a serve
- Players may hit the ball with any part of the body
- Same player cannot make 2 consecutive hits on the ball
- Players are to call balls 'in' or 'out' of bounds. If the ball touches any part of a court line, it is 'in'. The ball must completely pass the line to be 'out'. If there is a

dispute, resume play by re-serving the ball with no point awarded. If a disagreement escalates, any disputes should be discussed with Recreation/Intramural Student Staff.

- A ball that hits the wall, ceiling, or hanging basketball net, is considered out of bounds.

### **Serving**

- A server may serve the ball from anywhere behind the baseline.
- Only one toss or release of the ball is allowed per serve.
- Players can open-hand volley a serve.
- A player may NOT block or spike a serve.
- Net serves are allowed. Meaning, if a serve hits the net but the motion of the ball carries it over, it is a live ball.
- A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest).

### **Violations**

- Players are to call their own fouls and violations. If an obvious foul is missed, a player on the opposing team may politely point this out, assuming their opponent either does not know the rule or missed their own foul. Generally, teams should not call fouls against their opponents.
- Obvious fouls include – carries, double hits (allowed on serves), touching the net, going under the net and contacting another player.

Illegal (always results in interference with the play):

- Touching the top band of the net in the act of playing the ball (hitting, blocking, setting, etc.).
- Pulling the net down to lower it for a teammate or themselves.
- Taking support from the net simultaneously while playing the ball.
- Purposely touching the net to change the direction of a ball.
- Creating an advantage over the opponent or making actions which hinder an opponent's legitimate attempt to play the ball.
- A player is permitted to pass his hand above the plane of the net in the following scenarios:
  - While blocking an attack.
  - If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side.

- An infraction has occurred if a player interferes with their opponent's attack (e.g. if a setter is trying to set their player, the opponent can't reach over the net and block that set).
- Players are not permitted to penetrate fully into the opponent's space under the net. The player's feet must remain in contact with the center line and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, to avoid injury to themselves or their opponents.

#### IV. Soccer - outdoors

- We will be playing cross-field games. To start a game each team must have at least 6 players (including a goalie). Intramural Soccer will be governed by FIFA regulations.
- To begin play, the ball is placed at the center of the midfield line. The offensive team begins by kicking the ball forward. After the ball turns one complete revolution, it is a free ball to play for anyone except the original kicker. The original kicker may kick the ball only after another player has touched it. When play begins, all defensive players must be at least 5 yards from the ball, in their own half of the field. Once play has started, all players may position themselves and move anywhere on the field.
- A goal is scored when the entire ball passes over the goal line within the area defined by the goalposts. A goal counts one point. After a successful goal, the teams return to midfield where the team scored against becomes the offensive team and gains possession of the ball to kick it forward.
- The Goalie: The goalie may use their hands to stop the ball anywhere within the goal area. The goalie is only allowed to handle the ball for 6 seconds and once they leave the goal area, they must observe the rules that govern the other players.
- Time & Start of Game:
  - a) The team that wins the coin toss has their choice of goal to defend.
  - b) A game consists of two 20-minute halves with a short break between halves.
  - c) No timeouts are allowed during the game except during an injury at which time the injured player must be removed from the field immediately

and a substitute inserted in his place and when there is a discussion between referees and team captains.

- Referees: The referees control the game using a whistle to start and stop play. Note: The whistle is not used to start play on an out of bounds ball; the ball is put back into play immediately.

- Offside: There will be no offside calls.

- Out of Bounds:

a) Over sidelines. A ball that goes out of bounds on either side of the field is put back into play immediately by the opposite team, at the point it went out of bounds. It must be put back into play by a two-hand, overhead throw, with both players' feet remaining on the ground.

b) Drop ball. If it cannot be determined by whom a ball went out of bounds, a drop ball results. The ball is held out by the referee between the two players involved, and then dropped to the ground. The ball must contact the ground before it can be played. All other players must remain 10 yards away from the drop point.

- Fouls: Because of rule infringements or fouls by one team, the offended team may be awarded one of the following types of kicks:

a) Free kick. A free kick is either direct or indirect.

i) Direct. A direct free kick is awarded to the offended team for the following rule infractions that occur outside the penalty area: slide tackling, illegal charging, kicking, striking, kneeing, pushing, holding, jumping at an opponent, or a player other than the goalkeeper handling the ball. The kick is taken at the point of the infraction, and the kicker has the option of passing to a team-mate or trying for a goal. Except for the kicker, all players must remain 10 yards away from the drop point.

ii) Indirect. An indirect free kick is given to the offended team for rule infractions that include offside, illegal substitutions, and goalkeeper carrying the ball more than 6 seconds. This kick is made from the point of the infraction or from the spot where play stopped; the kicker may not try directly for a goal.

b) Goal kick. A goal kick is given to the DEFENSIVE team if the ball goes over the goal line but not between the goalposts and is last touched by an

offensive player. The goal kick is taken from any point in the 6-yard box by the defending team.

c) Corner kick. A corner kick is taken from the corner area, closest to the spot where the ball passes over the goal line. A corner kick is awarded to the offensive team where the defensive team last touches the ball before it passes over the goal line (other than between the goalposts). A goal may be scored directly from a corner kick.

- Players committing flagrant fouls (includes slide tackles) more than once in games, which are determined by the referees, will be ejected from that game.
- Arguing with the referees or other staff members by players will not be tolerated.
- Team captains may seek information from the referee only for the purpose of clarification of a rule or to improve the play of their team.
- Tie Games: Ties will be broken by giving each team 5 penalty kicks (during playoffs only).
- Slide tackling is not permitted at any time. A direct kick will be awarded to the opposing team as a result. The player committing the slide tackle will be removed from the game after a second offense.
- SHIN GUARDS HIGHLY RECOMMENDED BUT NOT REQUIRED.