

# **UPEI**

# **Intramural Program**



## **Player Handbook**

## **Winter 2024**

*Last updated February 12, 2024*

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## **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 promoting and delivering 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 to participate. There is **no cost**.
- b. Part-time UPEI Students who have **purchased** a Sports Centre Membership.
- c. Gender Requirements: Please note that there are no gender requirements in any of the intramural leagues or programs. We are open to all gender identities.

## CODE OF CONDUCT

No player, spectator, or team follower shall:

1. Use foul or derogatory language, threaten, or verbally abuse any other participant or intramural employee before, during or after the game or activity. This includes trash talk.
2. Participate in a game for which they are ineligible.
3. Argue or talk back to intramural staff and officials.
4. Intentionally strike, push, or trip another person. Fighting is prohibited.
5. Mistreat the facility, equipment, or supplies of the University of Prince Edward Island.
6. Engage in any act of unwarranted rough play or violence during the game.

Violation of any conduct rule will result in disciplinary action including intramural sanctioning of individuals and/or entire team and membership suspension.

## INTRAMURAL PROGRAM

The intramural program is offered in two formats:

- Rec Time – a fun, non-competitive, social opportunity to play different sports and recreational activities.
- League – Competitive and Recreational Divisions

### I. REC TIME

**Rec time** is for UPEI students: a fun, non-competitive, social opportunity to play different sports and recreational activities. Come out and try the sports, even if you have not played. We will show you how!

**Rec Time – Badminton** will be held on Wednesdays, 6:15 pm - 9:30 pm, January 31 - April 10, 2024. Four badminton courts will be set up in Gymnasium C. Registration is required weekly. See below how to register weekly and cancel.

#### A. How to Register for Rec Time

Sign up at [recreation.upei.ca](https://recreation.upei.ca) or with the UPEI Panther Recreation App by clicking UPEI LOGIN and entering your UPEI email address and password. Click on the Rec Time icon. Then select one of the Rec Time programs (for students only)

An instance (date and time) will be available; click on it and follow the prompts to register. Note that you can only sign up six days in advance. If there is no instance on a date, that means there is no program on that date.

## II. LEAGUES

### A. REGISTRATION

#### 1. FUSION APP – Participants information

- Download the Fusion Play app. Select Canada as the region. Login into the app using your UPEI email address and password.
- Register as soon as possible; teams will fill up quickly!
- Teams have a minimum number before they can be accepted as a team in the league. Teams are placed on a waitlist until they can reach the team minimum. Waitlist does not guarantee a spot in the league.
- Participants can only participate in one (1) division per sport.
- **Registration opens on Saturday, January 20 at 8:00am**

#### 2. General Registration Information

- **IMPORTANT:** All teams must have a designated Captain to form a team. The captain registers and can accept individuals on their team.
- \*Please do not sign up for a sport if you are unable to attend games (i.e., have a class at game times). Participants **MUST** read the Intramural Participant Handbook.
- **Team Names** - All teams will be able to choose a color for their team's anime. However, when a team is formed, they can change the team's 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 the letters does not spell an offensive or profane word(s).
  - 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 the minimum number before they can be registered. Otherwise, it sits on the waitlist and does not guarantee your team is entered into the sport/league/division.
- Registration does not guarantee a spot on a team. Those without teams will be placed on a waitlist for their respective sport.
- Code of Conduct: All participants must follow the Intramurals Code of Conduct.
- Gender Requirements: Please note that there are no gender requirements in any of the intramural leagues or programs. We are open to all gender identities.

## **B. CAPTAIN'S ROLES AND RESPONSIBILITIES**

The team captain's purpose is to oversee the various aspects of an intramural team throughout a season. This includes registration, monitoring eligibility of players, checking game times, understanding, and communicating sports rules/ intramural policies to teammates, and being the primary point of contact with the Intramural League team they represent. The team captain is responsible for making sure that all team members are aware of and abiding by all Intramural policies and sports rules. Team captains are also responsible for checking Fusion Play and recreation.upei.ca after every Intramural contest to confirm that the recorded game result and sportsmanship ratings are accurate. It is acceptable for another team member to take on the roles and responsibilities of the captain if the captain cannot attend a game. The team captain is ultimately responsible for the behaviour of all the team members (on and off the field of play) as well as respective fans. Team captains may be responsible and face consequences based on the actions of these individuals and their failure to intervene.

## **C. SCHEDULING OF GAMES**

Games Changes, when possible, the schedule will be posted before 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 officiating availability, facility issues and weather.

## **D. SIGN-IN PROCEDURES**

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

## **E. FORFEITS/DEFAULTS**

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

→If your team knows they cannot attend ahead of time, the captain can default 8 hours prior.

→ Teams that do not show up to play or do not have enough players to play will receive a FORFEIT.

→ 1 default **or** 1 forfeit = loss of playoff eligibility

→ 2 defaults, 2 forfeits or 1 default **and** 1 forfeit = removal from the league

Forfeits can be assessed to teams for the following reasons:

- Not having enough players present to start a game.
- Having one or more ineligible players participating in the game
- Having one or more players participating in the game that have not properly signed in and are unable to properly sign-in
- Unacceptable sportsmanship/behaviour that results in early game termination.
- At the discretion of the Director or Student Coordinator in situations where the team captain or any member of the team is at fault for a rule or policy violation.

Teams losing by forfeit will lose the contest by a score of 1-0 and a sportsmanship rating of 0.0. 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 days when a game is played, participants may receive an email indicating the cancellation before the game. However, when using Fusion Play app, participants will immediately see if a game is cancelled.

Games postponed due to inclement weather may be recorded as a tie or rescheduled depending on facilities availability.

## **F. Sportsmanship Ratings**

With the new Fusion Play app, recreation staff will be rating teams on their sportsmanship. Sportsmanship is defined as fair conduct, including observance of the rules of fair play, humility on winning and graciousness in losing. The Intramural Program expects all participants to respect and abide by all the rules and policies, show respect and concern for their opponents and intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chances of winning. Upholding high standards of integrity and fair play is of the utmost importance to the Intramural Program.

Sportsmanship ratings are given to teams after each contest by intramural sports leads, supervisors, and game officials. These ratings reflect behaviour before, during, and after

the contest. The decision reached will be final. Ratings will be given on the following scale:

5. The team shows excellent sportsmanship and goes out of their way to keep the game safe and fun. Captains have control of their team and respectfully discuss questions or concerns with officials. The team receives no unsportsmanlike conduct penalties.

4. Team shows good-to-average sportsmanship, or **one (1) unsportsmanlike conduct penalty is assessed** (yellow card, unsportsmanlike conduct foul, technical foul, etc.). Team argues with game officials and show minor dissent to intramural staff before, during, or after the contest.

3. Team shows below average sportsmanship and displays dissent to game officials before, during, and after the contest. **Two (2) unsportsmanlike conduct penalties were assessed during the contest on two separate participants or on a single participant resulting in an ejection.**

2. The intramural contest has been terminated due to **three (3) unsportsmanlike conduct penalties being assessed to one team throughout the contest. The three penalties can be on all separate participants or on one participant receiving 2 unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.**

1. Team displays unacceptable conduct and sportsmanship. The intramural contest has ended due to any of the following conduct:

- A game is forfeited for fighting or other abusive, violent behavior.
- A team has repeatedly been warned about unnecessary roughness that jeopardizes the safety of participants.
- A player or spectator clearly associated with a team shows obscenity, gestures, or commits other threatening actions, which could endanger the safety of participants, officials, or Intramural Staff and is not removed by his/her team.
- A game where more than three (3) unsportsmanlike conduct penalties have been assessed to one team.

## **G. ROVER**

Intramural staff can add a player to a game if a team needs to meet the minimum player requirements and help make sure the game is still played. Rovers will only appear on a team's roster for the game where they've been added as a rover. The participant must meet eligibility requirements and follow the rules and code of conduct stated in this handbook.



## **H. USING FUSION PLAYER APP**

### ***i. Creating a Team in the Fusion Player App:***

- On the League page, participants will see all information about the league.
- Browse the division and click the desired division.
- Click the bottom right button to create a team.
- Participants can create a team name.
- Photo and description of team are optional.
- Click create your team. The captain can share the team and invite eligible players to join their team.
- After creation, all teams are on the pending list until the minimum number of players are registered.

### ***ii. Requesting to Join a Team***

- Within app, navigate to desired league.
- Click the desired division.
- If teams are in a division, a player can 'request to join' that team.
- Players can include a message to the team captain if they wish.
- Click send request to complete the request.
- Captains can now review the request and accept or decline the request.

### ***iii. Inviting Players to your Team***

- Captain goes to My Teams in the Player app.
- Select the team you'd like to invite people to.
- From the team page, click roster.
- Next captains can view team agents and share team invites.

### ***iv. Accepting Team Requests (Captains)***

- Go to My Team page.
- Find the team.
- If there is a pending request, the Roster will have a red dot.
- Click on the Roster tab to review requests.
- To respond click respond and either accept or decline request.

### ***v. Registering as a Free Agent (if you are looking to join a team)***

- Select desired league and browse divisions.
- Click the card of the desired position.
- Click the bottom right button.

- Participant can become a free agent for multiple divisions within the sport by selecting Multiple. Or if it's for a specific division, ensure you are on that division page and click on become a free agent.
- If selecting multiple divisions, click yes to become a free agent.
- Once accepted on a team, individuals cannot be a free agent for another team in the league.

#### ***vi. Browsing Free Agents – for Captains***

- Navigate to My Teams.
- Select the team you'd like to add free agents to.
- From the team page click roster.
- Click on Free Agents or invite to the team.

#### ***vii. Defaulting a Game – Captain***

- Navigate to My Teams.
- Click on team wish to default for.
- Within the team page click the schedule tab.
- Captain can default one day ahead of game.
- Click three dots and then select the default game.

## **I. SPORT LEAGUE DETAILS**

### **Intramural Basketball**

- The minimum number to register for a team is 8 players, maximum of 12 players.

### **Intramural Volleyball**

- The minimum number to register for a team is 8 players, maximum of 10 players.

## **J. SPORT RULES**

### **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 two 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 during the 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.
- Minimum 8, Maximum 12 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 for 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.

## **I. 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 5 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.
- The 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 if 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.