



RECREATION
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WARRIOR RECREATION INTRAMURAL SPORTS HANDBOOK

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CONTACT INFORMATION

Intramural Website

<https://warriors.uwaterloo.ca/intramurals>

League Staff

leagues@uwaterloo.ca

- General Inquiries
- Scheduling
- Scores
- Standings
- Roster Issues
- FusionIM questions

Intramural Coordinator

bwemonts@uwaterloo.ca

519-888-4567 ext. 46340

Warriors Info

- General Inquiries
- Membership Eligibility
- Registration

warriorsinfo@uwaterloo.ca

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SPIRIT OF COMPETITION (S.O.C.) PROGRAM

Warrior Recreation believes the true essence of sport is to strive for personal achievement and excellence through a full and honest effort. By doing so, an individual can learn many positive qualities such as commitment, integrity and cooperation. It is important that an environment is created, within Warrior Recreation, which supports and nurtures this learning. Warrior Recreation has established the Spirit of Competition program to aid in providing such an environment. The Spirit of Competition emphasizes that Integrity, Fairness, and Respect are the foundation of the intramural leagues. By voluntarily participating in a Warrior Recreation league or tournament, ALL participants agree to the following:

- Participate with integrity, and to strive to win only by legitimate means;
- Respect and adhere to both the written rules of the sport, including the eligibility and conduct terms, and the accepted rules of fair play;
- That violence and intimidation have no place within Warrior Recreation and refuse to use such tactics;
- Maintain control of myself and my teammates;
- Respect official's and accept their decisions without argument;
- That teammates and opponents are worthy of my respect and shall be treated accordingly;
- Behave graciously in triumph or defeat;
- Not to play under the influence of drugs or alcohol.

S.O.C. Rating

Every participant, player, captain and league staff will all have an active part in upholding the Spirit of Competition principles. A team's fair play will be measured through a rating structure of 0 to 8, called Spirit of Competition ratings. These scores are one indication of how well a team has upheld the principles of the S.O.C. Program in a game. During the regular season, captains rate the opponents on a scale of 0 to 2 and officials rate both teams each on a scale of 0 to 6. At the beginning of each game team ratings start at 1 for captains and 3 for officials. They stay there for an average game, go up for positive and down for negative fair play behaviour.

All scores will be added up throughout the regular season and this will give a team its final S.O.C. rating total. In the playoff season, only the officials will carry out the S.O.C. ratings of teams.

During the regular season, teams must have an AVERAGE S.O.C rating of 5.0 or better at the end of the regular season to be automatically admitted to the post season. Teams with an AVERAGE rating between 4.0 and 5.0 will be reviewed by League Officials to decide if they will be eligible for the post season. Any team falling below and AVERAGE of 4.0 will be deemed ineligible for post season play without exception.

Default = 0 S.O.C. Rating for no show team (0 from officials & 0 from opponents)

Forfeit = 3 S.O.C. Rating for no show team

Opponents of defaulting or forfeiting teams will receive an S.O.C. rating of 6.

Official ratings will be used if S.O.C. ratings are not filled out by a captain (negligent or forgot). Games that are not played due to rain, schedule conflicts or miscellaneous reasons will not be given a rating and will not be used in determining the S.O.C. rating at the end of the regular season.

In playoffs, teams will be given a higher ranking according to:

- Most points from win/loss record
- Highest average S.O.C. rating
- Highest ratio of points for/against
- Won the head to head match (if applicable)
- Fewest defaults and forfeits
- Fewest defaults
- Highest points for

Teams can only advance if they win the playoff game and earn a rating of 3 or higher. If a team does win the playoff game and earns a rating below 3, they will forfeit the game to the losing team. The losing team can only advance if they receive a rating of 3 or higher. If the losing team earns a rating below 3, the next round of playoffs becomes a bye.

PLAYER ELIGIBILITY

All currently registered UW students with valid WATCARD as well as UW Staff, faculty, alumni and spouses with a WR Membership are eligible for leagues and tournament.

- Watcards will be checked at EVERY game. No WATCARD, no play.
- High school, WLU students and community persons are ineligible to participate in Intramural Leagues and Tournaments.
- Students not registered in at least one on-campus courses (DE courses do not apply) and/or students on Co-op must purchase a WR Membership in order to be eligible for leagues and tournaments. Memberships must be purchased BEFORE they participate. A player caught participating without a Membership may result in suspension from the league as well as the team's removal from further play.
- You may play for only one team, one level, per league sport (i.e. a player cannot play for both a "Beginner" and a "Competitive" division team). Any exceptions are made upon the discretion of the Intramural Coordinator, (i.e. Ice hockey goalies can play for more than one team but only in that position, and as long as they are currently registered on a roster).
- Captains are responsible for the eligibility of their players.
- Players under suspension are ineligible to participate.

VARSITY PLAYERS

Once the coach of that team has declared the team members, any student who is consuming varsity current athletic eligibility and/or practice regularly with the team, are considered a member of the 'current year varsity' team. A current varsity athlete is ineligible to participate in a sport that gives them a physical and mental advantage from conditioning, training and/or coaching (see chart below).

Outside the inter-university season only 2 current varsity athletes per team are eligible to participate in a sport that they are deemed to have an advantage.

Varsity Sport	Sports Deemed an Advantage	Term(s) Ineligible to Play
Basketball (M & W)	Basketball	Fall, Winter
Football	Flag Football	Fall
Ice Hockey (M & W)	Ice Hockey, Ball Hockey	Fall, Winter
Soccer (M & W)	11v11 Soccer, 7v7 Soccer, 6v6 Soccer	Fall
Volleyball (M & W)	Indoor Volleyball, Beach Volleyball	Fall, Winter
Swimming (M & W)	Innertube Water Polo	Fall, Winter
Squash (M & W)	Squash	Fall, Winter

LEVELS OF COMPETITION

Teams are encouraged to choose a competitive level which best challenges most player's skills for maximum satisfaction of all participants. All captains agree upon registration that if league staff feel they are in a division lower than their skill level, that they may be moved to a higher division. All divisions are Co-ed and there is no minimum number of males or females per team.

BEGINNER - A league for first-time participants or those who have had very little experience playing the sport before. The league is mainly to be focused on the social aspects of having fun while providing a learning experience and a great opportunity to be active. In this league, competition is not the focus, but instead the focus is on learning and improving skills, understanding rules, as well as being surrounded by peers and friends while doing so.

Intensity scale: Minimal

SEMI COMPETITIVE - A league for participants who have some skill and partial experience playing the sport. The league is equally focused on being social and competitive with participants having a basic understanding of the sport, its rules, and its strategy.

Intensity scale: Moderate

COMPETITIVE - A league for participants who have a high level of skill and many experiences playing the sport. The league is focused on being competitive but still being able to enjoy the social aspects of the sport. Participants have a great understanding of the sport, its rules, and its strategy, going above just the basics.

Intensity scale: High

TEAM ENTRY

To enter a team into an Intramural League, Teams must do the following:

1. Register either [ONLINE](#) or in person at the PAC Office during the first week of classes each semester.
2. Forms of payment include Cash, Debit, MasterCard, VISA, and Watcard.
3. All New Captains MUST attend the beginning of term Intramural Information/Captain's Meeting. This is where we will explain exactly how to use the new website, how to fill out your roster and how to ensure your team's availability is considered. This meeting will cover everything you need to know to have a successful term. The date, time and location of the meeting will be on the online confirmation and/or emailed to captains before the meeting.
 - a. This typically occurs online the evening that registration closes.
4. Leagues fill up quickly and the number of teams in the league is dependent on available facility space, not skill level. Teams that wait until the last days to register risk being put on a waiting list.

TEAM NAMING POLICY

We encourage participants to be creative while choosing their team names. However, any team name that is selected must be in good taste, it cannot be offensive, demeaning or humiliating to any individual or group and must abide by the University of Waterloo's Ethical Behaviour Policy that covers harassment and discrimination.

TEAM WITHDRAWLS AND REFUND POLICY

If a team withdraws before the schedules are released, a 75% refund will be given. If done before the first scheduled league game, a 50% refund will be given, unless a replacement team is found. NO refunds will be given after the first league game. If a team is removed from the league for any reason, a refund will NOT be given.

INDIVIDUAL ENTRIES

Individual teams are made up of those individuals who register during the Intramural Registration period in the Athletics Office and are then put on a team together in the skill level they sign up for. To register for the Individuals Team:

Individuals can register [ONLINE](#) or in person at the Athletics Office during the first week of classes each semester.

Please note that sometimes there is not enough interest in each level for a sport, in which we will place the Individual in the closest skill level available.

Individuals are able to let the league staff know through their entry form the days and times they are unable to play, as well as any other information like being put on the same team as a friend,

unique positions you play (e.g. goalie), or if you would like to represent the team as the captain. We will do our best to accommodate all requests but can make no guarantees.

The Individual fee can be payable by Cash, Debit, MasterCard, VISA and Watcard.

If a team of Individuals forms, there will be no refunds given after the registration period. Often times an Individual may find a friend with a team early in the season and choose to join their team instead. However, the number of Individual teams formed is based on registration, and therefore participants who drop out jeopardize the participation of others. Though we cannot force you to stay with the Individual team, there will be no refund. You may be eligible for a credit depending on the number of scheduled games that have passes regardless of whether or not you attended.

Please note that the Individual Teams often have many players on it, and we do our best to make the participant sizes reasonable. However, as often the case, many students sign up as Individuals, and then either find new teams to join before the Roster Addition Deadline, or just do not show up to games. It is important that students looking to sign up as an Individual are expecting to make the majority of the games. Individuals unhappy with the size of the team will not receive a refund.

The Individual Team is not a placeholder for participants unsure of whether they have a team.

The Individual Team’s purpose is to provide an opportunity for those players who do not have an organized team an opportunity to participate. Participants found abusing the Individual system (stock piling a free agent team with friends, inviting non registered students to play, registering each term and then dropping out for another team, etc.) may be suspended from further league play.

TEAM MINIMUM

Each sport has a specific number of players who are able to participate at one time as well as a minimum number of participants needed to begin a game. If a team does not meet the minimum requirement, the game will be considered a default as less than 48 hours of notice was given.

The following is a list of all leagues offered and their player requirements:

Sport	Minimum # of players	Number of players	Sport	Minimum # of players	Number of players
11v11 Soccer	7	11	Innertube Water Polo	5	12
6v6 Soccer	4	6	Slo-Pitch	7	10
7v7 Soccer	5	7	Spikeball	2	2
Basketball	4	5	Squash	1	1
Beach Volleyball	3	4	Ultimate (Indoor)	4	6
Dodgeball	5	8	Ultimate (Outdoor)	5	7
Flag Football	5	5	Volleyball	4	6
Ice Hockey	6*	6	*teams may play 6 skaters and no goalie		

ROSTER ISSUES

DO NOT WAIT UNTIL THE TRADING DEADLINE TO GET YOUR ROSTER ISSUES RESOLVED!

If you are having any problems, you should contact the league staff immediately so they can help you out with your issue. Please make sure to let us know the player's information (full name, Student ID #, email) as well as the sport, division, and team name and number so that we can effectively help you.

There is no roster maximum!

CAPTAIN'S RESPONSIBILITY

The team captain is responsible for all actions of their team including player conduct, eligibility, and attendance. Every captain must accept the Captain's Agreement which states they understand and will abide by the Spirit of Competition before they are able to add players to the roster. Captains are the immediate liaison between the league staff and the players. Therefore, it is crucial that Captains attend all required meetings or send a representative in their absence. First time Captains must attend the Spirit of Competition Meeting in order to inform themselves with regards to expectations, eligibility, using the website, and the Spirit of Competition. Failure to attend may result in your team's removal from the league. All Captains must attend the Captain's Meeting or send a representative to ensure their place in the league, as well as to get their team schedule and be updated on any specific rule changes or policies.

Captains must ensure that their players are aware of the Spirit of Competition guidelines and expectations, and are the representative of the team at meetings and on the playing field. It is expected that the captain be a shining example of the Spirit of Competition and act in the best interest of all the players in the league. We understand that captains cannot fully control the attitudes and behaviours of their players, but it is their responsibility to communicate expectations, help to resolve conflicts, and act respectfully always.

****It is strongly advised that captains are comfortable with every player on their team, as they assume responsibility for the player's eligibility and team conduct. If a captain has concerns with players on their team, we recommend not putting said players on your roster****

It is also the responsibility of the captain to ensure that the proper email information of their players are listed on the team roster. Captains assume communication responsibilities between players and the league if the email information is incorrect. Captains must also ensure that they add league staff to their email safe list. Captains who do not receive communication from the league due to improper email information or set up will not get any special considerations from the league.

SCHEDULING OF GAMES

Each team will be provided with a schedule of 6 regular season games. Typically, teams play approximately once a week, but may play more frequently due to team availability, outdoor sports and weather conditions, or facility availability.

TEAM AVAILABILITY

It is important to complete your team's availability in a timely manner to ensure that you are not scheduled for times where your team can not play. If this is completed prior to the deadline (typically 24-48 hours following the end of the registration period) all games for your team will be set during times you have requested. Failure to do this will result in your team having games scheduled during any of the league times. In this situation games will not be moved after the schedule has been made and no refunds will be given if teams wish to be removed.

GAME CHANGES

At the beginning of the term, captains will have approximately one week to request game changes using the Game Change Request Form emailed to captains once the schedule is posted online. Requests should only be made when there will be below the minimum number of players able to attend (and thus would have to forfeit or default). Changes should not be requested if only one or two players cannot attend.

During this first week, teams will be notified that a game has been moved to a time slot that both teams have indicated available. If no such time slot exists, both captains will be contacted to fine an alternative time.

Once the Game Change Request Form has closed, all requests can be sent to League Staff however, opposing captains will be notified prior to the change and can request keep the game as scheduled.

MISSED GAMES, CANCELLATIONS, SNOW DAYS, etc.

On occasion, teams may not be able to play in all their 6 scheduled games due to unforeseen circumstances such as cancellations due to bad weather conditions, emergency situations, or facility conflicts. The league staff will do their best to reschedule cancelled games, but may be unable to accommodate. Refunds will not be given for missed games due to these special cancellations. However, on special occasions, if a team is found to have a detrimental season due to lack of play, a resolution may be explored.

PLAYOFFS

Every team, regardless of standings make playoffs, providing they abide by the Spirit of Competition (SOC) regulations which means having an average SOC of 5.0 or more. Teams averaging between an SOC of 4.0 and 5.0 will be determined on a case-by-case basis. Playoff schedules are done after the regular season is over. Once schedules are completed, all participants in that sport will receive an email. They are not confirmed until that email has been sent regardless if they are online or not. Playoffs are single elimination tournament brackets.

Playoff schedules will be released no more than 48 hours after the final game in the sport (all divisions) of the regular season. The first-round schedule will be considered final 24 hours after the schedule is posted. Team captains are responsible for updating their team's availability.

Second and third round games will be pre-scheduled according to all potential outcomes and accommodating most teams/matchups as well as the teams ranked higher. If a team moves to the next round and they are unavailable for that game time, they must email League Staff immediately or within 24 hours to change the game.

REGULAR SEASON

Captains and players are expected to have read their sport's governing rules and guidelines prior to participating in the first game and abide by them. As such, ignorance of these rules is not a valid excuse.

Team will receive the following points after each game with respect to the outcome:

- Win 3 points
- Tie 2 points
- Loss 1 point
- Loss by Forfeit 1 point
- Loss by Default 0 points

FORFEITS/DEFAULTS

Warrior Recreation is not responsible for teams that default or forfeit games and/or are removed from the league due to Spirit of Competition violations. Refunds or partial refunds will not be awarded for these situations. Warrior Recreation also cannot guarantee that a team's opponents will attend each game, and therefore teams that do not play league games due to a default or forfeit of an opposing team will not get a refund. However, on special occasions, if a team is found to have a detrimental season due to lack of play, a resolution may be explored.

Default

A game is considered default if the captain has submitted online or notified League Staff that they will not be able to participate with the minimum number of participants with 48 hours or more before the scheduled game time. We will attempt to reschedule these games if there is time at the end of the season.

Forfeit

A game is considered forfeit if the captain has submitted online or notified League Staff that they will not be able to participate with the minimum number of participants less than 48 hours before the scheduled game time. These games will not be rescheduled.

Exceptions to Defaults/Forfeits: Ice Hockey and Arena require 72 hours of notice

Incident Reports

Officials/Scorekeepers are required to fill out an incident report in the event of an injury during a game or a participant's conduct is excessive in nature threatening the safety of others or the participant themselves.

Injury Report

An injury is defined as any occurrence where the official or players have stopped gameplay due to a participant in distress. If the player is unable to continue when play resumes, an injury report shall be completed.

Note: If the player returns later in the game, an injury report must still be completed, however, the officials/scorekeeper will note this on the report.

Conduct Report

A conduct report is defined as an incident where the official(s) must stop the game due to the nature of a participant's excessive play, on or off the field, which is a risk to the safety of others (opposing team, officials, teammates, spectators, etc.) or themselves.

When a conduct report is completed, the officials may or may not inform the participant and/or the captain depending on the nature of the incident. Participants with an active conduct report will be notified along with their captain within 72 hours of the incident occurring.

In most cases, a conduct review will occur to determine if any additional disciplinary measures must be taken to ensure the safety of all participants. These measures may include, but are not limited to:

- Game suspension(s)
- Removal from the team
- Removal from the league
- Sport suspension(s)
- Term suspension(s)
- Lifetime suspension

Respecting Officials

All participants and spectators by entering our facilities acknowledge that they will treat all officials, staff, and intramural personnel with respect and dignity. All staff are students and/or campus members just like you!

If you have an issue with an official or intramural staff member, please email League Staff or the Coordinator of Recreational Sports, Bryan Emonts respectively.