

Common Intramural Rules

1. All payers must be registered to participate. Each player must sign in before each game. Student ID is mandatory. If a player is not registered, please see the front desk to registered and be added to a team.
2. Each player is responsible to wear closed toed athletic shoes. Steel toed boots and winter boots will not be permitted.
3. All protests must be written, dated and signed by the team captain and submitted to the Intramural coordinator at the Field House for Frost intramurals or at the PSWC for Sutherland intramurals within one school day of the incident.
4. Athletics & Recreation staff will be the governing body over all intramural/varsity programs and in this capacity will hold final judgment on all decisions.
5. In league play players must play in at least two regular season games to be eligible for playoffs.
6. A team will default their game if they fail to produce the minimum number of players required within five (5) minutes of the scheduled game time. A team will be suspended from further league play if they default more than two games or two weeks.
7. Only the captain is permitted to speak with the referee/umpire.
8. In the event of a rule dispute the referee/umpire may consult with the team captains; however, the referee/umpire has the final say.
9. All intramurals are co-ed unless stated otherwise in sport specific rules.
10. Each intramural team is allowed a maximum of two Varsity/Extramural Players of that sport, with the exception of ice hockey.
11. Players can only play for one team per sport.
12. All Schedules, and rules will be e-mailed to the team contact indicated on team rosters whenever changes are made. Please check e-mail often, and the bulletin boards and Facebook will also be used.
13. Rosters will be kept at the Field House for Frost intramurals and at PSWC Fleming desk for Sutherland intramurals and any changes (additions or deletions) must occur prior to the game time.
14. In determining playoff standings, a tie will be decided first by "head to head play" and if a tie remains then by "points for and against".
15. Players must be Fleming College students, staff or alumni in order to play in the Intramural Leagues.
16. Fighting in Intramural Sports will result in ejection from the game and league for the remainder of the season. Note: if deemed necessary players can be expelled from all intramural play for the remainder or the year and future years for fighting and or offences.
17. Any player receiving 3 penalties in a game will be ejected from that game.
18. No alcoholic beverages or illegal substances are allowed in or on the playing fields/gym/rink. Anyone caught drinking or intoxicated will be ejected out of the LEAGUE.
19. Players who have been noticeably drinking or on under the influence of illegal substances prior to the game will not be permitted to play their scheduled game.
20. The College reserves the right to request a Doctor's note following an injury or when deemed necessary.

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21. Please consider the following when developing your campus recreation team name:
 - a. No references to sexual organs;
 - b. No sexual innuendos or inappropriate double entendres;
 - c. No names that promote intolerance, degrades a race, ethnic or gender group;
 - d. No names that when said out loud sound like an inappropriate or derogatory saying or term;
 - e. Do not use current events in a manner that makes a joke out of serious issues;
 - f. Do not use swear words, or acronyms that create swear words;
 - g. No references to drugs, alcohol, or destructive behavior. If your team name is found to contradict these guidelines it will be changed.
- Once the league begins your team name is still subject to change if any concerns are raised over its intended nature.