

Yale Undergraduate Intramurals Handbook



Payne Whitney Gym

70 Tower Parkway, New Haven, CT 06511

Revised: May, 2016

Table of Contents

- I. Overview
- II. Contacting IMs & Location Information
- III. History
- IV. Staff
- V. IM Leagues
- VI. Forming Your Team
- VII. Safety and Medical Procedures
- VIII. Forfeit & Protest Procedures
- IX. Eligibility
- X. Sportsmanship & Participant Conduct
- XI. Yale/Harvard Games
- XII. Tyng Cup
- XIII. Employment
- XIV. Games, Seasons and Format

I. Overview

The Yale Intramural program provides an outlet for athletic competition for the Yale community. Teams are organized through their residential college IM secretaries, allowing any student to play any one of approximately 20 sports. While the goal of most IM athletes is to win the Tyng Cup—the award for excellence (Tyng points are given to the winning team in every official intramural game over the course of a year), the goals of the program emphasize the community of the residential colleges, the values of sportsmanship and fair play, and the lessons learned through competitive sports and student leadership.

The Yale Intramural program is one of the largest extracurricular programs on campus—about half of all Yale undergrads participate in IMs. As a new student, one may ask, “Hey, how can I be a part of something that’s popular and fun?” It’s easy! Every team is affiliated with one of the 12 (soon to be 14) residential colleges. This means that no matter what college you’re placed in, you’ll be able to participate in as many sports as you desire simply by signing up with your IM secretary.

Our diverse sports offerings are spread across three seasons: The fall sports are golf, table tennis, tennis, touch football, volleyball, soccer, cross country and volleyball. The winter sports are basketball, swimming, bowling, broomball, squash, indoor volleyball, and inner-tube water polo. The spring sports are softball, soccer, Ultimate Frisbee, badminton, golf, spikeball and dodgeball.

One of the best features of the IM program is that it’s a low-stress organization. Games are played in the afternoons or evenings, after students are out of class, and are friendly and relaxing. Freshmen and upperclassmen alike participate in undergrad IMs; the graduate schools have their own graduate/professional IM program. (Call 203-432-2487 for details.)

Although games are competitive, you’re never required to play, and will have time to pursue other activities and academics. Playing intramurals is a great way to stay in shape, have fun, and meet other students at Yale. You don’t have to be an all-state, ex-varsity prodigy either—many IM athletes are new to playing sports. Others are just trying to relax and exercise after class. Either way, we’ll welcome you on the fields, ice, pool or courts.

II. Contacting IMs & Locations

Indoor: Payne Whitney Gym: 70 Tower Parkway, New Haven, CT 06511

Outdoor: Primarily Yale Bowl Fields (D-North, D-South, D-Special, Field C): 20 Central Ave, West Haven, CT, 06516

Undergraduate Director:

Tom Migdalski, M.S. - tom.migdalski@yale.edu

203-432-2484

Graduate/Pro Coordinator:

Kellie Finn, M.S.Ed. - kellie.finn@yale.edu

203-432-7784

Administrative Assistant:

Kay Parady-Raucci - karen.parady@yale.edu

203-432-2487

Websites:

<http://intramurals.yale.edu/>

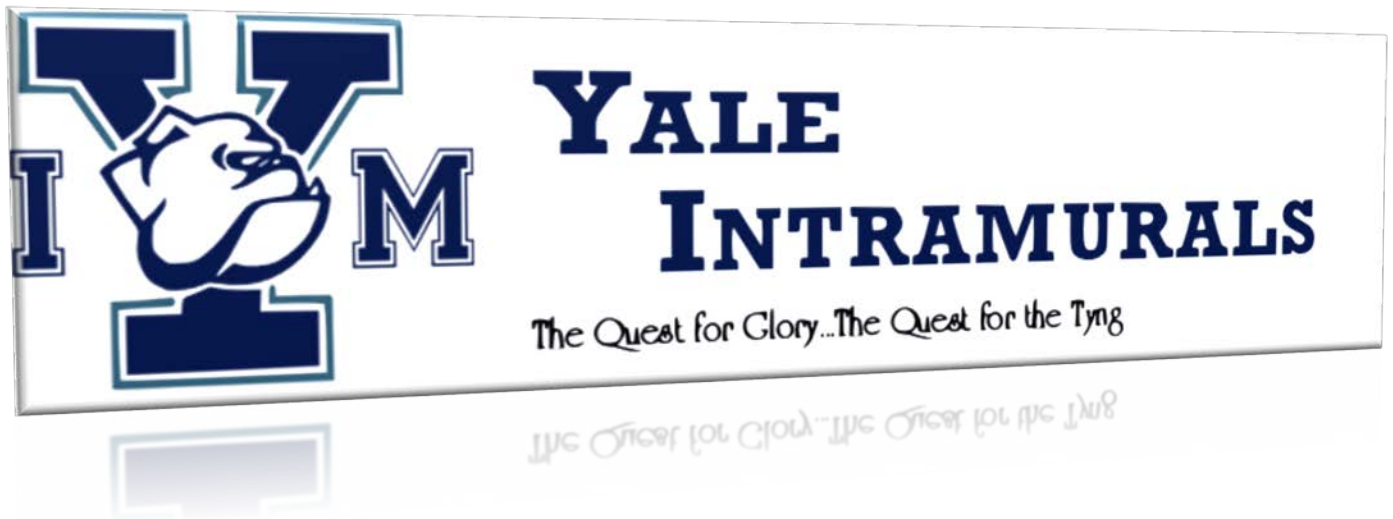
www.imleagues.com/Yale

III. History

Yale Intramurals began in the early 20th century. These early contests were designed for non-varsity, non-club-sport athletes to compete in athletic competitions. The teams were mainly classes.

However, with the inauguration of the residential college system in 1933, the Intramural program changed significantly. The teams changed from graduation classes to residential colleges to benefit from the closeness of the college communities. Also introduced during this year was the Tyng Cup, a gift from alumni George Ade, Sheldon Rose, and Malcolm Aldrich. The Tyng has been awarded annually since 1933 to the residential college that has won the greatest number of Tyng points at the end of the academic year.

The tradition of the Yale College-Harvard House Games, started in the fall of 1935. These games pit the champions of the two intramural programs against one another, usually the day before historical Yale/Harvard football game, "The Game." Their location reflects the home location of The Game. This event features a lively and spirited inter-university rivalry match-up, which intramural athletes eagerly anticipate every fall.



IV. Staff

The Yale Intramural program is managed by the Club Sports and Intramural Director, Tom Migdalski, M.S., and assisted by Grad/Pro IM Coordinator, Kellie Finn, M.S.Ed. The director manages the program and, among other duties, hires supervisors and referees, processes weekly payroll, secures facilities, decides on new sports and eligibility rules with the IM Secretaries, purchases equipment, and oversees the execution of the program.

The managers are assisted weekly by the Head Intramural Secretary. This student position is tasked with being the intramural statistician, game scheduler and webmaster along with answering and deciding upon all questions and protests arising from intramural contests during the Secretaries meetings and IM Ad Hoc Rules Committee votes.

On the field, the Intramural Program is represented by the IM Supervisors. These students insure that all games are run smoothly and answer to on-field problems such as rule queries, equipment problems, referees and injuries. Working underneath the Supervisors are the Intramural Referees. Referees hold the on-field officiating power and work to make sure that the individual games run smoothly and fairly. They also record all necessary information pertaining to the game and report scores to the Head IM Secretary.

The main functional unit of the Yale Intramural Program is the residential college. Each of the 12 colleges (soon to be 14) fields a team for all sports. The Intramural Secretaries run each college's IM program. The main goal of the secretaries is to ensure students within their college are participating in IM sports. To attain this goal, the secretaries name captains, organize IM study breaks, run sign-ups at the beginning of each season and act as the liaison between the IM office and the residential college. Secretaries also attend monthly (or as necessary) program meetings to discuss IM goals and issues, which are chaired by the Head IM Secretary and the IM director.

V. IMLeagues.com

IMLeagues.com is the online home of Yale Intramurals. This website keeps scores, schedules, and standings in one place, allowing for immediate and accurate score reporting and standings updates.

IM Secretaries and captains use the site to organize teams and attendance, and set up automatic text reminders sent to players a day or an hour before their game. Everyone can easily access standings for individual sports and the Tyng Cup, and watch each college's weekly performance.

The RecIT mobile app operates in tandem with the website and allows players to access all of the same information in an easy-to-read, mobile-designed format. The app includes team chat features, the ability to RSVP to games in advance, and easy-to-sort schedule viewing.



VI. Forming/Joining Your Team on IMLeagues

The easiest way to get involved in Yale IMs is to form/join a team on IMLeagues. The captain for each college must register on IMLeagues.com.

To create an IMLeagues account:

1. Go to www.imleagues.com.
2. Click on the Sign Up link.
3. Enter your information, and use your school email address and submit.
4. You will be sent a confirmation email. Log in to imleagues.com by clicking the link at the bottom of the email.
5. The Yale University link should pop up. Click Join School.

To create an IMLeagues team:

1. Log in to your imleagues.com account.
2. Click on the Yale University link.
3. The current sports should be displayed toward the bottom of the screen. Click on the sport you wish to join.
4. Choose the league you wish to play in (Men's, Coed, Women's, etc.).
5. You can join the sport one of two ways:

a. Create a team as the team captains.

Captains can invite members to their team in two ways:

1. If student has already registered on IMLeagues: click the invite members link on the team page, search for their name, and invite them
2. If student has not yet registered on IMLeagues: Click the "Invite Members" link on the team page, then click the "Can't Find Someone?" Click here to invite by email address, and input the email address.

b. Join a team

1. Finding the team and captain name on league page and requesting to join

VII. Safety and Medical Emergencies

EMERGENCY ACTION PROCEDURES

In case of an emergency, call 911. This includes theft, illegal entrance, break-in, suspicious person(s) or emergency injuries. Make sure to also inform the Site Supervisor of the emergency after calling 911, and then file an incident report with the IM Office. (Yale Police Dept. 203-432-4400)

MEDICAL EMERGENCIES

- Any life threatening or serious injury should be reported immediately by calling 911.

Important:

- Give your location first
- Describe the situation
- Give your name
- Give your phone number
- Do not hang up until the operator has received all the information and hangs up first.
- Send someone to the street to meet and direct the ambulance.
- Individuals that are trained in CPR, First Aid and AED should respond as needed. AED machines are located in the gym and in the varsity field house where the buses park. Seriously injured individuals should be made as comfortable as possible, but not moved or transported except by professionals.
- Less serious injuries should be addressed by the onsite supervisor and/or referees with first-aid kit and/or ice.
- In both cases, an Incident Report Form (found in the IM on-site office) should be completed in full and turned into the IM office within 24 hours (203-432-2487).

STRUCTURAL EMERGENCIES & POWER OUTAGES

- All facility maintenance emergencies should be reported directly to the facility supervisor, security guard, front desk attendant or Yale Control Center 203-432-6888.
- Non-emergency maintenance problems should be reported to the facility director, IM Director or Yale Control Center.

BLOOD SPILLS

It is imperative that all IM staff take all possible precautions when handling injuries that involve direct contact with blood. Use the first aid kit, and always wear gloves when blood

is involved. If you feel you are unable to help, please contact 911 or the Yale Athletic Training/ Sports Medicine room, if available. Report all blood spills to a facility attendant.

INCIDENT FORMS & INJURY REPORTS

All injuries must be reported. Completed reports are given to the on-site supervisor. Supervisors inform their IM Director of the incident, and turn in incident report to the IM office. (203-432-2487)

LIGHTNING/ THUNDER SAFETY

Play must be stopped during lightening or thunder. All Yale IM participants must move into an enclosed indoor space or a hard-topped vehicle and remain there until storm ends. You must wait 30 minutes after the last flash of lightning or clap of thunder before resuming play. Games more than halfway completed will have their scores recorded if canceled.

Concussion Information Guidelines

HOW TO RECOGNIZE A CONCUSSION:

If any of the following signs or symptoms are present following an injury, fall, collision or blow to the head, the intramural participant should be suspected of having a concussion and immediately removed from play:

- Dazed, blank or vacant look
- Lying motionless on ground/slow to get up
- Unsteady on feet/balance problems or falling over/incoordination
- Loss of consciousness or responsiveness
- Confused/not aware of plays or events
- Grabbing/clutching of head
- Seizure (spells)
- More emotional/irritable than normal for that person.

SYMPTOMS OF CONCUSSION:

Presence of any one or more of the following signs and symptoms may suggest a concussion:

- Headache
- Dizziness
- Mental clouding, confusion, or feeling slowed down
- Visual problems
- Nausea or vomiting
- Fatigue
- Drowsiness/feeling “in a fog” / difficulty concentrating
- “Pressure in head”
- Sensitivity to light or noise

On-Field / On-Court Management of Suspected Concussion:

Any intramural athlete with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY** using appropriate emergency management procedures. Once safely **removed from play**, the injured **player must not return to activity until he/she is assessed and cleared by a medical professional**. If a neck injury/severe neck pain is suspected/reported, the player should only be moved by trained emergency healthcare professionals. Call 911.

Teammates, supervisors or referees who suspect a player may have concussion **MUST** do their best to ensure that the player is removed from the field/court/pool in a safe manner and prevented from returning to play until evaluated by a physician. Additionally, the injured person should not be left alone in the first 24 hours, and should not drive a motor vehicle until provided with professional healthcare clearance. (Complete an injury report form and submit to the Intramural Office.)

If **ANY** of the following are later felt or reported by an IM participant, that player should be removed from play and transported for urgent medical assessment:

- Severe neck pain
- Deteriorating consciousness (more drowsy)
- Increasing confusion or irritability
- Severe or increasing headache
- Repeated vomiting
- Unusual behavior change
- Seizure (spells)
- Double/blurred vision
- Weakness or tingling/burning in arms or legs

In all cases of suspected concussion, the player must seek or be referred to a medical or healthcare professional for diagnosis and guidance, even if the symptoms resolve. Before restarting IM activity, the player must be symptom free and cleared for participation by a medical healthcare provider. Treatment for a concussion may include rest, avoiding all strenuous physical activity, and avoiding excessive brain and eye use, including reading, doing homework, watching TV/videos, playing video games, etc.

VIII. Forfeit & Protests Procedures

LATE POLICY

Teams are expected to be at the fields and ready to begin play at the time designated on the schedule. If at the starting time a team has the minimum number of players then the game must begin as soon as possible. If a team has fewer than the minimum at the designated starting time then the start of the game will be delayed until enough players arrive. However, if the late team does not have the minimum number of players up to 15 minutes after the original starting time, then the game is forfeited.

PROTESTS

Protests involving eligibility may be made by any captain or secretary against any team and must be made during or immediately following a contest. Once notified the team captain is required to present that player's valid photo ID for verification. If no ID is available then the captain must submit a brief statement that includes the name of the person in question and the circumstances of eligibility. Final ruling will be made by the IM Ad Hoc Rules Committee.

If a person is found to be ineligible, all games in which he/she participated or were suspected of having participated are recorded as losses and any awarded Tyng Cup points are withdrawn. All other protests involving misinterpretation of the rules must be made at the time of the incident. Play must be stopped and may not continue until the protest is resolved on the spot by the game officials with the aid of the governing rules of the game or if necessary by final decision of the Intramural Supervisor. Any team that disputes the result and refuses to continue play will default the contests. Protests clearly involving the judgment of the referees will not be recognized.

IX. Eligibility

ELIGIBILITY

All undergraduate students and persons officially associated with a residential college who meet general eligibility requirements, except former varsity award winners and current varsity players in the similar sport and graduate students, are eligible to participate. Current players are those players who practiced, played or are on the active team rosters after September 25. Any instances involving special exceptions require a review by IM Ad Hoc Rules Committee.

All currently enrolled undergraduate students of Yale College are eligible for Intramural Sports, subject to the following restrictions:

1. Current varsity athletes, or club athletes in the case where there is no varsity team, are ineligible for similar IM sports.
2. Any student who is a past or present Olympic, professional, or world-ranked amateur is ineligible for similar sports.
3. A student signed into one game is ineligible to play in any other game at the same time.
4. A student who has not played in any regular season game is ineligible to play in the post-season for that sport.
5. There are special eligibility rules for the different levels of basketball (A, B, and C Hoops).

Aside from undergraduate students, the following are eligible to participate in Intramurals, so long as they are eligible under the undergraduate requirements:

1. The residential Heads of Colleges, Deans, their spouses and children (if sufficient/reasonable body size and age to prevent injury) living in the college.
2. Fellows and Associate Fellows with current Yale ID.
3. One normally non-eligible male and female per season with current Yale ID.
4. Petitions for eligibility must be made before the athlete plays in a game.

Intramural Secretaries may request an eligibility panel from the Intramural Office to request eligibility for a player who is ineligible in extraordinary circumstances. Any captain or Intramural Secretary may protest the eligibility of an opposing player by filing a protest with the Head Intramural Secretary or Rules Committee. If the opposing player is found to be ineligible, the offending team will be disqualified in all games in which the ineligible player has played.

X. Sportsmanship and Participant Conduct

Good sportsmanship is essential for the overall success and enjoyment of Intramural programs. “Good Sportsmanship” means the understanding and practice of the rules of the game, respect for your team and the opposing team, respect the game officials and supervisors, and for all in attendance, maintaining a positive attitude, and keeping the game in perspective.

Acts of unsportsmanlike conduct will not be tolerated. This includes verbal or physical abuse of opponents, officials, supervisors and members of one’s own team or alcohol consumption. Any participant found violating this rule/code of conduct will be ejected from the activity and asked to leave the playing area before the game resumes. Please note that you can be penalized by the actions of the fans/guests who accompany you during gameplay. They’re just as much a part of the game as the participants are. Examples of fan misconduct are inappropriate cheering, taunting, verbal or physical abuse to officials and opposing participants.

Individuals found in violation of this rule/code of conduct may be subject to additional punishment after meeting with the Director of the Intramural Program and the Director of Sport & Recreation. Individuals will NOT be able to participate in any Intramural activities until the meeting has taken place. All violations of the code of conduct policy may be reported to the Dean of Students for possible violations of the Yale University Conduct Policy.

STUDENT CONDUCT

Student development is a major goal of the Intramurals program. Individuals and teams are expected to demonstrate good sportsmanship, respect and cooperation with supervisors and other teams.

1. Absolutely no alcohol consumption or illicit drug use will be tolerated before or during any Intramural event.
2. Intramural Supervisors and Referees are responsible for ensuring safe play and are vested with the power of ejecting players acting in any unsportsmanlike manner.
3. Fighting is not tolerated under any circumstances. Teams involved in fights will be dropped from league play for the remainder of the season. Individuals/teams that are ejected from the field/court will be suspended from further play and must meet with the Director of Intramurals and/or IM Head Secretary to be reinstated. Disciplinary sanctions will be a minimum of one game. Antagonistic, violent or threatening behavior may result in indefinite suspension from all Intramural sports, and will be reported to the disciplinary office of the appropriate Dean or Head of College.

XI. Yale/Harvard Games

1. The games are hosted on the Friday before the Yale/Harvard football game at the school hosting The Game.
2. The typical sports are Ultimate Frisbee, touch or flag football, soccer and volleyball.
3. The host school's game rules apply.
4. To host the games successfully, Yale IM leadership must reserve the fields a month in advance with the Facilities Office, coordinate directions and arrival times for Harvard, arrange student field supervisors and referees, provide refreshments and sports equipment, arrange lighting if possible, reserve an EMT crew, develop a schedule consisting of games/fields and teams, set up a host table, clean up and secure all fields, gates and office at conclusion of event, etc.
5. Yale provides coach buses for our students traveling to Harvard. A signed waiver is required from all students making the trip. A Yale IM supervisor must travel on the bus(es), strictly no alcohol or illicit drugs are permitted.



XII. Tyng Cup

INTRODUCTION

The Tyng Cup, a gift from George Ade, Sheldon Rose and Malcolm Aldrich is annually awarded for overall excellence to the college accumulating the greatest number of points. Presented in 1933 and awarded first to the Wright Group, it continues to spawn competitive rivalries among the colleges and encourage participation. It is the most coveted of all intramural awards.



THE POINT SYSTEM

The point system reflects the overall winning performance in Tyng Cup events. Tyng Cup events are established sport activities and usually do not include special events. Points are awarded for wins and ties in regular season contests, interdivisional playoffs and selected special events.

No points are awarded for interdivisional playoff qualifying contests nor for full league tie-breaking championship contests. The allocation of points is based on a). The number of total player positions available; b). the number of regular season contests scheduled; and, c). the number of interdivisional playoff contests required to determine a champion.

NOTE: In dual college team sports each college must provide at least the minimum number of players required by the Davie point system in order to receive the full complement of Tyng points. If a college fails to provide the minimum number then that college will receive only a portion of Tyng points based on the percentage of participants under the minimum

required number. Points are awarded for each sport and records of running totals are maintained.

At the conclusion of each season, a Final Standings detailing win-loss records and point allocations is published. Upon receipt of the Final Standings the Head Secretary is required to verify the results for accuracy. Inquiries must be submitted in writing prior to the conclusion of the next meeting of IM Secretaries; otherwise, all results are considered official and unchangeable. The basic formula for determining maximum potential Tyng Cup point allocations is: (Playing positions) x (Regular Season Contests + Required Playoff Rounds) = Total Points.

XIII. Employment*

The success of the IM program is largely dependent on the quality of its sports officials. Well officiated contests, events, and activities enhance the quality of the program and the satisfaction of the participants. The IM program is continuously looking for individuals that have a passion for sports and a willingness to take on a new type of leadership. IM officiating is a great way to stay connected with athletics and current trends in sports, along with earning a paycheck. Students interested in paid positions can submit an application to the intramural director, student referee coordinator or student supervisor coordinator via email. Applicants should cite their sports experience, year in college, and position, sport(s) and season(s) desired. They also must provide their full name and Net ID. They are then hired into Student Employment, assigned a schedule through their coordinator, and paid weekly after completing and submitting a timesheet through Student Employment each week.

****Within the first two weeks of the season, all student supervisors and referees are required to complete a one-hour training class each year. Contact the IM Office for signup.***

XIV. Games, Seasons, and Format

FALL

COED TOUCH FOOTBALL - 12 teams/ 11 games
MEN'S TOUCH FOOTBALL - 12 teams/ 11 games
WOMEN'S SOCCER - 6 dual-college teams/ 5 games
MEN'S SOCCER - 12 teams/ 2 division/ 5 games
COED SOCCER - 12 teams/ 11 games
COED TENNIS - 12 teams/ 2 divisions/ 5 games
CROSS COUNTRY - 12 teams/ two meets
COED VOLLEYBALL - 12 teams/ 2 divisions/ 5-games
GOLF - 12 teams/ 1-day tournament

WINTER

MEN'S BASKETBALL - 3 leagues/ 12 teams per league/ 5 games
WOMEN'S BASKETBALL - 12 teams/ 2 divisions/ 5 games
MEN'S AND WOMEN'S VOLLEYBALL - 12 teams/ 2 divisions/ 5 games
MEN'S AND WOMEN'S SQUASH - 12 teams / 11-games
COED BROOMBALL 12 teams/ 11 games
COED SWIMMING - 12 teams/ two meets
COED IT WATERPOLO - 12 teams/ 11 games
COED BOWLING - 12 teams/ 11 games

SPRING

COED GOLF - 12 teams/ 2 divisions/ 5 games
COED ULTIMATE - 12 teams/ 2 divisions/ 5 games
COED SOCCER - 12 teams/ 2 divisions/ 5 games
COED SOFTBALL - 12 teams/ 2 divisions/ 5 games
COED SPIKEBALL - 12 teams/ 2 divisions/ 5 games
COED BADMINTON - 12 teams/ 2 divisions/ 5 games
DODGEBALL - 12 teams/ 2 divisions/ 5 games

**Refer to <http://intramurals.yale.edu/> for specific sport rules and updated Yale Intramural rules & information.