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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 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, pickleball and volleyball. The winter sports are basketball, indoor soccer, 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 Faust, M.S.Ed. – kellie.faust@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 Adee, 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 Faust, 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 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. 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.
VI. 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
VII. 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 (drowsier)
- 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. Defaults, Forfeit, & Protests Procedures

LATE POLICY

Each late policy is sport specific. Generally, 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, the game must begin as soon as possible.

DEFAULT

An un-played game that is recorded as a loss rather than a forfeit. This occurs when the defaulting team’s captain notifies the scheduler and the opposing team’s captain at least 2 hours before the scheduled game time. The team defaulting will receive the loss with additional penalty.

FORFEIT

An un-played game that is recorded as a forfeit because the team failed to show up for its scheduled game and did not notify the scheduler and the opposing team’s captain at least 2 hours in advance. A double forfeit occurs when neither team notifies the head scheduler. Penalties for additional forfeits vary by sport.

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 & Dress Code

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 undergraduate students who are affiliated with a residential college and are currently enrolled in classes at Yale University are eligible to participate for their college in undergraduate intramural athletics, subject to the following restrictions:

1. Current varsity, junior varsity, or freshman athletes, or club athletes in the case where there is no varsity team, are ineligible for similar IM sports.

2. Any varsity award winners are ineligible to participate in the sport in which they have won their award, or in any associated sports. However, undergraduate varsity award winners may regain eligibility in their awarded or related sport after a one-year absence from current varsity practice or playing status.
   a. Coed inner tube water polo, coed broomball, and coed pickleball have significant enough competitive balance rule and/or equipment changes that they are not considered associated. Varsity, junior varsity, freshman, and club athletes of traditional water polo, hockey, or tennis/squash/badminton are eligible to participate.

3. The following sports are declared associated:
   a. Tackle football with intramural razzle-dazzle touch football.
   b. Cross country and track running events with intramural cross country.
   c. Court volleyball with intramural court and lawn volleyball.
   d. Softball and Baseball with intramural softball.

4. Any student who is a past or present Olympic, professional, or world-ranked amateur is ineligible to participate in that sport or any associated sport.

5. A student signed into one game is ineligible to play in any other game at the same time.

6. All sports shall be classified men’s, women’s, coed or open and competition shall be categorized as round-robin, double round-robin, tournament, invitational or special events. No man shall be eligible to participate in a woman’s sport, and no woman shall be eligible to
participate in a man’s sport. In coed sports with individual events (tennis, for example), no woman shall play in a man’s spot, and no man shall play in a woman’s spot.
a. Intramurals gender-eligibility participation is based on one’s self-identified gender, and that it is done in good faith and is consistent with a player’s expressed gender identity. A participant’s gender identity will be applied when there are gender-specific rules or player-ratio requirements for co-rec activities. Transgender or non-binary individuals may compete in the role that best matches their self-identified gender identity. Such students are encouraged to communicate their gender identity to the referee(s) or supervisor(s) prior to the start of play. Should the player not feel comfortable working with the on-site IM staff, the individual can contact the intramural director, and inform him/her of their status at least two business days prior to the contest.

7. No person shall participate simultaneously in men’s and coed touch football against the same college, with the following exception:
a. If a football game is forfeited, eligible players from either the winning or forfeiting team may enter the simultaneous game at the beginning of the 2nd half.

8. A student who has not played in any regular season game is ineligible to play in the post-season for that sport.

9. In team sports where no or limited substitutions are available only one non-undergraduate may compete during the contest. Currently these sports include: Badminton, Coed Court Tennis, Coed Table Tennis, Coed Bowling, Men’s and Women’s Squash, Coed Billiards, Coed Swimming, and the Borsodi Golf Tournament.

10. In sports where an unlimited number of team members may compete, but a limited number affect the scoring more than one non-undergraduate may participate but only one non-undergraduate’s result may affect scoring.

11. 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.

The following people are ineligible to participate in undergraduate intramurals:
1. Spouses and children of undergraduates and fellows.
2. Graduate and professional students.
3. Alumni.
4. Employees of the University.
5. Students not currently enrolled in classes.
6. Any player participating under an assumed name or is not playing for their respective residential college.
7. Any player who has been ejected or suspended and has not met with the Intramural Director to discuss the circumstances.
8. Anyone else not specifically declared eligible.

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 shall forfeit all games in which that individual participated or is presumed to have participated and the individual and team may be suspended from further competition.

DRESS CODE

Intramural participants represent their college and should do so in a safe and professional manner. All IM players and staff must adhere to a dress code appropriate for their respective sporting event. The dress code is intended to provide safety, allow fair play, avoid distraction, respect individuality, and preserve the dignity of every participant. Examples include: Soccer—shirt, shorts or long athletic pants, shoes with covered toes, no long jewelry or large loop earrings; Swimming—appropriate bathing suit, swim cap for long hair, no underwear; Injuries—any wound, no matter how small, must be appropriately covered with Band-Aid, gauze and/or athletic tape or wrap.

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 as 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 Adee, 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.

TIE BREAKING PROCEDURES

If due to reasonable circumstances it is impossible to schedule a playoff then all tied teams shall be declared champions. If due to unreasonable circumstances it is impossible to schedule a playoff then head-to-head results and/or other methods determined by the Director of Intramural Sports shall be utilized to declare champions and to award t-shirts.

SINGLE DIVISION

The league consists of all colleges represented by single or combined teams and during the course of the schedule each team plays every other team at least once. In the event of a tie for any place, either for final standings or playoff seeding, the following procedure will be utilized to break the tie.

1. Outcome of head-to-head games with the tied teams.
2. The teams amassing the greatest points/goal differential in all games.
3. The teams with the least number of forfeits.
4. A coin toss or random number generation if more than two teams are tied.
   a. If the tie is for first place and time allows, a championship game could possibly be played. This will be determined on a case basis.

DUAL DIVISION

A league consists of dual divisions where the top two or the top four teams (predetermined on the schedule of events) in each division qualify for seeded playoffs. In the event of a tie for playoff positions the following tie breaking procedures are utilized to determine playoff positions.

1. Outcome of head-to-head games with the tied teams.
2. The teams amassing the greatest points/goal differential in all games.
3. The teams with the least number of forfeits.
4. A coin toss or random number generation if more than two teams are tied.

TOURNAMENT

All colleges are required to field a team when a sport is scheduled as a tournament and the results of the competition are scored as head-to-head contests among all teams and involves Tyng point allocations. In the event of a tie for first place after the final round then the following tie breaking procedures are utilized to determine the champion.

1. Winner of the final round head-to-head match-up,
2. If no winner is determined then co-champions are declared.

Extraordinary circumstances: To be determined by the Director of Intramural Sports and Head Intramural Webmaster.

Playoffs: Spring playoffs may be waived if the winner has statistically clinched the Tyng Cup.

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.*

Additional Employee Information:

In regard to leaving early when all games are forfeited, supervisors and referees may leave 30 minutes after the scheduled start time. Teams have a chance to play the game up to 30 minutes past the scheduled starting time per late policy rules. If the participants who are there want to have a friendly scrimmage they may do so, but after the allotted 30 minutes it is up to the supervisor to decide if he or she would like to stay to let them continue to play. If after 30 minutes all games are still forfeited, and the supervisor decides not to stay for the entire scheduled time, then all equipment must be put away and locked up. The participants scrimmaging may not keep the equipment to continue playing if no supervisor is on duty. It is important to note, if the supervisors and referees leave early, then they must fill out their timecards to reflect the time they actually finished their shift, not the usual end time.

XIV. Sports

FALL
COED TOUCH FOOTBALL
MEN’S TOUCH FOOTBALL
COED SOCCER
COED TENNIS
CROSS COUNTRY
COED VOLLEYBALL
COED GOLF
COED DOUBLES PICKLEBALL

WINTER
MEN’S BASKETBALL
WOMEN’S BASKETBALL
MEN’S AND WOMEN’S VOLLEYBALL
MEN’S AND WOMEN’S SQUASH
COED BROOMBALL
COED SWIMMING
COED INNER-TUBE WATERPOLO
COED BOWLING
COED BROOMBALL
COED INDOOR SOCCER

SPRING
COED GOLF
COED ULTIMATE
COED SOCCER
COED SOFTBALL
COED SPIKEBALL
COED BADMINTON
COED DODGEBALL

**Refer to http://intramurals.yale.edu/ for specific IM sports rules and other updated information**