Nevada Intramural Sports Handbook

General Rules and Regulations for Intramural Sports Participation
## Index

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction and Purpose of Intramurals</td>
<td>3</td>
</tr>
<tr>
<td>Eligibility Requirements</td>
<td>3</td>
</tr>
<tr>
<td>Liability/Insurance</td>
<td>4</td>
</tr>
<tr>
<td>Program Structure</td>
<td>5</td>
</tr>
<tr>
<td>Team Requirements</td>
<td>8</td>
</tr>
<tr>
<td>Team Captain Responsibilities</td>
<td>10</td>
</tr>
<tr>
<td>Scheduling of Games</td>
<td>12</td>
</tr>
<tr>
<td>Code of Conduct</td>
<td>13</td>
</tr>
<tr>
<td>Major Infractions and Sanctions</td>
<td>16</td>
</tr>
<tr>
<td>Protesting Calls (Protests and Appeals)</td>
<td>18</td>
</tr>
<tr>
<td>Injured Players (Blood Rule &amp; Concussion Management)</td>
<td>19</td>
</tr>
<tr>
<td>Directory</td>
<td>21</td>
</tr>
</tbody>
</table>
1. **Introduction and Purpose of Intramural Sports**
   
i. By emphasizing sportsmanship, participation, and respect the Intramural Sports Program is committed to making a positive impact on the University community by fostering a healthy and safe sport experience for all regardless of athletic skill and background.

   ii. Intramural Sports is here to **promote participation over competition.**

2. **Eligibility Requirements**
   
i. All officially enrolled University of Nevada, Reno students, as well as University faculty and staff, are eligible to participate in Intramural Sports.  
      a) When competing in Intramural Sports, participants must be enrolled in at least **six (6) undergraduate credits, three (3) graduate credits**, or **employed by UNR (Faculty or Staff)**.
      b) All participants must provide a valid, current university ID card before they participate in any intramural event.
      c) Participants and team captains are responsible for their own eligibility status. The Coordinator of Intramural Sports will make the final determination as to a player’s eligibility.
      d) Players on a Co-Ed team may also play in the Men’s or Women’s divisions of the same sport, if the option is available.

   ii. Rosters should include all names of team members as they are listed on the printed scoresheet of individual games. Once an individual’s name appears on a team scoresheet, that player is considered a member of that team. **Members may only be added up until the Sunday (11:55pm) after the first week of play. After that no new players will be added to teams.**

   iii. Any member on more than one men’s/women’s team roster have until the 1**th** game to decide which team they wish to play for. After a player has played in their 1**th** game, a player is committed to that team. Once the week has passed they will be placed on the roster of the team they play for first and will be removed from all others.

   iv. Athletes who have competed in intercollegiate or professional sports are eligible to participate if they meet the requirements listed below:
      
      a) **Intercollegiate team members**: Any student who has competed on an intercollegiate team in a regularly scheduled match or game is ineligible to compete in that sport or any associated sport for a
period of one year from the last eligible participation date and from the last year they appeared on the team roster. **No more than 3 intercollegiate athletes are allowed per team.**

b) **Professional athlete team members:** Any student who has participated on a professional sports team either in a practice, scrimmage, and/or regularly scheduled game is ineligible to compete in that sport or any associated sport for a period of two years.

v. **Only three (3) Campus Recreation and Wellness (CRW) / Lombardi employees** (building staff, lifeguards, intramural employees, etc.) are allowed per team.

vi. Participants must show a valid University ID card **each time** they wish to participate. Officials will check IDs for gameplay, but will not keep IDs at the table. Participants are responsible for holding onto to their own IDs.

   a) IM participants are responsible for picking up their IDs before and after the game if left at the table.

vii. Any problems with lost or misplaced ID’s must be taken care of prior to a participants scheduled game. The University Wolf Card office is open from 8am-5pm, Monday through Friday.

### 3. Intramural Sports Participation Liability/Insurance

a) Participation in Intramural Sports is voluntary.

b) All participants must **individually sign and date** the team informed consent form.

c) Only players whose names appear on the team informed consent form with signature and date will be eligible to participate. The State of Nevada, NHSE, and University of Nevada, Reno cannot and will not accept liability for injury while participating in an Intramural Sports activity.

d) Participants are encouraged to provide their own accident insurance coverage as the Intramural Sports program will not provide it.
4. Program Structure

i. League Play
   a) Leagues typically consist of a 5-week regular season.
   b) If less than five (5) teams sign up for a division night of play, and the division is a go, teams may not play their fifth (5th) game until post season play. Teams will move forward if they have the minimum sportsmanship score required for post season play.
   c) Each team will play one night per week, and one game per week. Exceptions can be made for make-up games due to cancellations, condensed leagues, and/or weather-outs.
   d) Tentative schedules may be available at the captain’s meetings and final schedules will be posted on IM Leagues.com the Friday before competition week begins.
   e) It is the responsibility of the team to check the posted online schedule.

ii. Post Season Play
   a) Depending on the time and facility space every attempt will be made to schedule an end of the season, single elimination, and championship tournament. The top teams from each division with winning records and the appropriate code of conduct sportsmanship score average will advance to the tournament.
      a) Exceptions can be made with regards to record in order to fill a bracket and will be done so at the discretion of the Intramural Sports Coordinator.
   b) Every attempt will be made to include all eligible teams in the post season. However teams are not guaranteed a spot in playoffs.
   c) Post season schedules will be posted at least one day prior to the start of playoffs.
   d) Post season games may take place any day and at any time. It is the team’s responsibility to check the playoff schedule for game day and time. **Intramural Sports will not call teams** in advance to inform them of game times and/or days. Schedules will be posted online on IM Leagues.com.
e) A code of conduct sportsmanship score of at least “3.0” must be maintained in each postseason game in order to progress in the post season.
   a) **Sportsmanship scores will be evaluated at both half time and at the end of the game.** If at half time a team has not been able to achieve at least a score of 2.5 or higher the game will be called and the other team will advance. If neither team can maintain a 2.5 by half time, both teams will be eliminated.

5. **Team Categories and Levels of Play**
   a) Every attempt will be made to have a Men’s, Women’s, or Co-Ed division in every major sport based on participation and sign-ups. Teams are strongly urged to enter into the proper level of competition. The Intramural Sports Office will help counsel teams and team captains to help determine which division they should sign up to participate in during the team registration payment process. The Intramural Sports program office has the discretion to move a team to the appropriate division of play in a sport, to help support the competitive balance level of intramural sports play and maintain as safe as possible environment.

   b) Some sports will have further divided levels of play that could include an “A”, “B”, or “C” division in a league.
      a) **Division “A” – Advanced:** Designed for highly skilled competitive teams and individuals. The “A” division has been structured for skilled athletes who have played the sport at a high level (i.e. high school, club, city league).
      b) **Division “B” – Intermediate:** Designed for average skilled competitive teams and individuals. The “B” division has been structured for all participants that have basic fundamental skills. The level of play is fairly intense and all players have a clear understanding of the rules.
      c) **Division “C” – Beginner:** Designed for beginning teams and individuals. The “C” division has been structured to
accommodate players who know the rules of the sport but are still developing their skills. In this division of play competition is secondary as most players are first time participants.

c) Co-Ed Leagues will need a minimum number of women needed to start a game and in most cases this is half the amount of players needed to field a team.
   a) Co-Ed teams must have at least one male on the court or field of play for each game.
   b) More specific rules on the number of females are available in the specific sport’s rulebooks.

ii. Free Agents
   a) Individuals who are looking to join a team as well as teams who do not have enough players, there is a free agent option.
      a) Free Agents (individuals looking to join a team):
         a. Can list themselves as a free agent in many divisions within a league as they would like.
         b. Once they have listed themselves on the IM Leagues.com website, free agents will be visible to all members of the site and can request to join teams, or post information about yourself so that teams can request to add you to their team.
         c. Must attend the sport specific captain’s meeting for the sport they desire to play. Please check IM Leagues.com and the Lombardi Recreation facility for captain meeting dates.

iii. Team Registration Fees
   a) Each major league and tournament sport has a team or individual registration fee amount based on what it cost for students to participate in that sport. Participation fees for each sport can be found on the website and posted up in the Lombardi Recreation Center.
   b) Fees are to be paid at the Lombardi Membership Services desk between the hours of 11am-8pm Monday-Thursday. Team Registration fee payment time may be extended to 10pm on
deadline days for specific sports if teams still need to pay the registration fee.

c) Fees must be paid in cash, check, or by credit card (excluding American Express and Discover credit cards).

d) Fees are to be paid at the time of sign-up and will not be accepted after the deadline dates. **Intramural Sports office will not approve a team into a league or tournament without payment.**

e) **Fees must be paid in full, no partial payments will be accepted.**

f) **Refund Policy:**

   a) The Intramural Sports Program refund policy will administer refunds under the following circumstances:

      a. The intramural sports program decides to cancel a league or tournament due to low enrollment or other factors.

      b. A team’s request to be removed from a league or tournament for any reason (i.e. inability to field a team), **“MAY”** be approved.

   b) The Intramural Sports Program refund policy will **NOT** administer refunds under the following circumstances:

      a. If a team is removed from competition due to player or team misconduct.

      b. If the request to be removed from a league or tournament is one week less from the start date of the deadline for the specific sport, the request for refund **WILL NOT** be granted.

6. **Team Requirements**

   i. Sport team generation will take place online at IM Leagues.com. Team captains will sign up their teams online, not at the Lombardi Recreation Center.

      a) Members will need to individually sign up on **www.imleagues.com/nevada.** More specific information about team registration and sign-up is available at the Intramural Sports office as well as on our website at **www.unr.edu/campusrec**, please be sure to visit the intramural sports program page.
ii. **Team Name Requirements**
   
a) It is the responsibility of the team captain to submit an appropriate team name for their Intramural Sports team. The following restrictions are enforced:
   
a) No vulgar language.
b) No reference to alcohol or other drugs.
c) No discriminatory references (race, gender, religion, color, national origin, or sexual orientation).

b) The Intramural Sports Coordinator reserves the right to censor and change team names.

c) In the event the Intramural Coordinator changes a team name, the team can change the name and submit the change for approval in IM Leagues.com.

d) If the team name is re-submitted for approval, and isn’t appropriate, the team may not be considered for league or tournament play for violating the rule for team name requirements.

iii. **Uniforms**

   a) Intramural Sports will provide basic scrimmage jerseys for indoor and outdoor sports. However, if teams would like to wear their own there are particular guidelines that need to be followed. Guidelines are:

   a) Numbers must be printed on at least the back of the shirt/jersey.

   b) Each team member participating in gameplay and sitting on the bench must have the same color shirt.

   c) Team jerseys or team shirts may not display vulgar language or reference to alcohol or other drugs. No discriminatory references (race, gender, religion, color, national origin, or sexual orientation).

   d) Team jerseys or team shirts may not be excessively ripped on any part of the garment.

iv. **Identification (University ID/Wolf Card)**

   a) Prior to the first game of the season that a player participates in, it is imperative that they present their valid University ID card.
b) If a student participant does not have a university ID/wolf card for the first game they are scheduled to participate in, they will not be allowed to play until they can present a valid University ID card.

c) After a player’s eligibility has been determined, any form of picture ID will work, but some form of photo ID is needed to check in before each and every game.

7. Team Captain Responsibilities

   i. Team Captains are responsible for the conduct of themselves and of their players and spectators. Team captains are therefore subject to the same disciplinary action as their players and fans.

   ii. Each officially organized team will provide one (1) captain and one (1) co-captain for that sport.

   iii. The Team Captain is responsible for the following:

      a) Registration of team on the IM Leagues.com website and payment for the league they wish to participate in by the deadline.

      b) Paying the team registration fee in person at the Lombardi Recreation Center by the early registration or late registration payment deadline date(s). Team registration payment fees can be made prior to the deadline date for every sport.

      c) Being present at the mandatory sport specific captain’s meeting, this takes place on the Thursday during the week of a specific sport registration. If no one from the team shows to the meeting, the team will be dropped from the competition and a refund will not be administered.

      d) Managing the team roster and completing team roster by the roster deadline date.

      e) Responsible for the disbursement and compliance of all rules, regulations, and game times.

      f) If the captain is unable to attend a game then the team co-captain will serve as the team captain for that game.

      g) Ensure that all players appear on time at scheduled contests with the proper photo identification and are prepared to play.

      h) Ensure cooperative and positive conduct of all involved with the team, including fans.
i) To keep team members informed of eligibility standards, promptly file protests if needed, and inform team members of forfeits and postponements.

**Explanation of Team Registration Payment Deadlines:**

- **Team/Early Registration Deadline (Tuesday):**
  - Teams must be created and registered on IM Leagues.com by this date.
  - Team captains are no longer allowed to create a team for a specific league or tournament after this deadline date. If a team has been created, the captain will visit the Lombardi Recreation Membership Services desk to make payment.

- **Final/Late Payment Deadline (Wednesday):**
  - The final payment deadline is the last day that teams can pay their teams fees.
  - No teams will be created or accepted on IM Leagues.com on this date. The Final Payment deadline fee has an additional fee attached to it ($5 - $25 more, depending on the league or tournament).

- **Team Registration Payment Procedure:**
  - It is to be turned in on-site at the Membership Services/Intramural Desk inside of Lombardi Recreation, not online.
  - Fees must be paid before the team will be added to a league or tournament.
  - Teams will be added to leagues/tournaments on a first come (pay), first serve basis.
  - **Team creation does not guarantee entrance into a league or tournament.**
  - A tentative schedule will be available to view at the captain’s meeting. It is the responsibility of the captain to let the Intramural Sports Coordinator **know at that time if there is a conflict with game times.**
  - The only time a change in game times will only be considered is during the captain’s meetings. After the conclusion of the captain’s meeting, switching of game times will be DENIED. **The team captain**
must still notify the Intramural Office when their team has a conflict with the game schedule.

8. Scheduling of Games (How it is Done)

i. Every attempt is made to ensure full participation of all teams. However, sometimes the intramural sports program is not able to make every concession for every team.

ii. There may be a tentative schedule of what time teams will play available at the captains meeting (night of play, game time play, etc.). If there is a conflict it will be up to the captain to let the Intramural Sports staff know at that time. After the captain’s meeting the final schedule will be posted and rescheduling will be kept to an absolute minimum (Exceptions: weather and/or facility postponements).

a) Rescheduling: Due to the number of teams, the comparatively short playing season, and busy playing facilities, rescheduling will be kept to an absolute minimum (A game may be rescheduled only with permission from the Coordinator of Intramural Sports. Request to reschedule must be made prior to the generation of the five-week League sport schedule).

b) Postponements: Never assume that a game will be canceled because of weather; check with the Intramural Sports Office first. If games are postponed, the Intramural Office will reschedule them for alternate days and times (most often on Fridays or as doubleheader games on a weekday). Unfortunately there is no guarantee that all postponed league games will be played, if this happens the game will be considered a “no-contest”.

c) Forfeits: A forfeit is issued when a team or individual fails to be present for a scheduled game/match and does not notify the Intramural Sports Office in advance. Forfeits are recorded as a loss and a 0.0 sportsmanship rating will be administered to the team. Teams that forfeit the equivalent of two games will be dropped from competition without the possibility of reentry in the sport they forfeited in. The forfeiting team will not receive a refund.
d) **Defaults:** A default may only be claimed in LEAGUE SPORTS. A default is an un-played game that is recorded as a loss and a 3.0 sportsmanship score is administered to the team rather than a forfeit. This results when the defaulting team captain notifies the Intramural Sports Office that they will not show up to play a contest by NOON on the BUSINESS DAY (Monday through Friday) of the scheduled game. Teams may only default once per sports season. A second default in the same season will be recorded as a forfeit.

e) **Weather-Out:** A game will be considered official if it is stopped at or after the halfway point of the contest due to inclement weather.

f) **Holidays:** No intramural contest will take place on/or during holiday hours at any of the campus recreation facilities.

### 9. Intramural Sports Code of Conduct

- Any individual or group who commits any act that violates the spirit and intent of the Intramural Sports Program will automatically be suspended from further participation.

- If a participant has been suspended from intramural participation that participant must make an appointment to meet with the Intramural Coordinator to discuss options of reinstatement. Along with removal from intramural sports play, participants will not be allowed to participate in any Campus Recreation and Wellness (CRW) programs (use of membership, drop-in class participation, pool use, etc.) until you have met with the coordinator. Any further participation in any CRW programs will be determined after sanctions have been communicated to the violator.

- Intramural student conduct meetings will only be held on Monday’s (between 1:30pm and 6pm) regardless in which day of the week a student committed a violation of the participation policy.

**Sportsmanship Rating System:**

- This system is designed to help players and teams become more aware of the attitudes and actions they foster in competition towards opponents, officials, CRW staff, teammates, and fans.
• This system is in place to encourage and promote sportsmanlike conduct in all intramural sport activities.
• Players and teams that cannot display appropriate sportsmanship will not be allowed to compete in the current sport, and are subject to ejection from further sports.
• Sportsmanship scores are given to teams by the officials, scorekeepers, and Intramural supervisors at the end of each game.
• If a team falls below an average of “3.0” for the season, it will forfeit its’ spot in the any post season play.
• A sportsmanship score of zero (0) will result in a team’s immediate ejection from the league. The sportsmanship rating system is based on the following criteria, but not limited to:

4.0- Excellent Conduct and Sportsmanship:
• Team captain and team members cooperate with and demonstrate good sportsmanship towards members of opposing teams, spectators, and ALL campus recreation staff.
• Team captain exhibits excellent control of his/her team and spectators
• Team captain converses reasonable and rationally with officials about rule interpretations.
• Team captain cooperates by providing any information requested by an Intramural official staff member.

3.5- Above Average Conduct and Sportsmanship:
• Team captain and team members cooperate with and demonstrate good sportsmanship towards members of opposing teams, spectators, and ALL campus recreation staff.
• Team captain exhibits good control of his/her team and spectators.
• Team captain converses reasonable and rationally with officials about rule interpretations.
• Team captain cooperates by providing any information requested by an Intramural official staff member.
3.0- Average Conduct and Sportsmanship:

- Team captain and team members *somewhat cooperate* with sportsmanship towards members of opposing teams, spectators, and ALL campus recreation staff.
- Team captain *has control* of his/her team and spectators.
- Team members have minimal verbal complaints about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams must maintain a 3.0 during tournament play as well. If a 3.0 is not received by the team at the end of game play, the team may be removed from tournament play and will not be administered a refund.
- **All teams begin each contest with a 3.0.**

2.5-Below Average Conduct and Sportsmanship:

- Team captain and team members *somewhat cooperate* with sportsmanship towards members of opposing teams, spectators, and ALL campus recreation staff.
- Team captain *has some control* of his/her team and spectators.
- Team members have constant verbal complaints about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.

2.0- Acceptable Conduct and Sportsmanship:

- Team captain and team members show verbal dissent toward officials and/or opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Team captain exhibits *minor control* over team/spectators, but is in control of him/her.
- **Team is unable to produce a team at game time, resulting in a forfeit.**

1.0- Poor Conduct and Sportsmanship:

- Team captain and team members constantly complain to the officials and/or opposing team from the field/court/sidelines.
- Team captain exhibits *NO control* over team/spectators or him/herself.
• Team members fail to appear at their scheduled contest or are unable to produce enough players to field a team according to the rules of the involved sport.
• Teams that have one or more players ejected will receive no higher than a “1.0” rating at the end of the contest, but can be further evaluated by the Intramural Sports Coordinator.

0.0- Unacceptable Conduct and Sportsmanship:

• Team is completely uncooperative.
• Team captain has NO control over team, spectators, or him/herself.
• Teams play with ineligible participants or withhold any information requested.
• Damage or destruction of any campus recreation facility/equipment.
• Multiple player ejections or causing a contest to be forfeited by any reason than not having enough players will receive a “0.0” rating.
• Any threatening behavior (verbal/nonverbal/physical) towards any player, spectator, or campus recreation employee.
• Play will be forfeited at any point where play constitutes a “0.0” rating.

10. Major Infractions and Sanctions
• The possession or consumption of alcohol, tobacco, or illegal drugs is prohibited at any Intramural Sports activity at all times (includes Players and Fans).
• Additionally, if the Intramural Sports Program suspects any individual of being under the influence, that person will not be allowed to participate or enter the facility and will be asked to leave.
• Each team captain is responsible for enforcing this policy with team members and spectators.
• Violators will also be subject to disciplinary action in accordance with University policy.
• Fans/spectators must not leave the bleacher area during any escalated game situations.
  i. **Alcohol Use – Players & Spectators:**
    • Oftentimes, issues of player and fan misconduct involve alcohol.
• If suspected, the supervisor has the right to stop participation of any player or team suspected of being under the influence of alcohol.
• Captains are responsible for the conduct of their team members and fans and must strongly discourage drinking prior to or during an Intramural sports contest.
• Failure to do so will result in a minimum of a forfeit for the team for that contest and can extend to further sanctions such as player/fan/or team removal from the league.

ii. Dissent/Disagreement:
• Only the team captain is eligible to discuss rules and decisions with the official and then only during timeouts or between periods and in a non-aggressive manner.
  • Spectators and players on the bench are the responsibility of the team captain.
  • Dissention, whether it be verbal or by gesture, will result in a minimum of a warning and possible ejection.

iii. Profanity/Gestures/Verbal Abuse – Players & Spectators:
• Players or spectators who use verbal profanity and/or obscene or profane gesturing toward other players or officials will experience a penalty ranging from a warning to ejection from the game being played and a 1 game suspension, which may lead to a more punitive sanction, depending on the case.
• If the conduct continues a player or team may be dropped from the participation.
• Verbal abuse includes but is not limited to: derogatory comments, trash talk, comments about race, religion, sexual orientation, physical appearance, athletic ability, and sarcasm.
• This infraction will result in first a warning, followed by ejection from the game being played and a 1 game suspension, and possibly more.
  o Any act committed outside of competition, such as in class, around campus, before or after a game, etc. that is
connected to Intramurals will carry the same sanctions as the during competition rules state.

iv. **Threatening Behavior (verbal or physical) – Players & Spectators:**
   - Any threatening behavior towards opponents, fellow players, fans, or any CRW staff (officials, building staff, etc.) will result in a minimum of ejection from game and suspension of one semester from all CRW facilities and programs.

v. **Involved in a Fight – Players & Spectators:**
   - This includes player-to-player contact outside of regular game contact (pushing, bumping, and grabbing).
   - Minimum will be ejection from game and a suspension for one semester from all CRW facilities and programs and may be increased to a permanent suspension.
   - Additional sanctions may be imposed at the discretion of the Intramural Coordinator and CRW Administrators.
   - Final decisions on sportsmanship are left to the discretion of the Intramural Sports Coordinator and Director of CRW.

**NOTE*: UNSPORTSMANLIKE BEHAVIOR IN TOURNAMENT OR END OF SEASON CARRIES OVER TO THE NEXT SEASON! REPORTS OF FIGHTING, THREATENING BEHAVIOR, OR VIOLATIONS OF UNIVERSITY OF NEVADA, RENO CODE OF CONDUCT WILL BE FORWARDED TO THE OFFICE OF STUDENT JUDICIAL AFFAIRS.

11. **Protesting Calls**
   i. **What can be protested:**
      a) Ineligible players
      b) Rules of the game
   ii. Protests based solely on a decision that relates to an official’s judgment will not be considered.
   iii. **Misinterpretation of Playing Rules:**
      a) An initial protest must be made immediately following the play in question, prior to the play becoming ‘live’ again.
      b) If either captain believes the ruling to be in error, he/she may request that the officials consult with the sport supervisor on duty. The
supervisor/Coordinator of Intramural Sports will make a decision and the game will continue to completion.

c) During playoffs the protested rule will be resolved on the field or court at the time of protest.
d) The burden of proof rests with the party filing the protest.

12. Injuries

Injured Players & Blood Rule

• A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered and the uniform is changed.
• In the event of any head injury, Emergency Medical Services will be called and the player must sit out the rest of the game (possible the rest of the season).
• In all other injuries, the person injured is required to sit out at least one play, and/or at the official’s discretion.
• The intramural coordinator or supervisor has the discretion to not all a player to return due to injury.

Concussions

• The University of Nevada Intramural Sports program is committed to the health and safety of our participants; therefore we have developed this information and consent form to educate you about concussions.
• A concussion is a brain injury that is caused by a blow to the head or body that can be from contact with another player, the ground or a piece of equipment. It can change the way your brain normally works and can range from mild to severe. It can look different for each student athlete and can occur during practice or competition.
• You do not have to lose consciousness to have a concussion.
• Steps you can take to help prevent a concussion:
  o Do not initiate contact with another player with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head with your body or with your equipment.
• Follow the game rules for the sport and the safety rules.
• Practice good sportsmanship at all times.

**Signs and symptoms of a concussion:**

<table>
<thead>
<tr>
<th>Amnesia (loss of memory)</th>
<th>Sensitivity to light or noise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confusion</td>
<td>Nausea (feeling that you might vomit)</td>
</tr>
<tr>
<td>Headache</td>
<td>Feeling sluggish, foggy or groggy</td>
</tr>
<tr>
<td>Loss of consciousness</td>
<td>Feeling unusually irritable</td>
</tr>
<tr>
<td>Balance problems or dizziness</td>
<td>Slow reaction time</td>
</tr>
<tr>
<td>Double or fuzzy vision</td>
<td>Problems with concentration or memory</td>
</tr>
</tbody>
</table>

• If you think you have a concussion, don’t hide it and don’t ignore it. Get checked out by a healthcare provider.
• If our staff sees you with any signs, symptoms or behaviors consistent with a concussion you will be removed from practice or competition and **you cannot return to activity for the remainder of that day.**
• If you think you have sustained a concussion you should be evaluated by a health care professional.
• If you are diagnosed with a concussion, your brain needs time to heal. You should not return to practice or play until cleared by a health care professional.

**Informed Consent and Acceptance of Responsibility for Reporting Signs of Concussion**

• I have read the information on concussion and the signs and symptoms of a concussion.
• I accept full responsibility for reporting any signs and symptoms of concussion to a healthcare provider.
12. Directory Information for Intramural Questions and Registration

**Office Hours:** Monday – Thursday: 11:00am-6pm
*Office hours are extended on registration deadline days only.

**Phone:** 784-1897 (IM office direct line)

**Website:** [http://www.unr.edu/campusrec/intramural-sports](http://www.unr.edu/campusrec/intramural-sports)

**IM Leagues:** [http://www.imleagues.com/nevada](http://www.imleagues.com/nevada)

<table>
<thead>
<tr>
<th>Sheena Harvey</th>
<th>Abigail Bender</th>
<th>Christian O’Quinn Jr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports and Event Coordinator</td>
<td>Student Office Supervisor</td>
<td>Evening Program Supervisor</td>
</tr>
<tr>
<td>Email: <a href="mailto:sheenah@unr.edu">sheenah@unr.edu</a></td>
<td>Office Line: 775-784-1897</td>
<td>Office Line: 775-784-1897</td>
</tr>
<tr>
<td>Direct Line: 775-682-7173</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>