

Rules and Code of Conduct for Intramurals

Purpose of Intramurals

The goal of the Intramural program is to create a positive environment and experience for **all** participants. Each person has the responsibility to demonstrate respect to all students and adults and participate in a respectful manner. Safety is most important and care of equipment must also be demonstrated. Individuals whose behavior disrupts the positive experiences of other participants will be dismissed from intramurals. Individuals who are dismissed have the opportunity to return when they are able to follow the standards set by the code of conduct.

Be a Good Sport

Rules: No food or drinks are allowed in the gym.

Dress in gym shorts, shirt and sneakers. No jeans in gym. When it gets cold outside, jeans and jackets may be worn.

No stealing or vandalism.

Please refrain from fighting, hitting, flagrant fouls and taunting.

Use only positive words and comments. (no cursing, no “shut up” or “you suck”) No racially motivated language, trash talk or calling of names.

Players will not sulk or quit during a game if things aren’t going their way.

Respect all calls by the other team. Do not delay play by arguing calls. At the same time, no one should be calling minor or questionable fouls or violations.