

INTRAMURAL PARTICIPANT HANDBOOK

WHAT ARE INTRAMURAL SPORTS?

The Intramural Sports Program at the University of South Florida is designed to provide an opportunity for all students, faculty, and staff to participate in organized recreational competitions. Structured leagues and tournaments are offered during the fall, spring, and summer semesters.

CONTACT INFORMATION

Sports Programs Office – REC 017 in the Recreation and Wellness Center

Email Address – rec-imsports@usf.edu

Phone Number – 813-974-4449

INTRAMURAL POLICIES

GENERAL

- All participants must check in with a Sports Programs supervisor with either their USF ID card or driver's license. The USF ID or Driver's License must have a clear name, UID number and picture. No other forms of identification may be used to check in.
 - If an individual loses their USF ID card or Driver's license and cannot replace it before a contest, they may contact the IM Office before 5pm on the day of their game to be granted an exception for that night. A participant is only allowed to use this opportunity once.
 - Participants must still bring an alternate form of ID to be checked in to their match.
 - ID must match the name as it appears in Fusion.
 - i.e. Banking Card, Passport, Costco Card, etc
 - Only physical forms of IDs will be accepted. No pictures of IDs.
- Team rosters are not capped, but only 1.5 x the number of people on the field/court will receive championship t-shirts if their team wins.
- **NO PETS** - Pets are not to be brought onto any of the intramural fields, nor can pets be tied to a fence on the outside of the fields or held in a purse.
 - The only exception is a dog or miniature horse that is a service animal trained to provide a service for a person with a disability.
 - Service animals whose behavior poses a direct threat to the health or safety of others or is disruptive to the campus community may be excluded regardless of training or certification.
- All spectators are to stay off the field/court at all times!
- Players may play on 1 single-gendered team and 1 co-rec team per sport.
 - In co-rec sports, the participant must play as the gender identified on Fusion.
 - Fusion information is updated daily from the Registrar's office. Students wishing to change their gender in our system will need to formally update their gender with the Registrar. Students seeking to do this can email asktheregistrar@usf.edu to request more information related to this process.

- Registered teams will remain on the waitlist until the minimum number of rostered players is met. Teams must have a minimum number of rostered players before they are added to the league. Each sport has a different minimum roster limit and captains can find specific sport requirements when registering.
 - Teams that fail to meet the minimum number of rostered players at registration close will remain on the waitlist for that division.
 - Captains looking for additional players are encouraged to recruit other students for their team through the following methods:
 - Fusion IM Free Agents
 - BullsConnect
 - The USF Esports Discord
- Players can join teams at any point during the regular season and playoffs.
 - Players can only switch teams once during the regular season, given they **have not played** a game for the team they are switching from
 - This means they can only switch to another team and cannot switch back to their original team.
 - Switching teams can only be done during normal office hours (10AM – 5PM) in our Sports Programs Office located in REC 017
 - Any player that **has checked in and played** on an intramural team cannot switch to another team after they have played.
 - Players cannot switch teams after their team has been eliminated in playoffs.
- Sport Programs staff reserve the right to terminate a participant's gameplay if it is to be determined that the participant has suffered an injury or is in a mental state that makes the continuation of play dangerous. All decisions made by sport programs staff are final. A follow-up with the athletic trainer on staff may be required before the participant is able to return to play.
- Inclement weather-based decisions will be evaluated by 4pm before the IM Office closes. If games remain scheduled, decisions will be made by the IM supervisor staff on an hour-by-hour basis. If a game is cancelled an hour before its scheduled time, the captain will be contacted via phone and/or email. Fusion IM will have the current Game Day Schedule.
 - Captains should be checking the status of their game on Fusion IM on the day of their game to ensure they are playing when they are unsure about weather.
- Specific sport rules will determine what kind of jewelry is and is not allowed. Individuals will be removed from a contest until jewelry is removed according to the specific sport's rules.
 - This includes fitness trackers.
- Athletic attire is required for most events. Specific sport rules will clarify.
- All communication from the Intramural Office about team status, ejections, etc. will be sent to the captains. It is their responsibility to disseminate information to their team members.

ELIGIBILITY

WHO IS ELIGIBLE?

- All active and enrolled students at the University of South Florida are eligible. If it is past the day fees are due, students must have paid their activities fees to remain eligible.
- Students that have paid for a “Semester Off Pass” membership are eligible.
- Faculty, Staff, and USF Affiliates that have a “Full Access” membership are eligible.
- If an individual appears on an official intercollegiate squad list for less than 3 weeks, they are eligible for the related sport(s).

WHO IS INELIGIBLE?

- If an individual does not fall under one of the categories of “Eligible” players, they are considered ineligible.
 - If the captain/player believes there is a mistake in the marking of their eligibility on-site, the player in question AND the captain can sign a form acknowledging that their match will be forfeited if the player is ineligible.
 - The office will email the captain & player the next day outlining that it’s confirmed the player does or doesn’t have membership, provide Membership Services contact and apply forfeit (3 sportsmanship score and + no forfeit fee) if the player is ineligible.
 - If this occurs in the playoff, the opponent of the forfeited team will advance in the bracket
 - If a player has been suspended for an ejection or other misconduct within Recreation and Wellness, they are ineligible.
 - If a player is suspended, the Sports Programs Office will email the player and their captain(s) to alert them of the suspension within 24 business hours. Once the player meets with at least 1 member of the Sports Programs Admin team, their captain(s) will be alerted of when the individual becomes eligible again.
 - If a suspended player plays, the team receives a 1 sportsmanship rating, the team is assessed a forfeit, and the captain is assessed a forfeit fee.
 - If a player is attempting to play for multiple teams in the same league, they are ineligible.
 - If a player has not properly checked in and is discovered to be playing and/or have played, they are ineligible.
 - If an individual appears on an intercollegiate squad list for 3 or more weeks, they are ineligible for 1 full academic year following the final academic year they were listed on the squad list, for the related sport.
 - If an individual plays a sport professionally, they are ineligible for 5 academic years following their last year as a professional, for the related sport.
- **For sports with more than 4 players, only 3 sport club participants may be on the same team in the same sport. For sports with 4 players or less, only 2 sport club participants may be on the same team in the same sport.**
 - A sport club participant is defined as a student who has appeared on a home or away match roster within the past **365 days** from the day of the intramural game.
 - A team is allowed to have only 2 or 3 total club members, regardless of gender, depending on the size of the sport.

- This rule only applies for sport club members whose sport is the same or in close relation to the intramural being offered (I.e. volleyball club(s) for volleyball intramural or soccer club(s) for 3v3/8v8 soccer)
- During the regular season, if an ineligible player (that isn't suspended) plays, they are ejected as soon as they are identified. The game continues as normal. The next day, the forfeit procedure takes place.
 - For the first offence, the team will receive a sportsmanship rating of 3 and no fee.
 - For the second offence, the team will be removed from the league and the captain will be assessed a forfeit fee.
- During playoffs, if an ineligible player (that isn't suspended) plays, they are ejected as soon as they are identified, and the match is forfeited. The opposing team will advance in the bracket. If this is not identified on-site, but addressed prior to the next game in the bracket, the team will retroactively be forfeited and the opposing team will advance in the bracket.

CAPTAIN TERMS & CONDITIONS

- Attend an **Intramural Captain's Meeting**.
 - These meetings will take place via Microsoft Teams on the day that registration closes. The Microsoft Teams meeting link can be found in the division description of each sport and will be emailed to all captains and players following the completion of their team's successful registration.
 - If you, or a representative of your team, do not attend this meeting, your team will be dropped from the league and placed on the waitlist for that division.
 - Your spot in that division will be given to other waitlist teams during the Captain's Meeting.
 - If you wish to still participate, you must contact our office via e-mail at rec-imsports@usf.edu with the following information:
 - Team Name
 - Original Division Registered For
 - Acknowledgement that you failed to attend the Captain's Meeting and have read and understood the rules of the individual sport and policies outlined in this section
 - Teams will only be reinstated if a team opening exists in a division of the league in which they registered. Teams may not be able to play in the initial division they registered for if that division was filled at the Captain's Meeting.
- You must verify the eligibility of all players on your team. This includes:
 - They have a valid USF ID and/or State ID and check in with the supervisor on shift.
 - They are considered eligible.
 - They are in good standing with the University and/or Recreation & Wellness.
 - They are in appropriate playing attire.
 - If a player is suspected as ineligible at the fields/courts, you may sign an Ineligibility Acknowledgement Waiver to allow that player to play with the understanding that the game could be retroactively forfeited, in which you would receive a 3-sportsmanship score.
- You must understand the sportsmanship policy. The major points are:

- In order to play in the playoffs, your team must have a sportsmanship rating of a 4 or higher.
- Once in the playoffs, your rating must remain at a 4 or above to advance. This is cumulative across the course of the season and does not reset at the start of playoffs.
- If your score drops below a 4 during playoffs, you will be removed from the bracket and your opponent will advance – given their sportsmanship score is also above a 4.
- Your sportsmanship rating takes many things into account, including the following:
 - Player actions
 - Fan actions
 - Coaches are not recognized by Sports Programs, however, their actions may contribute to the overall sportsmanship of their associated team.
 - Trash left behind / Intentional damage of equipment or facilities
- Sportsmanship ratings are determined by the officials during the game, the supervisors at the complex, and it is reviewed by the Sports Programs Office after the games. Sportsmanship ratings are subject to change up until the end of the regular season.
- Sportsmanship averages can be found on Fusion IM by selecting “Rankings” and finding your team.
- You must understand the forfeit and default policy. The major points are:
 - If your team does not show up, or is unable to field the minimum number of players required to start play, for a regular season match, the match will be recorded as a forfeit and your team will receive a sportsmanship rating of 2 and the Captain will be assessed the related forfeit fee.
 - If you would like to Default a game, you must contact the Sports Programs Office by phone or email, 813-974-4449 or rec-imsports@usf.edu, 3pm the day of the game (or 3pm on Friday for weekend competitions) to inform them you will not be playing. Doing so will give your team a sportsmanship rating of 4 and you will NOT have to pay a fee.
 - If you call or email, to Default your game after 3pm, your team will forfeit the competition, receive a sportsmanship rating of 3, but you will not incur the related fee.
 - If you will (excluding sports in which you have a double header on the same day) the second Default will be counted as a **Forfeit**, and the captain will be assessed the related forfeit fee.
- After registration closes, the captain cannot play on another team. Please confirm with your team members. If you’re unable to field a team, you will not be able to play in the registered IM Sport for that season.

FORFEITS & DEFAULTS

FORFEITS

- **DO NOT UTILIZE THE DEFEAT/FORFEIT FEATURE THAT IS INTEGRATED INTO THE FUSION IM PORTAL. CAPTAINS WILL BE ASSESSED A FORFEIT FEE IF UTILIZED.**
- **Game time is forfeit time!**
- If a team does not show up for a scheduled game with the minimum number of eligible players in proper attire, they receive a sportsmanship rating of 2, and the captain is assessed a forfeit fee. Opponents of a team that has forfeited will receive a sportsmanship rating of a 5.

- If there are fewer than the required number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that they decide to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team chooses to wait, they will be required to wait until the opposing team has the minimum number of players present or a maximum of 10 minutes. Play will start as soon as the opposing team has the minimum number of players present.
- **Following a forfeit, the team has 48 hours to contact the sport programs office via email at rec-imsports@usf.edu informing the program of their intent to stay in the league, or the team will be removed from the league.**

DEFAULTS

- **DO NOT UTILIZE THE DEFAULT/FORFEIT FEATURE THAT IS INTEGRATED INTO THE FUSION IM PORTAL. CAPTAINS WILL BE ASSESSED A FORFEIT FEE IF UTILIZED.**
- In order to ensure a proper Default is recorded and receive the maximum sportsmanship points, the captain must contact the Sports Programs Office via phone (813) 974 - 4449 or email (rec-imsports@usf.edu) by 3pm the day of the game or 3pm Friday before a weekend event. If the team calls by 3pm, they receive a sportsmanship rating of 4. Opponents of a team that has defaulted will receive a sportsmanship rating of a 5.
- No forfeit fees will be assessed if the captain is able to contact the Sports Programs Office during office hours (10am-5pm)
- There is only one default allowed per season, any additional attempts to default will be classified as a forfeit, and the team will be subject to removal from the league. Even if a team calls on time, the team is still given a forfeit, and no fee will be assessed.

REMOVAL FROM LEAGUE

- **Teams will be removed from the league if they do not contact the sport programs office within 48 hours after their first forfeit, or if a team forfeits/defaults a second time.**

PROTESTS

- No rules interpretation protest will be accepted for consideration unless it is done immediately. The Sports Programs Supervisor may be called upon to settle the appeal, but only if the appeal is made before the next play begins. The team captain should tell the official they wish to protest the ruling and indicate clearly that they want play stopped until the protest is resolved or written-up.
 - Rulings involving the official's judgment are not subject to protest (Examples: Out/safe calls, balls/strikes, in/out of bounds, or fair/foul calls).
 - All protests not resolved on-site, or in the opinion of the offended team, resolved erroneously, must submit a formal protest, or appeal to the initial ruling, in writing to rec-imsports@usf.edu by 5pm of the next day of regular season matches, and 12pm the next day during playoffs:
 - The protest must state the following:
 - Team Name
 - Division and time of the match being protested

- The specific ruling of staff, the sport, or program policy that they believe to have been misinterpreted on-site
 - Documentations such as links should be provided to assist our staff in expediting this matter
 - If a protest takes place during a championship game and cannot be resolved at the time of the protest, no championship awards will be given out until the Sports Programs Coordinator makes a ruling on the protest.

PLAYOFFS

- At the conclusion of the regular season of all sports will be a playoff tournament. For a team to be eligible for playoffs they must have averaged a sportsmanship rating of 4 or better during the regular season, have no regular season forfeits, and have won at least one game during the regular season.
 - If a team's sportsmanship rating drops below a 4 in the playoffs, they will be forfeited out of playoffs and their opponent will move on if their sportsmanship rating is at or above a 4.
- Roster edits may be made during any point of playoffs.
 - Participants from teams who have been knocked out of playoffs may not join rosters of teams currently participating in playoffs.
- During playoffs, your team may play on dates and times not consistent with your regular season schedule. It is the responsibility of the captain to notify team members when playoff games are.
 - Due to the nature of playoffs, games are unable to be rescheduled to accommodate team availability.
 - Games may be rescheduled if teams are playing in multiple playoff games for different sports at the **same time**. Captains will be responsible for contacting the sports programs office if a conflict occurs. Changes may not be made without more than 24 hours notice.
 - Games will be rescheduled for weather cancellations.
- Team rosters are not capped, but only 1.5 x the number of people on the field/court will receive championship t-shirts if their team wins.
- All communication about reschedules, inclement weather, and updates will be sent via email to the team captains.

SPORTSMANSHIP

TEAM CONDUCT

- A team's sportsmanship will be evaluated each game by the officials, reported and re-evaluated by the supervisors, and then reviewed by the Sports Programs Office the next day.
- Sportsmanship ratings will be given based on the behavior of players and spectators. They will also be judged on actions before, during, and after contests.
- Sports Programs does not recognize coaches, however, their actions may contribute to the overall sportsmanship of their associated team.
- Sportsmanship will be evaluated on a 1 – 6 scale. The scale guidelines are as follows:
 - 6 – Good or Exemplary sportsmanship
 - 5 – Generally good sportsmanship

- 4 – Good sportsmanship with at least one player or incident that was poor sportsmanship. If a team receives a technical foul, yellow card, or unsportsmanlike conduct penalty, they cannot receive a rating higher than a 4.
- 3 – Multiple players/incidents that displayed poor sportsmanship, or one player/incident of egregiously poor sportsmanship. If a player is ejected, the team cannot score higher than 3.
- 2 – Poor sportsmanship displayed consistently throughout the contest with few/no examples of any good sportsmanship.
- 1 – Egregiously poor sportsmanship or if a suspended player plays while suspended.
- A team must have an average sportsmanship rating of a 4 or higher to qualify for the playoffs.
- Once in the playoffs, the regular season average counts as one score, and the team must remain at or above a 4 average.
 - If a team’s sportsmanship rating drops below a 4 in the playoffs, they will be forfeited out of playoffs and their opponent will move on if their sportsmanship rating is at or above a 4.

PLAYER CONDUCT

- Players are held to a standard of good sportsmanship. If a player does not adhere to that standard, they can be removed from a contest by any Sports Programs employee.
- If a player is ejected from a contest, they are immediately ineligible to play in all other contests until a return to play date is agreed upon after they meet with someone from the Sports Programs Admin team.
- If a player’s conduct is deemed unacceptable by the Sports Programs Admin team, they may refer the player to the Student Conduct & Ethical Development Office for review. No reinstatement procedures will take place within IM Sports until the review has been completed by SCED.
- Below are prohibited actions and the *minimum* length of suspension:
 - Disrespect toward staff or official(s) – 1 match or game
 - Unsportsmanlike or Combative Behavior – 1 match or game
 - Signing in under false name – 2 matches or games
 - Intentionally contacting an opponent outside of the scope of the contest – 2 matches or games
 - Playing under the influence of alcohol or drugs – 1 semester
 - Intentionally contacting a Sports Programs official or supervisor – 1 year
- Ultimately, the length of suspension is up to the Sports Programs Admin Team after a discipline meeting is held.

SPECTATOR CONDUCT

- Good sportsmanship is vital to the conduct of every contest. The playing field is not a venue for verbal or physical abuse from the spectators.
- As members of the campus community, students are expected to support the USF Student Code of Conduct, including obeying national, state, and local laws, respecting the rights of members of the campus community, and accepting responsibility for the consequences of their behavior.
 - Any violation of this Conduct Code is subject to disciplinary action by the university.

- In order to encourage proper conduct before, during, and after the scheduled contest, officials, supervisors, and Sports Programs staff will make decisions on whether to warn, penalize, or eject spectators for unsportsmanlike conduct.
- **The team captain is responsible for the actions of any spectators directly related to their team. The conduct of all spectators before and after the game is as important as conduct during the game.**
- Spectators' sportsmanship can affect the team's eligibility for playoffs.
- All intramural games and scrimmages are USF sponsored events and are subject to disciplinary action for spectator conduct.
- Family, friends, alumni, and community members are all subject to these policies and rules.

REINSTATEMENT PROCEDURES

- Once ejected, the ejected/suspended participant must email rec-imsports@usf.edu with the following information to request a reinstatement meeting:
 - Subject Line: Ejection Reinstatement Meeting for [Insert Sport Name]
 - Name
 - Team Name
 - Written explanation of their account of the events. Please be detailed as this will assist our staff in expediting this process
- The ejected/suspended participant will remain indefinitely suspended until they have completed the entire reinstatement process outlined below. Delays by the ejected/suspended participant will not count towards the final suspension length determined by the Sports Programs Admin team.
- Once the ejected/suspended participant sets up a meeting with the Sports Programs Admin team, they must arrive at the meeting in a timely manner. If they do not show up to the meeting, regardless of the reason, they will be unable to schedule a follow-up meeting until 5 business days after the missed meeting.
- The meeting between the ejected participant and member of Sports Programs Admin team will determine how long the individual will be suspended. If the participant does not agree with the suspension length, they can appeal to the Intramural Sports Assistant Director via email to rec-imsports@usf.edu with the following:
 - Subject Line: Ejection Appeal for [Insert Sport Name]
 - Name
 - Team Name
 - Written explanation of why they believe that their suspension length has been unjustly given, with their account of the original events and ejection meeting. Please be detailed as this will assist our staff in expediting this process
- If a suspended player plays while suspended, the team on which they participated will receive a 1 sportsmanship rating, and the captain of the team will be assessed a forfeit fee. In order to eliminate any confusion of what players can and cannot play, the Sports Programs Office will email the player and their captain(s) to alert them of the suspension within 24 business hours. Once the player meets with at least 1 member of the Sports Programs Admin team, their captain(s) will be alerted of when the individual becomes eligible again.

ESPORTS

LOCATION/RESERVATIONS

- **Once open**, located in Rec 005, the Esports Living Lab will host all Esport IM matches. If the Esports Living Lab is not open, matches will be hosted in the USF Discord server.
- During the Esports IM Captains meeting, captains will **“opt-in”** or **“opt-out”** of having computers reserved for their team in the Esports Lab for the length of the sport. “Opting in” means your team plans on playing in person and therefore your team and captain are responsible for filling the reserved seats. “Opting out” means your team does not plan on playing in person and you will not have computers reserved for your team.
- For teams that opt-in, if a participant plans on playing their match virtually, the captain must notify the Sports Programs Office via phone (813) 974 - 4449 or email (rec-imsports@usf.edu) by 3pm the day of the game or 3pm Friday before a weekend event.
- If a team has opted in, and players do not show up to the lab without the IM office receiving notice, a fee of \$5 will be charged **per unused seat each week**.
- Participants who play their match virtually must check in with a supervisor on Discord and play their match while being in a voice call in the USF Esports Discord server under the *intramural leagues* category.

DISCORD CHECK IN PROCESS

- Game time is forfeit time!
- Students who participate in Esport intramurals will need to join the USF Esports Discord at discord.gg/usf-esports
- In the “Intramural Leagues” category, students will need to join the “Check-In” voice channel and check in for their match with a sports programs supervisor.
- Students will be required to show their ID and then will be moved to their team's voice channel for their match.
- Once the match is complete, the captain is responsible for reporting the score to the supervisor on shift.
- The supervisor on shift will monitor the team voice channels to assess sportsmanship.
- If your team has a double header, you will need to go back in to the “Check-In” voice channel to check in for your second match.

ASSUMPTION OF RISK

All individuals who participate in Recreation and Wellness activities will be doing so at their own risk. The University of South Florida and its Board of Trustees are not responsible for any injury that may occur to individuals participating in any Recreation and Wellness activity. Participation in any Recreation and Wellness activity is on a purely voluntary basis. Individuals are encouraged to have a physical examination and obtain adequate health and accident insurance prior to participating in all Recreation and Wellness activities.

All individuals are required to sign the Intramural Participation waiver prior to playing. This can be done via logging into their Fusion IM account prior to playing their game. Sports Programs Supervisors can direct participants on how to sign the waivers on site if a participant is unable to find it. There is absolutely **no reason** that a participant should be playing without a signed waiver on file.

HEAD INJURIES / CONCUSSION

IM staff undergoes training to recognize common concussion signs, symptoms, and/or behaviors. They are not medical providers so they cannot diagnose. They are provided with a [checklist](#) to follow to determine suspected head injuries/concussions. If there is a suspected head injury, they are required to call EMS. Participants may not return on the same day for any registered sports or activities.

Any participants that hit their heads need to be removed from play immediately and assessed to make sure no suspected head injuries/concussions are apparent. Some [signs, symptoms, or behavior](#) to look for can include but are not limited to headaches, loss of consciousness, quick change of behaviors or mental state, pressure in the head, dizziness, feeling slowed down, sensitivity to light and/or sound, and loss of balance.

- When there are not any signs, symptoms, or behavior changes, a minimum of 5 minutes waiting is required before they can play again to ensure nothing developed over that time period.
- When there is any exhibition of signs, symptoms, or behavior changes, participants are removed from the game immediately and EMS is activated by the Supervisors on shift.
 - Must see a licensed healthcare provider to be assessed and cleared. It is recommended that they do not drive themselves.
 - **“When in doubt, sit them out!”**
- Clearance with written medical documents of no signs or symptoms and return to play protocol are needed, in order to return to IM play.
 - Participants cannot return to any sports or activities the same day even with a written medical clearance.
- Return to play protocol:
 - The key to concussion management is physical and cognitive rest until the symptoms have resolved followed by a graded program of exertion. Activities that require concentration and attention could delay recovery. The Athletic Trainer will assist participants to complete this graduated return-to-play procedure. Clearance will require a written medical document in order to be cleared for play. To progress from each phase, there must be at least 24-hour periods between.

Return to Learn Strategy

Steps	Mental Activity	Activity at Each Step	Goals
1	Daily activities that do not result in more than a mild exacerbation of symptoms related to the current concussions.	Typical activities during the day (e.g., reading) while minimizing screen time. Start with 5-15 min at a time and increase gradually.	Gradual return to typical activities.
2	School Activities	Homework, reading, or other cognitive activities outside of classroom.	Increase tolerance to cognitive work.
3	Return to school part time	Gradual introduction of schoolwork. May need to	Increase academic activities.

		start with a partial school day or with greater access to rest breaks during the day.	
4	Return to school full time	Gradually progress school activities until a full day can be tolerated without more than mild symptoms exacerbation.	Return to full academic activities and catch up on missed work.

Return-to-Sport (RTS) Strategy (Will be in conjunction with the RTL, if needed)

- RTS will begin approximately after 24 hours of occurrence.

Steps	Exercise Strategy	Activity at Each Step	Goals
1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking).	Gradual reintroduction of work/school.
2	Aerobic exercise 2A- Light (up to ~55% max HR) 2B- Moderate (up to ~70% max HR)	Stationary cycling or walking at a slow to medium pace. May start light resistance training that does not result in more than a mild and brief exacerbation of concussion symptoms.	Add movement, change of direction.
3	Individual sport-specific NOTE: if sport-specific exercise involves any risk of head impact, medical determination of readiness should occur prior to step 3.	Sport-specific training away from team environment (e.g., running, change of direction and/or individual training drills away from the team environment. No activities at risk of head impact.	Add movement, change of direction.
Steps 4-6 should begin after resolution of any symptoms, abnormalities in cognitive function, and any other clinical findings related to the current concussion, including with and after physical exertion.			
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training). Can integrate into team environment.	Resume usual intensity of exercise, coordination, and increased thinking.
5	Full contact practice	Participate in normal training activities.	Restore confidence and assess functional skills by coaching staff.
6	Return to sport.	Normal Game play	

INJURIES

Any participants that were injured during IM play, staff would determine if it were an emergency where EMS needs to be contacted or if it is safe to move them to the sidelines. All injuries and return to play decisions will be made by the IM staff and participants cannot return the same day once ruled out.

All injured participants will receive an email from the USF Recreation & Wellness Athletic trainer for any follow-ups.

RECREATION & WELLNESS ATHLETIC TRAINING SERVICES

Athletic Training service is provided through USF Recreational and Wellness for all IM sports and activities. The AT will not be on site for many IM games and activities being held. Any questions, comments, or concerns can be emailed to rec-athletictraining@usf.edu. The AT Clinic is open Monday to Friday, and appointments are required before seeing the Athletic Trainer. AT services can be found [here](#) and to request an appointment, use this [link](#).

- *Schedule is open to changes and all changes will take place on [AT website](#).*

There are also prevention programs located on the USF Recreation & Wellness Athletic Training Website. The prevention programs will be useful to help reduce the risk of injury but not eliminate them. It is best used for anyone with previous injuries and anyone who wants to reduce their chances of injury during Intramural play. The four programs online include ankles, lower back, hamstrings, and shin splints.

EMERGENCY

If there are emergencies regarding either a serious injury/illness or if a dangerous situation occurs:

- All staff on site are trained to handle the situations and will give out proper care/instructions.
- Serious injury/illness:
 - The staff are responsible for the care of participants, along with contacting EMS, and crowd control. ***No other medical personnel in the crowd, except the USF Recreation & Wellness Athletic training staff or EMS, is allowed to provide care of injured participant(s).***
 - The participant can accept or deny care from staff and all medical decisions.
 - Participants will not be allowed to return the same night if the staff deems it not safe to return to the competition. Disregarding the staff will lead to the team facing consequences.
 - The staff will document all injuries and the Athletic Training Coordinator will reach out to the participants to check on their well-being.