DEL MAR COLLEGE INTRAMURAL SPORTS HANDBOOK

Sports Offered:
New sports may be added during the semester but our most popular sports include: Basketball, Flag Football, Volleyball, Bowling, Dodge Ball, Tennis, Racquetball, Swimming, and Ultimate Frisbee.

Registration requirements:
Eligibility: Participants must be A CURRENT DEL MAR STUDENT, faculty or staff. Students must have a current semester sticker on the back of the I.D to participate in any intramural event. Registration Forms and Waivers can be found online on the Del mar intramural website and must be turned in to G-108 by the deadline specified for each sport or event.

Team Captains and Mandatory Captains’ Meetings:
All Teams must have a designated captain. Captains are responsible for: Rosters, Player Sportsmanship and making sure your team is ready to play at the scheduled time. (See Forfeits under general rules) Each season, the captain from each team must attend the captains meeting. The meetings will go over the specific sports rules. The meeting will also be used to place free-agents on existing teams.

Sports Rules:
Individual sport rules can be found online on the Del Mar intramural website under sports rules.
Jewelry/Clothing
All sports require jewelry, hats, metal spikes to be removed for safety precautions. Game officials also have the authority to deem certain clothing they believe to be dangerous as unacceptable.

Team Rankings/ Seeding
- Wins, Losses, Ties, Points scored, Points Allowed and Sportsmanship will be recorded to help rank teams during the season and for playoffs.
- Tie Breaker Criteria: Should teams tie in number of wins, losses than the following stat will be used to help break the tie breaker in this order:
  - Head to head competition, Points scored and Sportsmanship Rating

Player Ejections
Any player ejected from a game is automatically suspended indefinitely and cannot participate in any intramural event until he or she meets with the Intramural Coordinator.

DMC Intramural General Rules of Play
- All participants are required to show a current DMC ID Card
- Participants are not allowed to wear any jewelry, hats, non-safety (plastic) eye wear, and ladies are not allowed to wear any metal clips in their hair.
- Proper workout attire is required to play intramural sports! Workout attire with pockets is not permitted in flag football.
- Profanity and obscene gestures will not be tolerated during intramural events!!
- Captains are responsible for their teams’ behavior
- If a captain drops a player from his/her team then that player will not be allowed to be
picked up by another team.

- If a team or player is late for their scheduled game, it will be an automatic forfeit. Two forfeits and the team will be removed from the league.
- Officials’ judgment calls cannot be protested. Protests are permitted for player eligibility and rule interpretations. All protests must be made prior to next play.

**Release of Liability Information**

**Intramural Sports Program Assumption of Risk, Waiver, and Release from Liability**

In consideration of the use of the property, facilities and/or services of the Del Mar College Intramural Sports Program, including any travel related thereto, the undersigned agrees as follows:

1. **Risk Factors**- The undersigned acknowledges and understands that the use of equipment and facilities provided by Del Mar College Intramural Sports Program and participation in its programs (i.e., Intramural Sports) involves risk such as, but not limited to the following: risk of property damage, bodily injury, and possible death. These risks may result from the use of the equipment or facilities, from the activity itself, from the acts of others, organization of an act or from the unavailability of emergency medical care.

2. **Assumption of Risk**- The undersigned assumes all risks which are foreseeable and involved with or arise out of the equipment or facilities, the activity itself, the acts of others, omission of an act or the unavailability of emergency care, including but not limited to those risks factors described in number 1 above.

3. **Acknowledgement of Policies and Procedures**- The undersigned acknowledges reading and knowing all policies and procedures relating to the activities, facilities, and/or equipment and understands that the safe and proper use of facilities, equipment or participation in the activity is dependent upon carefully following such policies and procedures.

4. **Release**- The undersigned releases Del Mar College and all of their officers regents, employees, and agents not to initiate litigation on account of or in conjunction with any claims, causes of action, injuries, damage, cost of expenses arising out of the activity, including those based on death, bodily injury, or property damage whether or not caused by negligence or other fault of the parties being released.

5. **Waiver**- The undersigned waives the protection afforded by any statute or law in any jurisdiction whose purpose, substance and/or effect is to provide that a general release shall not extend to claims, material or otherwise which the person giving the release does not know or suspect to exist at the time of executing the release. This means, in part, that the undersigned is releasing unknown future claims.

6. **Consent for Emergency Treatment**- The undersigned, as a participant in the subject activity, hereby consents to medical treatment in a medical emergency where the undersigned is unable to consent to such treatment.

7. **Insurance**- The undersigned understands Del Mar College and Intramural Sports does not carry participant insurance. The undersigned is encouraged to have a medical physical examination and purchase health insurance prior to any and all participation.

8. **Acknowledgement**- The undersigned has read and understands this agreement and realizes it relates to surrendering and releasing valuable legal rights and does so freely and voluntarily.