

Welcome!

Intramural Sports Programs are designed for current University of Michigan-Flint students and faculty/staff members of the Recreation Center. Recreation programs and facilities provide opportunities for individuals to act in and react to sport experiences which help them develop team building and leadership skills. Intramural participation allows individuals to set goals, socialize, participate in physical activity, improve their overall physical and mental well-being and, most importantly, HAVE FUN!

How to SIGN-UP

1. Create your own team or join another team.
2. One member of the team must attend the Captains Meeting for that particular sport. Rules and League format are discussed, followed by individual or team registration. Bring names, telephone numbers, and student ID numbers of all players.
3. A playing schedule will be posted by the end of that week on the Intramural Sports Board, located in the Rec Center (main level). *PLEASE NOTE Your MCARD is required to gain access to Rec Center for Intramural Sports. If forgotten, you will need to purchase another MCARD ID for \$2.*
4. T-Shirts are awarded to the champions of each Intramural Sport.

Health & Injuries

Participation in Intramural sports is on a voluntary basis. Participants assume the risks normally associated with activity characteristic of a particular sport. It is recommended that all participants undergo a physical examination prior to participating in any intramural activity, and carry some form of health and injury insurance. Neither the University of Michigan or Recreational Services is responsible for ill health or injury sustained while participating in any of the events or activities. Neither the University of Michigan or Recreational Services shall pay any medical and/or ambulance expenses incurred by a participant. The Recreation Center is equipped with basic first aid supplies for minor injuries. Should an injury occur, that injury should be immediately reported to the game official, the Assistant Director for IM Sports, or the Building Supervisor.

Rec Center Hours

Membership Office: (810) 762-3441

Day	General Building	Pool	Office
Monday-Thursday	6am-10pm	6-9am/11am-9pm	7:30am-6:30pm
Friday	6am-9pm	6-9am/11am-8pm	7:30am-6:30pm
Saturday	8am-5pm	9am-4pm	10am-2pm
Sunday	11am-7pm	11am-6pm	Closed

No Intramural Sports activities week of SPRING BREAK (March 4-10)

During Winter Semester 2019, the RECREATION CENTER will be closed:

- Monday, January 21, 2019 (Martin Luther King, Jr. birthday)
- Sunday, April 21, 2019 (Easter)

» WINTER 2019 «

Intramural Sports KICK-OFF MADNESS

Friday, January 25 | 9:00 P.M. - Midnight
@ Rec Center's Gym Courts

Live DJ > Co-ed Volleyball
Drop-in Co-ed Soccer > 3 v 3 Coed Basketball

Intramural Sports TOURNAMENTS

Badminton Tournament (Co-ed Doubles)

Sunday, February 17 | 12:00 NOON - 4:00 P.M. | @ Rec
12 team limit | FREE | Entry deadline is Thursday, February 14

Chess Tournament

Thursday, February 21 | 6:00 - 9:30 P.M. | Location TBD
16 players limit | FREE | Entry deadline is Monday, February 18

Spikeball Tournament (Co-ed Doubles)

Sunday, March 17 | 12:00 NOON - 4:00 P.M. | Location TBD
16 team limit | FREE | Entry deadline is Thursday, March 14

All of the above leagues and tournaments are FREE to students/faculty/staff with valid M-CARD

NCAA Bracket Pick'em Contest

Thursday, March 21 through Monday, April 8, 2019
Sign-up in Rec main office beginning Monday, March 11, 2019.
Rules will be available at that time.
OPEN to UM-Flint students, faculty/staff, and Rec Center members
FREE | Located at ESPN.GO.COM
Entry deadline: All brackets must be entered by Thursday, March 21
PRIZES awarded to 1st, 2nd, and 3rd place finishers

M
FLINT
RECREATION
CENTER

Intramural Sports

4 on 4 Co-ed Volleyball 6 on 6 Co-ed Soccer 5 on 5 Co-ed Basketball



WINTER 2019



**YOU
TO THE
POWER
OF
M**



RECREATION CENTER

FlintRec.com

SPORTS OFFICIATING

The Assistant Director of Intramural Sports is always seeking qualified officials. Basic qualifications required of Intramural Officials include thorough knowledge of rules, officiating mechanics, professionalism poise and maturity.

Officials are required to attend the Manager's Meeting for each sport and a mandatory, hands-on clinic before the Intramural Season begins. Officials are paid on a per-hour basis.

For more information:

- E-mail questions, concerns and suggestions to: leavy@umflint.edu -or-

ELIGIBILITY

Students/Faculty/Staff: To be eligible to participate in the Intramural Sports programs, students must be enrolled at UM-Flint during the appropriate semester when the sport is being played. Faculty/Staff may participate in the Intramural Sports programs if they are current Recreation Center members. At most, 25% of a team's roster can be comprised of eligible Faculty/Staff. Eligible Faculty/Staff will not be eligible to participate in any NIRSA sponsored state or regional tournaments. Upon request, IM Sports participants may be required to show student, Recreation Center and/or personal ID info.

CONDUCT/SPORTSMANSHIP

Every team is responsible for the conduct of its players and followers. Any conduct judged as detrimental to the participants, program or any particular contest, may result in loss of the contest, suspension of the individual player, suspension of the entire team, or other appropriate action. Striking, fighting or other inciting action, whether physical or verbal, will result in automatic suspension of the player(s) and can result in a team suspension. Additional sanctions may be imposed pending investigation of the incident. Individuals who have been ejected from a contest will not be eligible to participate in any Intramural Sports programs until they have made an appointment and met with the Assistant Director prior to their next scheduled game.

Physical or verbal abuse of an employee of the Recreation Center or fellow participants will result in automatic suspension. A team must maintain control of its members and repeated questioning of the officials, complaining and delay of play will result in sanctions. They must also exhibit the high standard of sportsmanship for their group that is expected at an institution of higher education. Any participant or organization suspended from Intramural activities due to a violation of Intramural Guidelines or sports rules will have the opportunity to participate in due process to ensure protection of rights. The Assistant Director of Intramural Sports will hear information from all involved parties and make an appropriate decision. A final appeal may be made to the Recreation Center Director.

OUR MISSION

Through sports we learn about our own limits and abilities, relationships with others, sportsmanship, and how to win and lose with grace, dignity, & honor. Athletics can help students transcend their individual differences, relieve the stress of academic work, and enhance the University of Michigan-Flint's sense of community.

Intramural Sports should contribute to a student's education and well-being. Whether at the academic, intramural, or club level, athletics should help teach the value of teamwork, commitment, perseverance, communication, and giving your best.

The University of Michigan-Flint Recreation Center's Intramural sports program pursues the amateur ideal in athletics by offering a wide range of activities for our students.

The program exists for the student, not the spectators. The University of Michigan-Flint Recreation Center is committed to maintaining excellent facilities, an exemplary staff, and an appropriate balance between athletics and other aspects of student life.

WINTER 2019 IM SPORTS SCHEDULE

4 on 4 Co-ed Volleyball

Entry Deadline & **Tuesday, January 22, 6 P.M.**

Captain's meeting: Rec Center, Activities Area

Registration: Limited to first 12 teams

Play starts: Monday, January 28

Game time: Monday nights 6 P.M. - 9 P.M.

No games: Monday, March 4 (Spring Break)

Playoffs begin: Monday, April 1

Championship game: Monday, April 8

Team Entry Fee: FREE (students/faculty/staff with valid M-CARD)

6 on 6 Co-ed Soccer

Entry Deadline & **Tuesday, January 22, 7 P.M.**

Captain's meeting: Rec Center, Activities Area

Registration: Limited to first 8 teams

Play starts: Tuesday, January 29

Game time: Tuesday nights 6 P.M. - 10 P.M.

No games: Tuesday, March 5 (Spring Break)

Playoffs begin: Tuesday, March 26

Championship games: Tuesday, April 2 & April 9

Team Entry Fee: FREE (students/faculty/staff with valid M-CARD)

5 on 5 Co-ed Basketball

Entry Deadline & Wednesday, January 23, 6 P.M.

Captain's meeting: Rec Center, Activities Area

Registration: Limited to first 10 teams

Play starts: Wednesday, January 30

Game time: Wednesday nights 6 P.M. - 10 P.M.

No games: Wednesday, March 6 (Spring Break)

Playoffs begin: Wednesday, April 3

Championship game: Wednesday, April 10

Team Entry Fee: FREE (students/faculty/staff with valid M-CARD)

IMPORTANT DATES!

Monday	Tuesday	Wednesday	Monday
MLK, JR. BIRTHDAY 21 JAN	4 on 4 Co-ed Volleyball > 6 P.M. 6 on 6 Co-ed Soccer > 7 P.M. Captain's Meetings - Activities Room 22 JAN	5 on 5 Co-ed Basketball Captain's Meeting 6 P.M. - Activities Room 23 JAN	4 on 4 Co-ed Volleyball Season Starts 6 P.M. 28 SEPT
Tuesday 6 on 6 Soccer Starts 6 P.M. 29 JAN	Wednesday 5 on 5 Basketball Season Starts 6 P.M. 30 JAN	E-mail questions, concerns and suggestions to Ervin Leavy, Jr., Assistant Director of Intramural Sports; leavy@umflint.edu -OR- call (810) 762-3484	