

INTRAMURAL HANDBOOK

ENGAGE | CONNECT | TRANSFORM

2025-2026



DBU RecLife engages students, faculty, and staff through intramural sports and special wellness events/activities. We strive to equip Christ-centered servant leaders through dynamic competition, intentional character development, and a friendly environment.

INTRAMURAL STAFF

DBU RecLife staff are responsible for the ruling and enforcement of all RecLife policies. Full-time staff may only be consulted when interpretations of rules are in question.

The Director of Student Life and/or the Dean of Students will use professional discretion when necessary to enforce these policies, guidelines, and procedures. Situations involving disorderly conduct or Student Handbook violations may result in termination of contest (assessing a forfeit to the team) or removal of a player from the sport/facility.

RECLIFE CONTACT INFORMATION

OFFICE LOCATION

Bottom floor of the Dean Learning Center

Hours: Monday – Friday, 8:00 AM – 5:00 PM (closed during Chapel and Lunch).

RECLIFE OFFICE

Email: reclife@dbu.edu

Phone: 214-333-5611

Website: dbu.edu/reclife

Visit us on DBUEngage

Full-Time Staff

Director of Student Life | Wayne Briggs – wayne@dbu.edu

Dean of Students | Colby Williamson – colby@dbu.edu

Emergency Contact

Campus Security – 214-333-5555

For severe medical/safety incidents, please call 911.

DBU Mission Statement

The mission of Dallas Baptist University is to provide Christ-centered quality higher education in the arts, sciences, and professional studies at both the undergraduate and graduate levels to traditional age and adult students in order to produce servant leaders who have the ability to integrate faith and learning through their respective callings.

DBU RecLife Vision Statement

DBU RecLife engages students, faculty, and staff through intramural sports and special wellness events/activities. We strive to equip Christ-centered servant leaders through dynamic competition, intentional character development, and a friendly environment.

RecLife Goals

DBU RecLife strives to:

- Engage students, faculty, and staff with a variety of recreational activities.
- Host events and activities in a safe and professional environment.
- Foster an environment of healthy competition, high integrity, fair judgement, and leadership development.
- Communicate with participants in a professional and timely manner.
- Encourage a standard of healthy living through recreational activities and educational opportunities.

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TITLE IX STATEMENT

The University prohibits sexual assault, sexual violence, sexual harassment, sexual discrimination, domestic or dating violence, stalking, sexual exploitation, and other sexual misconduct as outlined in this policy.

As per Title IX regulations, no person shall intimidate, threaten, coerce, or discriminate against any individual for the purpose of interfering with any right or privilege secured by Title IX or its implementing regulations, or because the individual has made a report or complaint, testified, assisted, or participated or refused to participate in any manner in an investigation, proceeding, or hearing under Title IX and its implementing regulations.

This policy prohibits any attempt to seek retribution against an individual or group of individuals involved in filing a complaint or report under this policy, filing an external complaint, participating in a disciplinary process, or opposing in a reasonable manner an action believed to constitute a violation of this policy. As part of this policy, DBU wants to promote an environment of non-discrimination in accordance with federal and state laws and DBU's own Scriptural beliefs. DBU also wants to promote a learning environment that will allow faculty, staff, and students to thrive in accordance with DBU's mission and its Scriptural beliefs.

FULL TITLE IX POLICY CAN BE FOUND ON THE [DBU WEBSITE](#).

The Title IX Coordinator's contact information is:

Ashlee Kamosky
Title IX Coordinator
Dallas Baptist University
3000 Mountain Creek Parkway
Dallas, Texas 75211
Office: Dean Learning Center 104D
TitleIX@dbu.edu
214-333-7286 (office)

POLICIES FOR INTRAMURAL PARTICIPATION

ELIGIBILITY

Participants of intramural sports/wellness events must be full-time university students, faculty, or staff (and spouses) who possess an active DBU Engage event pass and ID card. Unenrolled students and formerly employed faculty/staff are not eligible to participate in intramural sports/wellness events.

Intramural teams consisting of ineligible participants must remove all ineligible people from the team roster. Failure to do so will result in immediate forfeit of current game, upcoming game(s), and/or the current season.

Participants may only hold a position on a single team roster during any given intramural season. Attempts to compete with multiple teams may result in temporary suspension from intramural activities.

REGISTRATION

Registration for intramural sports will open at set dates throughout the fall and spring semesters. Please follow the steps below:

- **Log into IMLeagues via your MyDBU homepage.**
 - Please use your DBU email and password to login/create your profile.
- **Creating a Team (for Team Captains)**
 1. Log into IMLeagues
 2. Visit the “Dallas Baptist University” page
 3. Select sport with open registration
 4. Choose “Create Team”
 5. Complete all registration requirements
- **Contact RecLife for assistance with IMLeagues.**

Teams must be created before the season opening date or by the deadline provided on IMLeagues.

Students may join team rosters up to two days following the registration deadline or by the deadline provided on IMLeagues.

To be eligible to receive an award, an individual must participate in at least 50% of their scheduled games.

LIMITATIONS

Individuals in the categories below may be subject to participation limitations:

Student Athletes

- Those who are current members of a non-club DBU sport or who receive an athletic scholarship during the current academic term are ineligible to participate in their specific sport (or similar sport).
- Student athletes may request an exception from their coach or director to participate in RecLife intramural/wellness events.
- Teams may have no more than 2 individuals in this category on their roster without special permission from the Director of Student Life.
- Athletic coaches and directors will be notified should a student athlete violate any RecLife policies.

All Participants

- Students may only compete on one team per sport. **No Exceptions.**
- Once a player checks-in for a game, they will be considered a member of that team for the remainder of the season/post-season.

DBU Faculty/Staff

- University faculty and staff participants must demonstrate high levels of sportsmanship and integrity at all times.
- Faculty and staff who demonstrate conduct violations will be suspended from intramural sports and may be prohibited from future participation.

TEAM REQUIREMENTS

The chart below provides a list of sports offered and specifies the minimum/maximum number of players needed for a team to compete. During specific sports, participants are only permitted to use equipment provided by DBU RecLife.

Note: If a team drops below the minimum number of participants during a game, they may continue at the discretion of the field captain.

Sport	Minimum to Start a Game	Maximum on Field/Court
Dodgeball	4	6
Softball	8	10
7v7 Football	5	7
Volleyball	4	6
Basketball	4	5
Soccer	7	9
Sand Volleyball	3	4
Ultimate Frisbee	6	7
Tennis (Doubles)	2	2
Pickleball (Doubles)	2	2

TEAM NAMES

Team names will be chosen by the captain upon creating the team. All names must be appropriate and respectful. The Director of Student Life may require a name change if deemed inappropriate.

Extremely inappropriate name submissions may result in temporary suspension of the team captain from intramural participation.

UNIFORM & DRESS CODE

Participants are required to wear appropriate attire during RecLife events. **Those wearing clothing deemed inappropriate will be asked to change or will not be permitted to compete.** Inappropriate attire includes (but is not limited to):

- Excessively short shorts (unless compression shorts are worn underneath)
- Tank tops that extend more than 4" below the armpit (unless undershirt is worn)
- Jewelry, wristbands, watches
 - Exceptions for medical bracelets (must be taped) and athletic watches
- Non-athletic shoes or 5-finger shoes
 - Shoes must not leave "scuff" marks on gym floor
- Metal cleats
- Casts/splints
 - Knee braces must not have exposed metal/hinges or hard plastic (must be covered with padding)

Participants who frequently violate dress code policies may be suspended from RecLife activities.

INCLEMENT WEATHER

Outdoor activities may be postponed or canceled due to inclement weather. If this occurs, information will be posted on IMLeagues.com or communicated to Team Captains. If games are postponed due to weather, games may be rescheduled (not guaranteed).

If games are postponed or canceled, the intramural field is closed and should not be used.

FORFEITS & FINES

A team will forfeit a contest if any of the following occur.

- Does not have eligible players signed in by scheduled game time
- Does not meet player minimum within 5 minutes of scheduled game time
- Participant leaves playing area before contest concludes, leaving team without the correct number of players
- Use of ineligible players during scheduled game
- 2 members of a team are ejected within a single game
- Multiple unsportsmanlike incidents threaten the safety of the contest
- RecLife official deem conduct dangerous or excessively inappropriate
- Director of Student Life deems conduct dangerous or excessively inappropriate

Teams must arrive prior to their scheduled game time. Teams who do not meet the player minimum by 5 minutes after the scheduled game time must forfeit the competition and incur a \$10 fine.

- Teams that anticipated a forfeit may notify RecLife by 3:00 p.m. on the day of the competition to avoid a fine. (email reclife@dbu.edu)

Teams with outstanding forfeit fines will not be permitted to compete until fines are paid via cash at the Student Life office or via DBU Marketplace.

ASSUMPTION OF RISK

Participation in RecLife intramural sports and activities **involves physical risk and is strictly voluntary**. When registering on IMLeagues, students must complete the necessary waiver stating that injuries (and their resulting costs) are the responsibility of the participant. Risk of injury extends to physical being and personal belongings that are brought to competitions.

Participants and spectators are encouraged to take precautionary measures at intramural activities. Dallas Baptist University provides full-time staff who may assist with injuries or medical emergencies.

Emergency Contact

Campus Security – 214-333-5555

For severe medical/safety incidents, please call 911.

BLOOD ON CLOTHING

To avoid risk of bloodborne infectious disease transmission, RecLife officials will temporarily stop a competition when noticing or receiving a report of:

- Player who is actively bleeding
- Player has an open wound
- Player has an excessive amount of blood on his/her clothing

Bleeding players must exit the game to receive appropriate medical treatment. Removed players will be allowed to re-enter the contest after:

- Bleeding has ceased
- Wound is covered
- Contaminated clothing is changed/disposed of properly

Once play has stopped under this rule, the removed player may not re-enter the contest until deemed “eligible” by a RecLife official.

POLICIES FOR TEAM CAPTAINS

ADMINISTRATIVE RESPONSIBILITIES

All intramural sports teams are required to designate a team captain. Captains are responsible for ensuring that team members understand all RecLife policies as well as the rules for the specific sport.

The role of the team captain is crucial to the success of an intramural sports team and to the enjoyment of the participants. The captain is a direct link between the RecLife staff and his/her respective teams. The team captain is responsible for:

- Properly registering and promoting the team schedule
- Maintaining control of their team during games
- Ensuring proper attire is worn
- Serving as the spokesperson for the team during any game
- Attending the designated captains' meetings
- Notifying all participants of rules, policies and scheduled contests
- Ensuring all participants are eligible for participation
- Communicating scheduling requests to RecLife staff in a timely manner

The disrespect of officials and/or participants will not be tolerated. Captains are expected to do everything possible to ensure that no unsportsmanlike conduct occurs.

RECOMMENDATIONS

To assist each team captain in being successful and ensuring an enjoyable experience, we suggest the following:

- *Recruitment* – Have all players listed on the team's roster or have them sign up on IMLeagues.com
- *Organization* – Pay close attention to all activities and their posted registration deadline and registration maximum.
- *Communication and Participation* – Make sure your teammates are aware of the team's scheduled games (including reschedules, forfeits and defaults) and that the team will have at least the minimum number required for each game. Additionally, ensure that all players meet the eligibility requirements and provide their DBU student identification card prior to every game.
- *Rule Knowledge* – Explain the rules, policies and procedures to all of your teammates. To ensure an enjoyable participation experience, it is imperative that all participants are aware of our rules, policies and procedures.

All schedule information including results will be posted on IMLeagues.com.

FACILITY POLICIES

FACILITIES

Tobacco, alcohol and other drug use is not permitted during any RecLife activity or event and is a violation of the DBU Student Code of Conduct. Any participant or spectator found using tobacco, alcohol or other drugs will be asked to leave the contest, facility or field immediately, and will be reported to Student Affairs. Additionally, any player or spectator suspected of being under the influence of alcohol or other drug will be asked to leave the contest, facility or field immediately. Any incident may be referred to DBU Police, the Director of Student Life and/or the Dean of Students.

No animals (with exceptions for service animals), bikes or scooters are permitted on playing fields or sidelines. The care and supervision of permitted animals is the sole responsibility of their owner. DBU reserves the right to exclude an approved animal whose behavior poses a threat to the health and/or safety of others in attendance.

JEWELRY

For the safety of all participants, individuals are not permitted to wear jewelry while competing in intramural activities. This includes but is not limited to watches, wrings, necklaces, earrings, bracelets, etc. Exceptions may be made for medical bracelets (if secured to the body with tape) and athletic watches.

RecLife officials have authority to prohibit any participant from wearing jewelry/apparel that is deemed potentially dangerous to any participant.

LOST & FOUND

Items left at intramural games and activities will be collected and brought to the Student Life office for 48 hours following the contest. After 48 hours have passed, collected items will be delivered to the Security Office and will no longer be supervised by the RecLife department.

CONDUCT & SPORTSMANSHIP

DEFINITIONS

DBU RecLife defines **sportsmanship** as *fair, honest, and respectful behavior and treatment of others during a sports contest*. RecLife is committed to ensuring that all participants demonstrate Christian sportsmanship while attending intramural sports and other RecLife activities.

Therefore, **unsportsmanlike conduct**, shall be defined as unfair, dishonest, or disrespectful behavior and treatment of others during a sports contest.

Profanity, racial comments, and other verbal slurs shall be deemed unsportsmanlike in all contexts.

DBU Patriots are committed to uphold the values of honor and Integrity, for themselves, classmates, and their Lord and Savior Jesus Christ.

VIOLATIONS & PENALTIES

Participants and spectators who choose to engage in acts of inappropriate behavior before, during or after a contest or event are subject to disciplinary actions. RecLife officials may issue a penalty with or without warning if actions are considered to be inappropriate, deliberate, or create an unsafe playing environment.

Examples of inappropriate behavior include, but are not limited to, vulgar or abusive language or actions, unnecessary roughness, one technical foul, unsportsmanlike calls or yellow cards, taunting, and fighting or inciting a fight.

EJECTIONS

All participants that are ejected from a RecLife event will be immediately suspended from all activities until reinstated by the Director of Student Life. To be reinstated, the ejected participant must schedule a meeting with the Director of Student Life. This meeting must be conducted during hours specified by the Director. During ejection meetings, the cause for ejection will be discussed, as well as all subsequent sanctions.

When all sanctions have been fulfilled, the participant shall be officially reinstated. All games in which suspended players participate will be considered forfeits by that team. Any player who is ejected who does not schedule a meeting will remain suspended indefinitely until said meeting occurs.

If a player is thrown out of more than one game in a season, then he/she will be disqualified for the remainder of that season.

PROTESTS

There are 2 types of allowable protest: **rule misinterpretation** and **player eligibility**

Rule Misinterpretation

- Team captain must immediately notify a RecLife official for the play they wish to protest
- Failure to inform an official immediately following the play will result in inability to protest the ruling
- In some situations, the protest may be reviewed following the game

- If this occurs and the protest is upheld, the game will be replayed from the point of protest

Player Ineligibility

- Team captain must file a protest with the field captain immediately before, during, or up to 10 minutes after the contest/event in which an alleged ineligible player participates
- Failure to notify the field captain in a timely manner will result in the inability to protest the player.

Disciplinary judgment calls may not be protested.

EMPLOYMENT

The RecLife office hires students to fill the roles of office staff or referee year-round. Team members receive an hourly rate, paid training, flexible scheduling, professional development, and promotional opportunities based on performance and longevity. Open applications will be posted via Handshake.

If you are interested in learning more about our employment opportunities, please visit the Rec Life office located in the Dean Learning Center or send an e-mail to reclife@dbu.edu.