



VITERBO UNIVERSITY &
WESTERN TECHNICAL
COLLEGE
Intramural Handbook

2019-2020



**Viterbo University
Department of Recreation and Leadership
Mission Statement**

The mission of is to provide recreational, health and wellness opportunities to Viterbo University students and campus community.

This is achieved by:

- Provide access to quality facilities, programs and equipment.
- Offer activities which encourage healthy choices and personal satisfaction.
- Coordinate opportunities for cooperative and competitive play.
- Ensure an arena to practice leadership, management, program planning and interpersonal skills.

**Western Technical College
Wellness Center
Mission Statement**

The mission of the Wellness Center is to provide opportunities to Western students, Western staff, and other Wellness Center members to help them lead a balanced, healthy life.

Viterbo/Western Intramural Sports Program

Viterbo University and Western Technical College combine efforts to bring an Intramural/Recreation and Leadership program that will offer students, employees and Viterbo Mathy Members the opportunity to participate and compete regardless of skill level or experience. Our Recreation and Leadership program promotes development of a healthy body and mind, social interaction, good sportsmanship, acquiring knowledge of life long leisure sports, provides an outlet for emotional and mental stress, and most importantly is fun!

Recreational Service Staff

Amanda Meyer – Asst. Director, Viterbo Recreation and Leadership

Alex Rodriguez – Western Intramural Coordinator

Myles Maxwell – Viterbo Intramural Program Assistant

Mathy Center Hours of Operation

Monday-Thursday 6 a.m. – 11 p.m.

Friday 6 a.m. – 7 p.m.

Saturday 10 a.m. – 7 p.m.

Sunday 12 p.m. – 8 p.m.

Western Wellness Center Hours of Operation

Monday-Thursday 6 a.m.-9 p.m.

Friday 6 a.m.-6 p.m.

Saturday 10 a.m.-3 p.m. (September – April only)

Intramural Sports Policies and Guidelines 2019-2020

Eligibility

Viterbo University

All currently enrolled Viterbo students (graduate or undergraduate), current employees, Viterbo alumni with a paid membership, and Plus One members are eligible to participate in all Intramural Sports activities.

***NOTE:** Beginning in January 2020, Viterbo alumni and Plus One members will no longer be eligible to participate in intramurals.*

The revised Viterbo eligibility will read:

All currently enrolled Viterbo students (graduate or undergraduate) and current employees are eligible to participate in all Intramural Sports activities.

Western Technical College

All students enrolled in college credit courses at Western Technical College and all faculty and staff employed at Western Technical College are eligible to participate in all Intramural Sports activities. Western Technical College non-credit students are eligible to play with a \$15 per academic term fee. Contact the Western Intramural Coordinator for registration and payment assistance.

To participate:

- A player may play with only one team within a sport league.
- There are no restrictions to the number of varsity athletes who can be on a roster. However, there are limits to the number of varsity athletes who can be playing on the court or field for a team at one time. Please refer to the rules of each sport. A varsity athlete is considered anyone who is currently on a varsity roster or anyone who was on a varsity roster the previous academic year. Varsity athlete rosters will be collected from team coaches.
- A male must participate in a Men's League if offered. A female must participate in a Women's League if offered. However, if a Women's League is not offered, then a female has the option of playing on a Men's League.

Recreation Staff members have the right to suspend any team that willfully uses ineligible player(s). During the league play, all contests which an ineligible player participated shall be recorded as a forfeit win for the opposing team. During tournament play, the last contest in which an ineligible player participated shall be recorded as a forfeit win for the opposing team.

Registration


The Intramural Program uses IMleagues to manage online registration and scheduling. IMLeagues is a website specifically designed for college intramural departments and contains many features such as customizable team pages, message boards, and much more.

All intramural participants will be required to create an account on IMLeagues.
If you experience any technical difficulties with IMLeagues, please contact their support team. You can message, call or use their live chat.
All intramural participants will be required to create an account on **IMLeagues.com**.

IMLeagues has a mobile app (called IMLeagues) that can be downloaded for free from the App Store and Google Play Store. It can be used to signup and create/join teams.

To create an IMLeagues account: ****Note**** IMLeagues offers a **live support button** in the bottom right corner of all pages, please use this button if you encounter any difficulties.

- i. Go to www.imleagues.com/viterbowestern/Registration
OR
Go to www.imleagues.com and click **SIGN UP**
OR
Go to www.imleagues.com and click “Log in with Facebook” if you have a facebook account with your school email attached - this will automatically create an account, fill in your info, and join you to the school (steps 2-4)



Select School/Organization

Email

Password

Remember Me? [Forgot your password?](#)

[Login](#) [Login With Facebook](#)

New to IMLeagues?



[Create Account](#)

- ii. Enter your information. Students and employees **MUST use their school email address (@viterbo.edu, @students.westerntc.edu, @westerntc.edu)** and submit.
- iii. You will be sent an activation email, **click the link in the email to login and activate your IMLeagues account.**
- iv. You should be automatically joined to your school – If not you can search schools by clicking the “Schools” link

How to sign up for an intramural sport:

- i. Log in to your **IMLeagues.com** account.
- ii. **Click the “Get Involved” button** at the top right of your User Homepage page
OR
Click on the “Viterbo University/Western Technical College” link at the top to go to your school’s homepage on IMLeagues.
- iii. The current sports will be displayed, click on the sport you wish to join.

Spring 2016

	Co-Rec Basketball Co-Rec	Registration Closed Feb 29 8:00AM - Mar 11 8:00AM Join Teams Until:04/18/16 11:59 PM	Season Mar 21 - Apr 18
	Sand Volleyball Sand Volleyball	Registration Closed Mar 14 8:00AM - Mar 25 8:00AM Join Teams Until:04/14/16 11:30 PM	Season Mar 28 - Apr 14

-Choose the league you wish to play in (Basketball, competitive or recreational volleyball, bowling, etc.)

- iv. Choose the division you’d like to play in
- v. You can join the sport one of three ways:
 - i. **Create a team (For team captains)**
 - i. Captains can invite members to their team by clicking “Team Options” and then “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.
 - i. If they’ve already registered on IMLeagues: search for their name, and invite them
 - ii. If they haven’t yet registered on IMLeagues: scroll down to the “Invite by Email Address” box, and input their email address.
 - ii. **Join a team**
 - i. Find existing teams on the league page and click the “join team” button to send a request to join a team
 - ii. Accepting a request from the captain to join his team
 - iii. Finding the team and captain name on division/league page and requesting to join
 - iv. Going to the captain’s playercard page, viewing his team, and requesting to join

To be eligible to play, individuals must appear on the team's roster. Roster additions can be made up to 15 minutes prior to game time. Teams may add players to their rosters up to the last regular season game. Upon the start of a competition, the Recreation staff will check all rosters to ensure eligibility.

Captain's Training

Through IMLeagues, every captain of a team league is encouraged watch the Captain's Training Video and must complete the Captain's Training Quiz with an 80% pass rate.

Forfeit Deposit

In order to participate in any Team Intramural League, teams will be required to turn in a \$40 Forfeit Deposit prior to the registration deadline. Forfeit deposits can be dropped off at any Intramural Registration Help Station. Please see school websites for times. Cash (exact change only) and check are accepted. Checks can be made out to Mathy Center or Western Wellness Center. The Western Wellness Center Member Services Desk will accept deposits, but the Mathy Welcome Center **will not** accept forfeit deposits.

At the completion of the Intramural sport league, if the team does not forfeit a competition during the course of the season, the Forfeit Deposit will be returned. The Forfeit Deposits must be picked up by the Intramural team by the dates listed below:

- Fall Season 1: By the registration deadline day for Fall Season 2
- Fall Season 2: By the last day of finals week/academic term
- Spring Season 1: By the registration deadline day for Spring Season 2
- Spring Season 2: By the last day of finals week/academic term

If the Forfeit Deposit has not been picked up within this time period, the Forfeit Deposit will be kept by the Western/Viterbo Intramural program.

If the team forfeits or is removed from the league (removed by choice or at the discretion of the Recreational Service Staff), the Forfeit Deposit will be kept by the Western/Viterbo Intramural program.

****Your team will not be accepted into a league until the minimum number of eligible males and females have been accepted on your team, you have completed the Captain's Training quiz with an 80% pass rate, and your forfeit deposit has been paid.****

To Register as a Free Agent

Any individuals that are interested in participating, but do not have a team, can register as a 'Free Agent.' Free Agents are not guaranteed to be placed on a team, but will be visible to all members of the site as a free agent. It is recommended that Free Agents message captains of teams "Looking for Free Agents" to let them know you are looking to join a team or create a new team with other free agents. Watch for a notice of a face-to-face Free Agents meeting a few days before the league registration deadline to help you organize a free agent team.

1. Join as a Free Agent

- a. You can list yourself as a free agent in as many divisions within a league as you'd like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

All schedules, announcements, and rules are available online at the Viterbo University/Western Technical College school link on IMLeagues.

Forfeits/Defaults

Default Policy

Any team knowing in advance that they are unable to play a regularly scheduled contest is provided the opportunity to default (not play this contest). In order for the contest to be considered a default, the team captain must contact the Intramural Sports Office or league coordinator by 5 p.m. on the business day prior to their contest. Weekend/Monday requests must be made by 12 p.m. (noon) on the preceding Friday.

Default vs. Forfeit: A team that legally defaults will receive a loss in the league standings, not a forfeit. A default does not result in the loss of a team's forfeit deposit.

Forfeits

Games will be started on time! Teams are expected to be ready to play at game time. Any team failing to report to participate at the scheduled starting time will forfeit to their opponent. If both teams fail to report to participate, each team shall be credited with a forfeit and the game shall not be rescheduled. This applies to special events as well.

Winning by Forfeit: In order for a team to receive a win by forfeit, it must have the minimum number of players required to begin according to the rules of the sport present at the scheduled location and at the scheduled time "ready to play."

Limit of Forfeits: Any team that forfeits the equivalent to one night of league play, will lose their forfeit deposit (i.e. if the maximum number of games scheduled for a night is 3 and a team forfeits 3 games regardless if it is in one night or 3 nights, they will lose their deposit). Any team that forfeits the equivalent to two nights of league play will be removed from the league for the remainder of the season. If a team forfeits any game during championship night, their forfeit deposit will be kept by the Intramural Program, regardless if it was their first forfeit of the season.

Intramural Participant Sign-in

Mathy Center

Upon entering the Mathy Center for an intramural event or program, each intramural participant must show his/her valid Western ID or scan his/her valid Viterbo ID at the Welcome Center. If a staff member or student does not have his/her ID card, admittance to the Mathy Center **will be refused**. Once upon entry of the Mathy Center, the participant must show his/her ID card to the site supervisor, and the site supervisor will then check the participant off on the Intramural sign-in sheet. If the person's name does not appear on the roster, the individual is not eligible to participate until registered.

Wellness Center

Upon entering the Wellness Center for an intramural event or program, each intramural participant must show his/her valid Western ID or Viterbo ID at the sign-in table. The Wellness Center staff will then check the participant off on the Intramural sign-in sheet. If the person's name does not appear on the roster, the individual is not eligible to participate until registered.

Outside or Off-site

Upon arriving for an intramural event or program located somewhere other than the Mathy Center or the Western Wellness Center, each intramural participant must show his/her valid Western or Viterbo ID to site supervisor and sign in under his/her team. If the person's name does not appear on the roster, the individual is not eligible to participate until registered.

Building Access

Mathy Center

- All current Viterbo students and employees have full access rights to Mathy Center facilities and all recreational programs.
- All Western students, staff, and spouses *who are intramural participants* have access to the area in which the intramural activity is taking place (i.e. gymnasium, bathrooms, and welcome center).
- Spectators who are not current Viterbo users will not be allowed to attend any intramural event at the Mathy Center. This means no unregistered Western spectators. Any Western student interested in spectating is encouraged to join a team and have their eligibility verified. After verification, they will be allowed admittance to spectate.

Western Wellness Center

- All current Western Wellness Center members have rights to the Wellness Center
- All current Viterbo intramural participants, Western students who are not members of the Wellness Center, and spouses, will have access to the gym area only and should enter the Western Wellness Center Gym through the doors located off of parking lot A.
- There will be no spectators allowed in the Western Wellness Center.

Outside or Off-site

- For intramural events taking place in a location other than the Mathy Center or the Wellness Center, spectators are welcome, but must act according to the Code of Conduct.

Captain's Responsibilities

The captain's responsibilities include but are not limited to:

- Ensuring complete and accurate team information on the roster as well as keeping the roster up-to-date.
- Making sure that all members of the team are eligible to participate according to the Intramural Sports Policies & Procedures.
- Watch the Captain's Training Video and complete the Captain's Training Quiz with an 80% pass rate.

- Notifying team members of playing schedules/schedule changes.
- Ensuring that adequate number of players from roster is available to play each night and the adequate number of players arrives on site 15 minutes before game time.
- Communicating with one of the Recreational Service staff by 5 p.m. on the business day prior to their contest if there will not be adequate individuals from your roster to play. If appropriate notice is given, the team will receive a default. It will not be counted as a forfeit. Weekend/Monday requests must be made by 12 p.m. (noon) on the preceding Friday
- Represent the team in the case of protests.
- If a team is suspended for any reason, it is the captain's responsibility to represent their team in a meeting with the Assistant Director and/or Intramural Coordinator in order to regain eligibility.
- Promoting fair play and a positive atmosphere at contests.
- Responsible for their players conduct before, during, and after each Intramural contest. Similarly, they are responsible for the conduct of their team's fans.

Sportsmanship

Integral to the philosophy of Viterbo/Western Intramurals is that good sportsmanship and fair play are vital aspects of intramural competition. It is necessary for the successful operation of the program that individuals display proper conduct in all instances. The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed.

Behavior before, during, and after a contest is included in each rating. Each team captain is responsible for educating ALL players and fans affiliated with his/her team about the sportsmanship policy; however, it is the responsibility of all team members to control the conduct of its own team members and fans.

At the end of each contest, the site supervisor will ask each team the following question –

Based on today's/tonight's game, would you describe your opponent as –

Exceptional Sports (4): The team went above and beyond expectations and consistently demonstrated all of the good sportsmanship behaviors.

Good Sports (3): The team demonstrated the good sportsmanship behaviors with a few minor incidents of unsportsmanlike behavior.

Needs Improvement (2): The team demonstrated some good sportsmanship behaviors with a lot of minor incidents of unsportsmanlike behavior.

Poor Sports (1): The team demonstrated few sportsmanship behaviors with a lot of minor incidents of unsportsmanlike behavior or a major incident of unsportsmanlike behavior.

The rating will be recorded by the site supervisor on the score sheet. In addition, the site supervisor will give a sportsmanship rating to each team. The scores will be averaged. The Recreation staff reserves the right to review and/or change any sportsmanship rating given.

All teams are required to have a sportsmanship average above 'Good Sports' (3.0) in order to remain in the league. If a team falls below a 'Good Sports' (3.0), the captain will be required to meet with either the Assistant Director and/or Intramural Coordinator and the team will be placed on probation. During probation, the team will have 1 week to get their sportsmanship average above a 'Good Sports' (3.0) or they will be removed from the league. If a team falls below an average of a 'Good Sports' (3.0) two times during the season they will be removed from the league. Any team that receives more than 1 'Poor Sport (1)' rating by a site supervisor will be removed from the league. If a team is removed from the league because of sportsmanship, they will automatically lose their forfeit deposit.

A team's sportsmanship average will also be used to determine eligibility to play in the season ending championship tournament and to break a tie in team rankings. The team with the higher sportsmanship average will get the higher seed.

If a game is not played due to a default, both teams will receive an 'Exceptional Sports (4)' rating for sportsmanship. If a team forfeits a game, they will receive a 'Needs Improvement (2)' rating for sportsmanship and if their opponent qualifies for a win by forfeit, they receive an 'Exceptional Sports (4)' sportsmanship rating.



Sportsmanship Continuum

	Good Sports	Needs Improvement	Poor Sports
CHARACTER	<ul style="list-style-type: none"> Many positive comments of encouragement towards teammates and opponents Acknowledged good plays made by others and accepted bad calls gracefully No cursing or comments of a derogatory nature 	<ul style="list-style-type: none"> No positive comments of encouragement towards teammates and opponents Some negative comments, criticizes teammates Players curse at self in a low tone Kiddingly mock the skill level of an opponent 	<ul style="list-style-type: none"> Many negative comments, verbal harassment of opponents, taunting or trash talk of opponent Frequent use of profane or vulgar language that could be clearly heard by others Swearing or derogatory comments directed at someone
GAME TIME	<ul style="list-style-type: none"> Ready to play at game time Game was properly defaulted (notified staff by 5pm the day before) 	<ul style="list-style-type: none"> Not ready to play at game time Game was forfeited as a result of a 'no show' 	
GAME PLAY	<ul style="list-style-type: none"> Team abided by the rules of the game Play was honest, clean, and fair 	<ul style="list-style-type: none"> Once or twice dishonest about call or rule Using gamesmanship to win or gain an advantage 	<ul style="list-style-type: none"> Team is consistently cheating or being dishonest about calls or rules Team purposely strives to score as many points as possible to embarrass their opponent
EQUIPMENT	<ul style="list-style-type: none"> Treated facilities and equipment with absolute respect 	<ul style="list-style-type: none"> Accidental damage or destruction of any campus recreation facility/equipment due to inappropriate use 	<ul style="list-style-type: none"> Purposeful damage or destruction of any campus recreation facility/equipment Dunking/Touching or hanging on the rim at anytime
CONDUCT	<ul style="list-style-type: none"> Players' interactions with opponents, spectators, and staff was cordial and non-aggressive Any conflicts were resolved calmly and with an open-mind Respected and abided by program policies and processes 	<ul style="list-style-type: none"> Once or twice players verbally complain or argue about calls, rules, and policies 	<ul style="list-style-type: none"> Players are completely uncooperative with intramural staff Argued a lot about calls, rules, and policies Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee Play is dangerous with intent to injure opponent
WINNING /LOSING	<ul style="list-style-type: none"> Team accepted winning and losing graciously There were sincere handshakes and congrats at the end of the game 	<ul style="list-style-type: none"> Team did not accept losing Handshakes and congrats at the end of the game were insincere or given with sour attitude 	<ul style="list-style-type: none"> Team did not accept losing No handshakes and congrats at the end of the game
WARNING/ EJECTION	<ul style="list-style-type: none"> Teams received no warnings or ejections 	<ul style="list-style-type: none"> Received a warning, but displayed good sportsmanship after the warning 	<ul style="list-style-type: none"> Disregards warning and/or gets ejected
POLICY	<ul style="list-style-type: none"> Abided by all policies of the Intramural program 		<ul style="list-style-type: none"> Individual is caught trying to use someone else's ID Team knowingly plays with an ineligible participant Team withholds any requested information
RATING	<ul style="list-style-type: none"> Any team with an average below 'Good Sports' (3.0) will be placed on probation 		<ul style="list-style-type: none"> Any team who receives more than 1 'Poor Sport' (1) rating by a site supervisor will be removed from the league

WE EXPECT EVERYONE TO BE A GOOD SPORT

Protests

All protests must be registered immediately with the league administrator. A protest is not complete until a written version of the protest is submitted to the Recreational Service Staff at either Viterbo or Western by 12pm (Noon) of the day after the game in question. If it is not received by noon on the following day, it will be rejected. For weekend games, the deadline is 12pm (Noon) on Monday following the game.

Protests will be handled as follows:

1. All protests will first be dealt with by the League Administrator on site.
2. If you disagree with the on-site decision, you may appeal with the Recreational Service Staff at either Viterbo or Western. Protests must be submitted in writing.
3. Games altered by valid protests will be replayed, if possible, from the point of the game where the protest occurred.
4. Viterbo Recreation reserves the right to decide all protests logged for contests occurring at Viterbo sites.
5. Western Wellness Center staff reserves the right to decide all protests logged for contests occurring at Western sites.

Disqualified/Ejected Players

A player disqualified from the game for conduct must leave the area/complex after speaking with an Intramural League Administrator IMMEDIATELY. The player is declared ineligible for play in ANY Intramural Sports activity until he/she has submitted a letter requesting reinstatement, has met with either the Director or Assistant Director of Recreation and Leadership and/or the Wellness Center Manager or Intramural Coordinator, and has served their suspension. The player shall be suspended for no less than one week. The suspension will not begin until after the suspended person has met with either the Director or Assistant Director of Recreation and Leadership and/or the Wellness Center Manager or Intramural Coordinator. Failure to leave the area/complex may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team eliminated for the remainder of the season.

A team which participates with an ejected player in a game shall forfeit that game.

Regaining Eligibility

To regain eligibility, the ejected player must prepare a typed statement detailing the events that took place; submit a copy of the statement and set-up an appointment with one of the Recreational Service Staff to discuss the matter. Even if it is the last contest for their team, the ejected person's suspension will continue until the person meets with one of the Recreational Service or Wellness Center Staff. Final judgments are retained by the Recreational Service or Wellness Center Staff at the location where the incident occurred.

Code of Conduct

The code of conduct exercised by the Viterbo/Western Intramural Program is the Student Code of Conduct established by the respective school. If either the Viterbo University or Western Student Code of Conduct is violated, the incident will be reported to the Student Development staff of the appropriate campus. The Student Development staff of the pertinent campus will follow the disciplinary actions set forth by the respective campus's discipline process. Please refer to the Viterbo University and Western Technical College's Student Code of Conduct for more information.

Alcohol, Tobacco, and Other Drugs Policy

No person (player or spectator) will be permitted to participate in an intramural contest or activity under the suspicion of or influence of alcohol or illegal substance.

Alcohol, tobacco, and all illegal substances are prohibited from intramural play and any Viterbo facility, Western facility, playing field, and/or locations other than the Viterbo or Western campuses. This includes using a Juul or any other e-cigarette or vaporizer.

Team Names and Logos

The Intramural Sports program is committed to assuring that its programs are free from discriminatory, inappropriate, and disrespectful conduct or communication. Recreational Services staff reserve the right to change any team name that is deemed inappropriate or offensive to participants. Restrictions include, but are not limited to: No vulgar or aggressive language or references, no references to alcohol or other drugs, no discriminatory references (race, religion, national origin, gender/gender expression, sexual identity, ability, political affiliations, among others), no body shaming language, or references to sexual activity. If you are unsure if a team name will be accepted, call the Assistant Director or Intramural Coordinator and ask.

Dress Code – All participants are expected to wear appropriate clothing while participating. This includes:

- Shirts and shoes must be worn at all times
- Sports-bras, bathing suit tops, halter tops, etc. are not acceptable
- Clothing deemed inappropriate or offensive to participants (including profanity, sexually explicit, or references to alcohol, tobacco, or other drugs) will NOT be permitted.

In addition, the following rules must be followed when participating in the Mathy Center Gyms

- No dunking, touching or hanging on the basketball rims and/or nets
- Only athletic-type shoes may be worn in the gymnasium
- No food or beverages are permitted in the gymnasium
- Please refrain from using profanity in the Mathy Center

Tournament

Eligibility

Due to the size of some leagues, not all teams may be eligible to participate in the season ending championship tournament. The number of teams eligible for championship night will be determined after league play has been scheduled. In order to be eligible to participate in the season ending championship tournament night, teams must have a sportsmanship average of a 3 at the completion of week 4. Teams will be notified via email of their tournament eligibility.

Seeding

Tournament seeding will be determined based on the following scale.

1. Teams will be ranked in order based on their wins and losses.
2. If there is a tie between teams, the team with the higher sportsmanship average will get the higher seed.
3. If a tie remains, the team with the most points for and least points against them will get the higher seed (Point Differential).
4. If a tie still remains, the team that won in a head to head competition will receive the higher seed.

Awards

In each league, t-shirts will be awarded to the championship team. In order for a player to be eligible for a championship t-shirt, he/she must have been on the roster of the championship team and participated in at least one game.

Schedule Change or Cancellation Notification

Intramural Sports makes every effort to play all activities as regularly scheduled. In the event that your team's schedule changes due to a default/forfeit, weather cancellation, or another extenuating circumstance, team members will receive notification via IMLeagues through an email message, and if set up, a text message. There will also be a league announcement located on the league page on IMLeagues.

Weather Cancellation

Rainouts will not be determined until 3:00 p.m. each day. Team captains will receive notification via IMLeagues through an email message, and if set up, a text message. There will also be a league announcement located on the league page on IMLeagues. Intramural Sports will not call participants to inform them games are cancelled due to weather.

The Intramural staff encourages everyone to sign up for text alerts through IMLeagues. Only important messages regarding registration deadlines, forfeit deposits, and schedule changes due to weather conditions and defaults/forfeits will be sent. The program will not spam you with solicitation text messages.