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## GENERAL RULES AND REGULATIONS

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### **Eligibility**

All players must be registered via an IMG team registration form. Sport/league specific eligibility is detailed within the respective league information.

### **League Tables**

Fixtures, results and league tables will be updated via the following League Republic websites:

Football (11-a-side): <http://cardiffimg11as.leaguerepublic.com>

Football (7-a-side): <http://cardiffimg7as.leaguerepublic.com>

Netball: <http://cardiffimgnetball.leaguerepublic.com>

Mixed Netball: <http://cardiffimgmixednetball.leaguerepublic.com>

At the end of Phase 1 fixtures, teams will be placed into new groups based on their Phase 1 performance. Team captains will be notified of their Phase 2 group and draft Phase 2 fixtures.

### **Results Procedure**

Points are awarded as follows:

WIN = 3 points

DRAW = 1 point

LOSS = 0 points

Following each match, Football (11-a-side) team captains must submit their results via the 'IMG Football (11-a-side) Captain's' Facebook page. Referees/umpires will submit the results for Football (7-a-side) and Netball.

For Phase 2 grouping, goal difference, goals scored and aggregate scores will be taken into account to separate teams on equal points.

### **Fixture Times**

Matches must start on time as pitches/courts are booked to strict time slots, failure to do so will result in shorter matches.

### **Equipment and Kit**

Team members must all wear tops/bibs of the same colour. In the event of a colour clash the second named team will be required to change/wear bibs.

Each Football (11-a-side) team requires one full-size goal net, which is the responsibility of each team to provide. This needs to be taken to all fixtures, where the other net will be supplied by the opposing team. Both teams are required to take a match ball.

For Football (7-a-side) and Netball, match balls will be provided and bibs available.

### **First Aid Provision**

Football (7-a-side) and Netball - first aid is available from the Sports Training Village reception. All accidents and injuries must be reported immediately to the Sports Training Village reception, where a staff member will complete an accident/incident report form.

Football (11-a-side) - first aid provision is available from the designated first aiders based at Pontcanna and Blackweir Fields. Accidents/incidents will be recorded by the first aider and reported to the Sports Training Village reception following the incident.

## **Referees/Umpires**

Football (7-a-side) and Netball - there will be one referee/umpire allocated to each fixture and their decision is final. Please ensure that referees/umpires are respected at all times, teams failing to do so face sanctions.

Football (11-a-side) - teams are required to provide three referees during their 'refereeing weeks', who are allocated to a fixture by IMG. Teams failing to provide a referee for fixtures face point deductions and/or dismissal from the league without refund. If your referee does not turn up, please notify [IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk).

## **Cancellation of Fixtures**

Teams are not permitted to cancel or postpone fixtures, unless with prior agreement from IMG ([IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk)) and in extreme circumstances. Sufficient notice, of at least two weeks should be provided. Where a sufficient reason and notice (as stated above) are provided, IMG will attempt to re-schedule the fixture. IMG reserve the right to cancel, postpone and re-arrange fixtures with less than two weeks' notice.

Teams cancelling scheduled fixtures with less than two weeks' notice, entitle their opponent with the right to a walkover (3 points/ 5-0 walkover). IMG would prefer that games do go ahead where possible and hope that captains are co-operative in finding a mutually convenient time to play the fixture. Please note that referees/umpires are not provided by IMG for games re-scheduled with less than two weeks' notice. Team captains should inform IMG ([IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk)) of the re-arranged date/time as soon as this is known, as well as the score following the fixture.

Fixtures may be cancelled due to inclement weather. Teams will be notified of any cancellations via email and/or the relevant IMG Captain's Facebook page. In this instance, fixtures will be re-scheduled and affected teams notified.

IMG Football (11-a-side) teams must be fully aware that the marked pitches at Pontcanna and Blackweir Fields must not be used when IMG fixtures have been called off. Any teams found doing so will be removed from the league without refund.

## **Non-Attendance**

In the event that a team doesn't turn up for a fixture, a 5-0 walkover will be awarded to the team in attendance.

Continued non-attendance to IMG league fixtures will incur the following penalties:

- 1 match = warning
- 2 matches = 3 point deduction
- 3 matches = dismissal from the league with no refund

## **Competition Dispute**

In the event of a dispute, a report must be submitted by the Team Captains of both teams involved and from the referee/umpire where applicable. Reports must be sent via email to [IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk).

## **Respect**

The IMG programme provides recreational, fun and competitive sports leagues. Teams participating in IMG should demonstrate good sporting behaviour and show respect to the opposition/ fellow students, staff and the facilities.

## **Photography**

By taking part in IMG all players consent to the use of photography/filming which may be used by Cardiff University Sport and/or Cardiff University Students' Union for marketing purposes. If any team member does not wish to be included in any photography/filming, please give prior notice by notifying [IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk).

## **Important Information**

Alcohol must not be consumed during IMG sessions or fixtures under any circumstances.

# Intra Mural Sports Teams Social & Behaviour Policy

## Individual Members

### Introduction

The Intra Mural Games/Leagues (IMG) recognises the value of social activity to compliment sporting activity for members of recreational sports teams. Social activity builds friendships, bonds and communities among club and team mates and can support individual and team development.

However IMG also recognises that in some situations, such social activity can pose physical and psychological risks if due care is not observed by those involved. In line with this, IMG encourages all teams and members to drink responsibly.

This policy further explores the role and responsibility of teams, their members, their senior members and their team captain in relation to "off the field" activity.

This policy includes:

1. University Code of Behaviour
2. Your Personal Responsibilities
3. Welcome Events, Team Building Events, Socials and Initiations
4. IMG Management of Behaviour within Teams and Potential Sanctions for not adhering to this policy

## 1. University Code of Behaviour

All IMG team members are reminded that they and their members are bound by the Cardiff University Student Code of behaviour. This code of behaviour states:

*"This Code shall apply to all students when they may reasonably be regarded as being under the auspices of the University. This shall include behaviour arising at any time when the student may be regarded as representing the University as an individual or as part of a team or group.*

*A student shall not engage in conduct which may involve an offence against a person; cause a nuisance, damage, deface, misappropriate or misuse any property of the University and the Students' Union; or otherwise behave in a manner likely to bring the University into disrepute or likely to cause offence to others.*

*A student shall not engage in any form of harassment towards other students which causes, or which might reasonably be expected to cause distress by such means as bullying, verbally or physically abusing, ill-treating or otherwise creating or maintaining a hostile environment for that other, including via the use of social networking sites, other websites or any other forms of electronic media and communication."*

This code of behaviour applies without geographic restriction, can be applied whether activity is official team activity or not and also relates to behaviour whilst travelling to and from team events.

## 2. Your Personal Responsibilities

IMG expects that all IMG team members take all reasonable steps to ensure that they conduct themselves in a manner that does not reflect negatively on their team, the University or the Students' Union and does not place any person in a situation where they are likely to be harmed.

As a member of a team participating in IMG, you are bound by these guidelines and you should at all times act in a reasonable manner, obeying the law, any University or Union Policy and in a manner that does not put any other individual at risk.



## **What you need to do?**

We expect that all team members:

- Will show appropriate respect towards members of the public, members of Cardiff University and other institutions, at all times
- Will behave responsibly and not act in a way that may damage the image of their team/club or bring the organisation into disrepute, or put any individual at risk of harm
- Will not encourage or coerce individuals into undertaking anything that they do not wish to do

## **3. Welcome Events, Team Building Events, Socials and “Initiations”**

The objective of welcome events, team building events, socials and initiations is to allow members to meet, socialise and build relationships within a club or team. This is often done by encouraging groups of people to undertake activities outside their “comfort zone”. IMG only supports such activity:

- Where it is undertaken in a manner that does not place you under undue risk, and
- Where it is not humiliating, unlawful or degrading to you, and
- Where you are not forced to consume any fluid/substance, and
- Where you are free to participate or abstain as you see fit, and
- Where you have no fear of reprisal or consequence for non-participation in some or all of the activity, and
- Where the activity does not bring the reputation of Cardiff University, Cardiff University Students’ Union or the team into question or disrepute, and
- Where a sufficient number of responsible persons should refrain from consuming alcohol to supervise and monitor activity. They should be identified to you beforehand to ensure you are aware of who you can seek support or advice from, and
- Where reasonable steps should be taken to ensure that you are not left to make your way home alone from team social activity.

If you have any concerns throughout any team activities you should seek an appropriate member that holds a position of responsibility within the team (senior member) to raise these with. If you do not feel comfortable with this then feel free to contact IMG directly.

## **4. IMG Management of Behaviour within Teams and Potential Sanctions for not adhering to this policy**

IMG is jointly managed by Cardiff University Sport and the Students’ Union, with the organising body consisting of the Head of Sport, Head of Student Activities, Sports Development Officer and Activities Safety Coordinator.

If IMG becomes aware of potential behavioural issues, which may have occurred on or off the field, it will work with various stakeholders to ensure a full investigation is conducted. Such stakeholders will include but not be limited to the University and Students’ Union staff, other institutions, venues and the police.

Any breach of this policy may result in one or more of the following (please note this is not an exhaustive list):

IMG Team sanctions:

- Suspension or removal of teams/clubs from IMG competitions or other frameworks.
- Removal of resources.
- Responsibility for reimbursement for any damage or financial loss.
- Disbandment of the team/club.

Individual sanctions:

- Suspension or removal of the individual from all team/club activity.
- Responsibility for reimbursement for any damage or financial loss.
- Attendance at educational sessions/workshops.
- Suspension or removal of the individual from all Students Union activity.
- All cases may be communicated to the University for them to consider whether appropriate action is necessary within their code of behaviour.

**Please be in no doubt that any breach of this policy could result in a student(s) being excluded from the University.**

# Intra Mural Sports Teams Social & Behaviour Policy

## Team Captain and Senior Members

### Introduction

The Intra Mural Games/Leagues (IMG) recognises the value of social activity to compliment sporting activity for members of recreational sports teams. Social activity builds friendships, bonds and communities among club and team mates and can support individual and team development.

However IMG also recognises that in some situations, such social activity can pose physical and psychological risks if due care is not observed by those involved. In line with this, IMG encourages all teams and members to drink responsibly.

This policy further explores the role and responsibility of teams, their members, their senior members and their team captain in relation to "off the field" activity.

This policy includes:

1. University Code of Behaviour
2. Team & Members Responsibilities
3. Welcome Events, Team Building, Socials and Initiations
4. Managing Behaviour within your IMG Teams
5. IMG Management of Behaviour within Teams and Potential Sanctions for not adhering to this policy

## 1. University Code of Behaviour

All IMG teams are reminded that they and their members are bound by the Cardiff University Student Code of behaviour. This code of behaviour states:

*"This Code shall apply to all students when they may reasonably be regarded as being under the auspices of the University. This shall include behaviour arising at any time when the student may be regarded as representing the University as an individual or as part of a team or group.*

*A student shall not engage in conduct which may involve an offence against a person; cause a nuisance, damage, deface, misappropriate or misuse any property of the University and the Students' Union; or otherwise behave in a manner likely to bring the University into disrepute or likely to cause offence to others.*

*A student shall not engage in any form of harassment towards other students which causes, or which might reasonably be expected to cause distress by such means as bullying, verbally or physically abusing, ill-treating or otherwise creating or maintaining a hostile environment for that other, including via the use of social networking sites, other websites or any other forms of electronic media and communication."*

This code of behaviour applies to all members of your team and any supporters or associated people connected to your team. It applies without geographic restriction, can be applied whether activity is official team activity or not and also relates to behaviour whilst travelling to and from team events.

## 2. Your Team Responsibilities

IMG expects that teams take all reasonable steps to ensure that it and its members conduct themselves in a manner that does not reflect negatively on the team, the University or the Students' Union and does not place any person in a situation where they are likely to be harmed.

## **Your Personal Responsibilities**

As a member of a team participating in IMG, you are bound by these guidelines and you should at all times act in a reasonable manner, obeying the law, any University or Union Policy and in a manner that does not put any other individual at risk.

If you are a team captain, a member that holds a position of responsibility within the team (senior member) or are responsible for organising an event, your duty of care is extended beyond that of an ordinary member. You are still required to take all reasonable steps to prevent harm, but you are expected to have planned the event appropriately and taken into account procedures to use in the event of a problem arising.

## **What you need to do?**

We expect that all teams, members, captains and other representatives:

- Will show appropriate respect towards members of the public, members of Cardiff University and other institutions, at all times
- Will behave responsibly and not act in a way that may damage the image of the team/club or bring the organisation into disrepute, or put any individual at risk of harm
- Will not encourage or coerce individuals into undertaking anything that they do not wish to do

## **3. Welcome Events, Team Building, Socials and “Initiations”**

The objective of welcome events is to allow members to meet, socialise and build relationships within a club or team. This is often done by encouraging groups of people to undertake activities outside their “comfort zone”.

IMG only supports such activity:

- Where it is undertaken in a manner that does not place undue risk upon those involved, and
- Where it is not humiliating, unlawful or degrading to the individual or wider, and
- Where those involved are not forced to consume any fluid/substance and
- Where those involved are free to participate or abstain as they see fit, and
- Where there is no fear of reprisal or consequence for non-participation in some or all of the activity, and
- Where the activity does not bring the reputation of Cardiff University, Cardiff University Students’ Union or Cardiff University into question or disrepute.

The term “initiation” has in recent years been linked to activities and behaviour that seek to humiliate new members, often involving excess alcohol. IMG does not condone any such activity or encouragement of such behaviour.

Any such welcome, team building or initiation events must follow the above guidelines and be organised appropriately. We expect all teams undertaking any such events to also ensure that:

- There is no connection between participation in any other team activity and an individual’s participation in a welcome event
- Where these events involve any element of the consumption of alcohol:
  - A sufficient number of responsible persons should refrain from consuming alcohol to supervise and monitor activity. They should be identified in order that new members are aware of the individuals who they can seek support or advice from
  - At no point shall any individual be encouraged or coerced into drinking alcohol if they appear too drunk
  - All reasonable steps should be taken to ensure that members are not left to make their way home alone from team social activity

Whilst we expect all teams to adhere to the following, we would also strongly encourage teams to:

- Consider how the team can be made to feel as welcoming as possible to all students irrespective of personal characteristics
- Consider the barriers to participation for different students and seek to ensure all reasonable attempts are made to remove them

Team captains and senior members are responsible, and will be held accountable, for the actions and levels of alcohol consumption of their members at any welcome, team building, initiation and social event throughout the year.



## 4. Managing Behaviour within your IMG Teams

A culture of poor behaviour can develop where a team fails to tackle (or endorses) poor behaviour. We expect that:

- Teams are responsible for the actions of their members, both on and off the field of play.
- Teams work to ensure that all members are appropriate representatives of a team.
- Teams will take appropriate action to manage behaviour.

We expect teams to take positive action to prevent inappropriate behaviour. This should include:

- Clear communication of expected standards of behaviour to all members
- Team activities and events to be organised with consideration of how to encourage appropriate/discourage inappropriate behaviour of members
- Challenge inappropriate behaviour of members when it occurs and taking appropriate action. This action should be proportionate, but clearly demonstrate that inappropriate behaviour will not be tolerated. Such action could/should include:
  - Unofficial or official warnings
  - Suspension of access to some or all team activities
  - Reporting of individuals/incidents to IMG

If a team captain or senior members need support or advice to undertake any such action, IMG will be happy to assist.

We strongly advise teams to work to create a policy which can be shared with members and demonstrates that inappropriate behaviour may mean members are restricted from undertaking sporting activity.

If a team fails to take appropriate action to manage behaviour of its members, both on and off the field of play, IMG reserves the right to take action against individuals and the team/club as a whole in order to tackle behavioural problems.

## 5. IMG Management of Behaviour within Teams and Potential Sanctions for not adhering to this policy

IMG is jointly managed by Cardiff University Sport and the Students' Union, with the organising body consisting of the Head of Sport, Head of Student Activities, Sports Development Officer and Activities Safety Coordinator.

If IMG becomes aware of potential behavioural issues, which may have occurred on or off the field, it will work with various stakeholders to ensure a full investigation is conducted. Such stakeholders will include but not be limited to the University and Students' Union staff, other institutions, venues and the police.

Any breach of this policy may result in one or more of the following (please note this is not an exhaustive list):

IMG Team sanctions:

- Suspension or removal of teams/clubs from IMG competitions or other frameworks.
- Removal of resources.
- Responsibility for reimbursement for any damage or financial loss.
- Attendance at educational sessions/workshops.
- Disbandment of the team/club.

Individual sanctions:

- Suspension or removal of the individual from all team/club activity.
- Responsibility for reimbursement for any damage or financial loss.
- Attendance at educational sessions/workshops.
- Suspension or removal of the individual from all Students Union activity.
- All cases may be communicated to the University for them to consider whether appropriate action is necessary within their code of behaviour.

**Please be in no doubt that any breach of this policy could result in a student(s) being excluded from the University.**





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## IMG FOOTBALL (7-A-SIDE)

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### League Information

- 2018-19 league entry fee: £300 per squad  
£100 of fee due by 1<sup>st</sup> October 2018  
£200 of fee due by 8<sup>th</sup> October 2018
- Where? 3G pitch, Cardiff University Sports Training Village.
- When? Wednesday's, between 1.30pm-6.00pm.
- Who? This league is open to all male Cardiff University students and staff.

### Important Dates

- League entry opens: 12<sup>th</sup> September 2018
- League entry closes & registration fee due by: 1<sup>st</sup> October 2018
- Captains meeting: 4<sup>th</sup> October 2018, 5.30pm, Wallace Lecture Theatre
- Final fee due by: 8<sup>th</sup> October 2018
- League start (Phase 1): 10<sup>th</sup> October 2018
- Team information form deadline: 24<sup>th</sup> October 2018
- League Phase 2 scheduled start: 30<sup>th</sup> January 2019

### Team Registration

- Team entry into the league is on a first come first served basis; once league capacity is reached, we will not be able to accept any further entries, regardless of previous entry into the league.
- To enter a team, please complete the following actions:
  - 1) Contact IMG@cardiff.ac.uk to enter your team.
  - 2) Once IMG has responded to confirm your entry, please make payment by the dates specified above either in person at Cardiff University Sports Training Village (Talybont) or by calling 02920 874675. Please make payment under your team name, not an individual's name.
  - 3) Complete the 'IMG Football (7-a-side) Team Registration Form' and return to IMG@cardiff.ac.uk by 24<sup>th</sup> October 2018.

### Terms and Conditions 2018-19

- Teams must be registered & have paid fees by the stated deadlines or entry into the league will not be permitted.
- Fixtures will be separated into two phases:

**Phase 1 – x9 fixtures approx.**

**Phase 2 – x9 fixtures approx.**

- Teams are drawn into Phase 1 groups at the Captains meeting.
- Phase 1 fixtures are scheduled to be played between 10<sup>th</sup> October – 12<sup>th</sup> December 2018.
- Following the completion of Phase 1, teams will be seeded and placed into Phase 2 groups. Phase 2 fixtures are scheduled to be played between 30<sup>th</sup> January – 10<sup>th</sup> April 2019.



### Rules of Play

- Teams must only contain players registered for their IMG team.
- Games are to be played in accordance with FIFA rules of football, with the following exceptions:
  - No offside
  - No slide tackles
  - If the ball goes out of play, a kick in is awarded instead of a throw in
  - Outfield players are not allowed inside the 'D'
  - Goalkeepers are not allowed outside the 'D'
  - Players are allowed to pass back to their goalkeeper
  - Rolling substitutions are permitted, however the referee must be informed prior to the player entering the field of play
  - Please note that the ball is allowed to be played above head height
- Appropriate footwear must be worn on the 3G pitch – no metal studs allowed.
- Games are friendly competitions which are officiated by an IMG referee.
- 45 minutes of pitch time is allocated per fixture - it is the responsibility of both teams to be ready to start matches on time. Failure to start on time will result in shortened matches. Games will be 15-20 minutes each way. There will be no half-time interval, teams will change ends and restart play promptly.
- Please ensure that no rubbish is left on or around the pitches.

### Disciplinary Sanctions

- A yellow card will be shown by the referee in cases that are traditionally regarded as cautionable offences, which will result in a two minute temporary time suspension (sin bin) for the player that committed the offence. Further yellow card offences will result in further temporary time suspensions. Teams that have a player temporarily suspended from play cannot bring on a substitute to restore the team to full strength (7 players), the team must continue play with a lesser number of players until the two minute temporary suspension has been completed. Substitutions can still take place within the temporary time suspension, as long as this does not change the number of fielded players.
  - A player temporarily suspended from play will be shown a yellow card by the match official and informed that he shall be suspended from play for two minutes.
  - The player is obliged to leave the playing area and remain off the pitch, but in an area where they can be seen by the referee.
  - A player will be informed as to the end of a period of suspension by the referee and invited to rejoin the game.
- If a red card is shown by the referee, the player that committed the offence will be permanently excluded from all further involvement in that week of IMG fixtures. Teams that have a player permanently excluded from play cannot bring on a substitute to restore the team to full strength (7 players), the team must continue play with a lesser number of players for the remainder of the game.
  - A player who has been sent off may not take any further part in the game.
  - The player is obliged to leave the playing area and remain off the pitch.

# CARDIFF UNIVERSITY IMG FOOTBALL (7-A-SIDE) LEAGUE

REGISTRATION FORM      SEASON 2018-19

TEAM NAME: \_\_\_\_\_

CAPTAIN/ MAIN CONTACT NAME/S: \_\_\_\_\_

EMAIL/S: \_\_\_\_\_

PHONE NUMBER/S: \_\_\_\_\_

KIT COLOUR: \_\_\_\_\_

SQUAD LIST:

|     | PLAYER FULL NAME | STUDENT NUMBER |
|-----|------------------|----------------|
| 1.  |                  |                |
| 2.  |                  |                |
| 3.  |                  |                |
| 4.  |                  |                |
| 5.  |                  |                |
| 6.  |                  |                |
| 7.  |                  |                |
| 8.  |                  |                |
| 9.  |                  |                |
| 10. |                  |                |
| 11. |                  |                |
| 12. |                  |                |
| 13. |                  |                |
| 14. |                  |                |

By returning this form, the captain/main contact confirms that they have read, understand and agree to adhere to the Rules and Regulations outlined in the IMG Handbook. Return to [IMG@cardiff.ac.uk](mailto:IMG@cardiff.ac.uk) by 24/10/18.