

Violence in Intramurals Recommendation Package

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Violence and aggression in intramural sport is an issue that many Colleges and Universities have in Canada. The use of penalty systems is in effect in most schools but does it do the job well enough to stop violence all together? The answer to this question is no however this paper will serve in providing different solutions that could not only aid in stopping violent and aggressive behavior but end it all together. The first possible solution is extending the punishment past only the sport and into the school life of the student as well. If students were to be suspended from school for committing violent offences in sport it would surely make them think twice about their actions. Some might say that this is an unfair punishment however it is the schools job to make sure that its students are safe in intramural programs. Therefore the school has the right to suspend students from not only their sport but their school because it could be seen as an offence against the schools policies. This type of action is only suggested for extreme cases such as one student causing sever bodily harm to another person, or a repeat offender. Another suggestion to stopping violence is introducing a pre screen violence test that all students must fill out prior to participating in sport. The test was originally introduced by Chia-Huei, Frost, and Lawrence in the U.S. in basketball programs. The test screened players to see if they had the mental desire to cause physical or mental harm to another person (Chia-Huei, Frost, Lawrence, 2007). The test asked the players multiple questions placing them in different scenarios and asked them how they would react. The test is still in its trial stages but if implemented it would undoubtedly lead to lower levels of violence. If we are able to screen players and pre determines individuals who are violent we can remove them before they get the chance to cause harm. One of the things that leads to violent situations in sport is things like hazing, brawling, and foul play. A study conducted by Bayless, Mull, Jamieson found that athletes who commit at least one of these types of violent behaviors would commit the others (Bayless, Mull, Jamieson, 2005). Officials in sport should look for behaviors like these and remove players from the games if they continue to taunt

or haze after a warning. Players who commit any acts of brawling or foul play should be immediately removed from the game without warning to set an example and show players this will not be tolerated. By stopping the behavior in the beginning it will lead to less violent offences being committed in the future and would show players the school has a zero tolerance policy on intramural violence. Bullying is not just something that occurs in the school yard, it can occur on the field as well. A study conducted by Peguero in 2008 found that sports such as football and hockey are prime candidates for areas where students can get bullied. The reason being for this is because players often think that because they are allowed to come into physical contact with another person they are allowed to verbally bash another, or because a player on their team has a lower level of skill they are allowed to taunt and haze them (Peguero, 2008). Peguero argues that the idea of sportsmanship is dying away and players need to be reminded to show respect and class to their opponents. Therefore penalties should be instituted in intramural sport that punishes players for any kind of verbal abuse shown to any player either against or on their team. When students are bullied in a sport they are not likely to return to it because of a bad experience. Therefore if we can stop bullying from happening it would likely increase the participation levels in intramural sport for the school. The term zero tolerance needs to be implemented firmly in school intramural programs if violence is hoped to be stopped. The schools need to design a policy that ensures the mental and physical safety of its athletes without taking away physicality of a sport. This is very important because if policies like these are implemented in all sports and players are punished severely for not following them it will show players the school is cracking down. Students do value their sports and that's why they will adhere to these policies so that they can still partake in these programs.

When intramural sport programs start to get out of control with violence during the games something must be done. The universities and colleges that we had looked at had a lot of policies and procedures that they follow if some violence occurs during intramurals. They are basic policies put in place such as performance bonds, where if a team breaks the rules or gets violent in any way they could lose this bond. (<http://www.brocku.ca/recreation-services/intramurals/general-rules>) This rule is great because the bond is usually something the team can get back with good behavior. It is also good because the bond is a fair amount of money and the teams do not want to lose that money. The down side of the performance bond is that a team can feel free to act out because they have paid a certain amount of money to the recreation department. Players may see this as an excuse to act violently during their game because they will not have to pay anything more on top of the bond. My recommendations for performance bonds are that there needs to be more to this punishment. It is easy for students to push aside the bond because the money that they use for this bond is coming from their parents and or OSAP. If you make it affect their future playing intramurals at the school then they might think twice about acting violently. Students appreciate the recreation services if they are all ready participating in recreation services. If you look at the University of Western Ontario's intramural policies it lays out a good example of a grading system that could be useful for developing your own grading systems or evaluating student's behavior during intramural programs. (http://www.campusrec.uwo.ca/intramurals/suspension_guidelines.htm) I think excluding them from the program that they were violent in for the rest of the semester would be best. If the violence happens during the last half of the season then they will lose the first half of the next semester intramurals. After this suspension the student will have to sit in front of a panel made up of the intramural director, conventioner of the league they were in, a neutral student and

anyone else that you see fit to have in the panel. The student must prove to the panel that they have changed their actions and they need to show that they also have knowledge of the rules and policies of the program. Lastly if the student does violently act out again they will be suspended from play for one whole year of intramurals.

My final recommendation with violence in intramurals in college and university is that a lot of schools have very good policies and rules set in place to stop violence from happening. Violence in certain sport will always be there because there is competition. For example if you were to take the competition factor out of a hockey game the game would not be exciting at all and no one would want to participate in that sport. Competition is a very important part to the sport of hockey and because of that there will be times when games will get violent. This does not make it ok to be violent. That's why many of schools have good policies and procedures in place to counteract this violence. There are many factors that can go into negative behavior in intramurals. Stated before there is a lot of bullying that happens through out this style of competitions. Bullying can happen from their own team and other teams during the season. This could lead to more violent acts form the person or persons that are being bullied. Zero tolerance rule needs to be instilled into schools polices to stop bullying from happening. Next recommendation that I believe schools need to do is step up their rules when it comes to suspending students for violent behavior. This could be implemented by suspending the student for the rest of the semester and then having to go in front of a panel to interview the student to see if they are ready participate in intramurals again. In conclusion there are a few recommendations that we have provided for schools or other recreation providers to fallow and use in their own intramural programs.

Violence in campus recreation has been something that has been going on for quite some time now. Even when there are rules in places violence still occurs during this time. Through our finds of different books and journal articles we have found that violence in university intramurals leagues will not be going away. A lot of this violence is stems from the competitiveness of sports. Aggression and bullying during intramural sports also plays a part in the wide spread of violence through intramural leagues. Regardless if it is someone being to aggressive, bullying, competitiveness or people idolizing professional athletes, violence in the intramural leagues around Canada and the USA will always be there. We need to do our best in preventing as much violence from happening during intramurals and extramural sports.

Intramural sports were first created to have fun competition through an organization like a school. If gives a chance for students to feel like they are part of a team. This is important because there are only a certain number of spots of university varsity sports. When you make an intramural league you have to make sure that you are prepared to deal with all different types of violence. Violence can come from a couple areas and they are the participants and the fans. Many schools have put in place rules and regulations for both. When looking at the University of Western Ontario's intramural rules it shows that they have a rating system for student conduct for both the players and fans. At first they will receive a written warning letting them know what they have done. If they continue with there behaviour there is a chance that they could get suspended from the league. If they do get to the stage of suspension they there are 5 different levels that they could be put into. The first level is basically arguing with the referee. to much. To level 5 where it was an extreme action has to happen to that player or fan. This could be something like a fight or causing bodily harm to another player or referee. The text discusses how the referee can eject the person, suspend the game, or issue a warning. All incidents must be reported to intramural supervisor for an investigation if any other discipline is required. This information is useful because it gives me a better understanding of how people are disciplined in intramural sport. With that being said violence still occurs in intramural sport so clearly something needs to be done to stop this problem. This section of the text was also helpful in showing me what officials look for in terms of foul

play. This is helpful because it gives us a model for how a referee will see and make a decision on something. One thing that this article is missing is the process for conducting an interview with a player with numerous offences, i.e. questions to ask.

Even with all of the rules and regulations in place there will be times when the level of competition gets high and people will do what ever it takes to win there game, even if it includes hurting others.

Aggression can be defined as: “violent action that is hostile and usually unprovoked” (wordnetweb.princeton.edu/perl/webwn) when we looked this journal article titled “Implicit and Explicit Personality: A Test of a Channeling Hypothesis for Aggressive Behaviour”. In this study that was conducted on intramural basketball players. The study was designed to find out if a person’s personality and self beliefs could show how a person is likely to act when they are angry. For example, the authors predicted that people who were prepared to rationalize a desire to harm others would engage in (a) overt aggression if they viewed themselves as aggressive or (b) passive aggression if they viewed themselves as nonaggressive. This is very important in intramural sports because if we are able to screen people in advance and know if they have violent tendencies we can avoid violence in sport. One thing this article is missing possible tests for revealing aggressive players.

Lastly violence during intramural leagues can come from bullying. There are many types of bullying when you are talking about the university level. In one article that we read the conducted a study that revealed people who participate in intramural sports programs are more likely to be bullied than people who do not. The study showed that males were more than twice as likely to be harassed or attacked as females. The study also talks about how most violent or aggressive behaviour comes from physical sports such as hockey or football. The reason for this they believe is because these sports are contact sports. When someone hits a player and knocks him down he will feel good about what he has done promoting him to do it again. On the other hand the teammates of the downed athlete are now more than likely filled with anger and seek to go after that player. This creates a violent atmosphere to which

people are more than likely to get hurt. This article is important because it gives a good understanding of why violence breaks out. Possible things that this article could include are solutions to the problem.

In conclusion through reading through all of the articles it is easy to see and understand why there is so much violence in intramural sports and activities. Even when there are rules and policies that all players and fans should know there will always be violence. It will always come in different ways such as the forces of competition, aggression and bullying. From this we hope to try to find some more answers and try to figure out how we can stop or prevent violence in intramural leagues across universities and colleges.

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