

Ex`tra`mu´ral

Adj. 1. extramural - carried on outside the bounds of an institution or community; "extramural sports"

[intramural](#) - carried on within the bounds of an institution or community; "most of the students participated actively in the college's intramural sports program"

In`ter`col`le´gi`ate

Adj. 1. intercollegiate - used of competition between colleges or universities; "intercollegiate basketball"

[extramural](#) - carried on outside the bounds of an institution or community; "extramural sports"

The ***Extramural Sports*** program allows participants to compete nation-wide against other colleges and universities. Intramural participants are selected throughout the year to field teams in various sports. Those chosen to compete display good sportsmanship and a commitment to fair play. This year marks the first year St. Ambrose University has offered Extramural Sports.

Extramural Sports Policy

Players receive playing time according to four main characteristics:

- A. Commitment - each player is expected to commit his/her time to the team. He/She is expected to participate actively and seriously at each practice, game and tournament.
- B. Attitude - players should demonstrate a positive attitude at all times. Players need to encourage their teammates and show respect for opposing players. Good sportsmanship is very important both on and off the court.
- C. Knowledge of the game - Some extramural activities require that the players learn specific plays. Players who are dedicated to learning the plays may receive more playing time.
- D. Skills - Some players have skills that are more developed than others. Players are encouraged to be constantly developing their skills through other programs offered through the community (ie. Clinics, city leagues, etc.) and other opportunities at the school (intramurals, phys. ed. class, recesses, etc.)

Based on this policy, players will receive fair, but not necessarily, equal playing time. Every attempt will be made to give each player some playing time during most games. During Championship games, or very competitive games, the coach can not guarantee that each player will receive playing time.