



Campus
RECREATION SERVICES
THE UNIVERSITY OF UTAH

2023-2024 Intramural Sports Manual

Team captains are responsible for the material in the 2023-2024 Intramural Sports Manual as well as all sport specific rules listed on IMleagues.com.

The Intramural Sports Program offers competition in a wide variety of sports and events. We offer: Open (no gender requirements) and Co-Rec (men and women combined on one team) leagues and divisions with an option for a competitive or recreational experience in larger sports. Competition is provided in the form of leagues, tournaments and special events programmed on a semester basis. A wide variety of team, dual, and individual sport experiences are offered. Anyone of any skill level or experience is encouraged to participate.

TRADITION

COMPETITION

ENRICHMENT

ENGAGEMENT

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Recent changes will be marked by grey highlighting

Sportsmanship

The Intramural Sports program uses a system to monitor and ensure good sportsmanship. This applies to players, captains, bench personnel, and spectators for a specific team. This includes but is not limited to unsportsmanlike conduct, rough play, and improper behavior (persistent infringement of any rules of the game). **TEAM CAPTAINS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR PLAYERS AND SPECTATORS.** Penalties for rough play are sport specific and will be enforced in addition to unsportsmanlike penalties.

Sportsmanship Rating Defined:

Below is a general guide to the Sportsmanship Rating. Officials will use their judgment and discretion when rating a team's sportsmanship. Everything, before, during, and after a contest will affect a team's rating.

Excellent Sportsmanship: "4" Rating

- Players cooperate with the Officials about rule interpretations and calls. Team members and spectators are respectful of opponents and officials. There were no notable incidents regarding misconduct throughout the game

Above Average Sportsmanship: "3" Rating

- Team members and spectators are respectful of opponents and Officials except for **1 or 2 minor incidents** which may or may not merit a warning from the game Officials or a Supervisor. Team members participate in the spirit and intent of the intramural sport rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.

Below Average Sportsmanship: "2" Rating

- Team members or spectators are disrespectful of opponents or Officials on a number of occasions which may, or may not warrant a penalty. **Teams that receive multiple warnings or have a player ejected should receive no higher than a "2" rating.**

Unacceptable Sportsmanship: "1" Rating

- Teams **constantly and negatively comment to the Officials and/or opposing teams** from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. The majority of individuals on the team are disrespectful towards opponents and/or Officials on a regular basis. **Two or more individuals from the same team were ejected from the game.**

Sportsmanship Rating:

- All teams must maintain an average sportsmanship rating of "2.5" or better to be eligible for the playoffs
- The captain of a team receiving a "2" sportsmanship rating in two games during the season will be required to meet with the Manager, Intramural Sports & Sport Clubs. The captain will be suspended from all Intramural sports until at least the time of this meeting
- The captain of a team receiving a "1" sportsmanship rating in a game during the regular season will be required to meet with the Manager, Intramural Sports & Sport Clubs. The captain will also be suspended from all Intramural sports until at least the time of this meeting
- Any team receiving two below average ratings (1 or 2) in a season will be placed on probation
 - If a team is on probation and receives a below average rating (1 or 2) it will be removed from the league
- During the playoffs, if a team receives a "1" rating or drops below a Season Sportsmanship Average of 2.5 it will be eliminated from the playoffs regardless of wins
- There will be no sportsmanship rating, for either team, for games that are scored a forfeit for failure to play

- Any game that is defaulted will result in both teams given a “4” for sportsmanship

Unsportsmanlike behavior:

- If a team receives two ejections in a single contest the game will be ended immediately and recorded as a forfeit for the offending team
- If the game becomes uncontrollable, as perceived by the game officials or the on-site Supervisor, the game is forfeited by the offending team. If both teams are perceived to be causative, then a double forfeit shall be declared
- Multiple Ejections throughout the school year will result in longer suspensions and a possible ban from all intramural activities

Ejections

Below is a list of offenses that will result in ejection. This list is not intended to be comprehensive and Intramural Staff Members will use their discretion during any situation not covered below:

- Cursing at an official
- Any threats to an official or to other players will be turned over to the Campus Police and formal charges may be brought against the offender(s)
- Striking or attempting to strike an individual
- Engaging an individual in a combative manner
- Throwing a punch at an individual
- Spitting at an individual
- Kicking or attempting to kick an individual
- Brandishing a foreign object or weapon with intent to harm, injure, or intimidate an individual
- Retaliating against an aggressive act
- Leaving the player bench area during a fight on the playing surface

Ejected Players:

If an ejected player is asked to leave the facility by a member of the Intramural Sports Staff, they must leave immediately. Failure to vacate the premises will result in a longer suspension for the player and may also involve Campus Security.

An ejected player and his/her captain (including co-captains if applicable) are required to meet with the Manager, Intramural Sports & Sport Clubs. Ejected players and their captain(s) are suspended from all Intramural Sports and events until at least the time of this meeting. In most cases, captains are reinstated following the meeting. Every ejection carries an additional 1 game (minimum) suspension which can be lengthened by the Manager, Intramural Sports & Sport Clubs depending on the severity of the action that resulted in the ejection and conduct during the meeting.

Suspensions:

Suspensions will be assessed on an individual basis and are subject to change by the Manager, Intramural Sports and Sport Clubs. Student Staff may not issue suspensions for Intramural Participants.

Suspensions will be served in accordance to 2 criteria: Verbal Altercations and Physical Altercations to be determined by the Manager, Intramural Sports and Sport Clubs and through documentation by an onsite Intramural Supervisor. Verbal Altercations will incur a minimum one game suspension and Physical Altercations will incur a minimum 2 game suspension. Suspensions are documented through Imleagues.com and prior suspensions may lead to longer suspensions for future ejections. Mandatory meetings with the Manager, Intramural Sports and Sport Clubs will determine the length of any suspension, which may range from 0-1 game to a permanent ban from all Intramural Sports.

Team Creation

- The fee, per person, for a semester all-inclusive pass is \$30. This semester-based fee will give access to all leagues and events that intramural sports hosts each semester. An individual sport fee is \$15.
- To create a team, log into your IMLeagues.com account, click on the league in which you desire to play, click the green “Register/Sign-up” button, then complete the registration process
 - **NOTE:** The team is not in the league yet; it is placed in the Waitlist
- Each team must meet the minimum player requirement, determined by each sport, before it is moved from the Waitlist.
- Once a team reaches the minimum player requirement the team will be automatically moved to the division of their choice
 - If a division has filled, the Intramural program will help the team find an open division
- Captains creating a team must use an appropriate team name. Team names that, at the discretion of the Intramural Administration, are deemed inappropriate will be changed to “Team (captain’s last name)”
- All captains’ must pass a Captain’s Quiz when applicable
- All captains are responsible for knowing and understanding everything in this document along with all sport specific rules and passing that info along to their teammates

Team Rosters

- Each individual wishing to play Intramural Sports must have a current Campus Recreation Membership
 - Day passes are not accepted for Intramural Play
- All participants must register and create an account on IMLeagues.com prior to being able to add to a roster
- Once an account is created, individuals will have the option to create a team, join a team, or sign up as a Free Agent and attempt to join a team
- Each player wishing to sign up for a team must pass a Player Quiz when applicable
- Each individual wishing to play must appear on the online roster prior to being eligible to enter a contest

Nomad player(s):

To decrease the number of forfeits, nomad player(s) can be used. A nomad player(s) can be used only when a team does not have enough players to have the maximum number of players allowed on a field at one time (I.E. for 9 v 9 soccer, the maximum number of players allowed on a field at one time is 9).

- If players on the team’s roster arrive, to complete the roster, nomad player(s) are no longer allowed to play. A nomad cannot be used when there are substitutes available for the team with nomad player(s).
- Nomad player(s) must be currently registered on an Intramural Sports team of the same Sport. You can be a nomad player for multiple teams.
- Nomad player(s) are required to fill out the Nomad Player Form with the Intramural Sport Supervisor to join a team.

Team Captain Responsibilities

The Team Captain is the official contact person between the team and the Intramural Sports department. Intramural Sports will communicate with all captains about important information so it is paramount that captains keep up-to-date on communication from Intramural Sports and relay important info to their team. Intramural Sports will primarily utilize the email address provided on IMLeagues.com, but will also use Rec*It (the mobile IMLeagues.com app), Facebook, and Twitter to communicate.

Team Captains Must:

- Be responsible for knowing and understanding everything in this document (Rules and Regulations) as well as the sport rules and must pass that information to all of their teammates
- Encourage good sportsmanship by his/her team
- Create the team on IMLeagues.com and invite/accept members for the team
- Be responsible for informing team members of schedules and schedule changes
- Make every effort to prevent forfeits. Players can be added at any time during the regular season so if a team might be short players it is a good idea to invite and accept more to play
- Be responsible for informing the office (801-585-8732) if their team is unable to attend a game
- Be responsible for making sure their team members are eligible to play
- Be responsible for their players showing up 15 minutes before the scheduled game time
- Keep players, bench, and spectators under control at all times
- Take responsibility for the actions of all his/her teammates and spectators
- Represent their team in coin flips, postponements, and protests

Officials will utilize the team captains during competition to help maintain a fun, safe environment for all participants.

Eligibility

Eligibility to participate in Intramural Sports is restricted to members of the University of Utah community that hold a valid Campus Recreation Services Membership (other restrictions may apply). Review the following requirements carefully to ensure you and your teammates are, and remain, eligible. If a potential violation is brought to our attention we will investigate it.

The following individuals are eligible to play with the appropriate membership and identification:

- **Students:** All fee paying, credit-receiving, students enrolled during the current semester are automatically eligible to participate in all Campus Recreation Services activities. Campus Recreation Services fees are covered in tuition and fees
 - Any student who is under the age of 18 at the time of registration must contact Intramural Sports in order to receive an electronic copy of the program waiver which must be signed by the parent or legal guardian of the student and returned to Intramural Sports. This waiver will be in addition to the electronic waiver agreed to by the student
 - That student will not be allowed to participate until Intramural Sports receives the parent/guardian waiver

Faculty, Alumni, and Spouses must check in with a current CRS Membership and a Photo ID

- **Faculty and Staff:** All faculty and staff personnel are eligible to purchase a Campus Recreation Services membership and participate in all Campus Recreation Services Activities
- **Alumni:** University of Utah Alumni who hold a Campus Recreation Services membership may participate in Intramural activities. The majority of a team must be comprised of students or faculty/staff. No all-alumni teams will be allowed
- **Spouses:** The spouse of an eligible CRS member may purchase a Campus Recreation Services membership and participate in all Campus Recreation Services activities
- **Varsity Athletes:** Athletic team members, who appear on an NCAA intercollegiate roster, during or after the first scheduled game of the athletic season, are ineligible to participate in that Intramural sport or any related sport for 2 full semesters (summer not included). A complete list of varsity sports and the restricted Intramural sport(s) are listed below
- **Varsity Practice Team Players and Coaches:** A maximum of 2 current practice players or varsity coaches will be allowed on the roster as listed on IMleagues.com per team. The list below is not a complete list of sports.
-

INTERCOLLEGIATE SPORT	INTRAMURAL SPORT
Baseball or Softball	Softball
Basketball	Basketball, Hot Shot Contest, Free Throw Contest
Football	Flag Football, Flag Rugby
Soccer	Indoor Soccer, Outdoor Soccer
Tennis	Tennis
Volleyball	Indoor Volleyball, Sand Volleyball
Water Polo	Inner Tube Water Polo

- Club Sport Athletes and Coaches:** A maximum of 2 current Sport Club athletes or coaches will be allowed on the roster as listed on IMleagues.com per team in their related sport. The list below is not a complete list of sports. If a club athlete appears on a roster they are not able to play in that same semester if a team is over the maximum of 2 players.

CLUB SPORT	INTRAMURAL SPORT
Hockey	Floor Hockey
Rugby	Flag Rugby
Soccer	Outdoor Soccer, Indoor Soccer
Table Tennis	Table Tennis
Ultimate	Ultimate
Volleyball	Indoor Volleyball, Sand Volleyball
Water Polo	Inner Tube Water Polo

- Professional Athletes.** Current or former professional athletes may not participate in their sport or related sports/events. They are, however, eligible for all Intramural Sports not related to their professional sport. The relationship between the professional sport and related Intramural Sports will be determined by the Intramural Administrative Staff.

Statement of Inclusion and Non-Discrimination:

The University of Utah and Campus Recreation Services are committed to providing an inclusive environment for all students. As such, sport clubs are prohibited from discriminating based on race, gender, sexual orientation, age, or any other factor. It is strongly recommended that individual clubs work with the Sport Club Program Manager to ensure they are providing an inclusive and inviting environment to all individuals interested in participating in their sport or activity.

Any member or perspective member of a sport club that feels their rights have been infringed upon is encouraged to contact the Manager, Intramural Sports & Sport Clubs and the University of Utah’s Office of Equal Opportunity (<http://www.oeo.utah.edu>).

Any Club found to be discriminating for any reason will no longer be recognized by CRS as part of the Sport Clubs Program and may face other University consequences.

Transgender and Gender Non-Binary Participation Policy for Intramural and Club Sports

Students who are transgender or non-binary must participate on the team that corresponds to their sex assigned at birth.

In IM Leagues where students sign up for Intramurals they identify (select) a gender category. Your

gender category must be selected based off your sex assigned at birth.

ID Policy

- **NO ID, NO PLAY, NO EXCEPTIONS**
 - **Lost ID passes are acceptable once per semester**
 - **Virtual IDs will be allowed during regular season, postseason must be actual ucard**
- There will be a designated area on each field for ID checks. Please arrive early enough to check-in. It is encouraged that the full team arrives at least 15 minutes prior to its start time
 - Each individual must present his/her valid University of Utah ID to the Intramural Staff prior to every event
 - IDs will be “tapped” by the Intramural Staff to ensure eligibility
- Each UCard holder is responsible for maintaining adequate security relating to the use and services associated with his/her UCard. The rights and privileges associated with the UCard are non-transferable
- UCards used to gain illegal entrance into Campus Recreation Services (CRS) facilities or programs will be considered patron misconduct and theft of services. Misuse of UCard privileges with CRS will result in:
 - First Offense: ID card will be confiscated and a \$15 fine will be assessed. ID will be returned when fine is paid
 - Second Offense: ID card will be confiscated and a \$20 fine will be assessed; CRS privileges will be suspended for 90 days during either enrollment or membership
- Should an individual not have his/her UCard with him/her at the time of check-in he/she may use a state issued ID. This exception to the UCard policy is only allowed **once** per semester
- All participants must appear on the roster by the end of the regular season to be eligible to participate in playoff competitions
A participant may only play on 1 Open/Men’s OR Women’s team per league AND on 1 Co-Rec team per league

Dress Code

- **No jewelry** will be allowed in competition with the exception of medical alert/identification items
 - Medical Alerts must be taped down and remain that way for the duration of competition
- All participants are required to wear appropriate athletic wear to all competitions
- Closed toed athletic shoes must be worn during competition. 5 Fingered Shoes are not acceptable
- **Jeans, jean shorts, and Khakis are prohibited in competition**
- Belt loops, or belts are **NOT** allowed in competition
- Teams are encouraged to create their own jerseys. Jerseys must be the same color and each team member must have a different number permanently affixed to the jersey (the number may not be taped on)
- If a team does not have matching shirts with numbers, Intramural Sports will provide scrimmage vests. Participants must wear a personal shirt under the provided jersey (a white undershirt is suggested)
- Only molded plastic or rubber cleats are allowed. No metal cleats
- Protective gear such as a mouth piece or shin guards are strongly encouraged due to the nature of the activities but not required
- **Sunglasses will be permitted in outdoor sports along with bucket hats and beanies.**

Scheduling

- When applicable, teams will select the day and time that they play during the regular season
- Once the regular season ends, teams that have qualified for playoffs will be scheduled according to seed and will most likely play on different nights than their regular season games were played
 - The requirements for qualifying for playoffs will be determined by registration numbers and playing surfaces available
- Schedules are posted on IMLeagues.com
- **Individual Activities:** Some individual activities are self-scheduled (Tennis). After the entry deadline, the deadline for reporting each week's scores will be posted on IMLeagues.com. Each participant will also receive a contact list for the entire league via email. It will be up to each individual to schedule and play his/her own matches by the time period specified. Failure to report a score to the Intramural Administrative Staff will result in a double forfeit

League Play

- League play is usually round robin or pool play where the teams play each other to obtain the best win/loss record. At the end of the league play, the teams will be seeded according to win/loss record into a single or double elimination tournament
- League schedules are created using IMLeagues.com
- **Most sports i.e. basketball, flag football, indoor & outdoor soccer, etc. will end in ties during the regular season will end in ties to keep pace of play moving. (Overtime Periods will take place in the postseason)**

- Intramural Sports offers the following leagues:
 - Open: Any combination of males/females may participate at any time
 - Co-Rec: Leagues requiring a specific ratio of males and females playing at all times
 - Women's: Leagues in which only female participants may register and compete

Playoffs and Single-Day Tournaments

- The requirements to qualify for playoffs will be determined by registration numbers, available time and court/field space
 - Some playoff tournaments will include all teams, some will include only top teams, and others will combine multiple divisions
 - When divisions are combined, tournament games will take place on multiple nights and teams may be scheduled to play on nights other than when their division was held
- Teams may be dropped for various reasons including, but not limited to, rankings, and sportsmanship ratings
- Participants must appear on the team roster by the completion of the regular season in order to be eligible for playoffs
- When possible, playoff brackets will be split into "Competitive" and "Recreation" brackets. For example, the top 2 teams in a division will be placed in the "Competitive" bracket and the next 2 teams to the "Recreation" bracket
- Seeding for tournament brackets will be determined using the following tie breakers:
 1. Winning Percentage
 2. Average Sportsmanship Rating
 3. Head-to-head
 - Will only apply to teams who have played against one another throughout the regular season. In the result of a multiple team tie, head to head will be assessed to all teams applicable, teams without a head-to-head will not have their playoff seeding helped nor harmed through this tiebreaker.
 4. Point Differential
 5. Points Against
 6. If all those are exhausted and teams are still tied a coin flip will determine seed
- Intramural Sports championship t-shirt will be awarded to the first place team in each league

Forfeits

- Any team forfeiting due to a failure to play will be assessed a Forfeit Fine of \$25
 - The entire team will receive an email notifying them of the forfeit
 - The entire team will be suspended from the time of the forfeit until the fine is paid
 - To pay the fine, please visit the Intramural Sports web page and click on the Forfeit Fine link
 - Teams who forfeit during the regular season but have not paid the fine will not be eligible for the playoffs
- If a team fails to have a representative at the game site at game time the contest will be ruled a forfeit
- If at least 1 representative from a team is present at game time that team will be given a 5 minute grace period after the game was scheduled to begin to have the minimum number of players **checked in and ready to play**. If a team fails to meet the minimum number of players required to start a game by the end of the grace period, that team will forfeit
 - As soon as a team has met the minimum number required to play, the game will begin. No exceptions will be made to this rule
- If a team forfeits twice during the same season it will be removed from the league

- If a team uses an ineligible player, that team will be assessed a forfeit for each game that individual played in
- The Intramural Sport program reserves the right to declare a forfeit in any competition due to violation of rules/policies, or poor sportsmanship
- If a team forfeits ONCE in the playoffs, that team will be disqualified from further tournament play. In this instance the Forfeit Fine will be assessed and must be paid on IMleagues

Defaults

- If a team knows ahead of time that it will not be able to make a game, it can **DEFAULT**. To default the team captain must contact the Manager, Intramural Sports and Sport Clubs (801-585-8732) or blaine.spencer@crs.utah.edu or tom.binz@crs.utah.edu by **2:00 PM/ the day of the game** to avoid a forfeit.
- Each team can only default once per season. If the default occurs during a single elimination tournament the team will be eliminated. If it happens during a double elimination tournament and it is the team's first loss it will be eligible to continue
- If a team defaults it, will not be charged a Forfeit Fine

Rainouts/Postponements

- Every effort will be made to play all scheduled games
- In case of a rainout during the regular season, an effort will be made to reschedule if time and space permits
 - Games may be rescheduled for a day/night other than the normal night of play
- In the case of a rainout during the playoffs, the games will be rescheduled
 - Games may be rescheduled for a day/night other than the normal night of play
- Normally the decision to cancel/postpone a game due to weather will be made by 1:00 PM the day of game. Games will most likely be cancelled/postponed due actual weather, not due to the forecast of weather
- **Outdoor Weather Policy**
 - **Sports outside where it can potentially be brought inside i.e. soccer and sand volleyball will be moved if the space is available indoors.**

Protest Procedures

Judgment calls are not eligible for protest. Only misapplication/misinterpretation of a sport rule and eligibility may be protested.

Misinterpretation/Misapplication:

- Rule interpretations by an official on the field/court are eligible for protest. This protest will be heard immediately by the on-site Supervisor and will be decided at that time, this ruling will be documented by the Intramural Sports Supervisor
- In order for a team to protest it must call a time out immediately following the potential misinterpretation/misapplication and request a protest. The Official will summon the Supervisor who will make a ruling on the protest. Should the original call be upheld, the protesting team will lose the time out. Should the call be reversed, the time out is not lost
- If a team does not have any time outs remaining it cannot protest

Eligibility:

- A protest of the eligibility of an opposing player or the legality of a team's roster must be lodged with the on-site Supervisor. Every effort to judge the eligibility or players will be made at that time

- If the protesting team is not satisfied a written protest must be submitted to the Manager, Intramural Sports & Sport Clubs within 24 hours of the contest. It must be in writing and presented by the team captain or any members of the team having been involved.

- If the game, where eligibility is in question, occur during a tournament the protesting team must let the Supervisor on duty know they wish to protest immediately after the contest; failure to do so will forfeit a team's right to protest. A written protest still needs to be presented to the Manager, Intramural Sports & Sport Clubs within 24 hours of the game
 - If the protest is upheld, the game is forfeited by the offending team. If the protest is declined, the game score will stand

Medical Coverage

Playing in Intramural Sports is voluntary and there are risks/hazards that accompany participating in any of the activities. All participants assume all responsibility for any injury and illness associated with Intramural Sports.

- All participants in the Intramural Sports Programs are responsible for their own medical insurance coverage
- The University of Utah offers inexpensive insurance that students may purchase at the time of academic registration
- The University of Utah provides no medical coverage for participants in Campus Recreation Services activities
- **EVERYONE PARTICIPATES IN INTRAMURAL SPORTS ACTIVITIES AT THEIR OWN RISK**

First Aid/Bleeding Policy

Any player requiring medical attention should report to an Intramural Staff Member on duty.

- If a player is bleeding, has an open wound or an excessive amount of blood on his/her clothing it will be removed in order to receive medical attention
- Any participant wishing to return to the competition must have the bleeding stopped, wound covered, and if necessary, clothing changed
- If a player is injured during any Intramural Sports contest he/she may only reenter at the discretion of the Intramural Staff on site

Concussion Protocol

- Any participant that is believed to have a concussion will be removed from the game immediately and will not be permitted to re-enter any intramural contest on the same day
 - Participants removed from participation for a suspected concussion will not be allowed to return to play until a physician's note have been brought to the Manager of Intramural Sports and Sport Clubs.
- All participants are strongly encouraged to seek medical attention for possible concussions and follow any return to play protocols given to them by a health care provider
 - Any participant under 18 must provide proof to Manager, Intramural Sports & Sport Clubs that he/she has been cleared to return to play by a health care professional
- More information about concussions can be found at <http://www.cdc.gov/headsup/>

Employment Opportunities

- The Intramural Sports Program is provided for students by students. It could never exist without energetic, athletically minded students
- Part-time sports officials are needed each semester for various sports and special events. We offer flexible schedules and experience in sports management, tournament scheduling, officiating, and field preparation. This experience is very valuable for ESS, PRT, Sports

Marketing Majors, and any other student looking to develop their leadership and conflict resolution abilities

If you are interested in becoming an Official please contact blaine.spencer@crs.utah.edu

Questions, Comments, Concerns

- If you have questions, comments, or concerns regarding any aspect of Intramural Sports that a Sport Supervisor has not answered, please contact the Manager, Intramural Sports & Sport Clubs at 801-585-8732
- We are always trying to improve the program and welcome feedback that is delivered professionally and intended to have a positive impact on the program
- Information may also be found on our website: campusrec.utah.edu



Stay Current – Check Us Out Online



- Rec*It Mobile app found on Google Play and the App Store
 - campusrec.utah.edu
 - IMLeagues.com/Utah
- facebook.com/uofucampusrec
- twitter.com/uofucampusrec

