

THE UNIVERSITY OF UTAH INTRAMURAL SPORTS

Rules and Regulations *2016-2017*



The Intramural Sports Program offers competition in a wide variety of sports and events. We offer: Open (no gender requirements), Women's only, 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.

Team captains are responsible for the material in these "Rules and Regulations" as well as all sport specific rules.

Recent rule changes appear highlighted.

Recent Changes & Clarifications

- Intramural Points Championship: Teams will be given the opportunity to compete for a yearlong championship with a grand prize being awarded to the team with the largest points total, in their division, at the end of the year
- Each individual wishing to play must appear on the online roster prior to being eligible to enter a contest
- If a potential eligibility violation is brought to our attention Intramural Sports will investigate it
- Any student under the age of 18 must have a parent or legal guardian sign a waiver in addition to the one the student agrees to online.
- Every member of a team that forfeits due to failure to play will be suspended from the time of the forfeit until the fine is paid. The fine must be paid online. The link to pay will be emailed to the whole team or can be found on our website
 - Teams who forfeit during the regular season but have not paid the fine will not be eligible for the playoffs
- 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
- Clarification: If a player is injured during any Intramural Sports contest he/she may only reenter at the discretion of the Intramural Staff on site
- 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
 - Any participant under 18 must provide proof to Intramural Sports Program Manager that he/she has been cleared to return to play by a health care professional

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 fully with the Officials about rule interpretations and calls. Team members and spectators are respectful of opponents and officials and encouraged each other's efforts. At no time is this team disrespectful towards participants or officials.

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 for an unsportsmanlike act 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.

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 Intramural Sports Program Manager. 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 Intramural Sports Program Manager. 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

Unsportsmanlike behavior:

- If a team receives 3 unsportsmanlike penalties in a single contest the game will be ended immediately and recorded as a forfeit for the offending team
- If there is flagrant misconduct, the offending person(s) will be removed from the game and the facility. Refusal to comply will result in the game being declared a forfeit in favor of the non-offending team
- If the game becomes uncontrollable, as perceived by the game officials or 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
- Two major unsportsmanlike penalties in the same semester will result in the player being suspended for one academic year and must consult with the Intramural Sports Program Manager before obtaining a release to participate in future activities

Minor Unsportsmanlike:

- Arguing with official
- Unintentional rough contact/dangerous play
- Excessive profanity

**Will result in a sport specific penalty
(technical foul, unsportsmanlike penalty,**

Major Unsportsmanlike:

- Persistent minor unsportsmanlike behavior
- Flagrant abuse to official or player
- Intentional rough contact/dangerous play
- Fighting (offensive or defensive)
- Profanity directed at an individual
- Playing under the influence

yellow card, etc.)

Will result in player being ejected from game

Addressing an Official:

Officiating in its nature is a difficult task. Our officials are trained for each sport they work and do their very best each game. All of our Officials are students and many of them are officiating a sport for the first time. We continue to work with the officials throughout each season to make them better and provide a quality experience to you, the participant. When addressing officials, perception is reality. The majority of the comments they receive from participants are negative, so whether you mean to be condescending or rude or not, most of the time that is the perception that we as officials have.

Our officials are trained to respond to questions asked in a mature, respectful manner. Here are a few tips to make sure your question is perceived to be a legitimate question and not a negative, condescending comment:

Disrespectful: "Are you kidding me! How can you call that!?"

Respectful: "Sir/Ma'am, what did I do wrong there, I'd like to avoid doing it again?"

Disrespectful: "Come on! You gotta call that!"

Respectful: "Sir/Ma'am, can you please watch for _____?"

Team Creation

- The fee, per person, for officiated sports is \$10; un-officiated sports are \$6 per person
- 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 can be moved from the Waitlist.
- Once a team reaches the minimum player requirement the captain must select the league or a division the team wishes to play in
- 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)"
- A team will remain on the Waitlist until its captain moves it into a league or division. Captains of teams that have met the minimum player requirement but remain on the Waitlist after registration has closed are encouraged to attend the Waitlist Meeting. Any remaining spots in the league will be filled in that meeting
- All captains' must pass a Captain's Quiz when applicable
- All captains are responsible for knowing and understanding everything in this document (Rules and Regulations) as well as the sport rules and passing that info along to their team

Intramural Sports Points Championship

Teams will be given the opportunity to compete for a yearlong championship with a grand prize being awarded to the team with the largest points total at the end of the year. Teams can compete in 1 of the following Divisions: Open, Co-Rec, Res Hall, Fraternity, or Sorority. In order to accumulate points throughout the year a team must register with the same team name in each sport or event it competes in. For a complete list of rules please refer to the [Intramural Sports Points Championship Points at a Glance 2016-2017](#), and so see how points are awarded please refer to the [Intramural Sports Points](#)

Championship Allotment Guide 2016-2017.

Team Rosters

- Each individual wishing to play Intramural Sports must have a current Campus Recreation Membership
- 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

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 provide 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 passing that info along to their team
- 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 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 per team. A complete list of varsity sports and the restricted Intramural sports are listed below

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 per team in their related sport. A complete list of Club Sports and the restricted Intramural sports are listed below

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.

ID Policy

- **NO ID, NO PLAY, NO EXCEPTIONS**
- 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 \$25 fine will be assessed. ID will be returned when fine is paid
 - Second Offense: ID card will be confiscated and a \$25 fine will be assessed; CRS privileges will be suspended and card holder will be referred to the Dean of Students Office
- 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

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:

Any person ejected from a game must leave the game site immediately. The game will not be continued until this happens.

An ejected player and his/her captain (including co-captains if applicable) are required to meet with the Intramural Sports Administrative staff. Ejected players and their captain(s) are suspended from all Intramural Sports games 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 Intramural Sports Program Manager depending on the severity of the action that resulted in the ejection and conduct during the meeting.

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 and jean shorts 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

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 or selection 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
- 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: An effort will be made to provide women an opportunity to participate in team and individual events against other women
- Men's: Some men only leagues will be offered, but most leagues are Open

Playoff Tournaments

- The requirements to qualify for playoffs will be determined by registration numbers and time available
 - Some playoff tournaments will include all teams, some will include only top teams, and others will combine multiple divisions
 - When divisions are combined the tournament games will take place on multiple nights and teams will be scheduled to play on different nights than their division was held
 - If divisions are combined, and the playoffs will be held on multiple nights, a "Playoff Selection Meeting" may be scheduled in an effort to accommodate scheduling needs. At the meeting, teams will have the opportunity to select the position they will begin the tournament in. If a team fails to have representation at this meeting it loses its ability to request a reschedule. The selection order will be determined by:
 1. Season Sportsmanship Average
 2. Win/Loss Percentage
 3. Head-to-Head
 4. Point Differential
 5. Points Against
 6. If teams are still tied: Coin Flip
- 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 "A" and "B" brackets. For example, the top 2 teams in a division will be placed in the "A" bracket and the next 2 teams to the "B" bracket
- Seeding for tournament brackets, where no Playoff Selection Meeting occurs, will be determined using the following tie breakers:
 1. Winning Percentage
 2. Sportsmanship Rating Average
 3. Head-to-head (if applicable)
 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

Tournament Play

Some events are scheduled as a single or multiple day/weekend tournament with no league or pool play preceding it. All sportsmanship rules that apply to Playoff Tournaments are used for regular tournaments.

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
 - If a team competes in the remainder of their games for that season (no further forfeits or defaults) the captain will receive a refund following the completion of the season
 - 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

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 IM Sports Administrative staff (801-585-8732) or jacob.myers@utah.edu by **12:00 PM/Noon 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
 - Check the Rec*It app after 3:00 PM for information regarding the playability of the fields. If games are postponed/cancelled due to rain an email will be sent to team the captains affected

Protest Procedures

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

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
- 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 it used. 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 Intramural Sports Program Manager 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 Intramural Sports Program Manager 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 the Intramural Staff 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
- 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 Intramural Sports Program Manager 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, and Sports Marketing Majors
- If you are interested in becoming an Official please contact jacob.myers@utah.edu

Questions, Comments, Concerns

- If you have questions, comments, or concerns regarding any aspect of Intramural Sports that a Sport Supervisor has not adequately answered, please contact the Intramural Sports Program Manager 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

