



Intramural Sports Policies & Procedures

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](https://www.uv.edu/imleagues.com).

The Intramural Sports Program offers competition in a wide variety of sports and events. We offer: Open (no gender requirements) and Co-Ed (men and women combined on one team) leagues and divisions. 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.

Updated 7/2023

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1. PROGRAM OVERVIEW

1.1. Contact Information

The Intramural Sports office is located on the 2nd floor of the Student Life Building in offices 213.

Intramural Sports Office	(801) 863-5568	intramuralsports@uvu.edu
Program Director: Jake Myers	(801) 863-5804	jake.myers@uvu.edu
Program Manager: Garrett Colwell	(801)863-8127	garrett.colwell@uvu.edu

Website for general information: www.uvu.edu/intramurals

Website for current/upcoming event information: www.imleagues.com/uvu

Social Media: Instagram

1.2. ID Policy

All intramural participants must furnish their valid UVU or state issued picture ID with an easy discernible photo to the IM staff prior to participating in every contest. Non-UVU students must also provide photo ID. **No ID, No Play!!** Accepted forms of ID are student ID (including from the student app), Driver's license, or other government issued picture ID. Other forms of ID will not be accepted – this includes pictures of an ID (on paper or phone), class schedules, etc.

The one exception will be our 'ID forgiveness' policy. Once each semester (only once), a participant who forgets their ID may fill out an ID Forgiveness Waiver. This waiver will allow them to participate that day. Any participant caught lying on the waiver will be suspended indefinitely and the team may be penalized (sportsmanship rating and/or forfeit). Intramural participants who do not properly check in with photo ID with IM Staff prior to participating will cause their team to forfeit the game they played in.

No participant may participate in Intramural Sports under any name other than their own. Anyone attempting to participate using another person's ID or information will be suspended from Intramurals indefinitely.

1.3. Eligibility: Who Can Play UVU IM Sports?

Full-Time UVU Students: taking more than 9 credits

Part-Time UVU Students: taking 9 credits or less

Faculty/Staff: Part-time & Full time

Alumni: UVU graduates and former students that have acquired at least 24 credits, required to pay the 'Non-Student Fee' to participate

Non-UVU Students: Must be over 18 years old, required to pay the 'Non-Student Fee' to participate.

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Sport Club Athletes – There shall be no more than two total current club athletes on a team for their same/like sport. “Current” is defined as one who appears on a club team’s roster during that academic year.

College Varsity Athletes – Athletes whose names do not appear on the current academic year’s varsity team roster in the same/like sport can participate in the same/like sport. Any participant whose name currently appears on a team roster in the current academic year is ineligible to participate in the same/like sport. This includes “red” and “grey” shirts and practice team members.

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.

Eligibility status of each individual will be checked using the ID number provided to imleagues.com.

Players are required to have participated in 1 regular season game to be able to play in the playoffs.

Players are only allowed to participate on 1 team per league/sport. Players caught playing on two different teams in the same league/sport will cause their team to forfeit each game they participated in. After having played in a game for a team, players cannot switch teams without express approval through the intramurals office. Players caught doing so will be removed from the league and the new team they play for may forfeit the resultant games.

The Intramural Staff reserves the right to examine participants’ eligibility at any time. All games found to have had ineligible players participating, will be forfeited by the offending team. It is the Captain’s responsibility to ensure that all players are eligible before each contest.

Nomad Policy:

The nomad rule allows teams without the requisite players present for a game to pick up substitute players (nomads) in order to avoid a forfeit.

Nomad players can only be used under the following circumstances:

- Regular season only, no playoff games
- To get to the max number of players allowed on a playing surface during a game (basketball 5, soccer 7, volleyball 6). If there are substitutes or the nomad is a substitute, nomad players are not allowed.
- The nomad player is on an Intramural roster or a free agent in the current block.

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- Is not facing disciplinary actions or currently suspended.
- Completes the nomad form with an onsite Event Manager.

1.4. Non-Student Policy

Non-Student Fee -- \$35 semester

Intramural participants (**non UVU students & UVU Alumni or students taking a semester off**) will be able to pay a semester “Non Student Fee” for \$35, which will allow them to participate in Intramurals for the semester,

- Participants will be able to pay the fee the day of the Intramural Event
- Fees can only be paid online at imleagues.com/uvu through **the Non-Student Fee league**.
- If participants have not paid the fee or refuse to, they will not be allowed to participate in the Intramural Event

1.5. How to Sign Up

All registration for Intramural Sports is done online (at imleagues.com/uvu) or in person at the Intramural office, depending on the event. For team events, team captains must register their team online before the team sign-up deadline for each sport, and then all teammates must join the roster online.

All intramural participants will be required to create an account on IMLeagues.com.

To create an IMLeagues account:

1. Go to www.imleagues.com/UVU/Registration

OR

Go to www.imleagues.com and click Create Account

2. Enter your information, and use your School email if applicable (**@uvlink.uvu.edu**) and submit.
3. You will be sent an activation email, click the link in the email to login and activate your IMLeagues account.
4. You should be automatically joined to your school – If not you can search schools by clicking the “Schools” link

How to sign up for an intramural sport:

1. Log in to your IMLeagues.com account.
2. Click the Create/Join Team button at the top right of your User Homepage page

OR

Click on the “Utah Valley University” link to go to your school’s homepage on IMLeagues.

3. The current sports will be displayed, click on the sport you wish to join.

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4. Choose the league you wish to play in
5. Choose the division you'd like to play in
6. You can join the sport one of three ways:
 - a. Create a team (For team captains)
 - i. Captains can invite members to their team by clicking the "Invite Members" link on the team page. Any invited members must accept the invitation to be joined to your team.
 1. If they've already registered on IMLeagues: search for their name, and invite them
 2. If they haven't yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address.
 - b. Join a team
 - i. Use the Create/Join Team Button at top right of every page
 - ii. Accepting a request from the captain to join his team
 - iii. Finding the team and captain name on division/league page and requesting to join
 - iv. Going to the captain's player card page, viewing his team, and requesting to join

1.6. Free Agents

Individuals who are looking for a team should login to imleagues.com/uvu and under the "player signup" tab in the upper right-hand corner, select "join as free agent." Free agents will be able to select the sport, leagues, and division they are interested in joining. Type a message that you want captains that are looking for players to see. Free agents may also select the "join team" tab under "player signup" and request to join teams that are looking for players. Intramurals staff are not responsible for placing free agents on rosters.

1.7. Team Composition

- Team Captain must be a current UVU student taking classes
- Roster must maintain a minimum of 50% of CURRENTLY enrolled UVU Students
- Each sport has a required minimum number of players a roster to be eligible.

*Teams will have until the end of the official registration period to meet the minimum requirements. **Teams that do not meet the minimum requirements MAY not receive a schedule until they do, and MAY be replaced by a team from the waitlist that does meet the minimum requirements.**

1.8. Dress Code

- No jewelry will be allowed in competition with the exception of medical alert/identification items.

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- 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.

2. SPORTSMANSHIP & PARTICIPANT CONDUCT

2.1. Sportsmanship & Conduct Expectations

It is a priority that participation in Intramural Sports at Utah Valley University be first and foremost a fun experience. To ensure a fun and safe experience, the Intramural Department has implemented a Sportsmanship Policy.

All intramural participants and spectators are expected to conduct themselves in a civil and sporting manner at all times –before, during, and after contests. Behavior that promotes intolerance or prejudice, degrades any racial, ethnic, gender or religious group, infers an explicit sexual reference, or promotes destructive behavior is considered disrespectful to the University and its members, and will be addressed and dealt with accordingly. **This includes intramural team names and uniforms/jerseys.**

This policy promotes a safe, fun, and enjoyable atmosphere for all involved. There will be penalties and repercussions for those teams/individuals that do not follow this policy.

Participants are also expected to know and adhere to the following policies:

- Aggressive or threatening physical contact toward intramural staff will result in an indefinite suspension from intramural sports.
- Verbal abuse directed toward intramural staff can lead to an indefinite suspension from intramural sports.
- Intramural sports event areas are alcohol, drugs, and tobacco-free. Captains are urged to notify all players and spectators that alcohol and drugs are strictly prohibited at IM Sports events, and that no one is allowed to participate while under the influence of alcohol or drugs.

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The intramural staff reserves the right to remove participants and spectators from remaining at intramural events who appear to be under the influence of alcohol or drugs. In an effort to prevent situations or behavior from reaching an unacceptable or inappropriate level, the intramural staff reserves the right to temporarily or permanently remove a player(s) from a contest at any time.

2.2. Sportsmanship Ratings

Teams are rated on a 0 to 4 scale, with a 4 being excellent. 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. Below is a general guide to the Sportsmanship 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.

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.

Below Average 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. Behavior continues persistently after warning by Intramural Sports staff.

Unacceptable Sportsmanship: "0" Rating

There are multiple ejections for a team during the game. The game is out of control and needs to be ended. Altercations with opponents or staff members have happened. Will result in a loss and possible removal from league.

2.3. Ejections and Suspensions

Any player or spectator ejected from an intramural contest for any reason must leave the playing area and facility immediately after any needed information is

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obtained by an Intramural Sports Event Manager. Failure to leave the facility may result in forfeiture of the contest by the team associated with the ejected person.

Any participant or spectator that is ejected from an Intramural Sports contest will automatically be suspended from their next Intramural Sports event. The length of suspension will be assessed on an individual basis and determined by the Intramural Program Director and/or Manager. Cases involving physical abuse or violent conduct will be referred to the Dean of Students for potential action.

2.4. Sportsmanship & Playoff/Tournament Eligibility

Teams are required to maintain a 3.0 sportsmanship rating in order to qualify for the playoffs. Failure to maintain a minimum 3.0 rating will disqualify teams from playoff eligibility. Team captains are responsible for monitoring their team's sportsmanship ratings and average online.

Teams receiving a forfeit during the regular season will not qualify for the playoffs. Receiving a second forfeit will cause the team to be removed from the league.

Teams receiving low sportsmanship ratings during Playoffs/Tournaments will be removed from the event without refund.

3. TEAM CAPTAINS' EXPECTATIONS & RESPONSIBILITIES

3.1. General Responsibilities

Team Captains are responsible for:

- Reviewing captains meeting PowerPoint slides before the start of each league.
- Informing their teams of IM Sports Policies & Procedures, specific event rules, dates, times, and locations of contests
- Fielding an eligible team for every contest.
- Ensuring all players check in with an appropriate state issued photo ID cards before participating in every contest.
- Seeking out information about schedules, schedule updates, and weather-related issues, and then passing that information along to teammates.
- Provide truthful information to Campus Recreation staff.
- Verify that contest results are accurate online prior to the publishing of playoff schedules.

4. FORFEIT POLICY

4.1. Forfeits

A team does not have the minimum number required to play and signed in at game time (Exception: the opposing team grants a 10 minute grace period). The Team forfeiting the contest will receive a loss and both teams will receive a 3

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sportsmanship rating. Teams will be allowed 2 forfeits per season **(after 1 forfeit a team is no longer eligible for playoffs).** **A team will be removed from the league once the second forfeit is received.**

The final score listed below will be awarded if the game results in a forfeit at the end of 10 minutes. The other 2 columns are awarded to the “ready” team if the second team arrives within the designated time frame and play commences.

Sport	Within 5 minutes of game time	5-10 minutes after game time	Final Forfeit Score
7v7 Flag Football	6pt touchdown and 1 point conversion; ball at midfield	Additional 6pt touchdown and 3point conversion	16-0
Basketball	10pts; start with ball	Additional 10 pts	20-0
Soccer (Indoor/Outdoor)	1 goal; choose ball & direction	Additional goal	2-0
Ultimate Frisbee	2 points; start with disc	Additional 2 points	4-0
Volleyball	8 points; start with serve	7 points; match win after 10 minutes	2-0 (match score) +15pt difference

***** If a team elects to take the win by forfeit, without allowing the grace period, the final score will be recorded as listed above**

4.2. Defaults

A default is a game that is not played and is recorded as a loss but is not considered a forfeit. A team are allowed one default per season by calling the Intramural Office before 3pm the day of the game to inform us that they will not be able to field a team for their contest. Additional defaults will be counted as forfeits.

If a default has occurred, the teams involved may still use the site to practice until 15 minutes prior to the next contest; however, Intramural Sports staff are not

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permitted to officiate any practice, scrimmage or contest the teams choose to participate in during that time.

5. SCHEDULES, CANCELLATIONS, & INCLEMENT WEATHER

5.1. Online Schedules

All schedules will be made available online within a week after the event sign up deadline. Due to time and facility constraints, games will not be rescheduled once schedules are published.

5.2. Postponements & Cancellations

Intramural Sports contests are subject to cancellation due to poor weather conditions and/or unplayable field/court conditions. In the event of a cancellation, updates will be posted online and social media.

Additionally, the Intramural Sports Event Manager may cancel games onsite, if necessary. The Intramural Sports Department will reschedule cancelled games only if time, space, and personnel exist. Teams should check the online schedule for re-scheduled game information.

6. 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 Event Manager and will be decided at that time, this ruling will be documented by the Event Manager in the daily report.
- 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 Event Manager 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.

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 Event Manager. 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 Intramurals Program Director or 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 Event Manager on duty know they wish to

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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 Intramurals Director or 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.

7. REFUNDS

7.1. Refund Policy

Refunds will not be issued after the team sign-up date. There will be no refunds for games missed due to forfeit.

If a team was created in a league and that league did not carry, the Intramural Sports office will credit your IMLeagues account the amount paid. This credit can be applied to future sign-up fees.

Guest fees will not be refunded. For non-UVU students, Guest Fees take the place of Student Fees. Paying the Guest fee allows for non-UVU students to participate in Intramural events.

Refunds may be reviewed on a case-by-case basis.

8. PARTICIPANT SAFETY

8.1. Assumption of Risk

Many intramural sports activities present the inherent possibility of injury. Participation in the program is voluntary; individuals assume responsibility for their own health and safety. All individuals who intend to participate in vigorous sports should, for their own protection, have a physical examination to determine that they are physically able to participate. Medical insurance, which would cover expenses incurred in the event of injury, is strongly recommended.

8.2. Blood Policy

If and when an Intramural Sports Supervisor or Game Official observes that a player is bleeding, has an open wound, or has blood on their uniform, they will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, or bloody uniform is changed. Play will not resume on the playing surface until the blood has been removed. Players may only reenter a contest at the direction of the Intramurals staff on site.

8.3. University Closure

If at any time the University is closed due to weather or other related emergencies, all Intramural Sports contests will be cancelled.