



Intramural Sports Policies & Procedures

Team captains are responsible for the material in the 2025-2026 Intramural Sports Policies & Procedures 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), Co-Rec (men and women combined on one team), and Women's 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.

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Program Overview

Contact Information

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

General Website: www.uvu.edu/intramurals

League Registration & Information: www.imleagues.com/uvu

Social Media: Instagram [@uvuintramurals](https://www.instagram.com/uvuintramurals)

Intramural Sports Office (801) 863-5568 intramuralsports@uvu.edu
Program Director – Jake Myers
Program Manager – Garrett Colwell

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. Accepted forms of ID are:

- Student ID (including from the student app)
- Driver's License
- Passport
- Other government issued picture ID.

Not Accepted

- Picture of an ID (paper or digital photo)
- Class schedules
- ID without a picture

Intramural participants who do not properly check in for a game with Intramural Staff prior to participating will cause their team to forfeit the game they played in.

*No individual 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.

Eligibility: Who can play UVU Intramural Sports?

Individuals can participate in our leagues who fit one of the following:

- **Current UVU Students:** taking at least 1 credit. Concurrent enrollment **does not** qualify
- **UVU Staff/Faculty:** Full-time, Part-time, and Adjunct
- **Non-UVU Students:** Must be at least 18 years old. Includes Alumni and those taking a break from classes in the current semester. Required to buy the Non-Student Pass

*UVU enrollment status of each individual will be checked using the ID number provided.

- **Competitive Sport Athletes:** No more than 2 current competitive sport athletes may be on the same intramural sports team for their same/like sport. 'Current' is defined as one who appears on a Competitive Sports team roster during that academic year.

Competitive Sport	Intramural Sport
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Soccer	Futsal, Indoor Soccer, Outdoor Soccer
Volleyball	Grass Volleyball, Indoor Volleyball, Sand Volleyball
Ultimate	Ultimate
E-Sports	E-Sports Tournaments

- **College Varsity Athletes:** Any individual who is on team roster for a college as a varsity athlete is ineligible to participate in the same/like sport. This includes 'red' and 'grey' shirts.

Intercollegiate Sport	Intramural Sport
Baseball or Softball	Softball
Basketball	Basketball, Hot Shot Contest, Free Throw Contest
Football	Flag Football
Soccer	Futsal, Indoor Soccer, Outdoor Soccer
Volleyball	Grass Volleyball, Indoor Volleyball, Sand Volleyball

- **Professional Athletes:** Current or former professional athletes are ineligible to participate in the same/like sport.

Professional Sport	Intramural Sport
Baseball or Softball	Softball
Basketball	Basketball, Hot Shot Contest, Free Throw Contest
Football	Flag Football
Soccer	Futsal, Indoor Soccer, Outdoor Soccer
Volleyball	Grass Volleyball, Indoor Volleyball, Sand Volleyball

*Same/Like sports are always at the determination of the Intramural Sports administrative staff.

Playing on multiple teams - Individuals can participate on multiple teams as follows:

- Teams are in different sports.
- Teams are in the same sport but different leagues.
 - Individuals can play in an Open league and Co-Rec league in the same sport.
- Individuals caught playing on multiple teams in the same league will be suspended for the remainder of those league.
- Players cannot switch teams within a league without express approval through the intramural sports office.

*UVU Intramural Sports 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 at each contest.

How to Sign up

All registration for Intramural Sports is done online at www.imleagues.com/uvu. For leagues, team captains must register their team online before the applicable team sign-up deadline and all members of the team must join the roster online.

To create an IMLeagues account:

1. Go to www.imleagues.com/uvu/registration or www.imleagues.com and click Create Account.
2. Enter your information, use your UVU ID number if applicable and submit.
3. You will be sent an activation email. Click the link in the email to login and activate your account.
4. If you are not automatically directed to UVU's page, click the 'Schools' link and select Utah Valley University.

To Create a team in IMLeagues:

1. Log in to your imleagues.com account.
2. Click the 'Get Involved' link at the top right of your Homepage or click on the 'Utah Valley University' link to see the school's homepage.
3. Select the sport you wish to play under the current sports.
4. Select the league you wish to play
5. Create a team and choose your preferred divisions if applicable
6. Invite others to join your team by name, email, or from the 'Free Agents'

To Join a team in IMLeagues:

1. Create/Log in to your imleagues.com account
2. Join an already created team by:
 - a. Accepting a request from the captain to join (email or account notification)
 - b. Finding the team and captain name on the league/division page and requesting to join.

To Join a league as a Free Agent:

1. Create/Log in to you imleagues.com account
2. Find the sport and league you wish to participate in
3. Select the 'Free Agent' tab and then select 'Join as Free Agent'
4. Type a brief message you want captains looking for players to see

*UVU Intramural Sports may create a 'Free Agent' team in the league as an option for Free Agents to join and play. However, UVU Intramural Sports **are not** responsible for placing free agents on team rosters.

Team Composition

All teams in our leagues must meet the following composition requirements:

- Team Captain must be a current UVU student or staff member
- Roster must maintain a minimum of 50% current UVU students or staff

- Meet the minimum number of roster members to participate in the sport (sport specific)

In addition, certain leagues have the following gender requirements for rosters:

- **Open:** No specific gender requirements. Open to all players
- **Co-Rec:** An equal number of men and women on the field/court at all times. If playing with an odd number of players, the gender ratio must not exceed a one-player difference. Roster must meet the minimum ratio required to field a team.
- **Women's:** Only female participants may register and compete.

*All teams must meet the minimum roster requirements to be eligible to move off the league waitlist and receive a game schedule. If the league is full, teams on the waitlist must wait for a team to drop or opening created before being moved off the waitlist.

Nomad Players – The nomad rule allows teams without the requisite players present for a game to pick up substitute players (nomads) to avoid a forfeit. Nomad players can only be used in 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 9, volleyball 6, football 7, etc.). If there are substitutes or the nomad is a substitute, nomad players are not allowed.
- The nomad player is currently registered on an Intramural roster.
- Is not facing disciplinary actions or currently suspended.
- Completes the nomad form with the onsite Supervisor.

Dress Code

All participants must adhere to following dress code during Intramural Sports contests:

- Must wear appropriate athletic wear for the sport/event.
- Must wear closed toed athletic shoes. 5 Fingered shoes are not acceptable.
- Jeans, Jean shorts, and khakis are prohibited in competition.
- Belt Loops and/or belts are prohibited in competition.
- Jerseys must be the same color with a different number for each participant permanently affixed to the jersey.
 - Teams are encouraged to provide their own jerseys.
 - If a team does not have matching jerseys, Intramural Sports will provide basic jerseys.
 - Participants **MUST** wear a personal shirt under the provided jersey
- Only molded plastic or rubber cleats are allowed. Metal cleats are prohibited.
- Any other requirements in the sport specific rules

Contact Sport Jewelry Policy

- No Jewelry will be allowed in contact sports with the exceptions of medical alert/identification items and jewelry that can be reasonable secured with tape and does not pose a risk to other participants or their self.
- Contact Sports Include but not limited to:
 - Basketball
 - Flag Football
 - Soccer

- Futsal

*All jewelry decisions will be made by the onsite Intramural Supervisor

Non-Contact Sport Jewelry Policy

- Jewelry is allowed in all non-contact sports. Please check with the onsite Intramural Supervisor for questions about jewelry.
- Non-Contact sports include but not limited to:
 - Bowling
 - Esports
 - Volleyball
 - Pickleball
 - Ultimate Frisbee

*All jewelry decisions will be made by the onsite Intramural supervisor

Sportsmanship & Participant Conduct

Sportsmanship & Conduct Expectations

It is a priority that participation in Intramural Sports be first and foremost a fun and safe experience. To help ensure this, Intramural Sports has implemented a sportsmanship policy.

All intramural participants and spectators are expected to:

- Always conduct themselves in a civil and sporting manner – before, during, and after contests.
- Avoid any behavior or actions that:
 - Promotes Intolerance or prejudice
 - Degrades any racial, ethnic, gender, or religious group.
 - Infers an explicit sexual reference
 - Promotes destructive behavior
- Keep Intramural Sports event areas alcohol, drug, and tobacco-free.
 - No one is allowed to participate or spectate while using or under the influence of alcohol or drugs.

*Intramural Staff reserve the right to refuse entry or require person(s) to leave the facility who do not adhere to this policy or appear to be under the influence of alcohol or drugs at any time.

Sportsmanship Ratings

Teams are rated each contest on a 0-4 scale, with 4 being excellent. Everything before, during, and after a contest will affect a team's rating. Below is a general guide to each rating.

Excellent Sportsmanship: '4' Rating

Players cooperate fully with the officials about rule interpretations and calls. Team members and spectators are respectful of opponents or officials. There may be some complaints about calls or decisions, but at no time is this team disrespectful towards other participants or officials.

Satisfactory Sportsmanship: '3' Rating

Team members and spectators are generally respectful of opponents and officials except for one or two minor incidents for which a warning or unsportsmanlike penalty was given. The team generally accepts judgment decisions made by the officials.

Below Average Sportsmanship: '2' Rating

Team members or spectators are disrespectful of opponents or Officials on several occasions. Teams that receive consistent warnings, multiple unsporting penalties, or have a player ejected for an unsportsmanlike act should receive no higher than a '2' rating.

Unsatisfactory 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 game is ended early due to reaching the limit of unsporting penalties, multiple ejections, and/or fighting. A team may also receive this rating if their behavior after the game would warrant such penalties.

Unacceptable Sportsmanship: '0' Rating

Behavior is out of control and warrants stopping the game for the safety of participants and/or staff members. This may include serious altercations with opponents or staff members or serious threats against opponents or staff members. Policy may be called to handle this unruly behavior. This sportsmanship rating will result in the removal of the team from the league.

Ejections & Suspensions

Individuals may face the following consequences for unsportsmanlike behavior.

Ejection: An individual ejected from an individual contest

- Individuals that receive 2 unsportsmanlike penalties, or commit a serious unsportsmanlike act, will be ejected from an intramural contest.
- This may occur before, during, or after the contest.
- Individuals that are ejected must immediately leave the playing surface and promptly exit the facility.
 - Failure to do so will result in forfeiture of the contest by the team associated with the ejected individual.

Suspension: An individual suspended from future contests

- Individuals that receive unsportsmanlike penalties will receive points towards suspension. Participants and Captains will be notified of each point given.
 - 1 point: unsportsmanlike penalty (yellow card, technical, etc.)
 - 3 points: ejection from contest
 - Points will be reset at the end of each semester.
- Every 3 points in a semester will result in an automatic suspension for both the individual and team captain.
- The individual and team captain will be required meet with the Intramural Sports office to discuss the infractions and suspension.
- The meeting with the Intramural Sports office will determine the length of the suspension.
 - The individual will receive a minimum of 1 game suspension while the team captain will generally be cleared to return to play immediately.
 - This will be based on a variety of factors including the seriousness of the infraction(s) and attitude of the individual and captain.
 - It will also be determined if the suspended individual(s) will be allowed to spectate intramural contests during the suspension.

Sportsmanship & Playoff Eligibility

The following standards apply to teams wishing to participate in their league's playoffs:

- Teams must have a minimum 3.0 sportsmanship rating average at the end of the regular season to be eligible for playoffs.
- Failure to have a 3.0 sportsmanship rating average will automatically disqualify a team from the playoffs, regardless of win/loss record.
- Teams receiving low sportsmanship ratings during the playoffs will be removed from the playoffs without refund.
- Suspensions and points towards suspensions will carry over into the playoffs from the regular season.

Team Captains' Expectations & Responsibilities

General Responsibilities

Team captains are responsible for:

- Reviewing Team Captain's documents before the start of each league.
- Knowing and understanding Intramurals Policies and Procedures as well as the individual sport rules
- Informing their team members of IM Sports Policies & Procedures, individual sport rules, dates, times, and locations of contests
- 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.
- Encouraging good sportsmanship by his/her team
- Creating the team on IMLeagues.com and invite/accept members for the team.
- Informing team members of schedules and schedule changes
- Making 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.
- Informing the office (801-863-5568) if their team is unable to attend a game.
- Making sure their team members are eligible to play.
- Their players showing up 15 minutes before the scheduled game time.
- Keeping players, bench, and spectators under control at all times
- The actions of all his/her teammates and spectators
- Representing 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.

Forfeits & Defaults

Forfeits

A forfeit will result when a team does not meet the minimum number of required players properly checked in and ready to play at game time.

- Exception: A 5-minute grace period is given as long as 1 player on the team is properly checked in. Check sports specific rules around this grace period.
- The team forfeiting the contest will receive a loss and a 2-sportsmanship rating.
- Teams that forfeit a contest are not eligible for playoffs.
- A team will be removed fully from the league when they forfeit a second contest.

Defaults

A default results when a team knows they will be unable to field a team for a contest and properly notifies the Intramural Sports office ahead of time.

- The team captain must contact the Intramural Sports office **before 3pm the day of the game**. Phone: (801) 863-5568 Email: intramuralsports@uvu.edu
- A default will be recorded as a loss but is not considered a forfeit.
- Teams are only allowed one default per season. Additional attempts at default will be considered forfeits.

*During either a forfeit or a default, teams may still use the facility until 15 minutes prior to the next contest. Intramural Staff are not permitted to officiate when this occurs.

Schedules, Cancellations, & Inclement Weather

Scheduling

All scheduling is done online through IMLeagues.

- When applicable, teams will select the day and time that they play during the regular season.
- Regular season league play is usually scheduled as a round robin or pool play where teams play each other to obtain the best win/loss record.
- At the end of the regular season, teams that are eligible and qualify will be seeded into a playoff bracket.
 - The number of teams qualifying for the playoffs will be determined by registration numbers and the playing surfaces available during the playoffs.
 - Seeding will be determined in the following order:
 - Win/Loss Percentage
 - Head-to-head record
 - Point Differential
 - Average Sportsmanship Rating
 - Random Draw (when all else is the same)

*In leagues with multiple divisions/days, top seeds may be adjusted for scheduling purposes and to reward top teams on respective days

- Playoff schedules will utilize all nights and times available.
 - Schedules will be according to seed and teams will most likely not play on their preferred night from the regular season.
- Due to time and facility constraints, games will not be rescheduled once schedules are published.

Postponements & Cancellations

Intramural Sports contests are subject to cancellation due to poor weather conditions, unplayable field/court conditions, and/or other factors not listed.

- In the event of a cancelation, updates will be posted online and social media.
- The Intramural Sports Supervisor may cancel games onsite, if necessary.
- The Intramural Sports Department will attempt reschedule cancelled games only if time, space, and personnel exist.
 - Rescheduled game information will be posted on IMLeagues.com
 - Games may be rescheduled for a day/night other than the normal night of play.

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

Protests

Rule Interpretation or Misapplication

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

- 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 recorded.
- The on-site supervisor will make an on-field decision at this time, this ruling will be documented by the Supervisor 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 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 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.
- The Intramural Administrative staff will review the protest and will contact the protesting team about the result for the protest. Options can be but are not limited to ruling upheld, replay the game from the point of interruption, etc.

Player Eligibility

A team may protest the eligibility of an opposing player or legality of an opposing team's roster.

- 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 of 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, occurs 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 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.

Refunds

Refund Policy

- Refunds will not be issued after the team sign-up date. There will be no refunds for games missed due to forfeit.
- Exception: If a team was created in a league and that league did not carry, and that was the only team that a participant signed up under.
 - The Intramural Sports office will credit the participant's IMLeagues account the amount paid. This credit can be applied to future sign-up fees.
- Refunds may be reviewed on a case-by-case basis.

Participant Safety

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 medical insurance and a physical examination to determine that they are physically able to participate.

Blood Policy

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

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, genetic information, or other bases protected by applicable federal, state, or local law, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services.



INTRAMURALS

Follow us on social media for more

Signup at imleagues.com/UVU

Other places to contact us:

- SL 213
- 801-862-5568
- Intramuralsports@uvu.edu



@UVUIntramurals