

NDSU Wellness Center
Intramural Sports Handbook
2023 – 2024



NDSU Intramurals

Intramurals offer a variety of experiences for students, faculty and staff including individual, dual, and team activities. These activities include opportunities for men, women, co-recreational, and open division leagues. The competitive atmosphere of intramurals challenges participants, but remains recreational in nature. The intramural staff works hard to provide quality experiences for all students. It is the belief of the program that winning a contest is not as important as the participant enjoying the contest while playing within the spirit of the rules. This theme is woven through all intramural programming and decision making at the Wellness Center

NDSU intramurals uses rules and regulations from the National Intramural and Recreational Sports Association (NIRSA) and National Federation of State High School Associations (NFHS). NIRSA is an organization that unites recreational sports professionals across the country and provides leadership and professional growth opportunities for students. NIRSA also hosts extramural tournaments for basketball, flag football, soccer, and tennis. For more information on NIRSA or competing in one of the tournaments, contact the Recreation and Intramural Coordinator.

Contact Information

- Phone: (701) 231-7384
- Email: Madison.janes@ndsu.edu
- Meetings may be scheduled during regular NDSU office hours. Meetings need to be set up at least one day in advance.

IMLeagues

All participants must create an account through IMLeagues, in order to participate in the Intramurals program. All information regarding program activities including; registrations, schedules, rules, and playoff brackets can be found at <https://wellnessportal.ndsu.edu>

Creating a Team

- All participants must pay an intramural fee, in order to be eligible to participate. No players are allowed to play until payment is received.
- The cost of Intramural events is \$7.50 per person per sport. A yearly, unlimited pass is available for \$25.00. Fees collected are used directly to operate each program.
- All teams must meet minimum player requirements on IMLeagues by 11:59 pm on the deadline day in order to be approved (see table below). Teams will be placed into leagues on a first-come, first-served basis.
- There are no refunds after signing up for an intramurals, except due to weather cancellations.
- If too many teams register for a league, the teams that can't move into a division will stay on the wait list. Wait listed teams will be contacted only if a spot opens within the league.
- It is the responsibility of team captain to submit an appropriate team name. Names that include inappropriate language or references will be removed. Teams will be given one extra attempt to change their name if their first team name is not approved. If the second team name is not approved then the intramural staff will select the team name. See "team names" for further information.

Intramural Offerings and Participant Numbers

	Max Players	Min Players	CoRec Gender Ratio
Men's Flag Football	14	7	
Women's Flag Football	14	7	
CoRec Flag Football	14	8	4/4
Men's/Women's/CoRec Volleyball	10	6	3/3
Men's/Women's/CoRec Basketball	10	5	3/2
Open Dodgeball	6	4	

Log Rolling	1	1	
Ice Hockey	5	15	
Open Pickleball Doubles	2	2	
Madden	1	1	
NBA 2k	1	1	
FIFA	1	1	
Men's/Women's/CoRec Indoor Soccer	10	5	3/2
Open Softball	14	10	5/5
Badminton Doubles	2	2	1/1
Bean Bag Toss	2	2	
Open Doubles Racquetball	2	2	1/1
Men's/Women's/CoRec Sand Volleyball	6	4	2/2
Table Tennis Doubles	2	2	1/1
Canoe Battleship	3	3	
Open Sand Volleyball	8	4	2/2
Spikeball	2	2	1/1
Bean Bag Toss	2	2	
Ultimate Frisbee	14	7	
COD Tournament	2	2	
2v2 Rocket League	2	2	
Fortnite Tournament	2	2	

*When there is a split ratio the teams can choose if they have more male or more female participants. It is each team's choice.

Incident Policy

Intramural participants must be aware of the possibility of accidents and injuries, which are inherent to recreational and sporting activities. Moreover, participants should follow the instructions of a physician concerning their participation in athletic events.

The university is not responsible for injuries incurred to Intramural participants or spectators while competing in Intramural activities. We recommend that each participant carry health insurance.

Intramural Officials will stop play when an injury resulting in open blood flow occurs, or when the injury can be compounded by further play (a participant down on the playing surface). Participants may not compete with open wounds or when wearing clothing that contains any amount of blood or other bodily fluid (other than perspiration). The Wellness Center reserves the right to remove and keep players from competition after any injury. We will also remove participants who we see showing signs or symptoms of a concussion. We recommend participants seek medical attention for all injuries and may require a signed medical clearance from licensed practitioner before a participant is allowed to return to play. All accidents and injuries must be reported to the intramural supervisor on duty. An incident report form must be completed and signed.

Conduct

All students are expected to comply with the Student Code of Conduct and Wellness Center policies. Violations of the Student Code of Conduct will be reported. Reported violations will be handled according to the process outlined in the Student Code of Conduct. Violations of Wellness Center policies will be handled by the Wellness Center staff. We expect all participants and spectators to show a high degree of sportsmanship. This includes respect to authority, other participants and other spectators. The Intramural staff may cite any participant or spectator with acts of unsportsmanlike conduct, and may link spectators to participants for the purposes of assessing penalties. The intramural staff may eject participants and spectators from any contest and/or event facility for acts of un-sportsman-like conduct.

In cases of improper conduct, individuals may be suspended from competing and/or observing intramural activities for any period of time. Those ejected may not participate in any further intramural activities until a conduct hearing has been completed with the Recreation and Intramural Coordinator. Any person ejected from competition two times during the academic year (in any sport/event or combination thereof) will be suspended for the remainder of the academic year. If the ejection occurs at the end of the school year, the penalty can carry over to the next school year, if warranted. Further disciplinary action may be imposed through the conduct process as outlined in the Student Code of Conduct.

In accordance with University policy, fighting and malicious contact are strictly prohibited at Intramural contests. University Police will be called immediately to determine appropriate action. Those involved in fights will receive suspensions from Intramural competition for at least a semester and will be reported. Those who threaten or initiate acts of aggression toward officials or other applicable authority will be reported, suspended from the intramurals program and University Police will be called. In accordance with University policy, participants are responsible for intentional or negligent damage to personal and public property.

Alcohol, Drugs, Tobacco

NDSU Intramurals has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, Wellness Center staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as the University Police department.

Eligibility Exceptions and Restrictions

Any student, staff, or faculty is allowed to participate in intramurals with the following exceptions and restrictions:

Per North Dakota Century Code 15-10.6 participants are allowed to participate in the following divisions:

Men: Open to students who identify as male or non-binary

Women: Open to students of the female sex

Open/Co-ed: Open to all genders

- Must be a current NDSU student or be a valid NDSU faculty/staff member who has already purchased a membership to the Wellness Center.
- A current NDSU ID or federal ID is required at all events. Participants unable to present a current NDSU ID will not be allowed to play until it is shown.
- Tri-college students are not allowed to participate in NDSU intramural sporting events.
- An individual may participate on only one team per division. The team which they first represent will be the only team they may play on for the remainder of the division. An individual may participate on one men or women's team and a co-recreational/open team.
- Any team that allows an ineligible player to play will forfeit that game, even if found out post game.
- Additions to the roster are allowed throughout the entire regular season. Once a participant has checked into at least one game, they are on the roster for the remainder of the season. Changes must be added/accepted online. No roster additions can be made once the playoffs begin.
- Students whose names appear on an official inter-collegiate varsity or junior varsity squad list are ineligible to play for a period of one year in their respective sport (includes red-shirts). These players are also ineligible to receive any championship prizes (intramural championship t-shirts).
- Current club sport members may participate in their related sport. However, a maximum of 2 (1 female/1 male for corec/open division) are allowed per team roster in all sports.
- Professional athletes are banned from their related sport for a period of five years.
- Ejected players are suspended from all intramural activities until reinstated by the Campus Recreation and Intramurals Coordinator.

- A participant is not eligible to compete in an intramural event unless all pertinent information is provided through IMLeagues and on the team roster, by the designated roster deadline time, for that specific sport.

Penalties

Any team playing with a player under another teammate's name will be charged with a "loss" for that game. The player will be ineligible to participate in the remainder of the league or tournament, and the team will be ineligible for the playoff bracket.

If it is discovered a team has played an ineligible player (not on the online roster before the time of contest) following the contest in which the ineligible player participated, the ineligible player will not be allowed to participate in any further games without completing a player addition form, and the game will result in a forfeit. If the use of an ineligible player is detected during the playoffs, the opposing team will advance.

Playoff Seeding and Eligibility

Teams from each division may make it to playoffs. The standings will be determined by: winning percentage, head-to-head, sportsmanship, and then differential (final). In addition, teams must maintain a minimum 2.5 sportsmanship to be eligible, as well as continue play during playoffs.

Default & Forfeit

All games shall be played on the date and time scheduled. A five-minute grace period is allowed for all sports. After that time, the game must be forfeited. Games lost by forfeit will not be rescheduled for any reason. If the intramural staff receives more than 24 hours' notice before the scheduled game in an attempt to reschedule, arrangements can be made. Reschedules only occur if both teams agree to a new time slot. A team with two forfeits will be dropped from that sport for tournaments.

If a team cannot field enough players for a game and the intramural staff is notified by at least 3:00 p.m. of game day (or 3:00 p.m. on Friday for Sunday games), the game will be declared a *default* instead of a forfeit. A team that defaults will receive a "3" for their sportsmanship score, while a team that forfeits will receive a "2" for sportsmanship. Teams are allowed one default. Any other defaults after that will result in a forfeit.

Forfeit Fee

The forfeit fee consists of a \$20 charge for any multi-week event. This charge is applied to the captain of the intramural team. That team is not allowed to play again until the fee is paid. The captain won't be allowed to play in any intramural event until the fee is paid. The following situations qualify as a forfeit:

- The team fails to notify the office of a forfeit before the established 3:00 p.m. deadline.
- The team does not notify the office and does not show up for a scheduled game.
- The team is late to a game or arrives with not enough players to play by the minimum requirement standards.

Schedules

- For all league sports, schedules will be made and posted on IMLeagues and captains will be notified by email. Any changes to the schedules (before or during the season), will be communicated to team captains immediately by e-mail or phone.
- Inclement weather postponements will be made by 3:00 p.m. on the day of the event. It is the team captain's responsibility to check for this information on IMLeagues.
- Cancelled games will be rescheduled only when possible.
- All intramural activities will be cancelled if NDSU or the Wellness Center is closed.

Sportsmanship

- Teams will be rated by officials and the Intramural staff on a five point rating system. In order to qualify for playoffs, a team must average a 2.5 throughout the session. Two forfeits at the end of the session's regular season will make a team ineligible for tournament play.
- Intramural staff and officials will give the sportsmanship ratings to teams after each contest. These ratings will be the result of behavior before, during, and after the contest.
- Anyone who verbally or physically accosts Wellness Center staff will be immediately suspended.
- Technical fouls or unsportsmanlike penalties as well as any other detrimental conduct assessed by referees and supervisors including dunking, verbal abuse, fighting, and any other unsportsmanlike conduct may result in an ejection and/or suspension. Two technical fouls or unsportsmanlike penalties will result in an ejection from the game.

4	Team members are in control throughout the contest. Sportsmanship and conduct of those involved are considered to be at an exceptional level. Team does not show any dissent towards staff or opposing team. No sportsmanship related disciplinary action was taken against any team member
3	Team members showed signs of good sportsmanship but also showed signs of unacceptable sportsmanship. Team members were considered to be in control more than not during the contest. Some verbal warnings were given to teams concerning their actions, but no further disciplinary action was needed.
2	Below average sportsmanship was displayed during the contest either by team members and or spectators. Conduct that is penalized by more than a simple verbal warning such as a yellow card or technical foul. Team members were not at a level out of control but were beyond the limit of average.
1	Team members continually display dissent towards Intramural Staff or opposing team either while on playing surface or sidelines. The team captain shows little or no control of their team's actions before, during or after the contest. Team members and or captain are uncooperative with Intramurals Staff concerning their actions. Teams receive numerous yellow cards, red cards or technical fouls (more than one). Teams have players, coaches or spectators ejected for any reason.
0	This rating will be given out in cases when one or both teams become hostile and the game must be ended early. Some examples warranting a zero rating include numerous warnings, ejections, fights, spectator issues and poor conduct towards the Intramurals staff.

Participants and fans are expected to demonstrate sportsmanship during any intramural event. In the event that an individual acts in an unsportsmanlike manner, the official or supervisor has full authority to take action as they see necessary to keep the game in control and protect the safety of all participants.

Review of Sportsmanship Ratings

It is the team captains right to see the rating given to his/her team following a contest. The ratings will be completed shortly after the end of the contest. If a captain is interested in their rating they are able to ask for the score at that time and will be available on IMLeagues following the contest. A rating is not allowed to be discussed or overturned after a review by the captain. If a captain is in violation of complaining, arguing or pleading their case about a rating they will be dropped another point. An appeal process is set up for these circumstances. (See below)

Appeal Process

A team may appeal their rating with the Recreation and Intramural Coordinator. In order to appeal the rating they must do so in writing to the coordinator no later than 12:00 pm the day following the scores are posted on the IMLeagues website. NO PROTESTS WILL BE ACCEPTED AFTER THIS DEADLINE. It is asked that captains give reasons or provide examples as to why the rating is incorrect. Once an investigation is completed a ruling will be made.

Playoff Eligibility

Following the completion of league play these ratings will be totaled and averaged over the entire course of the event. Each team is required to average a total of 2.5 points for the event or they will not be allowed to participate in tournament play. Sportsmanship scores can be viewed at any time through IMLeagues.

Team Notification

If a team is scored a 0 or a 1 for a contest a team captain will be emailed and informed of this so they are able to alert their team. The captain must also set up a meeting with the intramurals staff prior to their next contest. If the captain fails to do so they will be forfeited from the league and that team will no longer participate in that specific league

Team Captains

Each team entered in an intramural event must have a designated captain who will act as a liaison between the team and staff. A captain may only represent one team for any given sport and he/she must be an active participant on that team. Duties of the team captain include but are not limited to:

- Complete online trainings at the beginning of each session. Schedules, rules, and questions will be covered in these trainings.
- View the schedule on IMLeagues and notify team members of all scheduled games: date, time, and location. It is the captain's responsibility to have his/her team ready to play when scheduled.
- Be familiar with all eligibility and game rules and make certain the team is aware of the rules.
- Check team roster often during the tournament, and especially prior to playoffs, to assure eligibility of his/her team members.
- Keep in close contact with intramural staff for pertinent information.
- Team captains are the only individuals allowed to approach officials during any contest.
- Appeal a low sportsmanship score. (See above).

Team Names

It is the responsibility of the team captain to submit a proper and positive name. All names will be approved by Intramural staff. Any inappropriate names will be removed, giving the team one additional chance to enter a name. Failure to do so, or giving another inappropriate name will result in a team name being provided.

- Team names should only consist of up to three words and less than 20 characters (no Greek letters)
- All acronyms must be spelled out
- No suggestive or double meanings
- No vulgar language
- No reference to alcohol or drugs
- Avoid names that suggest acts of violence, crime, or sex
- No discriminatory references pertaining to a particular individual or group as identified in NDSU Policy 100.

*Use of the NDSU Wellness Center is a privilege. Members and individuals granted access who do not cooperate with established policies may be asked to leave or may have their access and/or membership revoked or suspended.