

NDSU Wellness Center
Intramural Sports Handbook
2019-2020

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NDSU Intramural Sports

Intramural Sports are a component of the Campus Recreation and Intramural Sports department within the NDSU Wellness Center. Intramural Sports offer a variety of experiences for students, faculty and staff including individual, dual, and team events, and include opportunities for men, women and co-recreational teams. The competitive atmosphere of intramural sports challenges participants in such a way that the program is still fun. The intramural sports staff works hard to provide quality experiences for all participants. It is the belief of the program that winning is not as important as the participant enjoying the event while playing within the spirit of the rules.

NDSU Intramural Sports use rules and regulations from the National Intramural and Recreational Sports Association (NIRSA). NIRSA is an organization that unites recreational sport 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 Coordinator of Campus Recreation and Intramural Sports.

Intramural Sports Office/Contact Information

The Campus Recreation and Intramural Sports Office is located behind the Recreation and Equipment Desk, within the Wellness Center. Meetings can be scheduled during regular NDSU office hours, and need to be set up at least one day in advance.

- Phone: (701) 231-7384
- Email: ndsu.wc.intrarec@ndsu.edu

IMLeagues

All participants must log into the Wellness Center Portal at wellnessportal.ndsu.edu to create an IMLeagues account and pay to participate. All information regarding program events including registration deadlines, schedules, rules, and playoff brackets can be found on IMLeagues.

To create an IMLeagues account, follow these steps:

1. Go to wellnessportal.ndsu.edu
2. In the upper right hand corner, select login using your Blackboard credentials
3. Select "Intramurals"
4. Click the banner that links to IMLeagues.com
5. Update your information

To sign up for a sport, follow these steps:

1. Log into your IMLeagues.com account
2. Click the "North Dakota State University" banner to go to NDSU's Homepage
3. The semester schedule will be displayed; click on the sport you wish to join
4. Choose the league you wish to play in (Men's/Women's, Co-Rec, etc.)
5. Choose the division you'd like to play in (Monday 6pm, Wednesday 9pm, etc.)
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 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 the top right of the Homepage
 - ii. Accepting a request from the captain to join the team
 - iii. Finding the team and captain name on the division/league page and requesting to join
- c. Join as a Free Agent
 - i. You can list yourself as a free agent in as many divisions within a league as you’d like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

Creating a Team

- The cost of each intramural event is \$7.50 per person, per team. An unlimited pass is also available for \$25.00, and is valid throughout the academic year.
 - All players must pay the personal fee in order to be eligible to participate. Failure to pay will result in an automatic restriction of play until the fee has been paid.
- 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 division’s first-come, first-serve based on when they meet the minimum player requirement.
- There are no refunds after signing up for an intramural sport, except due to weather cancellations. If there is not enough room for waitlisted teams, players who purchased a single event pass will receive a credit on their IMLeagues account.
- If too many teams register for a league, the teams that can’t move into a division will stay on the waitlist. Waitlisted teams will be contacted only if a spot opens within the league.
- All captains must take the “Captain’s Quiz” and receive a score of 100% before the team will be approved. You can take the quiz an unlimited number of times.

Team Captains

Each team entered in an Intramural Sport 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 league and he/she must be an active participant on that team. Duties of the team captain include but are not limited to:

- Complete an online quiz at the beginning of each season. Failure to complete will result in team ineligibility for that sport.
- Submit an appropriate team name. See “team names” for further information.
- Inform all team members that an NDSU ID is required to check in before every game.
- 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 Sports staff for pertinent information.
- Team captains are the only individuals allowed to approach officials during any event.
- Appeal a low sportsmanship score. (See below)

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. The following restrictions are enforced:

- Team names should only consist of up to three (3) words, and less than 20 characters (no Greek letters)
- 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.

Eligibility Exceptions and Restrictions

All student, staff, and faculty are allowed to participate in Intramural Sports with the following exceptions and restrictions:

- Must be a current NDSU student or be a valid NDSU faculty/staff member who has an up-to-date membership to the Wellness Center.
- A current NDSU ID is required at all events. Participants unable to present their 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 league. An individual may participate on one men or women's team and a co-recreational team. The team which they first represent will be the only team they may play on for the remainder of the sport.
- Any team that allows an ineligible player to play will forfeit that game, even if discovered post game. The offending team will be given all forfeit penalties, including the \$20 forfeit fee.
- 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, and cannot join or participate with any other team. Changes will be allowed until 3pm the day of your final regular season game, and must be added/accepted on IMLeagues. No roster additions can be made once 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 co-recreation sports) 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 Intramural Sports Coordinator.
- A participant is not eligible to compete in an intramural sport 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 forfeit for that game, or forfeit of eligibility for one-day tournaments. Both players (the participant who's ID was used, and the participant who used the ID) will be ineligible to participate in the remainder of the league without meeting with the Campus Recreation and Intramural Sports Coordinator, and the team will automatically be ineligible for the playoff bracket. If the use of an ineligible player is detected during the playoffs, the opposing team will advance.

Team Intramural Sport Offerings and Participant Requirements

	Min Players	Max Players	CoRec Gender Ratio
Men's/Women's Flag Football	7	14	
CoRec Flag Football	8	14	4/4
6v6 Men's/Women's/CoRec Volleyball	6	10	3/3
Men's/Women's/CoRec Basketball	5	10	3/2
Wallyball	4	8	2/2
Men's/CoRec Indoor Soccer	5	10	3/2
CoRec Softball	10	14	5/5
Bean Bag Toss	2	2	
4v4 Men's/Women's/CoRec Sand Volleyball	4	6	2/2
Spikeball	2	2	
3v3 Basketball	3	5	
Canoe Battleship	3	3	
Dodgeball	6	8	3/3
Ultimate Frisbee	7	10	4/3
Quidditch	6	10	

*When there is a split ratio, the teams can choose if they have more male or more female participants.

Sportsmanship

- Teams will be rated by officials and the intramural staff on a four point rating system. In order to qualify for playoffs, a team must average a 2.5 throughout the season. Two forfeits at any time during the regular season will result in the removal of your team from the division and playoff ineligibility.
- Intramural staff and officials will give sportsmanship ratings to teams after each event. These ratings will be the result of behavior before, during, and after the event.
- Anyone who verbally or physically accosts Wellness Center staff will be immediately suspended.
- Technical fouls, cards, 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.
 1. Two technical fouls, cards, or unsportsmanlike penalties will result in an ejection from the game.

Sportsmanship rating will be based on the following criteria:

4	Team exhibits respect and cooperation towards all Intramural and Recreation staff, teammates, and opponents. The team respects the judgement of the IM Staff. Captain demonstrates control over fans and spectators, teammates, and him/herself. Fans also exhibit the same positive sportsmanship as their team. Teams that win by forfeit will receive a "4".
3	Team exhibits respect and cooperation towards all Intramural and Recreation staff, teammates, and opponents through the majority of the game. Team members verbally complain about some decisions made by officials and/or show minor disagreement. Teams receiving one yellow card, unsportsmanlike conduct penalty, or unsporting technical foul cannot receive higher than a "3". Teams that default will receive a "3".
2	Team shows verbal dissent towards officials, opposing team, and/or Intramural and Recreation Staff. Captains exhibit minor control over their teammates, bench, and spectators, but are in control of himself/herself. This is the highest number you can receive with a player ejected. Teams losing by forfeit will receive a "2". Any team receiving a "2" in the playoffs and/or in tournament play will be eliminated regardless if they win or lose.
1	Team members continually display dissent towards Intramural and Recreation staff or opposing team. Frequent lack of cooperation with staff. The team captain shows little or no control of their team's actions before, during or after the event. Multiple yellow cards, unsportsmanlike conduct penalties, or unsportsmanlike technical fouls are assessed. Some examples warranting a "1" rating include dangerous or wild manner of play. A team which receives one red card (soccer) or an ejection (flag football, basketball, volleyball, softball) cannot receive higher than a "1" rating. Teams receiving a "1" during the playoffs and/or in tournament play will be eliminated regardless if they win or lose.
0	Team is completely uncooperative. The captain has no control over himself/herself, teammates, and spectators. Blatant disregard for officials, opponents, and the intramural program as a whole. Play is dangerous, and team shows no willingness to follow the rules of the game. Threatening or initiating contact that is not within the context or spirit of the game toward ANY individual. Team receives multiple unsportsmanlike penalties, technical, red cards, or ejections.

Spectators and Fans

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

The ratings will be completed shortly after the end of an event and is the team captain's right to see the rating given to his/her team following an event. If a captain is interested in their rating, they can ask for the rating at that time. 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 Coordinator of Campus Recreation and Intramural Sports. In order to appeal the rating, they must do so in writing to the coordinator no later than 12:00PM the day following the scores being 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 complete, a ruling will be made.

Team Notification

If a team's sportsmanship is rated a 1 or 2 for an event, the team captain will be emailed and informed of the rating. It is also the captain's responsibility to alert teammates of the low sportsmanship rating. The captain must also set up a meeting with the Coordinator of Campus Recreation and Intramural Sports prior to their next event. If the captain fails to do so, they will be forfeited from and ineligible to participate in that league.

[Regular Season Schedules](#)

- For all Intramural sports, schedules will be created and posted on IMLeagues. Participants will then be notified by email. Any changes to the schedules will be communicated to team captains immediately by e-mail.
- Inclement weather postponements will be made by 4:00PM Monday-Friday and 1PM on Sundays the day of the event for indoor activities. Outdoor sports could be called closer to game time. It is the team captain's responsibility to check their email for communication from IMLeagues and Intramural Staff.
- Cancelled games will be rescheduled if possible.
- All intramural activities will be cancelled if NDSU is closed, including those activities held off-campus.
- On weekends, individuals should assume all games are being played. The official notice will be made by the Coordinator of Campus Recreation and Intramural Sports via email from IMLeagues.

Defaults & Forfeits

All games shall be played on the date and time scheduled on IMLeagues. If at least one member of a team is present, a five minute grace period is allowed for all sports. After that time, the game must be forfeited. If no team members are present at game time, an automatic forfeit will be granted. Games lost by forfeit will not be rescheduled for any reason. Any team that forfeits will receive a “2” for sportsmanship. A team with two forfeits within the regular season will be removed from the league.

Forfeit Fee

The forfeit fee is a \$20 charge for any multi-week league charged to the captain of the Intramural team. Team play will be revoked until the forfeit fee is paid. Additionally, the captain will not be allowed to participate in any Intramural sport or event until the fee is paid. The following situations qualify as a forfeit:

- The team fails to notify the office of a default before the established 3pm deadline.
- The team does not notify the office and does not show up for a scheduled game.
- The team is more than 5 minutes late to a game.
- The team fails to meet the minimum player requirement during their scheduled game time.

If a team cannot field enough players for a game and the intramural office is notified by at least 3:00 p.m. of game day (or 3 pm on Fridays for Sunday games), then the game will be declared a *default*. A team that defaults will receive a “3” for their sportsmanship score.

Playoffs

Seeding and Eligibility

The standings for playoffs or the playoff lottery bracket will be determined by: winning percentage, sportsmanship, head to head, then overall differential. Following the completion of regular season games, sportsmanship ratings will be totaled and averaged over the course of the event. Teams must average a minimum 2.5 sportsmanship to be eligible, as well as maintaining a 2.5 or higher during playoffs. Sportsmanship scores can be viewed at any time through IMLeagues. Participants must have played in at least one regular season game to be eligible for playoffs.

Scheduling

Playoff scheduling will not follow regular season scheduling. This means that the day and time of your playoff game may not line up with your regular season division. This is done in order to get all of the playoff games completed in a reasonable amount of time for everyone involved. The staff does their best to schedule games at times that work for the most people, and games will not generally start any earlier than the earliest regular season division time scheduled for that day.

In the event of inclement weather and game cancellations, all tournament games may be moved to the next available day. Captains are responsible for checking IMLeagues for an updated schedule. *When possible, game times and locations will remain the same but this is not a guarantee.*

Incident Policy

Intramural sports 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 involvement in athletic events.

The university is not responsible for injuries incurred to Intramural sports participants or spectators while competing in intramural activities. We recommend that each participant carry health and accident insurance. All participants also sign a waiver of liability before they are able to access Wellness Center services.

Intramural sports officials will stop play when an injury resulting in open blood flow occurs, or when the injury can be compounded by further play (e.g. 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). Campus Recreation reserves the right to remove and keep players from competition after any injury. We will also remove participants showing signs or symptoms of a concussion. We recommend participants seek medical attention for all injuries, and may require a signed medical clearance from a 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 before returning to play.

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 and 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. All participants and spectators are expected to show a high degree of sportsmanship, including respect to authority, participants and spectators. The intramural sports staff may cite any participant or spectator for acts of unsportsmanlike conduct, and may link spectators to participants for the purposes of assessing penalties. Any participant not following policies must fill out a misconduct report, and may not return to play until the form is complete. Any participant with two "misconducts" will be ineligible to participate until he/she sets up a meeting with the Coordinator of Campus Recreation and Intramural Sports. Failure to do so will result in ineligibility from all intramural sports until a meeting is scheduled. The intramural sports staff may also eject participants and spectators from any event and/or event facility for acts of unsportsmanlike 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 sports activities until a conduct hearing has been completed with a Wellness Center staff member. Any person ejected from competition two times during the academic year (in any sport/event or combination thereof) could be suspended for the remainder of the academic year. If the ejection occurs at the end of the school year, the penalty may 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 event. University Police will be called immediately to determine appropriate action. Those involved in fights will be reported, and receive suspensions from intramural competition for at least one semester.

Those who threaten or initiate acts of aggression towards officials or other applicable authority will be reported, suspended from the intramural sports 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 Intramural Sports 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.