NDSU Intramural Sports

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

<table>
<thead>
<tr>
<th>*Unlimited pass covers all Intramural activities.</th>
<th>Max Players</th>
<th>Min Players</th>
<th># of Men/Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's Flag Football</td>
<td>14</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Coed Flag Football</td>
<td>14</td>
<td>8</td>
<td>4 men/3 women</td>
</tr>
<tr>
<td>Women's Volleyball</td>
<td>9</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Coed Volleyball</td>
<td>9</td>
<td>6</td>
<td>3 men/3 women</td>
</tr>
<tr>
<td>Men's 5 on 5 Basketball</td>
<td>10</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Coed 5 on 5 Basketball</td>
<td>10</td>
<td>5</td>
<td>3 men/2 women</td>
</tr>
<tr>
<td>Women's 5 on 5 Basketball</td>
<td>10</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Coed Walleyball</td>
<td>8</td>
<td>4</td>
<td>2 men/2 women</td>
</tr>
<tr>
<td>Coed Indoor Soccer</td>
<td>12</td>
<td>7</td>
<td>3 men/2 women  or 2 men/3 women</td>
</tr>
<tr>
<td>Men's Softball</td>
<td>14</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Coed Softball</td>
<td>14</td>
<td>10</td>
<td>5 men/5 women</td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>14</td>
<td>7</td>
<td>3 woman minimum</td>
</tr>
<tr>
<td>Coed Rock Climbing</td>
<td>14</td>
<td>3</td>
<td>2 men/1 woman  or 1 man/2 women</td>
</tr>
</tbody>
</table>

Accident Policy

NDSU does not carry an insurance policy for injuries. All participants are urged to obtain a medical examination prior to participating in any activity. All accidents and injuries must be reported to the intramural coordinator on duty. An accident report form must be completed and signed.

Eligibility Exceptions and Restrictions

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

- A current NDSU Bison ID is required at all events. Participants unable to present a current ID will not be allowed to play until the ID is shown.
- Tri-college students are not allowed to participate in NDSU intramural sporting events.
- An individual may participate in only one team per sport. The team which they first represent will be the only team they may play on for the remainder of the sport. An individual may participate on one men or women’s team and a co-recreational team. Those who do participate on both a men or women’s team and a co-recreational team must indicate on their roster which teams they play for.
- Any team that allows an ineligible player to play will forfeit that game, even if found out post game.
- Any player transferring from one team to another shall be ineligible to play for that sport for the remainder of the season. Basketball will allow free agent changes during winter break.
- Changes in the roster will be allowed until the third game of play and changes must be added/accepted online. After that time, no additions may be made.
- Students whose names appear on an official intercollegiate varsity or junior varsity squad list shall be ineligible to for a period of one year of their respective sport.
- Current club sport members may participate in their related sport, however a maximum of 2 (1 female/1 male for Coed 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 Intramural Sports Coordinator.
• A participant is not eligible to compete in an intramural sport event unless all pertinent information is provided on the appropriate entry form and team roster.

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 sport tournament, and the team will be ineligible for the post-season playoffs.

Any team playing an ineligible player (not on the roster) who is detected 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 an automatic loss. If the use of an ineligible player is detected during the playoffs, the opposing team will advance.

Forfeits & Game Reporting
All games shall be played on the date and time as scheduled. A ten minute grace period is allowed for all sports. After that time, the game will be forfeited. Games lost by forfeit shall not be rescheduled for any reason. A team with two forfeits will be dropped from that sport for the tournaments. Captains are urged to notify the Recreation Desk if their team is unable to make a scheduled game.

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 2:00 p.m. on the day of the event. It is the team captain’s responsibility to contact the Campus Recreation and Intramural Sports Office for the decision by checking IMLeagues.
• Cancelled games will be rescheduled when possible.
• All intramural activities will be cancelled if the NDSU campus is closed.

Sportsmanship
• Teams will be rated by officials and the Intramural staff on a 10 point rating system. In order to qualify for playoffs, a team must average a 7.0 throughout the session. Two forfeits at the end of the session’s regular season will be 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 as well as any other detrimental conduct assessed by referees and coordinators including dunking, verbal abuse, fighting, and any other unsportsmanlike conduct may result in an ejection and/or suspension.
  1. One technical foul will result in suspension from 2 halves of a game or 2 sets (volleyball and wallyball).

Sportsmanship rating will be based on the following criteria:
<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Teams cooperate with officials and each other. Captain calmly converses with officials about interpretations and calls. Captain has complete control of teammates.</td>
</tr>
<tr>
<td>4</td>
<td>Team members complain about some decisions made by officials and/or show dissension, which do not merit a technical foul.</td>
</tr>
<tr>
<td>3</td>
<td>Team members repeatedly question judgment. Captain has minor control of teammates. Unsportsmanlike call, yellow card, or technical foul all require this rating.</td>
</tr>
<tr>
<td>2</td>
<td>Team constantly comments to officials and/or opposing team from the field/court of sidelines. Captain has little to no control of the teammates. Two unsportsmanlike calls, conduct technical fouls, conduct yellow cards. Any time a player is ejected.</td>
</tr>
</tbody>
</table>
| 1      | Team is completely uncooperative. Captain has no control of teammates. Includes fighting or threatening of an employee or opponent. Possession or intoxication of alcohol or drugs.  
- If a team receives a one (1) or two (2) rating, a team representative will have to meet with the Intramural Sports Coordinator before their next game.  
- A second one (1) or two (2) rating will result in that team being dropped from the league. |

Participants and fans are expected to use 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.

**Team Captains**

Each team entered in an intramural sport must have a designated captain or manager who will act as a liaison between the team and the Department of Recreational Sports. A captain may only represent ONE team for any given sport and he/she must be an active participant on that team.

- Attend the mandatory captain’s meeting at the beginning of each session. Schedules, rules, and any questions will be covered at these meetings.
- Failure to show for the meeting will result in being dropped from that activity with no refund. If the team captain is not available, they must find a representative for their team.
- 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 their team ready to play when scheduled.
- Be familiar of all eligibility and game rules and see that their team is aware of those 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 contest.

**Team Names**

At North Dakota State University, it is the responsibility of the team captain to submit a proper and positive name. All names will be approved by 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 your team name being provided for you.

- Team names should only consist of up to three words, 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 other 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.

Intramural staff will assign a team name if the captain signs their team up without a team name or an inappropriate name. The captain will be notified prior to the team name change and will be given five calendar days to respond and/or change it him/herself.

To create an IMLeagues account:
1. Go to [http://www.imleagues.com/Schools/NDSU/Registration](http://www.imleagues.com/Schools/NDSU/Registration)
   OR
   a. Go to [www.IMLeagues.com](http://www.IMLeagues.com) and click ‘Create Account’
   b. Enter your information; use your North Dakota State email
2. You will be sent an activation email. Click the link in the email to login and activate your IMLeagues account.
3. You will be automatically added to NDSU’s group. If this does not happen 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.
   OR
   Click on the ‘North Dakota State 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.
4. Choose the league in which you wish to play in (Men’s A, Men’s B, Women, etc.)
5. Choose the division you’d like to play in.
6. You can join the chosen sport one of three ways:
   1. Create a team (For team captains)
      a. 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.
         i. If they’ve already registered on IMLeagues: search for their name, and invite them
         ii. If they haven’t yet registered on IMLeagues: scroll down to the ‘Invite by Email Address’ box, and enter their email address
   2. Join a team
      a. Use the ‘Create/Join Team’ button at the top right of every page
      b. Accept a request from the captain to join his team
      c. Find the team and captain name on division/league page and request to join
      d. Go to captain’s player card page, view his team, and request to join.
   3. Join as a Free Agent
      a. 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.
      b. Free agents are encouraged to attend the captain’s meeting for the sport they are interested in playing. Staff will attempt to help a free agent find a team.
      c. Unfortunately spots are not guaranteed, but we will try our best to place everyone on a team that wishes to play.
• All entry fees must be paid on IMLeagues before teams can be created. Teams will NOT be approved to play until all fees are paid.
• All teams need to 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 put into leagues on a first come, first served basis.
• There are no refunds after signing up for an intramural sport, except due to weather cancellations.
• If too many teams register for a league, a wait list will be formed. 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 (see II). Names that include inappropriate language or references will be removed. If a team name is not submitted, one will be assigned to the team.

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.