



**Department of Campus
Recreation**

Intramural Sports Policies and
Procedures

2024-2025

Intramural Sports Overview

The intramural sports program is designed for the enjoyment and fun of organized sport and to contribute to the overall well-being of the University of Missouri-St. Louis community. Good sportsmanship is a requirement, not an option. Intramural Sports offers team sports, individual/dual sports, educational programs, and nontraditional programming at both the recreational and competitive levels. Previous athletic experience is not a prerequisite for participation in intramural sports programming.

This handbook outlines the policies and procedures that will guide the success of the Intramural program and its participants. The Department of Campus Recreation reserves the right to amend, alter, or dissolve any of the guidelines or rules to benefit the program. All appropriate parties will be notified of any changes that do occur. It is the responsibility of all intramural sports participants to familiarize themselves and comply with current intramural policies and procedures.

Assumption of Risk

Individuals are encouraged to have a physical examination and obtain adequate health and accident insurance prior to participation in recreational sports activities. Campus Recreation does not provide insurance coverage for participants.

Alcohol, Tobacco, and Controlled Substances

The use of tobacco products, alcohol, or controlled substances on or around the intramural fields and Recreation and Wellness Center is prohibited. Intramural Sports Staff reserve the right to remove individuals from activities or not permit them to participate if it is believed that individual is under the influence or has possession of controlled substances or alcohol. The individual may be asked to leave the facility or area. This policy includes spectators. Individuals who violate this policy will be reported to Student Conduct and Academic Integrity for possible judicial sanctions.

Eligibility

All current Recreation and Wellness Members or Guests may participate in the Intramural Sports Program. Individuals must be at least 16-years old to participate. Any team that allows an ineligible player to play on their team will forfeit each game in which the ineligible player participates.

League Eligibility

Participants may only participate on one (1) open-gender league team in the same sport (i.e. they may play on ONE (1) recreational team OR ONE (1) competitive team, but not both). Individual and dual sport participants may participant on one (1) singles and one (1) doubles team in the same sport.

A player is committed to a team after playing in one (1) regular season game. If a player wishes to change teams, they must request to do so through the Intramural Sports Office. Each case is heard on a case by case basis. A team's roster is finalized after the last regular season game is played. Players that have participated in a regular season game and are on the printed IMLeagues roster will be eligible for playoffs.

ID Policy

All participants must present their TritonCard, or the UMSL REC app, at all intramural activities. There is NO exception.

The name presented on the TritonCard or the UMSL REC app must match what is listed on IMLeagues and the printed roster. Any team with a player using an assumed name will forfeit that game. The player(s) involved will be subject to suspension.

Intercollegiate and Professional Athletes

Any person who has practiced, competed or is otherwise recognized as being a member of an intercollegiate team is prohibited from participating on an intramural team in that sport or a related sport during that academic year.

Former collegiate letter winners are eligible to participate in the Intramural Sports Program if at least one (1) calendar year has elapsed since their last participation with an intercollegiate team. No more than one (1) collegiate letter winner may represent an intramural team in their lettered sport.

Individuals considered to be professional athletes are not allowed to participate in intramural sports in their respective or related sport. However, professional athletes will be permitted to participate in intramural sports if they have been inactive for a period of five (5) or more calendar years.

Sports Club Members

Sport club members are eligible to participate in all intramural sports. However, intramural team rosters can only have two (2) club members of that sport, or related sport.

Team Captain/Co-Captain Responsibilities

When registering a team for Intramural Sports, a captain must be designated. This person will be the main point of contact between the Intramural Sports Office and the team.

Responsibilities of a team captain include:

- Checking IMLeagues regularly and notifying teammates of game times, locations, sport rules, and announcements
- Verifying the eligibility of each team member on the official IMLeagues roster and the eligibility of team members signing up at the game site
- Communicating in a timely manner when contacted by the Intramural Sports Office
- Acting as the team's liaison with game officials when questions arise
- Ensuring all team members show good sportsmanship and refrain from displaying unsportsmanlike conduct
- Submitting payment for forfeit fees
- Entering team lineup on appropriate score sheets
- Being knowledgeable of all Intramural Sports Policies and Procedures including all rules governing the activity in which they are participating
- Complete all relevant sports quizzes

Registration

The Intramural Sports staff is proud to offer a variety of activities for the University of Missouri-St. Louis community. To participate in these activities, each participant will be required to register through the registration website, www.imleagues.com. Registration can occur on-site for regular season games, however, it is encouraged to register ahead of time.

Fraternities, sororities, residence halls and independent organizations are encouraged to select a manger/team captain to handle operations for their respective intramural team. Individuals interested in playing an intramural sport can learn more about upcoming sport offerings and descriptions at www.umsl.edu/campusrecreation/intramuralprograms. League offerings, division times and schedules can be found on IMLeagues. Schedules will be posted within a few days following the registration deadline.

IMLeagues – How to Register

To create an IMLeagues account:

- Go to IMLeagues and click “Sign-Up” in the upper left corner.
- From the first drop down box select “University of Missouri – St. Louis”.
- Enter your First Name and Last Name as they appear on your TritonCard along with your school email.
- Complete the remaining fields, then click “Create Account”.
- You will be asked to verify your account through your email prior to logging in.

To sign-up for an intramural sport:

- Log into your account using your school email and the password you set up.
- Click on the “Sports” tab to view available leagues.
- The current sports are displayed towards the bottom of the screen. Click the sport you wish to join.
- Choose the league you wish to play (i.e. Open, Open Doubles, Open Singles, etc.)
- You can join the sport one (1) of three (3) ways:
 - Create a team (for team captains)
 - Captains must accept team members’ requests before they are on the team’s roster.
 - Division space is limited and is on a first come, first served basis. Teams must have the minimum number of players on their roster before their placement in the division is confirmed.
 - Teams without the minimum number of players by the first day of regular season games will be removed from the league.
 - Join a team by:
 - Finding the team and captain name on division page and requesting to join.
 - Going to the captain’s player card page, viewing their team, and requesting to join.
 - Accepting a request from the captain to join their team.
 - Join as a Free Agent.

- Team captains can search for free agents and extend invitations to join their team.
- Being a Free Agent does not guarantee placement on a team.

Team Names

Intramural Sports staff reserves the right to change or alter any team name that is vulgar, offensive, or in poor taste.

Classification of Leagues

Currently, the intramural sports program offers the league structures outlined below. Not all structures will exist for all sports.

Recreational Leagues: Leagues labeled as “Recreational” are intended for individuals of average or beginner skill and/or ability. These leagues are designed for teams that have a primary objective of simply participating in an organized environment and having fun.

Competitive Leagues: Leagues labeled as “Competitive” are intended for a higher level of skill and/or ability. Competitive leagues are appropriate for teams where the majority of players have had a prior experience playing that sport in an organized setting. Former varsity athletes must play at this level in their related sport. If the type of league is not specified, it is a Competitive league.

Open Leagues: Leagues labeled as “Open” are designed for all individuals eligible to participate in intramural programming. These leagues have no gender requirements.

Scheduling

The Intramural Sports program seeks to schedule around the dynamic student life. Normal programming hours are between 5:00pm – 9:00pm Mondays through Fridays. League schedules are determined by a variety of factors including the number of teams involved, the availability of facilities, and the event’s time frame. Depending on the type of activity, schedule formats may either be:

- Round robin format (pool play) followed by a single elimination tournament
- Single or Double elimination tournament

Regular season leagues usually consist of a 3-6 game regular season followed by a single elimination tournament. League schedules will be posted on the IMLeagues website. Any schedule changes or updates will be made through IMLeagues.

Scheduling Playoffs

The Intramural Sports Staff will prepare all regular season and playoff schedules. Scheduling concerns or questions may be directed to the Intramural Sports Office. All scheduling conflicts should be reported to the Coordinator of Recreational Sports as soon as possible, so the proper actions may be taken to resolve the issue.

All teams are eligible for the playoffs if they finish the regular season, have a season average sportsmanship rating of a 3, have not forfeited two (2) times, or had a combination of three (3) default

losses and forfeits. Teams participating in the playoffs may be required to play on nights and times that differ from their regular season schedule.

Rescheduling

Rescheduling of games is discouraged because of the lack of time and facility space constraints we have to play games. There is no guarantee that games can or will be rescheduled. To inquire about a potential game reschedule, the team captain must email the Coordinator of Recreation Sports. All requests must be submitted by 12pm the day before the game. For a reschedule to be finalized, the opponent must agree to play at the new time. Should the opponent not agree to the newly scheduled time, the game will not be rescheduled.

If a team is aware that they will be unable to make a scheduled game, and are unable to reschedule, they should submit a Default in accordance to the Default procedures outlined below.

Weather Postponements and Cancellations

In the event of inclement weather, most decisions on postponement and cancellations will be made by 2:30 p.m. the day of the contest. Team captains will be notified via IMLeagues.com or email by the intramural staff of any game schedule changes. An attempt will be made by the Intramural Office to reschedule all canceled contests. However, if regular-season contests are not rescheduled, each team will be credited with a win for that game. Cancellations during the playoffs will be rescheduled.

Defaults, Forfeits, and Extra Games

Defaults

Teams or individuals that know in advance that they will be unable to participate in a scheduled game or event should “Default” their game. Team captains can do this by submitting a Default Notification Form to the Intramural Sports Staff by 1:00pm the day of their scheduled game. For weekend games this process must be completed by 1:00pm the Friday prior to the scheduled game.

Games declared a “default” will result in a loss for the defaulting team and a win for the opposing team. Both teams will receive a 3 sportsmanship rating. While a loss is assessed to the defaulting team, they will remain in the league in good standing. Teams can only default two (2) times in a season; a third default will result in the \$25 forfeit fee being assessed to the team captain and the team will be removed from the league.

Forfeits

To maintain the integrity of our leagues, teams are expected to arrive at their games early and be ready to play at game time. Any team or individual not ready to play a contest at the scheduled location and time shall forfeit the contest (Grace Period rule applies – see below). A \$25 forfeit fee will be assessed to the forfeiting team captain’s RWC account and the team will be assessed a sportsmanship rating of a 2. After 30 days, an unpaid balance could impact entry into the RWC. If both teams fail to check-in, each team will be given a forfeit and the game will not be rescheduled. For a team to win by forfeit, they must have the minimum number of players checked in at game time. The winning team shall receive a sportsmanship rating of a 3.

A team or individual that forfeits twice during the regular season will be removed from the schedule and not eligible for playoffs. If a team or individual forfeits during a tournament they will be removed from the bracket.

A forfeit may be assessed for the following reasons, but are not limited to:

- Use of ineligible players
- Team arriving in improper uniform or equipment
- Failure to have the minimum number of players in attendance at the scheduled game time
 - Minimum player number varies by sports. See sport rules for reference.
- Failure to submit a default in the correct timeframe
- Unsportsmanlike behavior
- Apparent use of alcohol or controlled substances
- Games canceled due to unsportsmanlike conduct
- Games canceled due to not following facility guidelines

Grace Period

Teams and individuals will be granted a grace period IF it is stated in the sport rules. The game/match may begin at any time until the grace period has expired with the time remaining as indicated on the clock and points awarded as outlined in sport specific rules. If after the grace period the game/match has not begun, it will be forfeited to the opponent. If neither team/player is prepared to play, a forfeit or double forfeit will be declared as appropriate.

Extra Games

Extra games are an opportunity intended for teams to play in more games when their opponent can no longer make the originally scheduled game time. Extra games will only be scheduled if an opponent has defaulted and another team agrees to participate.

How to Join

At the close of registration, team captains will receive an email containing a link to submit availability for Extra Games. The more available your team is, the better the chance of gaining extra games becomes. Extra Games will be given to the available teams when we have a default submitted to the office by 1:00pm the day of the game (or 1:00pm on Friday for a weekend game). Available teams will have until 3:45pm the day of the game (or 3:45pm on Friday for a weekend game) to notify the office they would like to play in the open spot. Once a team has received an extra game opportunity, they move to the bottom of the availability list so that we can offer the most opportunities to all teams in a given division.

How do Extra Games Work?

A team has submitted the form to Default their game within the required timeframe:

- This team gets the loss for the original game, and we will attempt to find a replacement for their opponent.
- The original opponent and the additional team now have an extra chance to gain an additional win by participating in an extra game.
- The score and sportsmanship ratings for both teams will count as a regularly scheduled game.
- Once a team has been selected for an extra game they are moved to the bottom of the list of eligible teams.

Sportsmanship

All participants and spectators of Intramural Sports are obligated to conduct themselves in a manner that fosters a safe, friendly and enjoyable atmosphere for all players and spectators. Unsportsmanlike conduct or other inappropriate behavior occurring in Campus Recreation indoor or outdoor facilities before, during, or after intramural events will not be tolerated. Teams will be held accountable for the actions of their players (both participating and non-participating) and their fans. Officials and Campus Recreation staff have the authority to impose and enforce penalties on teams, players, and/or fans that have committed offenses. Penalties for post-game, playoff, and tournament play violations may be carried over into subsequent games and/or sport seasons.

Sportsmanship Rating System

The development of team and individual sportsmanship is of fundamental importance in all intramural sports activities. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sport contest is included in the rating. The team captain is responsible for education and informing all players and spectators affiliated with their team about the system.

The officials will rate each team in each contest. In all cases the Intramural Sports Supervisors and Professional Staff may provide input, which may raise or lower the rating. Supervisors may amend the rating for inappropriate conduct or use of an ineligible player. Teams displaying good sportsmanship and receiving a sportsmanship average of a 3 will be eligible for playoffs. To advance within the playoff bracket, teams must receive a sportsmanship rating of a 3 or higher.

The sportsmanship rating scale ranges from 0-4; 4 being equated with the best sportsmanship and with 0 being poor sportsmanship. The Sportsmanship rating scale is based off of sportsmanship infractions (SI), which include unsportsmanlike penalties in flag football, unsportsmanlike technical fouls in basketball, and unsportsmanlike yellow cards in soccer and volleyball. All other team sports, even though they do not have automatic deductions, still closely follow the model outlined below.

- 1 SI = 1 unsportsmanlike penalty, 1 technical foul, or 1 yellow card
- 2 SI = 1 red card, 2 yellow cards, 2 unsportsmanlike penalties, or 2 technical fouls

4 – Good Sportsmanship

- No sportsmanship infractions issued to the team/individual.
- Team cooperates with and demonstrates good sportsmanship to opponents, spectators, and all intramural sports staff.
- Players/captain exhibits control over their team and spectators, are respectful with officials about rule interpretations/calls, and cooperate by providing any information requested by intramural sports staff.
- Team members participate within the spirit of the game and follows program policies.
- Respect is shown for University of Missouri-St. Louis Campus Recreation facilities and equipment.

3 - Average Sportsmanship

- 1 Sportsmanship infraction was issued to the team/individual.
- Players display disagreement or frustration with decisions of intramural sports staff or officials.
- Players question the judgment or rules interpretation in a disrespectful manner.
- Minor incidents of unsportsmanlike behavior may occur towards opponents, spectators or staff. Examples include, but are not limited to trash talk, cursing in any manner, publicly questioning an official's abilities, mocking the skill level of an opponent, etc.

2 - Unacceptable Sportsmanship

- 2 Sportsmanship infractions were issued to the same team/individual or 1 player was ejected.
- Players and/or spectators continually complain about officials' decisions and displayed disagreement disrespectfully. Complaints may include both verbal and nonverbal behavior along with excessive arguing between opposing teams or spectators.
- Team captain exhibited little control over their team and spectators. Team captain is disrespectful with officials about rule interpretation or calls and did not cooperate with staff.

1 - Game Ending Sportsmanship

- 3 Sportsmanship infractions were issued to the same team/individual, which ended the contest.
- Team members did not meet eligibility requirements for participation in the Intramural Sports Program. This includes the participation of suspended or previously ejected players.
- Teams or players are demonstrating public indecency, vulgarity, or obscenity.
- Individuals/teams played after the consumption of alcohol or controlled substances. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest could be forfeited to the opponent.

0 - Season Ending Sportsmanship

- Multiple ejections or blatant unsportsmanlike conduct occurred that endangered participants, fans, officials, or supervisors.
- Physical abuse by players or spectators in the form of fighting and/or wrestling with an opponent and/or teammate which occurred before, during, or after an Intramural Sports contest.
- Any threatening behavior (verbal and/or nonverbal) to any University of Missouri-St. Louis Intramural Sports or Campus Recreation employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.
- Damage to or destruction of any UMSL property or UMSL Campus Recreation facilities or property.
- Any violation of the UMSL Student Standard of Conduct.
- Team was uncooperative with intramural sports staff, administrative staff or University officials while performing their duties including falsely representing or withholding requested information.

Ejections

Intramural Sports staff reserves the right to eject any individual, team, or spectator who displays conduct deemed unsportsmanlike, interrupts the flow of a game, or does not stay within the spirit of the rules. Individuals, teams, or spectators may be ejected before, during, or after any contest. Ejections can be made by any Intramural Sports staff member at any time. The Intramural Sports staff decision is final.

Any ejected person(s) must leave the playing area and facility immediately. If the person refuses to leave within a reasonable time, the game will be forfeited and UMSL Police may be called. Captains/team members must assist the Intramural Sports staff with retrieving the ejected participants identification (name).

Ejected players are ineligible to participate in Intramural Sports activities until they meet with Intramural Sports professional staff and any subsequent suspension has been served. The player must email the Intramural Sports Office and schedule an appointment to seek reinstatement. Teams that use players who are suspended will forfeit all games in which they used suspended players and may be subject to future suspension. Cases that are deemed too serious may be referred to Student Conduct and Academic Integrity.

Suspension Guidelines

Within two business days of the ejection, the ejected individual will be notified by the Intramural Sports Office with further action to complete the reinstatement processes. All ejections may result in suspension from all Intramural Sports programming as well as access suspension from the Recreation and Wellness Center. Suspension length will be determined by the severity of the offense. More severe cases of Unsportsmanlike Conduct will be referred to Student Conduct and Academic Integrity. Suspension periods do not begin until after a suspension meeting.

The following guidelines provide a framework for the **minimum** suspension length an individual will receive for different types of offenses. Please understand that these are **guidelines** and the Coordinator of Recreation Sports has the authority to deviate from and/or add to these guidelines as necessary when determining suspension length. Participating in any further intramural sports during a suspension will be viewed as a blatant disregard of Campus Recreation policies and will lengthen the suspension of the participant. Suspensions will be enforced across all sports including the sport the participant was ejected from. Suspensions may also be carried over from one season to another at the discretion of the Coordinator of Recreation Sports. Individuals who receive multiple ejections may serve longer suspensions or be asked to demonstrate steps towards personal growth prior to being permitted to participate again.

Offense Type	Example	Minimum Suspension Length
Rule Infraction	<ul style="list-style-type: none">Illegal slide tackle in soccer	1 Game
Flagrant, Malicious, and or Dangerous Game Play	<ul style="list-style-type: none">Unnecessarily hard foul in basketball	2 Games
Using Someone Else's ID	<ul style="list-style-type: none">Using another person's identity to playAllowing someone else to use your identity to play	2 Weeks for First Offense
Verbal Abuse of Intramural Staff and/or Opponents	<ul style="list-style-type: none">Cursing at officialsName calling directed at opponents	1 Month for First Offense

Fighting	<ul style="list-style-type: none"> Any non-game related physical contact which includes but is not limited to: striking, pushing, slapping, elbowing, and kicking 	Indefinite Suspension
Verbal Abuse of Intramural Staff and/or Opponents by an Intramural Participant who is also an Intramural Sports Employee	<ul style="list-style-type: none"> Cursing at officials/coworkers Name calling directed at opponents 	Indefinite Suspension

Appeals

An individual may request to appeal a suspension and/or suspension length. A request must contain a written statement and be submitted to the Intramural Sports Office within 48 hours of receiving the outcome of the suspension meeting. Once the Intramural Sports Office has received a written statement of appeal, the Senior Assistant Director of Programs, the Associate Director, or the Director of Campus Recreation will review the request to determine if the participant(s) have grounds for an appeal. The professional staff member may:

- Adhere to the original decision.
- Lift the suspension completely.
- Make the consequence more severe such as lengthening the suspension, assessment of forfeit fees, lifetime suspension of facilities and programs, or reporting the incident to Student Conduct and Academic Integrity.
- Make the consequence less severe such as lifting facility suspension, decreasing the number of games, or removal of a forfeit fee.

All appeal rulings made by the professional staff member assigned to the appeal will be final. Participants who file an appeal will be notified of the decision within ten (10) days of the appeal request. Suspended participants who are appealing their suspension will remain ineligible and will not be permitted to participate in any intramural sports programming while the appeal is being processed. Participating in any further intramural activity during a suspension that is being appealed will be viewed as blatant disregard of Department of Campus Recreation policies and will lengthen the suspension and cause the appeal to be automatically dropped.

Protests

Protests may only be filed based on player eligibility and rules interpretations. **An official's judgment, decisions or accuracy will not be considered grounds for a protest.** To file a protest, the team captain must immediately bring the issue to the attention of the official or supervisor on their field/court.

All rule interpretation protests must happen prior to the next live ball/play. The official must then notify both teams that a protest has been made. All rules interpretation protests will be handled on site by the intramural staff.

Eligibility protests can be filed with the Intramural Sports Supervisor only if the player in question participates in the contest. Player eligibility protests must be filed during or immediately after the related contest.