



Intramural Sports Policy Manual
2024-25

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The Intramural Sports Staff may adjust the policies and procedures within this manual at their discretion.

PROGRAM CHANGES FOR 2024-25

New Sports

2v2 Racquetball and 4v4 Wallyball are both new scheduled leagues!

Roster Minimums

The roster minimum must be attained for a team to be approved and scheduled for regular season and/or postseason games. Teams are not guaranteed a spot in the league until they have fulfilled this roster minimum AND re-selected the available division the team wishes to join. (Example: 8v8 Kickball has a roster minimum of 8, 7v7 Flag Football has a roster minimum of 7, etc.)

Jewelry

All jewelry must be completely covered and secured. Safety is still our top priority. Any jewelry that remains a risk to any participant (even if covered) will not be permitted.

Grace Period

If neither team has the required number of players by the end of the 10-minute grace period, the results are recorded as a forfeit for both teams. If one team is present at the start of the grace period, that team has the option to start the game ahead by the score of the mercy rule for that sport. However, the team may also elect to have the game started with a "0-0" score if the opponent shows up prior to the end of the grace period.

For sports that are played by sets, a team will start ahead half of set score (12-0 if playing to 25) instead of down 1 game to 0.

Team Forfeits

Teams that forfeit multiple times within a season will be removed from the league. Exceptions may be granted under certain circumstances if the Intramural Staff is notified prior to the game.

Jersey Numbers

For 5v5 Basketball only, players must have visible numbers on their shirts/jerseys. Taped numbers are allowed, however, the intramural sports staff reserves the right to remove anyone from the game if they do not have a number on their shirt/jersey, or if their number is no longer visible.

FREQUENTLY ASKED QUESTIONS

1. **What are intramural sports?**

Intramural sports are played on campus among VT students, faculty, and staff. They provide exercise, recreation, competition, and fun to participants in a relaxed, yet structured environment. Intramurals offer the thrill of competition while placing an emphasis on fairness and sportsmanship for teams and individuals.

2. **What is the time commitment like?**

On average, the commitment is about an hour per week. Each season lasts about six weeks, which means an average of 4-5 games per team.

3. **What types of leagues are available?**

For most sports, we offer a Men's/Women's league as well as a CoRec (mixed-gender) or Open (no gender requirements) league.

4. **What are the levels of competition like?**

Most intramural activities offer two levels of competition: competitive and recreational. The Competitive Division is for teams seeking to compete at a high level and wish to participate in a playoff tournament for our coveted intramural championship t-shirt. Competitive teams participate in 2-3 regular season games as well as a post-season playoff bracket, as long as they meet team eligibility requirements.

The Recreational Division offers teams the chance to play in an environment founded on social networking, teamwork, and simple enjoyment of exercise. This division is for participants without extensive experience in a sport or those that enjoy the opportunity to just be part of the game. Teams in this division do not participate in a playoff tournament. Instead, each team will receive its full schedule at the beginning of the season (typically, a 4-game season).

5. **How do I get involved?**

In order to participate in Intramurals, you will need to purchase an Intramural Membership. Then, simply register for your activity. The Intramural Membership (\$25) allows you to participate in any intramural activity throughout the entire academic year.

6. **Who can purchase an intramural membership?**

Any student or employee currently affiliated with Virginia Tech is eligible to purchase a membership. This includes campus ministry, visiting scholars, VCOM, vet med, and CRC employees with Virginia Tech IDs. Also, any Recreational Sports Long Term Guests (except dependents) are also eligible to purchase a membership.

7. **How do I register?**

To purchase a membership, visit our [Intramural Sports page](#) and click "Buy Membership". Unless otherwise noted, all registration is done through our online platform, [IMLeagues](#). Schedules, team information, rules, and league information can be found on [IMLeagues](#). Additional information about including registration dates and policies can be found on our [Intramural Sports page](#).

INTRAMURAL SPORTS MISSION STATEMENT

The Intramural Sports Program falls under the Department of Recreational Sports. We aim to offer a diverse range of sport-related activities to our community of Virginia Tech students and employees. We offer activities that promote community engagement, the thrill of competition, and the benefit of exercise and movement. Intramural sports reinforce teamwork, personal accomplishment, respect, and integrity. Regardless of skill, we encourage all community members to get involved, keeping in mind that the value of intramural sports comes from getting in the game, not from winning.

DIVERSITY

The Intramural Sports Program aspires to create an environment in which all members are treated with dignity and respect in the spirit of Virginia Tech's motto *Ut Prosim* (That I May Serve). Our community is comprised of many individuals, each having unique attributes based on a variety of social, physical, and cultural characteristics including, but not limited to:

- | | |
|------------------|-------------------------|
| ○ Age | ○ National origin |
| ○ Class | ○ Political affiliation |
| ○ Disability | ○ Race |
| ○ Ethnicity | ○ Religion |
| ○ Gender | ○ Sexual orientation |
| ○ Marital status | ○ Veteran status |

The changing composition of our larger society demands Virginia Tech to prepare its students for life, leadership, and cultural literacy within a diverse society. Our diverse Virginia Tech community provides us the opportunity to discover ways to integrate individuals and groups of all backgrounds into the larger community. In doing so, we must learn to respect the values and uniqueness of each while still advancing Virginia Tech in its traditional activities of instruction, research, and public service.



INTRAMURAL SPORTS



RECREATIONAL SPORTS



COREC AND GENDER POLICY

Each intramural activity offers one of the following four league options: Men's, Women's, CoRec, or Open.

CoRec Leagues are mixed-gender leagues. Open Leagues are open to all participants. For CoRec leagues, the gender maximum is half of the number of players for a team. Example: For a 7v7 Flag Football team, the gender max is 4. If a 7v7 Flag Football team only has 4, 5, or 6 players available to play for a particular game, they would have the same gender max of 4.

There are no rule differences or restrictions for any CoRec league with the exception of the gender requirement for players participating. (This includes softball lineups, volleyball lineups, scoring differentials, goalie specifications, etc.)

SPORTSMANSHIP

Our goal is to provide competition for our participants in an enjoyable, recreational, and structured environment. Therefore, the following sportsmanship classification system encourages proper sporting behavior during all intramural contests.

For team sports, all teams are expected to display "acceptable" or better sportsmanship in every game. During the regular season, teams with sportsmanship incidents may be ruled ineligible for the playoffs. During the playoffs, teams with sportsmanship incidents may be removed from the tournament. At any time, if a team displays poor sportsmanship, the team will be required to meet with the Intramural Sports Staff. All teams are subject to removal from the league due to sportsmanship issues.

The classification of sportsmanship is subject to interpretation by the Intramural Sports Staff. In the event that a team displays poor sportsmanship, the Intramural Sports Staff reserves the right to eject any team member or forfeit the game. In any team sport activity, a player that receives a foul/penalty for unsporting behavior must immediately report to the Scorekeeper/Supervisor on site, so the foul/penalty can be documented. Failure to do so will result in immediate ejection from the contest. The following categories are designed to be a guideline for determining sportsmanship levels:

Excellent Sportsmanship: Players cooperate fully with opponents and staff; captain calmly converses with officials and has full control of teammates.

Good Sportsmanship: Players cooperate with opponents and staff; team does not commit an unsportsmanlike penalty/foul.

Acceptable Sportsmanship: Team members display minor disagreement and unsporting behavior toward staff and/or opponents; team does not have more than one unsportsmanlike penalty/foul.

Poor Sportsmanship: Team members display a lack of control and continuously show unsporting behavior to staff and/or opponents from the field/sidelines; captain has little or no control of team; team commits unsportsmanlike penalties/fouls; team member(s) ejected due to sportsmanship issues; team required to forfeit the game due to unsportsmanlike behavior.

TEAM CAPTAIN RESPONSIBILITIES

Recruitment

Many people on campus want to participate in intramural sports but don't know how to get involved. You can introduce those individuals to the Intramural Sports Program by including them on your team. As a captain, you should ensure that every teammate is eligible and has purchased an Intramural Membership. Remember, as a captain, you can recruit Free Agents in [IMLeagues](#) if your team is in need of more players. Intramural Sports offer the opportunity to enjoy friendly competition, healthy exercise, and interaction with diverse groups of individuals. Use this opportunity to get involved and get others in the game.

Organization

It is the captain's responsibility to ensure all registration requirements are completed (i.e., Rules Quiz, Player Minimum Requirement). All sport registrations are processed through [IMLeagues](#). During the regular season, game times do not change. Teams should expect to play at the same time each week. However, during the playoffs teams may play on back-to-back days, or in some cases, doubleheaders on the same day. For outside sports, games may be cancelled due to weather on the day of the game. Thus, it is important for captains to be able to contact their teammates.

We encourage you to use the roster on [IMLeagues](#) to keep your teammates informed of all schedules, game status, etc. Additionally, after each game, you should 1) ensure your players were all correctly checked into the game for your team and 2) verify your game score was recorded accurately.

Communication

As a captain, the most important job as the leader is communicating with your teammates. It is up to you to know the intramural policies and procedures and encourage team members to know them as well. If necessary, inform team members of any special rules that may apply for your particular sport. We suggest frequent communication among team members so you know which team members will be present for each contest.

In situations where a team member must communicate with the Intramural Sports Staff, it is the captain's responsibility to represent the team in a respectful, sportsmanlike manner. For example, the captain should be involved in conversations to discuss player eligibility and rule interpretations/applications. When applicable, the captain is responsible for submitting any forms related to team participation (e.g., Protest Form).

Finally, we ask that you are willing to communicate on a regular basis with the Intramural Sports Office. We encourage your feedback as we continue to make our Intramural Sports Program one of the best in the country!

PARTICIPANT RESPONSIBILITIES

1. All participants are responsible for ensuring their eligibility to participate in intramural sports programs. Any questions about eligibility can be directed to the Intramural Sports Staff at imsports@vt.edu.
2. In addition to ensuring eligibility, prior to participating in intramural activities, every participant must purchase an intramural membership. The *Intramural Membership* (\$25) allows an individual to participate in any intramural activity for the entire academic year.
3. Be aware of the Intramural Sports Program's rules, policies, and procedures related to your activity. Ask your team captain or a member of the Intramural Staff if you have any questions. You may also answer many of your questions by visiting the [Intramural Sports website](#).
4. For team sports only: every player is required to verify eligibility before participation. Eligibility is verified at the time that you check-in for a game, which includes providing an acceptable form of identification. See the "Participant Eligibility" section of this manual for more information about acceptable forms of identification.
5. Act in a sportsmanlike manner when participating in intramural activities. Remember...playing intramural sports is a privilege, not a right.
6. Positively reflect and actively uphold the values of Virginia Tech Intramural Sports Program, which include sportsmanlike competition, fairness, respect, and integrity.

EMPLOYMENT OPPORTUNITIES

Every year, the Intramural Sports Program hires 200+ student employees to work as officials, scorekeepers, and supervisors. Student employees learn important transferable skills, network and connect with peers, develop relationships, and enjoy opportunities to mature as leaders on campus. All student employees are encouraged to participate in intramural sports. We offer flexible scheduling to our employees and no prior experience is necessary to be hired. Students hired for these positions are expected to attend meetings, clinics, and trainings where they will learn all the skills needed to meet all responsibilities of the position. Please see our job listings below. To learn more or apply for a position, visit our [Intramural Employees page](#).

Intramural Sports Official Position Description: Every year, the Intramural Sports Program hires 150+ student officials for 10+ team sport activities. Officials' responsibilities include but are not limited to the following: game and policy administration, assisting with site and equipment management, adopting proactive strategies to help advance the department's safety and risk management initiatives in order to create a positive and safe environment, and creating inclusive and welcoming environments, so as to promote the importance of well-being and physical activity to all patrons. You will be provided with the training needed to complete all job responsibilities through ongoing training throughout the year.

Intramural Sports Scorekeeper Position Description: Every year, the Intramural Sports Program hires 50+ student scorekeepers for team sport activities. Scorekeeper responsibilities include but are not limited to the following: game and policy administration, assisting with site and equipment management, adopting proactive strategies to help advance the department's safety and risk management initiatives in order to create a positive and safe environment, and striving to create inclusive and welcoming environments so as to promote the importance of well-being and physical activity to all patrons. No qualifications or skills are required and no experience is necessary. You will be provided with the training needed to complete all job responsibilities through ongoing training throughout the year.

Virginia Tech does not discriminate against employees, students, or applicants on the basis of race, color, sex, sexual orientation, disability, age, veteran status, national origin, religion, or political affiliation. For concerns regarding discrimination, contact the Equal Opportunity and Affirmative Action Office.

Officials

Officials are an integral part of the Intramural Sports Program at Virginia Tech. Without student officials, our program would not exist. New student officials earn \$13.00 per hour and high school certified officials earn \$14.00 per hour. We appreciate participant feedback regarding our staff and we take feedback seriously as it is used to improve our staff. However, participants are expected to allow student officials the opportunity to do their jobs and not create a negative atmosphere that prevents these student employees from learning and developing. If you have questions, comments, or concerns, please contact our office.

PARTICIPANT ELIGIBILITY

Any current Virginia Tech student or employee that has purchased an intramural membership is eligible to participate. Memberships are active for the entire academic year, including the summer following the academic year. Memberships are \$25 and allow participants to participate in all team sports. All memberships can be purchased online through the [Recreational Sports Portal](#).

The Intramural Sports Staff regularly checks participant eligibility, but it is every individual's responsibility to ensure they are eligible to participate in intramural activities. The Intramural Sports Staff may impose disciplinary action against individuals and/or teams in violation of the eligibility policy. The guidelines below outline the two eligibility requirements for all intramural participants:

1. **Participants must be a current Virginia Tech student or employee.** This includes students and employees associated with the following groups: Campus Ministry, CRC, Long Term Guests (except dependents), Visiting Scholars, VCOM, and Vet Med.
2. **Prior to participating, participants must purchase their intramural membership.**

In addition to adhering to the eligibility guidelines, all participants must comply with the following policies:

1. Participant identification: To participate in intramural team activities, every individual must 1) purchase their Intramural Membership prior to playing and 2) present a valid form of government-issued photo identification when checking-in for the activity. Any government-issued photo identification is acceptable (e.g., driver's license, Hokie Passport). Presenting a copy or image of government-issued photo identification (e.g. a picture of your driver's license on your phone) will be accepted. An individual without an approved form of identification is not permitted to play.
2. Division restrictions:
 - Competitive League: A player may only be on the roster of one Men's/Women's team and one Open/CoRec team within the competitive league for each sport. When the playoffs start, competitive league players may not change to a different roster. If a player intentionally violates these policies, teams will forfeit all games in which the player participated. Additionally, teams may be subject to removal from the league. The Intramural Staff will resolve violations and consider exceptions on a case-by-case basis.
 - Recreational League: A player may participate on unlimited teams within the recreational league for each sport. Note: Players are not permitted to join more than one team until after registration closes to ensure that others have the opportunity to create a team.
3. Varsity athlete restrictions:
 - A varsity athlete is any athlete on a varsity athletic team roster during the academic year, practices with a varsity squad, and scholarship athletes.
 - Varsity athletes may not participate in their sport/allied sport (e.g., a football player cannot play flag football) during the academic year. Varsity athletes must sit out the semester immediately following their last varsity game before being eligible for their sport/allied sport (two summer sessions count as one semester).
 - A maximum of 2 varsity athletes may play for a team in an intramural sport that is not their sport/allied sport (see rule sheet for sport-specific rules).

4. Sport Club athlete restrictions:

- A sport club athlete is any athlete on the official Rec Sports sport club roster.
- Sport club athletes may participate in their sport/allied sport with a maximum of two players per team (see rule sheet for sport-specific rules). For example, a softball team may have six members of the club field hockey team on their roster, but only have a maximum of two members of the club softball team on their roster
- Only one sport club member may participate on a team in their sport/allied sport IF the sport is between teams of 2. (e.g., 2v2 badminton, 2v2 tennis, 2v2 pickleball, etc.)

5. Registered Student Organization team restrictions:

- A Registered Student Organization team athlete is any athlete on the official Gobbler Connect club roster.
- Registered Student Organization team athletes may participate in their sport/allied sport with a maximum of two players per team (see rule sheet for sport-specific rules). For example, a basketball team may have six members of the ultimate frisbee team on their roster, but may only have a maximum of two members of the basketball team on their roster.
- Only one Registered Student Organization member may participate on a team in their sport/allied sport IF the sport is between teams of 2. (e.g., 2v2 badminton, 2v2 tennis, 2v2 pickleball, etc.)

Note: Sport Club athlete roster restrictions and Registered Student Organization roster restrictions overlap. (i.e., The player maximum combines SC and RSO athletes in their aligned sport)

6. If a player participates in an intramural activity under an assumed name, the player will be disqualified from the sport for the remainder of the season and the team will also be removed from the league. The Intramural Sports Staff may impose further suspensions.
7. Any player or fan ejected from an intramural contest for any reason must leave the playing area immediately if requested to do so by Intramural Staff. Failure to cooperate may result in forfeiture of the game by the associated team. The ejected individual is ineligible to participate in intramural activities until after they meet with the Intramural Sports Staff.
8. A team with an ineligible player will forfeit all games in which the player signed in to the game. If a team forfeits due to an ineligible player, the team is subject to the forfeit reinstatement procedure.

REGISTRATION INFORMATION

This section contains information on the following topics:

- How to purchase an intramural membership (see *Purchasing an Intramural Sports Membership*).
- How to sign up a team as a captain (see *Team Sport Registration*).
- How to invite teammates or Free Agents to join a team as a captain (see *Inviting Players*).
- How to join a team (see *Join a Team*).
- How to register as an individual to be placed on a team (see *Sign up to be a Free Agent*).

Purchasing an Intramural Sports Membership

1. Go to the [Recreational Sports Portal](#).
2. Select the “Intramurals” icon and then click “Membership”.
3. Select the annual membership.
4. Select “Add to Cart”.
5. Read and accept the waiver and additional information. When finished, select “Add to Cart”
6. Confirm you have selected the correct membership and select “Checkout”.
7. Enter payment information and select “Confirm”.
 - a. Once you’ve purchased your membership, log out of IMLeagues and log back in with your PID and password to activate your membership
8. After purchasing your intramural membership check the [Intramural Sports Activity Schedule](#) to find registration dates. Then follow the steps below to register.

Team Sport Registration

1. Before registering, we encourage you to make sure you have enough teammates to fill the roster for your activity. **The roster minimum must be attained for a team to be approved and scheduled for regular season and/or postseason games. Teams are not guaranteed a spot in the league until they have fulfilled this roster minimum AND re-selected the available division the team wishes to join. (Example: 8v8 Kickball has a roster minimum of 8, 7v7 Flag Football has a roster minimum of 7, etc.)**
2. Entries are accepted on a first come, first served basis. If divisions are filled prior to the entry deadline, captains must choose to join a different division or join a waiting list.
3. To register an intramural sports team, login on [IMLeagues](#) and select “Intramural Sports” in the top banner.
4. Select your desired sport and league. The name of the league indicates the type of league and if it is comprised of competitive or recreational divisions.
5. Select your desired division. Pay close attention to the name of the division you select as the name indicates the day and time for that division’s regular season games.
 - a. Note: See “Participant Eligibility” section for more information
6. After choosing your desired division, select “Create Team”.
7. Complete the captain’s quiz using the rules sheet and policies documents provided.
8. Enter all required information and select “Create Team”. Please note: The option to “Create Team For a Participant” is meant for organizations with one person registering multiple teams in the same league. If you are registering multiple teams, make sure that the team you want to play on is the last team you register.
9. After completing the registration process, you will need to add players to your roster before your first game (see “Inviting Players” below for more information).

Inviting Players

1. Login on [IMLeagues](#).
2. Select your team in the “My Teams” section.
3. On the team page, select “Invite” in the roster section.
4. Invite members to join your team by entering their name or email in the search box.
5. Add a custom message in the comments section (optional).
6. Select “Send Invitations”.
7. If you need additional players, you can also select, “Free Agents”. The players on this list are searching for a team to join. Note that free agents may accept or decline your invitation.

Join a Team

1. After agreeing to join an intramural sports team and purchasing your intramural sports membership, the next step is being added to your team’s roster.
2. The captain of each team is responsible for sending invitations to teammates to join the team, however you can also request to be added to a team.
3. To do so, first login on [IMLeagues](#).
4. To request to join a team, search the name of the team or the name of the team captain in the search bar at the top of the screen. Select “Join Team”.
5. Add a custom message in the comments section (optional).
6. Select “Submit”. Your captain will receive an e-mail notification and will be able to accept your request which will add you to the team roster.

Sign Up to Be a Free Agent

1. “Free Agents” are participants that sign up for a team sport as an individual player. We encourage teams to add free agents to their rosters as a way to build team rosters and social networks. Participants may sign up as a free agent for any team sport on [IMLeagues](#).
2. Once on [IMLeagues](#), select “Intramural Sports” in the top banner.
3. Select your desired sport and league.
4. Select your desired division. Pay close attention to the name of the division you select as the name indicates the day and time for that division’s regular season games. The name of the division also indicates if it is a competitive or recreational division.
5. After selecting the division that you would like to join, select “Join As Free Agent”.
6. Confirm any additional divisions in which you would also like to be listed as a Free Agent. Add any additional information about yourself that you would like captain’s to be able to see (optional).
7. Select “Save”.
8. Team captains will be able to view you as an available Free Agent and can then choose to add you to their team. If a captain adds you to their team, you will automatically receive an email invitation with the option to accept or decline.

Team Sport Waiting List Procedures

1. If a league has reached the maximum capacity of teams or an entry is received after the posted registration deadline, the team is placed on a waiting list. Teams are placed on the waiting list in order of when they registered and met the three-player roster minimum.
2. Waiting list teams must have a representative complete all preseason requirements. Failure to do so will result in removal of the team from the waiting list.

3. If league teams do not meet the preseason requirements, waiting list teams will have the opportunity to fill in open league spots according to the order of teams on the list.
4. If league teams are removed due to forfeits or sportsmanship, waiting list teams will have the opportunity to fill in open league spots according to the order of teams on the list.
5. Waiting list teams are not guaranteed a spot in the league. Teams are only moved into the league if spots become available. The number of waiting list teams added to the league is dependent upon the size of the waiting list and the number of teams that drop out of the league.

Assumption of Risk

Every individual is required to agree to the Assumption of Risk and Waiver at the time of registration for an intramural membership. To view this form, please go to the [Intramural Sports Policies page](#).

Team Names

When choosing a team name, note that the Intramural Sports Staff reserves the right to change any team name that may be considered inappropriate or offensive.

SCHEDULES AND PLAY FORMATS

Team Activities – Regular Season Scheduling

1. Team captains have the option of registering a team for the competitive or recreational divisions of play. If you are unsure as to what division to request, please contact the Intramural Office and we will help you determine which division would best fit your team.
2. For team sports, teams can register in the division of their choice. Pay close attention to the name of the division you select as the name indicates the day and time for that division's regular season games.
3. All teams in the competitive division are scheduled for at least two regular season games. Following the regular season, eligible competitive teams are placed into a single-elimination playoff bracket.
4. All teams in the recreational division play in a round robin format for the entire season (typically a 4-game season). Recreational division teams do not have a playoff tournament at the end of the regular season.
5. If a sport league is to follow a modified format, captains will be notified following the close of registration for that sport.

Team Activities – Playoff Scheduling

1. All competitive division teams are eligible for the playoffs if they meet the expectations listed below:
 - The team has not been removed from the league due to forfeits.
 - The team displays acceptable sportsmanship throughout regular season play.
2. Playoff brackets will be posted with game days and times for the entirety of the playoffs. Team captains will be draft their spot in the bracket. Intramural staff will add teams to the bracket that do not select their own slot. Once brackets are created, games times are final.
3. All playoff brackets are posted on [IMLeagues](#). Once posted, it is the team's responsibility to check the brackets for the most current dates and times for all games.

ROSTERS

Roster policies differ between the competitive and recreational levels for all team sport activities. The details for adding and removing players is outlined below for the different divisions. As a reminder for all team sports, a minimum of three players must be on the roster for a team to be approved and scheduled for regular season and/or postseason games.

Competitive Teams: All players must adhere to intramural eligibility policies. During the regular season, there are no restrictions to 1) adding players on a team roster or 2) switching between team rosters. Once the playoffs start, all rosters are immediately locked and players may no longer switch to another team roster. In the playoffs, a team may still add players to the roster, as long as that player is not on another competitive team roster for that team sport league. The Intramural Staff will resolve violations and consider exceptions on a case-by-case basis.

Recreational Teams: All players must adhere to intramural eligibility policies. During the entire season, there are no restrictions to 1) adding players on a team roster or 2) switching between team rosters. For example, a player can play with Team A during the first week, Team B the second week, Team C the third week, etc. The recreational division is designed for individuals seek participation for exercise and enjoyment and who want to maximize their membership. Therefore, this policy allows the flexibility to play with a number of different teams during that a sport league. Note: Players are not permitted to join more than one team until after registration closes to ensure teams have the opportunity to register.

League Restrictions (Men's, Women's, CoRec, Open): Participants are restricted to playing on only one team within a league (i.e., Men's, Women's, CoRec, or Open). However, participants may play on both one Men's/Women's team and one Open/CoRec team for each sport.

Joining a Team Roster: A player can join a team roster once the team captain has registered for a sport. We encourage captains to add all players prior to their first scheduled game to facilitate an easier check-in process for the first game. However, a player may also join a team roster by showing up and checking-in for a game (as long as they have purchased their membership and have the correct identification).

MERCY RULE GUIDELINES

If a team is losing with 2 minutes (or less) remaining in the game by the following differential, the game will be ended due to mercy rule (note: the softball mercy rule depends on the inning). For more information on mercy rules, see the individual sport rules sheet.

Sport	Score Differential
9v9 Soccer	3 goals
7v7 Ultimate Frisbee	4 goals
6v6 Handball	5 goals
7v7 Innertube Water Polo	7 goals
5v5 Basketball	19 points
7v7 Flag Football	19 points
10v10 Softball and 8v8 Kickball	20 runs after 4 innings 15 runs after 5 innings 10 runs after 6 innings

ATHLETIC APPAREL AND EQUIPMENT

Athletic Apparel

All intramural participants must wear appropriate athletic attire while participating. Appropriate attire requires each participant to wear, at minimum, a shirt, shorts/pants, and appropriate athletic footwear. Exceptions to this policy are allowed for Innertube Water Polo and Battleship. Additionally, participants must adhere to any rules regarding legal and illegal equipment that are outlined in the sport rule sheet.

Equipment

1. Many knee braces are designed to be worn during sport-related activity. Knee braces made of hard unyielding material are legal but it is advised to cover such a brace with at least ¼ inch of closed-cell, slow recovery rubber or another material with similar physical properties (such as a neoprene sleeve). Braces with exposed metal edges that have developed a sharp, cutting surface are not allowed.
2. All jewelry must be completely covered and secured. Safety is still our top priority. Any jewelry that remains a risk to any participant (even if covered) will not be permitted.
3. Shoes:
 - Shoes must be worn during play (exception: water-based activities).
 - Court shoes must be worn in the gym facilities.
 - Hiking boots, combat boots, or street shoes are not permitted.
 - Metal spikes or metal screw-ins are not permitted.
 - Shoes with front toe spikes are not permitted during any activity.

Jersey Policy

For all team sport activities, all team members should have both a light-colored shirt/jersey and a dark-colored shirt/jersey, as determined by the dominant color in the torso of the shirt/jersey (exception: innertube water polo, battleship). The dark-colored shirt/jersey must be a similar color for all team members (e.g., light blue and royal blue are similar colors). Opposing teams may not wear similar colors during the game. The responsibility to avoid similar shirts/jerseys falls on the teams. Our priority is to play the game and avoid a forfeit, so remember to always bring both a light-colored and dark-colored shirt/jersey to the game.

- If both teams arrive with similar colors, captains must determine which shirt/jersey each team will wear. If an agreement cannot be reached, both teams will forfeit the game.
- If only one team does not have enough shirts/jerseys of either color, that team is responsible for the forfeit.
- Player shirts/jerseys similar in color or design to those worn by sport officials should not be used.

For administrative purposes, all players participating in any basketball contest must have a one- or two-digit whole number on their shirt/jersey, and jersey numbers for all teammates must be distinct. Numbers should be clearly visible from a distance of 20 feet and contrast the color of the shirt/jersey. Taping numbers is not allowed.

CANCELLATIONS AND INCLEMENT WEATHER

Game status as it relates to weather and playing conditions is determined by 4:00pm daily by the Intramural Sports Staff. If games are cancelled prior to 4:00pm, the Intramural Sports Staff will notify team captains as soon as possible. After 4:00pm, game status is determined by the on-site Intramural Sports Supervisor. Participant safety is the most important factor when determining game status. The following policies outline guidelines for certain weather conditions.

Unless circumstances permit, games cancelled during regular season play are not rescheduled. If games are rescheduled, team captains will be notified and the game changes will be visible in [IMLeagues](#). Except for extenuating circumstances, all playoff games postponed or suspended due to inclement weather will be rescheduled and teams will be notified as soon as rescheduling is finalized.

During any shelter-in-place situation (i.e., weather-related emergency), heed the following information provided by the VT Office of Emergency Management: 1) stay calm; 2) seek shelter inside the closest sturdy building; 3) stay away from windows, glass, and unsecured objects that may fall; 4) seek shelter in interior rooms and corridors; 5) remain sheltered until an “all clear” is given.

Lightning

Activities must be terminated if lightning is detected within 10 miles of the site for outdoor activities. Game play will be suspended until there has been no lightning activity within the 10-mile radius for a minimum of 30 minutes following the last strike. During a lightning delay, participants may not be on any playing surface. All participants should seek a lightning safe facility immediately. The Intramural Supervisor on site is responsible for monitoring the proximity of lightning to the intramural fields.

Tornadoes

Severe weather notifications are communicated via weather forecasts, radio or television warnings, warning sirens, VT Alerts, or cell phone notifications from weather monitoring programs and applications. During a tornado warning, all activities will be suspended and participants must seek appropriate shelter.

Extreme Temperatures

The Intramural Sports Program follows the Department of Recreational Sports policies in regards to all extreme temperature situations. Below are some important notes specific to intramural play:

1. Extreme heat and humidity.
 - If the “feels like” temperature rises above 105°F, intramural activity may be suspended for the safety of participants and staff.
 - Persons suspected of heat-related illnesses will be immediately removed from activity.
 - Such persons will be evaluated and monitored by a Red Cross Certified Recreational Sports employee but may not return to participation.
2. Extreme cold and wind chill
 - If the “feels like” temperature drops below 0°F, intramural activity may be suspended for the safety of participants and staff.
 - Persons suspected of cold-related illnesses/injuries will be immediately removed from activity.
 - Such persons will be evaluated and monitored by a Red Cross Certified Recreational Sports employee but may not return to participation.

FORFEITS AND REINSTATEMENT PROCEDURES

The Intramural Supervisor on duty has the responsibility of declaring team forfeits. A *forfeit* is recorded when a team 1) does not meet the minimum number of players required (see below) to begin a game by the expiration of the 10-minute grace period, which begins at the scheduled game time, 2) uses an ineligible player, or 3) if the game is ended due to unacceptable sportsmanship. To minimize forfeits, we ask participants to arrive at least 15 minutes prior to the scheduled game time.

Minimum number of required players for each team sport:

2 Players	3 Players	4 Players	6 Players	8 Players
2v2 Pickleball 2v2 Cornhole 2v2 Badminton 2v2 Racquetball 2v2 Table Tennis 2v2 Tennis 2v2 Spikeball 3v3 Basketball 3v3 Battleship 3v3 Goalball	4v4 Sand Volleyball 4v4 Wallyball	5v5 Basketball 6v6 Volleyball 6v6 Dodgeball 6v6 Handball 7v7 Flag Football 7v7 Ultimate Frisbee	9v9 Soccer 8v8 Kickball	10v10 Softball

**Note: for any sport not listed here, please consult the individual sport information sheet.*

Grace Period

If neither team has the required number of players by the end of the 10-minute grace period, the results are recorded as a forfeit for both teams. If one team is present at the start of the grace period, that team has the option to start the game ahead by the score of the mercy rule for that sport. However, the team may also elect to have the game started with a "0-0" score if the opponent shows up prior to the end of the grace period.

For sports with a game clock (e.g. Flag Football, Soccer, Basketball, etc.) the game clock will start at the scheduled game time. For sports with innings (e.g. Softball, Kickball, etc.) the 45-minute "no new innings" rule will be calculated from the scheduled game time. For sports that are played by sets, a team will start ahead half of set score (12-0 if playing to 25) instead of down 1 game to 0.

Reinstatement Procedures

The following reinstatement process will be used to determine whether a team will be reinstated or removed from the league.

Teams that forfeit multiple times within a season will be removed from the league. Exceptions may be granted under certain circumstances (i.e., health issues) if the Intramural Staff is notified prior to the game. Teams removed from the league are replaced with a waiting list team.

***Note: Tournaments or other events may follow different reinstatement procedures.*

CONCUSSIONS

According to the Consensus Statement on Concussions¹, a concussion is a “...brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces...caused either by a direct blow to the head, face, neck, or elsewhere on the body with an ‘impulsive’ force transmitted to the head.” Concussions often result in the impairment of normal brain function and may be accompanied by the following signs or symptoms²:

- Headache or feeling of pressure in head
- Temporary loss of consciousness
- Confusion or feeling as if “in a fog”
- Amnesia surrounding the event
- Dizziness or “seeing stars”
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions
- Appearing dazed
- Fatigue

Given the neurological impairment, experts recommend that athletes with a suspected concussion not return to play until evaluated by a healthcare professional with training in concussion diagnosis and management. Additionally, an individual that experiences concussion-like symptoms should be aware of the development of new symptoms or worsening of existing symptoms. In such cases, the individual should seek medical attention if he or she experiences any of the following “red flags”³:

- Headaches that worsen
- Neck pain
- Unusual behavior change
- Weakness/numbness in arms or legs
- Drowsiness (cannot be awakened)
- Repeated vomiting
- Neurologic signs (e.g., bruising)
- Change in state of consciousness
- Can’t recognize people/places
- Increase confusion or irritability
- Slurred speech
- Seizures

Given the severity of concussions, an individual exhibiting signs, symptoms, or behaviors consistent with sport-related concussions will be removed from participation and not allowed to play for the remainder of the day. VT Rescue will be notified and asked to respond to provide medical attention and hospital transportation, as needed.

Participants should be cleared by an appropriate health-care professional experienced with concussion diagnosis and management prior to participating in intramural activities. However, a medical professional may not clear a player on site (e.g., a teammate or spectator, regardless of education and expertise, may not approve the participant to play). In no circumstance should an individual suspected of having a concussion leave the playing site without assistance.

¹ Consensus statement on concussion in sport: the 4th international Conference on Concussion held in Zurich, November 2012

² “Concussion” – Mayo Clinic

³ “Concussion Resources for Coaches and Athletic Trainers” – Sports Concussion Institute

⁴ “Suggested Guidelines for Management of Concussion in Sports” – National Federation of State High School Associations

EJECTIONS

Any player or fan ejected from an intramural contest for any reason must immediately leave the playing area if requested by Intramural Sports Staff. Failure to leave may result in forfeiture of the game by that individual's associated team. Cooperation with Intramural Staff is encouraged in order to insure a smooth reconciliation of any ejection situation.

It is the individual's responsibility to contact the Intramural Sports Staff by emailing imsports@vt.edu within 7 days of the ejection. Ejected participants who do not contact the Intramural Sports Staff within this period may be referred to Virginia Tech's Office of Student Conduct. Any individual ejected from intramural activity is immediately suspended from participating in intramural programs until they meet with the Intramural Sports Staff to resolve the situation. Self-imposed punishment is not accepted.

Once contacted, a Graduate Assistant will schedule a meeting to discuss the ejection. If a Graduate Assistant is unable to meet, the Intramural Sports Coordinator will conduct the meeting. The Assistant Director will address all appeals.

Meetings are structured in an open-dialogue format to ensure the individual's perspective is represented before outcomes are determined. Therefore, it is best that the meeting is conducted in a timely fashion. If a suspended individual is found playing with an intramural team prior to meeting with the Intramural Staff, the team will be removed from further participation in the league and additional sanctions may be imposed for the individual. As a program within the Department of Recreational Sports, sanctions may include failure to use Rec Sports facilities or participate in other programs.

All one-game suspension(s) resulting from unsporting behavior are final and may not be appealed. Sanctions beyond a one-game suspension may be appealed to the Assistant Director of Intramural Sports. If an individual is still not satisfied, the decision may be appealed to the Director of Recreational Sports.

PROTESTS

Based on the spirit of competition, the Intramural Sports Staff believes every contest should be fairly played. Thus, protests are allowed if a situation involves 1) a rule misapplication or misinterpretation or 2) player eligibility. **Judgment calls may not be protested.** The protest procedures are provided below:

Rule Misapplication/Misinterpretation Protests

1. Immediately notify an official/umpire that you would like to protest the interpretation or application of a rule before the next play or live ball. You are not permitted to protest after the continuation of play if you think a rule was improperly interpreted or misapplied.
2. The Intramural Supervisor rules on the situation and the ruling is final for the purposes of restarting the game. However, if you still believe the ruling is incorrect, inform the Supervisor that you would like to continue the game “under protest”. The Supervisor documents the protest situation and files a report for the Intramural Sports Staff.
3. The Intramural Sports Staff rules on the protest and notifies both captains by 5pm the next business day. If the protest is upheld, the game is replayed from the point of protest; if denied, the outcome of the game stands.

Player Eligibility Protests

1. To protest player eligibility, the team captain should notify an Intramural Supervisor and refuse to continue play until a Supervisor arrives to document the situation.
2. The Supervisor notifies the opposing team captain and documents the protest for the Intramural Sports Staff.
3. If a formal protest is completed, the Intramural Sports Staff rules on the protest by 5pm the next business day. The outcome of the game is communicated with both captains. If the player(s) is/are found to be ineligible, the player(s) are suspended from play and that player’s team forfeits the game.
4. Eligibility protests can be made at any point before or during the game.

ALCOHOL, SMOKING, & DRUGS/CONTROLLED SUBSTANCES

The Intramural Sports Program does not tolerate the consumption of alcohol prior to or during any intramural activity. If a participant or spectator appears to be intoxicated and is causing a disruption or making a scene, the participant may be asked to leave the premises. Individuals that violate this policy may be reported to the Virginia Tech Police Department and/or the Office of Student Conduct.

Smoking of any kind while participating in an intramural activity is prohibited. In accordance with university policy, smoking is the lighting or burning of any pipe, cigar, or cigarette, or other tobacco product, or the use of any electronic cigarette or vaping device (University Policy No. 1010). Additionally, those who smoke outside of buildings must be considerate and courteous of other individuals in the university community. Spectators may use tobacco outside only if it does not bother any other spectators, participants, or staff. Smoking is not allowed at any indoor activity.

The use of drugs is incompatible with the goals of the academic community and the Recreational Sports mission (University Policy No. 1020). Therefore, the Intramural Sports Program prohibits the use or possession of any unlawful drug or controlled substance at any intramural activity. Additionally, an individual that is using, in possession of, or under the influence of any drug or controlled substance will be reported to the Virginia Tech Police Department.

MEDIA POLICY

Photography, video, and audio recording are not permitted in any Recreational Sports facility without prior approval from the Department of Recreational Sports. For permission to take photos or recordings during activities, please contact the Intramural Sports Staff at imsports@vt.edu.

PARKING

Please be aware of all University parking restrictions for all of our activity sites. Park in areas designated as University parking to avoid being towed. Be aware of parking restrictions that may prohibit parking without a pass until after 10pm.

REFUNDS

Membership refunds are considered for individuals who participate one time or less due to major injury, illness, or withdraw from Virginia Tech. These situations are reviewed and processed on a case-by-case basis. To inquire about a refund, contact the Intramural Sports Staff by emailing imsports@vt.edu.

RECREATIONAL SPORTS FACILITY POLICIES

To ensure the longevity and quality of our Rec Sports facilities, we ask that all participants and spectators adhere to posted signs. Any participant or spectator that does not comply with signage or employee direction is subject to removal from the facility.

Our Rec Sports facilities may be reserved for special events and organized practices/games. For reservations, fill out a request form on our [facility reservations page](#). For after hour concerns, call the Virginia Tech Police Department at 540-231-6411. We appreciate your help in preserving our spaces for years to come!