

TROY Students,

On behalf of the TROY University Recreation Department, I would like to thank you for your interest in the Intramural Sports program. The Intramural Sports Department offers a variety of recreational activities for your enjoyment. I encourage you to peruse the 2015-2016 IM Sports Handbook to find a sport or activity that interests you.

In addition to encouraging student involvement in our sports, the Intramural Sports Department is actively seeking hard working students to serve as intramural officials for the upcoming year. The Intramural Sports Department will conduct officials' clinics and tests in an attempt to provide teams with the best officiating possible. Students, you may play on an intramural team and still be an official.

The Intramural Sports Department is constantly attempting to improve our program. Consequently, we need your feedback on what we can do to enhance your recreational experience. If you have any questions, concerns or suggestions for the Intramural Sports Department, please contact the Intramural Sports office – 334.670.3329.

With Trojan Pride,

Aaron Martin
Coordinator
Intramural Sports

**ALL-SPORTS HANDBOOK
TABLE OF CONTENTS**

TROY University Recreational Facilities	3
TROY University Recreational Facilities Rules	4
TROY University Intramural Sports Rules/Regulations	
New Rule Changes	5
Sportsmanship	6
Team Captains	7
Eligibility	8
Rosters	10
Contest Regulations	10
Divisions	11
Points System	12
Intramural Sports Staff	13
Injuries	13
Extramurals	13
Master Calendar	14-21
Sports' Flyers/Roster Forms/Rules	22-94

TROY UNIVERSITY RECREATIONAL FACILITIES

Students are encouraged to utilize the following facilities. Hours are adjusted by semester and may be found on the Intramural Sports webpage (<http://troy.troy.edu/intramurals>) or on Facebook at Troy Intramurals or on Twitter @troycampusrec.

- Intramural Sports Field
- Student Recreation Center
- Natatorium

**TROY University
Student Recreation Center
Gymnasium Rules**

1. Must have valid Trojan ID to enter.
2. No food or drinks allowed.
3. Must wear proper attire – shirts must be worn and only non-marking shoes allowed.
4. Absolutely NO profanity.
5. Must play all pick-up games half-court when others are waiting to play.

Failure to follow rules will result in dismissal from the building.

Thank you for your cooperation,

Student Recreation Center Staff

**TROY University
Intramural Sports Field Rules**

1. Park, enter and play at own risk.
2. No unauthorized motor vehicles allowed.
3. No pets allowed.
4. No bicycles allowed.
5. No golf play.
6. No alcoholic beverages allowed.
7. No glass containers allowed.
8. No steel cleat shoes allowed.
9. No profanity or foul language.
10. Please keep field clean and safe.
11. Additional event rules may apply.

Rule Changes for 2015-2016

TROY University Intramural Sports Rules/Regulations

I. SPORTSMANSHIP

A. A student, upon registration at TROY University, agrees to conform to the institution's regulations and policies and is subject to disciplinary action by the University upon violation of any part of the "Standards of Conduct" set forth in *The Oracle*.

B. The development of sportsmanlike attitudes is one of the major goals of the TROY University Intramural Sports Department. An individual must be able to accept defeat wholesomely without blaming others. Our program is for individuals who play by the rules. To encourage sportsmanship, the following rules and regulations have been adopted.

1. Disrespect toward officials, staff members or opponents.
 - A. Any player, coach or spectator addressing an official, staff member or opponent in an unsportsmanlike and discourteous manner disqualifies himself/herself immediately for the remainder of the game. An automatic one game suspension will follow.
 - i. The ejected participant may not participate in any further games until he/she has met with the Coordinator of Intramural Sports and disciplinary action has been taken.
 - ii. Meetings will take place in the Intramural Sports Office at 9:00 AM the day following the incident.
2. Shoving or striking an official or staff member:
 - A. This shall result in suspension for duration of academic career.
3. Becoming involved in a fight:
 - A. Player: Will be suspended for duration of academic career.
 - B. Substitute, coach or spectator: Immediate forfeit of the game in progress and possible suspension of team spectators from attendance at future games.
4. The Coordinator of IM Sports may levy more punishments if necessary.

C. Team Ratings

1. After each game, including playoffs and tournaments, each official and supervisor will award a sportsmanship rating to each team.
 - A. In order for a team to qualify for the playoffs, a team must maintain a "B" (3.0) average during the regular season.
2. The following is a summary of the rating system that will be used by officials and supervisors to evaluate the sportsmanship of Intramural Sports teams.
 - A. An "A" rating will be awarded to a team with excellent conduct and sportsmanship. Examples:

- i. Players cooperate fully with the officials, opposing team and other team members.
 - ii. Team captain calmly converses with officials about rule interpretations and calls.
- B. A "B" rating will be awarded to a team with good conduct and sportsmanship. Example:
 - i. Members verbally complain about some decisions made by the officials and/or show minor dissension.
- C. A "C" rating will be awarded to a team with below average conduct and sportsmanship. Examples:
 - i. Team captain exhibits little or no control over teammates or himself/herself.
 - ii. Players, other than the captain, persist in questioning the officials' decision, and/or they repeatedly argue with the officials.
 - iii. For frequent use of loud profanity.
 - iv. A player or team receives one (1) unsportsmanlike conduct penalty or technical foul.
 - v. Failure to clean up bench area.
- D. An "F" rating will be awarded to a team with poor conduct and sportsmanship. Examples:
 - i. Team captain has no control over teammates.
 - ii. A player disregards warning of unnecessary roughness, unsportsmanlike conduct, etc.
 - iii. Spectators, clearly related to the team, fail to cooperate with officials.
 - iv. A player is ejected from play.
 - v. Two (2) unsportsmanlike conduct penalties or technical fouls are called on same team.
 - vi. Forfeiture of game.
 - a. exception: if team is required to forfeit next contest due to "F" in conduct from previous week, they will not receive an "F" for enforced forfeited game.

3. The rating scale will be as follows:

A-3, B-2, C-1, F-0. To determine the team rating, add the number of points received and divide it by the number of games played.

4. A team which receives an "F" rating MUST have their captain meet with the Coordinator of Intramural Sports at 9:00 am the following morning and will be forced to forfeit their next contest. Failure to meet will result in additional forfeits.

II. TEAM CAPTAINS

- A. Each team must elect a team captain. The captain will be the contact person between the team and the Intramural Sports Department. The team captain is responsible for the following:
1. To attend the captains' meetings. Captains' meetings will be held for each sport. Failure to attend these meetings will result in that team being forced to forfeit first game of regular season or entire tournament depending on format.
 2. To enter the team name and its roster in the desired sport on or before the announced deadline date for entries. All deadline times are noon. Roster forms may be picked up in the Intramural Sports Office, from 8:30 a.m. to 3:00 p.m., Monday-Friday. Captains may also download roster forms online on the Intramural Sports website. Entry fee with registration and is non-refundable.
 - A. Rosters and Entry fee must be submitted together before the noon deadline for the team to be considered registered.
 - B. Team captains are responsible for appropriately naming their team. The coordinator reserves the right to refuse/reject any team name they deem inappropriate.
 - C. If a team captain fails to submit a team roster form by the announced deadline time/date, he/she may opt to register a team through the IMS Department's late registration procedure.
 - i. Rosters will be accepted after the deadline time/date up until the late registration deadline (usually at noon the day after the regular deadline date/time). The late registration roster fee is \$50 per team, regardless of the intramural sport.
 3. To notify team members of the date, time and place of each contest.
 4. To see that team members are on hand for all contests at the scheduled time.
 5. To be thoroughly familiar with the eligibility, protest and forfeit procedures as contained in the *IMS Handbook*.
 6. To check-in equipment issued by the Intramural Sports Department at the end of a game.
 7. To make every effort to have team members have knowledge of and play according to the rules of the game.
 - A. To be responsible for conduct of players and assist the Intramural Sports Department in any matter requested.
 8. Make certain that team members have matching jerseys by the second week of the season.
 9. Make sure players meet eligibility requirements.
 10. Make changes to team roster, if necessary, no later than the end of the 1st week of regular season play or beginning of tournament.
 - A. Once a player has played a game on a team, he/she may not be removed from that team roster.
 11. Make changes to team schedule, if necessary, no later than the end of the 2nd week of regular season.

III. ELIGIBILITY

A. All TROY University students, including graduate students, faculty and staff are eligible to participate in Intramural Sports. All participants in the Intramural Sports program are subject to the following rules of eligibility:

1. All students who are only enrolled in online classes must be enrolled in an online class before the sport they are participating in begins. They must also stay enrolled and complete the remainder of the class after the sport has concluded.

Any player and team with a player or players that violate this will be ineligible to participate until they meet with the Intramural Coordinator.

2. In order for Troy University Faculty/Staff to be eligible to participate in Intramural sports they must pay an Activity Fee. The fee will be assessed on a per sport basis. Full season sports (Flag Football, Basketball, and Softball) fee is \$10 per sport. Single elimination tournaments and mini season sports is \$5 per sport. Faculty/Staff members must make arrangements with supervisor to take time off to participate in Intramural Activities.

3. All undergraduate students must complete one IMS Sportsmanship Seminar online or in person, prior to participating in the Intramural Sports program.

A. Seminars will be provided by the Intramural Sports Department at the beginning of each semester. If a participant desires to participate in fall programming, he or she must attend a fall sportsmanship seminar. Likewise, if a participant desires to participate in spring programming but did not attend a sportsmanship seminar in the fall, he or she must attend a spring sportsmanship seminar.

i. Seminars will be provided online to accommodate all Intramural Sports participants.

4. A player having entered one contest with a team may not transfer or play for another team. A player appearing on two rosters is committed to the first team with which he/she competes.

A. If a player competes with a second team, that team will forfeit all games for which he/she has played.

5. An individual who participates in a sport under an assumed name shall be suspended from participation in Intramural Sports programming for the remainder of the academic year and result in a team loss for all games in which ineligible player played.

6. An individual who violates rules and regulations may be disqualified from all Intramural Sports for the balance of his/her University career or any part thereof.

A. If the team which he/she represents is a party to these violations, that team may be barred from Intramural Sports for the balance of the year or any part thereof.

7. Intramural Sports Coordinator or staff may investigate any player/team eligibility without prior notice.
8. *Students must have a 2.00 overall GPA to be eligible to participate in Intramural Sports play.*
9. Students must present a valid Trojan ID at each game prior to participation in that game.
 - A. If a student fails to check in, he/she will be ruled ineligible and team will forfeit game.
10. Varsity Athlete/Professional eligibility:
 - A. Students who are practicing with a varsity team during that academic year are ineligible for Intramural Sports participation in that sport (including practice squad or red-shirts).
 - ii. **Teams are limited to a specific number of players that have participated in Varsity Sports at a four (4) year collegiate institution after that player that has been removed from collegiate competition for 1 academic year or more:**
 - Flag Football (3)
 - Softball (3 former 4-year collegiate softball or baseball players)
 - Basketball (2)
 - Volleyball (2)
 - Soccer (3)
 - Indoor Soccer (2 former 4-year collegiate soccer players)
 - Former 4-year college tennis players are not allowed to participate in the IMS Tennis Singles, Doubles or Mixed Doubles Tournament.
- B. Professionals:
 - i. Any individual who has participated in a professional athletic program is ineligible to participate in the Intramural Sports program in that sport until five (5) calendar years after his/her last professional participation.

NOTE: The Intramural Sports Staff reserve the right to rule on eligibility matters not covered in these rules. The Intramural Sports Staff also reserve the right to protest eligibility of players without a formal protest from either team.

IV. ROSTERS

- A. All rosters must be completed in its entirety before first game of season/tournament.
 1. Failure to do so will result in disqualification of players who have not completed roster form.
- B. Only team captains may add players to team roster.
 1. Unless otherwise noted, roster additions are due no later than the day immediately following the first week of regular season play.

2. Roster additions must be made via email.
- C. Any team in danger of dropping out because of loss of interest may add players after the 1st week of the season with the Coordinator's consent.

IV. CONTEST REGULATIONS

A. Forfeits:

1. If a team or contestant fails to appear at the appointed place and scheduled time for a contest, the official in charge shall declare the contest forfeited to the team or contestant ready to play. Game time is forfeit time.
 - A. The team that is ready to play **may** choose to grant their opponent a 10-minute grace period. Length of game will be shortened according to the lateness of the new start time.
2. If a team forfeits a game or match, a cash or check forfeit fee must be paid by 3:00 p.m. of the following working day for the team to continue playing in the league. Failure to pay the fee within the following day will result in forfeiture of next game of regular season (can extend into playoffs). This fee must be paid in the Intramural Sports Office. Forfeit fee: **\$20.**
3. **Any team that drops out of the league after the deadline for final roster changes will be fined \$100. The team must pay the fine before they will be eligible to play in any following intramural event.**

B. Protests:

1. All protests must be made with a member of the Intramural Sports Staff during that scheduled contest and must be in writing to the Intramural Sports Office by 3:00 p.m. of the following working day in which the violation occurred. A protest must state the facts and be signed by the team captain.
2. If the player in question plays AT ALL in the game and the protest is valid, that team will forfeit all games played with that player and are subject to team dismissal from that sport.
3. Protests are restricted to matters of player eligibility only.
 - A. No protests of judgment calls will be accepted.

C. Season and Tournament Tie Breakers:

1. Conduct Grade
2. Head to Head
3. Point Differential
4. Points Scored Common Opponents
5. Points Allowed Common Opponents
6. Coin Toss

V. DIVISIONS

A. All-Sports Division:

1. The TROY University Intramural Sports Department will maintain a points system (see next page for points breakdown), for men and women, so that those organizations which participate in Intramural Sports may have a basis for determining an overall yearly winner. The points system is designed to recognize participation, achievement and sportsmanship so that all organizations, regardless of size or skill level of its members, may compete on a fairly equal basis.

2. All organizations represented on TROY University's main campus may participate in the All-Sports program.

A. Those organizations wishing to compete in the All-Sports Division for the fall or spring semester must contact the Intramural Sports Office before the Intramural Sports season begins in August.

B. Any organization wishing to participate in All-Sports for the first time must meet one year probation guidelines set forth by the Recreation Department.

1. These guidelines may include but are not limited to the following: 100% participation in all sports not deemed a "big three" sport. Playing in the competitive league for the "big four" for the first year. No unsportsmanlike penalties for probation year.

3. All-Sports player eligibility (in addition to the Intramural Sports Department's player eligibility – Section III):

A. A player must be a pledge or an active member of his/her organization to be eligible to participate as a member of an organizational Intramural Sports team.

i. Organization advisors may not participate with an All-Sports team.

ii. Players must be on the organization's roster registered in the Student Involvement Office.

a. Organization members must be listed on organizational roster by the third week of the semester.

B. Those students who are not participating for their organization's All-Sports Team for a particular sport are eligible to participate in that sport with a University Division team.

C. Each organization must have a sports chairperson. The chairperson's name must be submitted to the Intramural Sports Office before the Intramural Sports season begins in August.

B. University Division:

1. Graduate students and faculty/staff are eligible to participate with University Division teams.
2. University Division teams are not eligible for the point system.

NOTE: In most sports, the All-Sports Division Winner and the University Division Winner will meet for the Overall TROY University Intramural Sports Champion.

VI. POINTS SYSTEM (Divided into four categories)

A. Big Four (Regular Season then playoffs)

- Football
- Basketball
- Softball
- Volleyball
 - 20 points entry; 5 points per game/bye; 5 points per win/forfeited win/bye; conduct grade (“A” given for byes); 20 points – 1st in Division, 10 points – 2nd in Division; 25 points for Overall
 - Sportsmanship Grade
 1. Each team will receive a conduct grade at the end of each game.
 - a. A – 5 points ; B – 3 points ; C – 1 point ; F – no points

C. Individual Sports (Single Elimination Tournament)

- Ping Pong
- 3 on 3 Basketball
- Bocce Ball
- 4 on 4 Flag Football
- Indoor Soccer
- Outdoor Soccer
- Pickle Ball
- Inner Tube Water Polo
- Ultimate Frisbee
- Tennis (Singles)
- Tennis (Doubles)
 - 15 points entry; 15 points -1st in division, 10 points - 2nd in division, 10 points for Overall

D. Recreational Sports

- NCAA Bracket Challenge
- Flag Football Pre-Season Tournament
- Basketball Pre-Season Tournament
- Badminton

- KanJam
- Spikeball
- Billiards

VII. INTRAMURAL SPORTS STAFF

A. The Intramural Sports Staff consists of University personnel and student workers. Staff members work to see that the Intramural Sports program operates safely and fairly for all participants. The staff welcomes any suggestions directed toward improving the quality of our program.

B. The staff of the Intramural Sports Department has the authority to stop, forfeit or suspend play in any game of any sport. The staff will stop, forfeit or suspend a game if he/she determines that continued play may result in a conflict involving players, fans and/or officials. This decision is final and may not be appealed.

VIII. INJURIES

A. Each person participates on a voluntary basis knowingly assuming all risks associated with such participation and hold harmless the University, its employees and agents from any and all liability for injuries or damages arising out of such person's participation in said Intramural Sports.

B. In the event of injury sustained during Intramural Sports competition, the student will be referred to the Student Health Center. If needed, an Ambulance Service will be notified. All accidents must be reported immediately to the official in charge of the competition, and a complete report of the accident must be made to the Intramural Sports Office.

IX. EXTRAMURALS

A. The TROY University Intramural Sports program encourages teams to participate in extramural events around the region and nation. Links to tournaments can be found at the Intramural Sports webpage.

B. Overall champions from the “big three” sports – flag football, basketball and softball – will be sponsored by TROY University to attend respective regional tournaments (if feasible).

1. If champions receive an “F” in conduct during any game of the regular season or playoffs, they will not be eligible to attend extramural event, and as a result, the runner-up will attend (if eligible).

A. **Exception:** If champion receives an “F” in conduct due to a forfeit, that team may still be eligible for extramural event.