



Mission

The Intramural Sports program at Old Dominion University is committed to providing safe, fun, and competitive sporting opportunities to the ODU community throughout the year. The programs and services are grounded in the idea that, sportsmanship, community, and inclusivity, for, and by, all participants will strengthen Old Dominion University.

Player Eligibility and Roster Rules

ODU Students: Must be enrolled continuously in 3 credit hours at ODU.

ODU Faculty and Staff: Must have a valid membership to the Student Recreation Center.

EVMS Students: Must have a valid Student Recreation Center Membership to participate.

NOTE: Day Passes are not considered valid memberships for participation in Intramural Sports.

Current members of ODU varsity roster: Current varsity athletes are not eligible to compete in the same, or similar, intramural sport(s) to the one(s) in which they compete at the varsity level.

- Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate in that intramural sport until they are placed on a permanent roster, at which time, they are ineligible.
- Red shirted athletes or anyone who practices with a team regularly but does not participate in intercollegiate competition will not be eligible to play that same or related sport.

Former Varsity Athletes: Any athlete, from any institution, will be ineligible to compete in that sport for the current academic school year that runs from August-July. Such individuals are limited to one (1) player per team roster after their eligibility is restored.

Roster Rules

- Players must be listed on the team roster on IMLeagues at game time to be signed-in.
- Players CANNOT leave a team once they've played a game for that team.
- Players CANNOT be added to a roster once the regular season has ended.
- A player can only play for one (1) single-gender team, one (1) Greek League team, and one (1) Co-Rec team within a single sport season.
- Teams CANNOT exceed the roster limit for the given sport.

Specific Eligibility and Roster Rules

Greek League

- Participants must be active members of the fraternity to be eligible.
- If an organization has multiple teams, players may not be moved to and from teams.

Sport Club Members

Intramural rosters limit the number of Club Sport members from a sport, or related sport, on a team to ensure fair play.

- Two (2) Sport Club members for single-gender sports.
- Three (3) Sport Club members for Co-Rec sports. If there are three (3), there must be one (1) of another gender.

Club Members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sports club team roster during the current academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

Ineligible Groups

Professional Athletes: Participants with professional experience will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs for a professional team)

Spouses or Partners of any eligible members

Alumni/Former Students

Community Members with Valid SRC Membership

Penalty: Any game(s) in which the illegal player has participated in will result in a FORFEIT.

Inclusivity

ODU Recreation & Wellness and Intramural Sports strive to create an inclusive and barrier-free environment for all participants. When creating an account on IMLeagues.com, all participants are asked to declare a gender identity of female, male, or other. ODU Recreation & Wellness and Intramural Sports supports the participants' right to play in sports and leagues that is consistent with their gender expression and identity. If a participant wishes to alter the gender identity on their profile after their account is created, they must do so prior to being on site for a game. This can be done in the "Account" section of IMLeagues.com.



****Intentional misuse of this policy to gain a competitive advantage will result in an immediate suspension from all Intramural Sports programs for 1 year and the student(s) involved will be referred to The Office of Student Conduct and Academic Integrity for further disciplinary action.****

Eligibility Challenges

A team may challenge the eligibility of a player by notifying any member of the Intramural Sports Staff at the game site, or by contacting the Assistant Director of Intramural Sports or Graduate Assistant for Intramural Sports. Eligibility challenges may occur during the game but must occur within 24 hours of the date of the alleged violation. Challenges will be reviewed by the Intramural Sports staff.

- **Individual Appeals:** If an individual feels that they have extenuating circumstances that should allow them to be exempt from any or all of the intramural eligibility guidelines, they can make a written appeal stating their reasons for exemption from the rules. This appeal will be reviewed by the administrative staff.
- **Individual Penalties:** As soon as an individual violates any of the eligibility rules, they shall thereafter be considered ineligible for ALL intramural activities. Violation of this suspension will result in further or permanent removal from the Intramural program and possibly additional disciplinary action.
- **Team Appeals:** If a team feels that they, or a member of their team, has been ruled ineligible incorrectly, the team captain can make a written appeal within 24 hours, stating the team's reasons for review or exemption from the rules. The appeal will be reviewed by the Intramural Sports administrative staff.

I.D. Policy

- All Participants must show a valid University ID card at the time of player check-in.
 - Without the University ID Card, they will not be allowed to play.
- If a participant uses an I.D. that does not belong to them, they will be suspended from participation.
- Intramural Managers and Officials can ask for identification at any point to ensure fair play and to document any issue. Failure to properly identify yourself, by providing a false name, UIN, or other information will result in sanctions against individuals and possibly the entire team.
- Team captains will provide their student ID to the Intramural Manager at the game site as collateral for equipment until the game is completed. At the end of the contest, the ID will be returned to the team captain. If the team captain listed on IMLeagues is not at the game, the player acting as captain must provide their ID.

Program Structure and Format

Intramural Sports activities are separated into Leagues, Tournaments, and Special Events. Some sports may be offered in one or all of these formats during the academic year.

Leagues

In Intramural Sports Leagues, teams will play 3 or 4 regular season games and then play in a single-elimination playoff bracket. Teams are able to self-select the day and time of their regular season games, as well as their initial position in the playoff bracket.

Tournaments

In Intramural Sports Tournaments, teams or individuals will play in contests on multiple days over 1 to 2 weeks. Teams or individuals are placed in a bracket by ODU Intramural Sports staff and may play at any point during the block of time schedule for the tournament.

Special Events

Intramural Sports offers 1 day special event activities in various activities. These may not be listed as a tournament but the competition period listed on IMLeagues.com/odu will be only 1 day.

Game Times & Days

Intramural Sports contests will typically take place between 6-11:30PM, Sunday-Thursday. Larger leagues may play on Friday afternoons between 3-7PM. Some Special Events may take place on Saturdays.

Intramural League Descriptions

Each sport may be separated into specific leagues based on gender, participation requirements, or skill level.

“A” League: This league is highly competitive in nature and advanced in skill.

“B” League: This league is competitive and moderate in skill.

“C” League: This league is for teams and participants that want to play for fun and have lower skill levels.

Co-Rec: Teams in this league will be comprised of both female and male participants. The ratio of females and males will vary from sport to sport. (Co-Rec may also have A, B, and C leagues.)



Women's: This league is reserved for female participants only. Sororities will play in this league.

Greek: This league is open to fraternities. For sports with less availability, fraternities may be limited to 1 team per sport.

Open: An Open League, Tournament, or Event is one that does not have any restriction on gender participation ratio.

League Changes for Playoffs

If a team participating in the B or C league wins all of their regular season games, and has an average margin of victory equal to or greater than the mercy rule for that given sport, that team will **AUTOMATICALLY** be bumped up 1 division for tournament play.

Conversely, if a team loses all of their contests, with an average margin of victory equal to or greater than the mercy rule for the sport, that team will have the **OPTION** to move down 1 division.

Start Time Policy

The time listed on IMLeagues.com is the start time for your game.

If your team doesn't have the appropriate number of players signed in at game time, the game will be considered a forfeit.

During tournament play, it is possible that teams play back to back games at a different site. We will wait for those teams to arrive prior to declaring a forfeit.

Default & Forfeit Policy

The Forfeit Fee will be charged if a team forfeits a game regular season or post-season play. If a team knows they will not have enough players for their scheduled game, they must call the Recreation and Wellness Office by 12pm the day of their game; this will result in a default, instead of a forfeit and your team will not be charged the Forfeit Fee. **IF A GAME IS SCHEDULED ON SATURDAY OR SUNDAY, NOTICE OF CANCELLATION MUST BE PROVIDED BY FRIDAY 5PM.**

Default (Providing notice of absence):

- Notice must be provided by 12PM on the day of the game during the week or by 5PM for all games on Saturday and Sunday

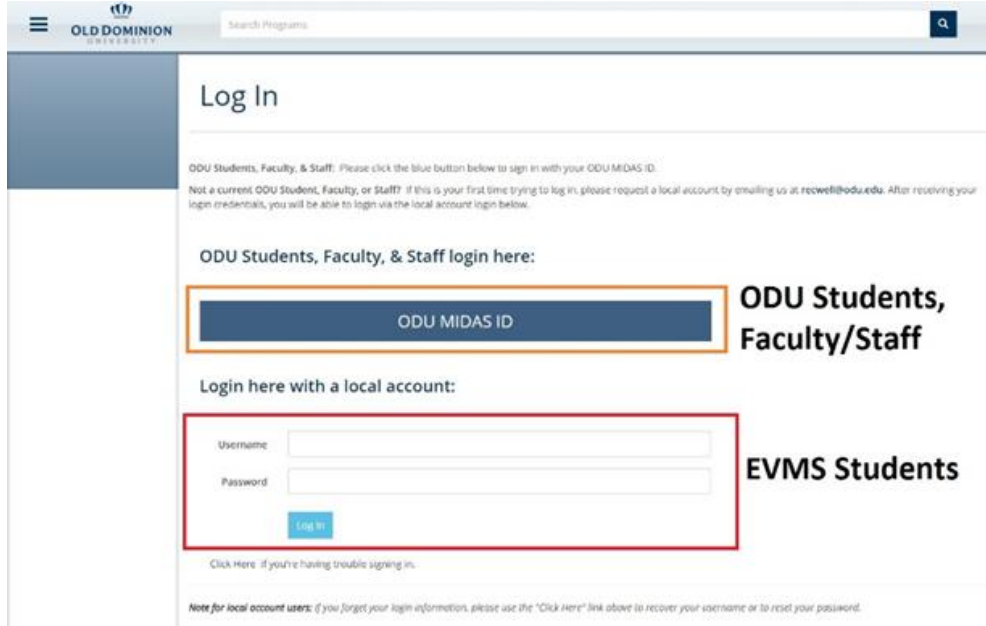
Forfeit:

- No-show to a scheduled contest
- A team does not have the minimum number of players required to start the game.
- Not providing proper notice of cancellation (see above policy).
- 2 Defaults will count as 1 Forfeit

Registration on IMLeagues.com Website and App

IMLeagues is a website utilized by ODU Intramural Sports for registration, team/roster management, scheduling, eligibility verification, and much more, for all Intramural Sports activities. It is required that each participant create an account using either the IMLeagues.com website or mobile app available for iOS and Android smartphones to join a team or play in a sport. Both the website and app are free to use. Go to imleagues.com/odu to create your profile now!

Once your account is created you will be able to log-in to view all of our program offerings. The initial log-in attempt will re-route you to the RecWell Portal to verify your status as a student, faculty, or staff member. Click the blue bar that says, "ODU MIDAS ID" to input your MIDAS username and password.



Log In

ODU Students, Faculty, & Staff: Please click the blue button below to sign in with your ODU MIDAS ID.

Not a current ODU Student, Faculty, or Staff? If this is your first time trying to log in, please request a local account by emailing us at recwell@odu.edu. After receiving your login credentials, you will be able to login via the local account login below.

ODU Students, Faculty, & Staff login here:

ODU MIDAS ID

ODU Students, Faculty/Staff

Login here with a local account:

Username:

Password:

EVMS Students

[Click Here](#) if you're having trouble signing in.

Note for local account users: if you forget your login information, please use the "Click here" link above to recover your username or to reset your password.

If you are an EVMS Student, please log-in with the “Local Account” information that was provided when your membership was purchased.

Team Captain Responsibilities

Team Captains are the first individuals contacted regarding scheduling, disciplinary issues, and serve as the liaison for Recreation & Wellness staff and the team.

- Represent your team at all games (the listed captain is not required to be present at all games, however another player must act as the captain and is held responsible for all captain responsibilities).
- Understand and abide by eligibility and rosters rules.
- Read and understand the game rules. Convey game rules to your teammates. (We suggest every team conduct pre-season meetings; the majority of problems teams run into are due to a lack of communication regarding policies, procedures, and rules).
- Direct team members to the lmleagues.com/odu.
- After each game, check and verify the results on the game sheet.
- Only the captain may address an official on matters of interpretation and/or for information during a contest. Respect the decisions of game officials.
- Control your teammates and your spectators.
- Pay \$25 Forfeit Fee in the event the team forfeits.

Participant Quizzes

Intramural Sports may require an individual to complete a quiz prior to registration. This quiz is meant to ensure that all players have a baseline level of knowledge prior to participation. This will create a more level playing field and competitive environment.

Team Names

When registering for team leagues and tournaments the captain may create a team name for their team’s designation. Please be creative, we encourage unique team names with the following stipulations:

- No vulgar, profane or derogatory language
 - Shorthand, initials, or slang words that violate will NOT be allowed
- No references to drugs, alcohol, tobacco, or violence
- No sexual references
- No confusing terms such as BYE, Forfeit, or canceled, etc.

Teams with an inappropriate team name will be notified and given an opportunity to provide an appropriate name. In the event an appropriate name is not provided the Intramural Staff will create a team name and notify the captain of the change. Teams will not be allowed to compete while wearing team apparel with inappropriate names or pictures.

Weather & Other Notification

A member of the Intramural Staff will be in contact with the team captain via phone if inclement weather arises. If a decision due to severe weather can be made much earlier in the day, an email will be sent. Game time weather decisions can be made by the manager on duty in the event inclement weather is present during an intramural event. All games will be rescheduled based on availability of facility space.

Intramural Sports Staff has the authority to suspend or cancel play at any time if the weather or facility becomes unsafe. The Managers decision is final.

Free Agents

You can register as a free agent by completing the free agent form. The following options are available for individuals looking for a team:

- Will provide all captains a list of available free agents.
- Attend Captain's Meeting to meet team captains and advertise yourself to teams looking for players.
- Wait for a team captain to contact you.
- Show up at venue during the regular season and ask to join a team which you are eligible for.
- As a reminder, we do not guarantee that you will be placed on a team.

Playoff Selection Process

- Teams making the playoffs are able to select their playoff position in the bracket.
- Selection order will be determined by the standing overall in the league.
- Standings are determined by the following criteria:
 - Winning Percentage
 - Head to Head
 - Point Differential
 - Sportsmanship Rating
- Teams that do not make their selection by the allotted time will be placed by into the bracket by the Assistant Director.

Tobacco, Alcohol, and Drugs Policy

The following policies apply to all players, coaches, and fans:

- Smoking or using any smokeless tobacco products at an intramural site will result in removal from facility site and surrounding area, and a suspension from participation.
- Consuming an alcoholic beverage at an intramural site will result in removal from facility site and surrounding area, and a suspension from participation.
- Consuming or using any mind altering substance PRIOR to attending a game will result in removal from facility site and surrounding area, and a suspension from participation.

Sportsmanship Philosophy, Mission, & Policies

Sportsmanship Philosophy

The backbone of quality competition is a healthy respect for one's self, teammates, opponents, and officials. Without this respect, the enjoyment of competition erodes for everyone. With this in mind, our goal is to promote personal and team accountability for everyone involved in intramural sports.

Sportsmanship Mission

Old Dominion University and the Intramural Sports program are dedicated to promote positive sportsmanship among all participants. Through each contest, participants must portray fair play, respect for self, teammates, opponents, and intramural staff. Sportsmanship is about holding a level of graciousness in winning or losing. In order to encourage proper conduct during games, officials, managers, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Assistant Director of Intramural Sports. All captains are responsible for the conduct of their teams and fans during an intramural contest. The sportsmanship rating can be affected by actions occurring before, during, or after a contest.

The 3 P's of Poor Sportsmanship

If a negative action by a player or spectator meets one or more of the following criteria, it will likely result in in-game action from officials or staff:



- **Personal-** A negative action is directed toward an individual or group of individuals.
- **Profane-** A verbal action includes profanity, slurs, degrading remarks, etc.
- **Public-** A negative action is demonstrative, loud, or apparent to surrounding bystanders.

Sportsmanship Criteria and Ratings

Based on the sportsmanship philosophy and mission, a team's sportsmanship will be rated during each contest by intramural sports officials, managers, and scorekeepers, at the game site. Teams will receive a rating each game that will create an average at the end of the season.

Playoff Requirements

- Teams must have a 3.0 average at the end of their regular season to participate in playoffs
- Teams must attain 3.0 or better IN EACH GAME to remain in the playoff or tournament bracket

Sportsmanship Rating Standards

The following ratings system is a guide to how decisions will likely be made. It is NOT a strict criteria.

Excellent Sportsmanship: (5 points)

- Display absolute respect for opponents, officials, managers, and administrative staff.
- Accept all decisions by officials without question.
- Players accept policy enforcement from SRC Staff.
- Responsible for their actions and do not respond negatively.
- Show positive attitude and behavior toward opponents.
- Accept a loss and congratulate the opponent on their success.
- Receive no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Good: (4 points)

- Mostly display respect for opponents, officials, managers, and administrative staff.
- Accept all decisions by officials with some questions.
- Responsible for their actions with some negative responses.
- State some positive comments of encouragement towards teammates and opponents.
- Teams accept a loss respectfully.
- May receive a warning, but displays good sportsmanship after the confrontation.
- Players curse at themselves/teammates rarely.
- Teams/players receive no ejections.

Average: (3 points)

Note: Teams that Default will automatically receive a 3.0 rating.

- Displayed some respect for opponents, officials, managers, and administrative staff.
- Accepted some decisions by officials with questions.
- Deny responsibility for some of their actions with some negative responses.
- Players curse at themselves in a loud tone that bystanders can over hear.
- Show concern for an injured player, regardless of team.
- Accept a loss but, do not congratulate the opponent on their success.
- Received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections.

Below Average: (2 points)

Note: Teams that Forfeit will automatically receive a 2.0 rating

- Displayed no respect for opponents, officials, managers, and administrative staff
- Accept some decisions by officials with multiple disagreements
- Responsible for their actions with multiple negative responses
- Players curse at teammates and opponents in a low tone voice
- Ignore requests from officials and staff
- Intentionally damage, or steal, equipment.
- Attempt to cheat.
- Do not accept a loss.
- Purposely strive to run up the score on their opponent
- Received unsportsmanlike penalties/technical fouls
- Team had a player ejected.

Unacceptable: (1 point)

- Blatant disregard for the philosophy of sportsmanship, officials, and opponents
- Play is dangerous with occasional intent to injure opponent
- Players curse at teammates and players in a loud tone that bystanders over hear
- Captain has no control of team conduct
- Participants receive ejections, unsportsmanlike penalties or technical fouls
- Game is stopped prior to normal ending due to player/fan conduct

Sportsmanship Sanctions

Recreation & Wellness and Intramural Sports retain the right to address all issues that pertain to sportsmanship, player, organization, and fan conduct. Players/Spectators that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director of Intramural Sports. In the event a participant, team, and/or organization have violated a University policy and/or procedure, the incident may be referred to the Office of Student Conduct and Academic Integrity. All situations will be handled individually and sanctions may vary based on specific circumstances.

Unsportsmanlike Conduct Guidelines

Throughout the year, numerous situations result in players, bench personnel, spectators, coaches and/or teams being ejected from Intramural Sports contests. This document is a reference for the range of suspensions that will be issued if individuals are ejected from a contest or site. Since all cases cannot be described in detail, examples noted in various categories are provided. **These suspension lengths are guidelines only and may be extended at the discretion of the Assistant Director and/or professional staff.** Ejections and suspensions are handled on a case-by-case basis. **It is the responsibility of the ejected participant to set up a meeting time with the Assistant Director.** Until this meeting takes place, the offending participant is considered an ineligible player and is not allowed to participate in any intramural events. This includes games that he/she may have in other sports or divisions, including games on the same night as the ejection. Suspended individuals are ineligible to play in ANY intramural activity until their suspension has ended.

- **Sanctions by Recreation & Wellness and Intramural Sports are not the same as sanctions from The Office of Student Conduct and Academic Integrity. These offices operate independently and may exercise their own judgment in any situation or case that arises.**
- **Infractions in Intramural Sports may impact access to the Student Recreation Center and the programs there within.**

* In this document, "participants" refers to all intramural participants, spectators, bystanders or coaches.

*Any ejection is subject to additional sanctions from the Office of Student Conduct.

Unsportsmanlike Conduct

Description: This includes ejections based on administrative infractions and/or all non-physical offenses, which are inherently illegal in the sport and diminish the quality of sportsmanship in the intramural contest. Examples include, but are not limited to: Tying a flag belt (flag football); Fake tag (softball); inappropriate words, actions or gestures towards officials, participants, spectators or staff; being under the influence of alcohol, tobacco or other substances before, during or after contests regardless of the location of said use of substances; comments made towards participants which could be construed as threatening in nature.

Category	1 st Offense	2 nd Offense
Unsportsmanlike Conduct	1-3 Games	3-5 Games

Unsportsmanlike Contact

Description: Ejections for unsportsmanlike conduct of a physical nature directed towards other participants or intramural employees. This includes, but is not limited to: Slide Tackling in Soccer, tackling in football, flagrant foul (basketball) intentional damage to Rec and Wellness property, any minimal contact with an intramural employee, and leaving the bench area to participate in an altercation (Team members and/or spectators).

Category	1 st Offense	2 nd Offense
Unsportsmanlike Contact	2-4 Games	5 Games - Semester

Improper Use of Identification

Description: Participants may not use another person's ID or give their ID to another participant for usage in intramural contests. Participants may not alter their ID for any purpose.

Category	1 st Offense	2 nd Offense



Improper use of ODU ID	Semester	1 year
------------------------	----------	--------

Fighting or Threats

Description: Aggressive physical contact with a participant before, during or after any Rec and Wellness event; aggressive contact with any intramural sports staff; specific threatening comments or actions towards a Recreation & Wellness staff member or a participant.

Category	1 st Offense	2 nd Offense
Fighting	Semester – 1 year	Permanent Suspension

Ejection

An ejected player must meet with the Assistant Director of Intramural Sports before they can resume participation in intramural activities. The ejected player must leave the playing area until the conclusion of all Intramural Activities on that given night.

Offenses

All offenses will be dealt with on a case-by-case basis. If suspensions cannot be met due to the end of the season, the suspension will carry over into the next sport in which the player and/or team participates. If the player does not fulfill the terms of the suspension, they will be disqualified from all Intramural Sports activities for the remainder of the time that they are a student at ODU. Extreme unsportsmanlike conduct or repeated ejections from play may result in disqualification from participation in ALL Recreation and Wellness activities for a period to be established by the Recreation and Wellness Department.

Protests of Rule Application

Participants may protest misapplied rules by officials and managers. They may not protest the judgement of intramural sports staff.

Example 1: Whether or not a foul was called during a basketball game is NOT worthy of a protest regardless of impact on the game.

Example 2: A scorekeeper fails to notify officials that team is permitted to shooting 2 free throws during the “double bonus” during basketball IS a worthy of a protest.

NOTE: If a mistake is made and both teams are held to the same standard of play, it is NOT worthy of a protest.

Protest Process:

- Incident occurs that warrants protest
 - Team captain or members must address the situation with the Intramural Manager or Officials as soon as possible.
- Once notified, an Official’s Timeout will be called at the next game stoppage.
- Attempts to resolve the issue will be made between the Intramural Sports Manager, Officials, and BOTH team captains.
- If the issue isn’t resolved, the remainder of the game will be completed “under protest”.
 - Prior to resuming the game, the Manager and both team captains will complete the Protest Form supplied by Intramural Sports.
 - Both teams will be notified of this prior to re-starting the game.
- The Protest will then be addressed by the Assistant Director or Graduate Assistant of Intramural Sports the following day.

Post-Game Protest: Player eligibility is the only type of protest that will be accepted after the completion of the game.

The protesting team will be contacted by the Assistant Director or Graduate Assistant of Intramural Sports the day after the protest to clarify details if necessary.

Appeals of Administrative Decisions

THE APPEAL PROCESS

The Recreation and Wellness Appeal Process is an internal process that reviews sanctions based on violations of departmental policies and procedures. In the event a participant, team, and/or organization has violated a University policy and/or procedure, the incident may be referred to the Office of Student Conduct and Academic Integrity. Sanctions may be made by both Recreation & Wellness and Student Conduct and Academic Integrity.

NOTE: Appeals or completion of sanctions with one department DO NOT nullify sanctions given by the other department.

Decisions on participant suspensions (greater than (4) games) made by the Assistant Director of Intramurals may be appealed to the Director of Recreation and Wellness within (5) business days from the time the sanction notification letter has been sent. During the appeal’s process, the individual(s), team, or organization is not permitted to participate until a final decision has been made.

Appeals must be sent by email to Coulson Thomas, cothomas@odu.edu, Director of Recreation and Wellness.

PURPOSE OF THE APPEAL PROCESS



The purpose of the appeal process is to ensure that students who engage in Recreation and Wellness programs have the opportunity to fully participate and are treated fairly in this process. The appeal process is not a rehearing of the original conduct case, but is an opportunity for the appealing party to request a review based on one or more of the following bases of appeal:

- A procedural error that unfairly and materially affected the outcome of the case
- New evidence, which has been discovered, that was not available at the time of the original meeting, and/or
- Suspension length not consistent with conduct guidelines

If one or more of these grounds of appeal have been met, the result of the original conduct case and/or sanctions MAY be modified.

Assumption of Risk

Your participation in this activity could result in physical injury which could be serious or fatal. Old Dominion University assumes no responsibility for injuries received during recreational activities. Participants are reminded that participation in intramural activities is completely voluntary. It is strongly recommended that all participants have physical examination and secure adequate medical insurance prior to participation. I attest that I have read the warning statement about. By signing I also attest that I assume all financial responsibility for any and all medical treatment and transportation. If I have or have had any physical conditions, limitations, problems, or surgery, particularly of the heart, lungs joints, muscles, or have been inactive for some time, it is my sole responsibility to consult a physician before beginning this activity. As a participant, I also assume knowledge of all rules and policies and procedures for the intramural program.



The ***Intramural Sports Policy*** document is to serve as a guide for participating in intramural sports programs and events at Old Dominion University. This document is not an exhaustive list of all sport rules and policies, as they vary between sports. Please refer to the “Rules & Policies” link on the left side of the screen on IMLeagues.com/ODU if you have specific questions.