General Intramural Sports Policies and Procedures

Signing-In and Rosters
1. All events for Running Illini are virtual.
2. An individual is bound to the first team they sign in for.
3. A participant can only play on 1 Co-Rec team and 1 single gender team (i.e. Men’s or Fraternity Greek Cup).
4. If a player is found participating in the contest without a valid IM membership, said team will forfeit the game and all forfeit fees and consequences will apply.

Forfeits and Defaults
1. Teams that are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the Grace Period Exception.
2. A team may delay its right to win by forfeit and allow the other team a grace period of 10 minutes to acquire a properly equipped team through the Grace Period Exception:
   a. Once a 10 minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the 10 minutes passes.
   b. If 10 minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then that team that is ready to play must accept the forfeit.
   c. If the forfeiting team is able to obtain the minimum number of properly equipped players before the 10 minute grace period expires, game starting procedures will occur.
3. The team captain of a team that has forfeited will be assessed a $5 forfeit fee. Additionally the team will be ineligible for playoffs.
4. If a team knows in advance that they will be unable to field a team on a given night; they may avoid the forfeit fee and loss of playoff eligibility by filing a default by 2:00pm on the business day of the contest.
5. A team that has one less than the minimum number of players required to start the contest will receive a default.
Sportsmanship

1. The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for the intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning.

2. Sportsmanship ratings are given to teams after each contest by Intramural Sports Leads, Supervisors, and game officials. These ratings reflect behavior before, during, and after a contest. For purposes of our sportsmanship ratings, we will not count administrative technical fouls and rule technicalities against a team’s overall sportsmanship. The decision will be final and ratings will exist on the following scale:

   4. Team shows excellent sportsmanship and go out of their way to keep the game safe and fun. Team receives no unsportsmanlike conduct penalties.
   3. Team shows good-to-average sportsmanship, or one (1) unsportsmanlike conduct penalty is assessed.
   2. Team shows below-average sportsmanship and displays dissent to game officials before, during, or after contest. Two (2) unsportsmanlike conduct penalties is assessed during the contest on either two separate participants, or on a single participant resulting in an ejection.
   1. The intramural contest has been terminated due to three (3) unsportsmanlike conduct penalties being assessed on one team throughout the contest. The three penalties can all be on separate participants or on one participant receiving two unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.
   0. Team displays unacceptable conduct and sportsmanship. Game is canceled due to any of the following conduct:
      - Fighting or abusive, violent behavior.
      - Team repeatedly exhibits unnecessary roughness that jeopardizes the safety of other participants.
      - Spectator or player clearly gestures or shouts obscenities.
      - A game where more than 3 unsportsmanlike conduct penalties have been assessed to one team.

Protests

1. A team captain may protest player eligibility and rule interpretation, but not the judgement of the officials.

2. To file a protest, notification of the protest must be made to a game official at the time of the alleged infraction prior to the next live ball.

3. A player’s eligibility must be protested prior to the end of the contest. No more than three (3) participants can have their eligibility protested during a single contest.

For more information regarding the policies and procedures of Intramural Activities please see the Intramural Activities Handbook on Active Illini and the Campus Recreation website.

Equipment
1. Please submit workout screenshots to intramurals@illinois.edu.

**Participant Information**

a) Every time you run/walk, record it using your Fitbit, Apple Watch, or one of the free apps.
b) We also accept pictures of treadmill results.
c) After your workout, SUBMIT A SCREENSHOT of your workout to our Workout Form.
d) All submissions must be completed within five days of the workout.
e) Each team's mileage will be tracked under Upcoming Events on your league page.
f) Once you have completed the league's distance, our Intramural Staff will reach out to make sure you receive an IM Champ shirt!

Criteria will only be adjusted in situations where facility or weather conditions limit play. It is the captain’s responsibility to check their schedules which will be made available on the Active Illini Portal as soon as possible after the regular season has concluded.

**League Options:** When choosing the league right for you, be mindful of your time, ability, and environment. Remember, you are not required to run, but you will have to submit a workout for your team. All levels of experience are welcome! Below is the total mileage for each league along with the average miles required for each team and participant per week to reach the goal!

- **Beginner** - 10 individual miles per week - 40 total miles
- **Intermediate** - 20 individual miles per week - 80 total miles
- **Advanced** - 30 individual miles per week - 120 total miles
- **Elite** - 50 individual miles per week - 200 total miles

**Practicing Safe Running:** Whether you're walking or running, keep these safety tips in mind…

a) Plan your route ahead of time and share it with a friend or family member.

b) If listening to music, keep it low or only use one earbud. Be aware of your surroundings!
c) Carry an ID and have your phone on you in case of an emergency.

d) Run against traffic, avoid rush hour, and follow basic traffic laws.

e) Wear visible, bright colored or reflective clothing or accessories.

f) Do not run at night! We advise that all runs be between morning and dusk.

Contact Information

If you have any questions or concerns please contact the Intramural Office via email at intramurals@illinois.edu or via phone at 217-244-1344. Our office is open Monday-Friday, 9am to 5pm.