



# INTRAMURAL SPORTS HANDBOOK 2009-2010

The Intramural Sports Program at EMU provides a safe and enjoyable variety of organized recreational activities for its students and faculty members.

#### **IM Office Information**

Office Hours

Monday-Thursday 10am-7pm

Main Office Phone 734-487-1338

Intramural Hotline 734-487-1234

EASTERN MICHIGAN UNIVERSITY  
Division of Student Affairs and Enrollment Management

[www.emich.edu/recim](http://www.emich.edu/recim)

Welcome to Intramural Sports

Our staff cordially invites you to participate in all of our exciting programs and events, and we look forward to serving and assisting you this academic year. Thanks for participating in the program!

Want to prove to all of your friends that you're an intramural champion? Participate in the program, win a competition, and receive your "Intramural Champion" t-shirt. Wear it with pride!

### **What is intramural sports?**

Intramural sports is a component of the Recreation/Intramural Department and is a unit within the Division of Student Affairs and Enrollment Management. Intramural Sports provides activities encompassing two distinct programmatic areas: intramural sports and special events. Each year more than 3,000 students and facility members participate in nearly 30 intramural leagues or special events.

### **General Objectives of the Intramural Sports Program**

- Promotion and development of wholesome sport and recreational activities for all participants
- Opportunity for the development of leadership qualities, personal characteristics and a better understanding of group dynamics
- Opportunity for the establishment of rapport among university students and facility members

### **Who is eligible to participate?**

Any currently enrolled EMU student or facility member. Any varsity letter winner must sit out one full calendar year from the last day of competition to play in the sport for which they received their letter. Baseball is considered softball, football is considered flag football. There is no limit to how many club sport participants may be on a roster, but no more than one may be on the court/field

at any given time. Participants **CAN NOT** play on a guest pass – **NO EXCEPTIONS!**

### **Where are games held?**

All intramural sports leagues and tournaments are held in various locations on campus. Most outdoor sports are held at the REC/IM Softball Field Complex on West Campus. All indoor sports are held within the Olds-Robb Student Recreation/Intramural Complex.

### **How to participate in Intramural Sports**

A representative from your team must pick up a registration form at the Intramural Office or download it from the Internet. All registration periods end at noon unless otherwise noted. Teams that register prior to the end of the registration period will be guaranteed play.

### **Divisions of Play**

Every intramural sport is divided into different divisions of play. Participants may only play for one team. The exception to the rule is if a participant is playing for a co-rec team and a men's or women's team.

### **IFC/Sorority**

Only current EMU students registered as actives or pledges of an IFC or Panhellenic organization shall be allowed to participate. Current rosters must be on file with the Greek Affairs Office. Failure to have a current roster or use of ineligible players may result in forfeiture of games and/or points.

### **Independent Men/Women**

Any current EMU student or facility member may participate in this division.

### **Co-Rec**

Any current EMU student or facility member may participate in this division. However, teams must be composed of the specified number of males and females.

### **Playoffs**

Playoffs are conducted immediately following the conclusion of league play. All teams will advance to the playoffs as long as they do not forfeit more than one game during the regular season.

Playoffs are single-elimination format and are NOT subject to regular season availabilities.

### **Sportsmanship/Conduct**

The Office of Intramural Sports feels that good sportsmanship is an important ingredient in successful competition. It is imperative that participants and spectators display proper conduct at all times. The following may be considered unsportsmanlike conduct:

- Shoving or striking an opponent or employee of the REC/IM
- Profanity
- Racial slurs
- Unnecessary delay of game
- Leaving one's bench/sideline to participate in an altercation
- Arguing and/or uncooperativeness with officials/supervisors
- Abusive language to an opponent, official or supervisor
- Any behavior deemed inappropriate by the REC/IM staff

Any and all behaviors mentioned will result in an appropriate game penalty and may result in ejection and/or suspension from a game or sport. Individuals falling under such a violation must appear before the Coordinator of Intramural Sports before they can be reinstated for play. If an ejected player participates in a game, the team may be subjected to forfeiting that game. **Bad team sportsmanship may result in a team being eliminated from the playoffs.**

### **Uniforms**

- For team sports such as basketball, flag football and soccer, the home team (team listed first on schedule or top team on bracket) will be required to wear **light** colored shirts. The visiting team will be required to wear **dark** colored shirts. Light colors consist of white, gray, pink and yellow. The only exception to this rule is if the team has their own jerseys. Team members are encouraged to attempt to wear the same color.
- Caps with bills are permitted in softball ONLY. Winter hats with no brims that have an elastic band may be worn during outdoor soccer and flag football.
- Any head attire with knots (bandanas, doo-rags, etc.) may not be worn at any time during basketball, flag football or soccer. Only head attire that has an elastic band will be allowed.
- No jewelry may be worn during flag football, soccer, and basketball games. Any infractions will result in an appropriate penalty depending on the sport.

### **Rules**

There are rules for each activity. If a rule is not defined, the final decision will be determined by the intramural director.

## **OFFICIALS NEEDED!!!!!!!!!!!!**

We need officials for the following sports. The meeting for each will be held on the 5<sup>th</sup> Floor of the Rec/IM Building.

Softball - Tuesday, September 15 at 5pm.

Flag Football – Tuesday, October 13 at 5pm.

Basketball – Tuesday, January 19 at 5pm

Volleyball – Tuesday, March 16 at 5pm

# *Fall Activities*

## No Limit Texas Hold'em

Come and play every Tuesday night beginning September 22 at 7:30pm on the 5<sup>th</sup> Floor of the REC/IM. \$4 entry fee includes snacks and beverages. Weekly prizes awarded to the top players. Players accumulate points weekly to advance to the finals each semester. No cash prizes will be awarded during this event.

## Softball League

Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men, Women, & Co-Rec

**Registration fee:** \$40 per team

**Registration Period:** Wednesday, September 9 – Wednesday, September 16 at 12pm

**Manager's Meeting:** Thursday, September 17 at 5pm

**Play Begins:** Monday, September 21

## Soccer League

Teams of seven will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men, Women, & Co-Rec

**Registration fee:** \$40 per team

**Registration Period:** Wednesday, September 9 – Wednesday, September 16 at 12pm

**Manager's Meeting:** Thursday, September 17 at 5pm

**Play Begins:** Monday, September 21

## 12<sup>th</sup> Annual Oozeball Tournament

This single elimination volleyball tournament provides teams with an opportunity to get down and dirty in the mud.

**Divisions:** Co-Rec (must have at least one female)

**Registration fee:** \$45 per team

**Registration Period:** Wednesday, September 9 – Wednesday, September 16 at 12pm

**Manager's Meeting:** Sunday, September 20 at 12:45pm

**Play Begins:** Sunday, September 20 at 1pm

## ACIS Flag Football League

Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men, Women, & Co-Rec

**Registration fee:** \$50 per team

**Registration Period:** Monday, October 5 – Wednesday, October 14 at 12pm

**Manager's Meeting:** Thursday, October 15 at 5pm

**Play Begins:** Week of October 19

## Co-Rec Volleyball League

Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Co-Rec Only

**Registration fee:** \$40 per team

**Registration Period:** Monday, October 5 – Wednesday, October 14 at 12pm

**Manager's Meeting:** Thursday, October 15 at 5pm

**Play Begins:** Tuesday, October 20

## **Fall Bowling League**

This is a seven-week league to be held at 8 p.m. on Sunday nights at Ypsi-Arbor Lanes on Washtenaw Avenue. Registration fee includes seven weeks of bowling and shoe rental. Each player will bowl three games per night. Teams consist of four bowlers, male and/or female.

**Divisions:** Men and Women

**Registration fee:** \$50 per player

**Registration Period:** Monday, October 5 – Wednesday, October 14 at 12pm

**Manager's Meeting:** Thursday, October 15 at 5pm

**Play Begins:** Sunday, October 18

## **42<sup>nd</sup> Annual Turkey Trot**

This annual road race provides an opportunity for students and facility members to “trot” an approximate 5K path. Prizes are awarded to the top overall male and female finishers. Walkers and runners are welcome!

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, October 5 – Wednesday, November 4 at 12pm

**Race Begins:** Thursday, November 5 at 4pm (Meet at the Lake House at 3:45pm)

## **9-Ball Billiards Tournament**

Compete against other students and facility members in a single-elimination 9-ball tournament. This event will be held in the third floor lobby of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, November 16 – Thursday, November 19 at 12pm

**Play Begins:** Monday, November 30 at 6pm

### **Badminton Tournament**

Compete against other students and facility members in a badminton tournament. This event will to be held on Court 3 of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, November 16 – Thursday, November 19 at 12pm

**Play Begins:** Monday, November 30 at 7pm

### **Free Throw Contest**

Can you beat Shaq's free throw percentage? Come up to the third floor basketball courts and shoot 10 shots from the charity stripe. Top participants will advance from each round.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, November 16 – Thursday, November 19 at 12pm

**Play Begins:** Tuesday, December 1 at 6pm

### **3 Point Contest**

Think you can hit the three under pressure like Mr. Big Shot? Join us on the third floor basketball courts and shoot from 5 designated spots beyond the arc. Top participants will advance from each round.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, November 16 – Thursday,  
November 19 at 12pm

**Play Begins:** Tuesday, December 1 at 6pm

### **3 on 3 Basketball Tournament**

Drive to the lane, dish it off to the corner, and get an assist for the clutch 3. Grab a group of your friends and see if you have what it takes to be the next Dream Team. Bring your A-Game!

**Divisions:** Men and Women

**Registration fee:** \$15 per team

**Registration Period:** Monday, November 16 – Thursday,  
November 19 at 12pm

**Play Begins:** Wednesday, December 2 at 6pm

## *Winter Activities*

### **No Limit Texas Hold'em**

Come and play every Tuesday night beginning January 19 at 7:30pm on the 5<sup>th</sup> Floor of the REC/IM. \$4 entry fee includes snacks and beverages. Weekly prizes awarded to the top players. Players accumulate points weekly to advance to the finals each semester. No cash prizes will be awarded during this event.

### **Preseason Basketball Tournament**

This single elimination tournament provides teams an opportunity to compete while we train our basketball officials for the regular season. We will play ten minute halves with stoppage in play to help ensure that our officials are properly trained.

**Divisions:** Men and Women

**Registration fee:** \$10 per team

**Registration Period:** Wednesday, January 6 – Wednesday, January 20 at 12pm

**Manager's Meeting:** Thursday, January 21 at 5pm

**Play Begins:** Thursday, January 21 at 6pm

### **ACIS Basketball League**

Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men and Women

**Registration fee:** \$50 per team

**Registration Period:** Wednesday, January 6 – Wednesday, January 20 at 12pm

**Manager's Meeting:** Thursday, January 21 at 5pm

**Play Begins:** Monday, January 25 at 6pm

## **Winter Bowling League**

This is a seven-week league to be held at 10pm on Tuesday nights at Ypsi-Arbor Lanes on Washtenaw Avenue. Registration fee includes seven weeks of bowling and shoe rental. Each player will bowl three games per night. Teams consist of four bowlers, male and/or female.

**Divisions:** Men and Women

**Registration fee:** \$50 per player

**Registration Period:** Monday, January 25 – Wednesday, February 3 at 12pm

**Play Begins:** Tuesday, February 9 at 10pm

## **8-Ball Billiards Tournament**

Compete against other students and facility members in a single-elimination 8-ball tournament. This event will to be held in the third floor lobby of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, March 8 – Thursday, March 11 at 12pm

**Play Begins:** Monday, March 15 at 6pm

## **Badminton Tournament**

Compete against other students and facility members in a badminton tournament. This event will to be held on Court 3 of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, March 8 – Thursday, March 11 at 12pm

**Play Begins:** Monday, March 15 at 7pm

## **Swim Meet**

Grab your goggles, swim caps, and your Speedos to test your swimming skills against other students and facility members. Participants will race against one another in the following events: 100-yd. medley relay, 100-yd. individual medley, 50-yd. freestyle, 50-yd. butterfly, 100-yd. freestyle, 50-yd. backstroke, 50-yd. breaststroke, and 100-yd. freestyle relay. The meet will be held in the Jones Natatorium in the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, March 8 – Thursday, March 11 at 12pm

**Meet Begins:** Tuesday, March 16 at 6pm. All swimmers must be checked-in, on the pool deck, by 5:45pm!

## **Racquetball Tournament**

Compete against other students and facility members in a single-elimination racquetball tournament. This event will to be held in the racquetball courts of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, March 8 – Thursday, March 11 at 12pm

**Play Begins:** Wednesday, March 17 at 6pm

## **Table Tennis Tournament**

Compete against other students and facility members in a single-elimination table tennis tournament. This event will to be held in racquetball court 14 of the REC/IM.

**Divisions:** Men and Women

**Registration fee:** FREE

**Registration Period:** Monday, March 8 – Thursday, March 11 at 12pm

**Play Begins:** Wednesday, March 17 at 6:30pm

### **Six-Player Volleyball League**

Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men and Women

**Registration fee:** \$40 per team

**Registration Period:** Monday, March 8 – Wednesday, March 17 at 12pm

**Manager's Meeting:** Thursday, March 18 at 5pm

**Play Begins:** Monday, March 22

### **Dodgeball League**

“If you can dodge a wrench, then you can dodge a ball!” Teams will have three scheduled games with a single elimination tournament at the end of the regular season.

**Divisions:** Men

**Registration fee:** \$30 per team

**Registration Period:** Monday, March 8 – Wednesday, March 17 at 12pm

**Manager's Meeting:** Thursday, March 18 at 5pm

**Play Begins:** Tuesday, March 23

### **NCAA Bracket Challenge**

Can you pick all 63 games correctly? Test your college basketball knowledge by determining how the NCAA Final Four bracket will play out. Points will be awarded for picking the winner in each round through the finals. Prizes will be awarded to the top two finishers.

**Registration fee: FREE**

**Registration Period:** Monday, March 15 – Thursday, March 18 at 12pm (Play-in game not included)

### **Bench Press Contest**

What do you max out at? Compete against other students and facility members in a one day event. Winners will be determined by percentage of body weight lifted.

**Divisions:** Men (Light = 0-185lbs; Middle = 186-205lbs; Heavy = 206+lbs) and Women

**Registration fee: FREE**

**Registration Period:** Wednesday, March 24 at 5:45pm

**Lifting Begins:** Wednesday, March 24 at 6pm

### **One-Pitch Softball Tournament**

Each player gets one pitch to hit. All other rules for slow pitch softball remain the same in this single-elimination tournament.

**Divisions:** Men and Women

**Registration fee:** \$10 per team

**Registration Period:** Monday, March 29 – Tuesday, April 13 at 12pm

**Manager's Meeting:** Wednesday, April 14 at 5:45pm

**Play Begins:** Wednesday, April 14 at 6pm

**THANKS FOR PARTICIPATING IN  
THE PROGRAM!!! 😊**