Frequently-Asked Questions – Intramural Sports
Thank you for your interest in the Intramural Sports program at the University of Wisconsin-La Crosse (UW-L)!
Intramural Sports are widely-considered as the most popular extra-curricular activity on campus. On average, almost half of the student body at UW-L participates in the more than 4,000 contests that Intramural Sports schedules over the course of the academic school year.

Interested participants usually have a lot of questions prior to their involvement with the program, and this information is designed to help provide as many answers to those questions as possible. If your questions cannot be answered below, you can also refer to the Intramural Sports Participant Handbook, visit us online at http://www.uwlax.edu/RecSports, or contact the program directly.

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Intramural Sports 101
What are Intramural Sports?
Intramural Sports are structured leagues, tournaments, and activities specifically designed to meet the recreational and competitive desires of the students, faculty, and staff at UW-La Crosse. Participants have the opportunity to take part in a variety of events throughout the course of the Intramural Sports calendar, regardless of skill or experience level.

Why should I participate in Intramural Sports?
Intramural Sports are a great way to live a healthy and well-rounded lifestyle. Not only can you get a lot of good exercise, but you have the chance to meet a lot of new people and have fun! Many past participants have said that their involvement with Intramural Sports has helped to develop many fond memories and friendships that will last a lifetime!

What types of sports or activities are offered by the Intramural Sports program?
There are over 25 different sports offered by Intramural Sports during the academic year. Each semester has a different schedule of offered sports. For a complete list of sports that are offered, please visit the List of Sports Section on UW-L Intramural Sports Website.

Are Intramural Sports the same as Sport Clubs?
Intramural Sports are not the same as Sport Clubs. Although Sport Clubs are a division of Recreational Sports at UW-L, they offer many different components that Intramural Sports does not. Club teams typically have try-outs, hold regular practices, travel for competition, consist of student leaders elected by their teammates, and are governed by the Sport Club Executive Council. Individuals are allowed to participate in both Intramural Sports and Sport Clubs, although these individuals must abide by specific eligibility rules as outlined in the Participant Handbook.

Program Organization
How are Intramural Sports leagues structured?
Intramural leagues are offered in a variety of sports. Leagues are structured with a regular season and a post-season (playoffs). Regular seasons typically consist of a five-week schedule with play at a regularly-scheduled time. Post-season play will be carried out in a bracket or tournament format. Games in the post-season might not be played at the same time as games during the league’s regular season. Requirements for post-season play will vary from league to league.
Are there different levels of competition in Intramural Sports?
Currently, there are two different levels of competition. The “A” level of play is designed for the participant with a high level of athletic ability or for those students who prefer to play in a competitive environment. These leagues emphasize teamwork, mastery of sports skills, and sportsmanship. Former varsity athletes and current sport club members are required to play in this level. The “B” level of play is designed for the participant looking for participation, fitness, socializing, and fun. These leagues emphasize the enjoyment of competition through cooperation with teammates and opponents, experimentation with sport and a lower level of competition. Participants must choose the division in which they wish to play. Participants may not play in more than one division. Participants breaking this rule will be ruled ineligible. Teams will forfeit all games in which the ineligible players participated.

Is the Intramural Sports program governed by anything or anyone?
On campus, Intramural Sports is a program area under Recreational Sports at UW-La Crosse. Recreational Sports classifies as a program under Student Affairs.

UW-L Recreational Sports is an institutional member of the National Intramural and Recreational Sports Association (NIRSA).

Where does the Intramural Sports program get its rules from?
Intramural Sports uses rules from a variety of sources, however NIRSA governs many rules for larger Intramural Sports (Volleyball, Basketball, Flag Football, Softball, etc.) that are offered on the UW-L campus. Other rules come from the WIAA and NFHS High School rulebooks.

Policies and procedures that are not related to a specific sport are generated by the Recreational Sports Professional Staff team.

Scheduling and General Policies
What are the gender requirements for Intramural Sports?
Intramural sports offer four different leagues of play: men’s, women’s, co-rec, and open. Participants may join one men’s or women’s team and one co-rec team. Participants may not play on more than one team in the same league. Teams will forfeit all games in which ineligible players have participated. Open leagues have no restrictions on the number of males or females per team whereas Co-Rec leagues have certain participation restrictions.

What is IMLeagues?
IMLeagues is the online management system used by UW-L Intramural Sports. All registrations and individual roster additions are completed through IMLeagues. Teams and individuals can also see league schedules, standings, individualized participant statistics news, and so much more!

IMLeagues also can feed you information straight to your smartphone via an app called “REC*IT.” REC*IT is free to use and is an easy way to keep track of your Intramural activity on the go!

Do I have to pay anything to play Intramural Sports?
There is a small fee affiliated with each Intramural activity. Fees will vary based on the number of officials and scorekeepers required to facilitate league games. You will be required to pay before a team is officially entered into the league. Please follow the payment directions when you sign up for your sport. These modest fees help keep student segregated fees at a minimum. The fees range from $5-$45.

How do I register for Intramural Sports?
All registration for Intramural Sports is done on IMLeagues. IMLeagues can only be accessed through the Intramural Sports website. Complete instructions can be found on the website under the IMLeagues icon or by visiting the Forms and Videos webpage.
When can I register for Intramural Sports?
Registration opens at 7:00 am on a pre-determined date for each sport. All registration is done online via IMLeagues. In order to be registered, the team captain must pass a rules quiz and pay the team entry fee through PayPal.

Team captains can also “pre-register” their teams. Pre-registration allows team captains the freedom to complete the online captain’s quiz and payment section without feeling rushed. Teams who pre-register are placed on the “Pre-Registration Waitlist”. When the league officially opens at 7:00am the following day, the captain will still need to move the team into an open league, but will bypass the quiz and payment section other captains must complete.

Registration entries are accepted until all spots are full. Registration closes at 5:00 pm on the date of the first contest for each sport.

How do you come up with team names?
Teams may decide the name of the team on which they play (similar to fantasy football/baseball), however, it is expected that team names are both appropriate and tasteful. Team names explicitly or implicitly using references to any topic deemed inappropriate by the Intramural Coordinator will be changed or disallowed.

What is the role of the team captain?
Captain’s responsibilities include, but may not be limited to the following: registering the team for competition, attending any mandatory captain’s meeting, paying entry fees, understanding the policies and procedures in the handbook and making sure all team members understand and abide by them, notify your team members of the date, time, and location of contests, be familiar with sport specific rules, ensuring that enough team members are present at each game to avoid a forfeit, accepting responsibility for the actions of all team members and supporters, maintaining a cooperative attitude with all Intramural staff members, ensure your team members know they must present their student ID before each game and be the connection between the team and the Intramural Sports Department.

How many players does it take to make up a team?
Each sport has a roster minimum. This is the fewest number of players needed for a team to be entered and participate in that sport. Please see the rules for each specific sport rules for roster minimums.

How can my team add players to its roster?
In all leagues, a team can add players to its roster via IMLeagues until the last day of the regular season. All players must have played in a regular season game to be eligible for the postseason. Roster additions must be submitted online by 12:00 pm the day of the game as that is when game sheets and rosters will be prepared for the day’s games.

What is a free agent?
If you would like to participate in any Intramural activity but have not yet found a team or partner, you can become a free agent. It is recommended that free agents follow these steps in order to participate: register online as a free agent, contact team captains “looking for players” or wait to be contacted by captains. If there are enough individuals on the free agent list, Intramural Sports may form a team comprised entirely of free agents.

Participant Eligibility
Who is eligible to play Intramural Sports?
All current UW-La Crosse students, faculty, and staff with a current university-issued ID are eligible to participate. You will be required to present your ID before each game. There will be no exception to this rule. No alternative forms of identification may be used.
Are intercollegiate varsity athletes eligible to play?
Varsity athletes may not participate in any corresponding Intramural Sports (i.e. a varsity basketball player may not participate in any form of basketball intramurals). Only one previous varsity athlete will be eligible for Intramural competition in a sport per Intramural team and that team must play in the “A” league when applicable. A complete list of varsity sports and their corresponding Intramural activity can be found in the Participant Handbook.

Are sport club members eligible to play?
Sport club members are allowed to participate in all intramural sports, with the following stipulations: A maximum of one club player per gender is allowed on any one intramural team in a corresponding sport. The individual must also play in the A league (when applicable). Club rosters are checked regularly to make sure that this rule is followed.

I lost my student ID card. Can I still play?
Yes. Each student or faculty/staff member is entitled to one (1) forgotten ID pass for the entire academic year. This pass applies to all program areas in Recreational Sports, not just Intramurals. Once the forgotten ID pass is used, it cannot be used again until the next academic year. To play Intramural Sports, visit the Info Counter in the REC at inform the staff that you have lost your ID and if eligible, a temporary pass will be given to you and that pass will have to be turned in to the Intramural Sports supervisor on-duty at check-in time.

I have a friend/family member that is visiting. Can that person play?
Unless that person is a UW-L student or faculty/staff member with a valid school-issued ID, that person cannot play. Individuals under Alumni status are not eligible as well. Guest or day passes are not offered for Intramural Sports.

Additional Items
What happens when the weather is bad?
Never assume a game will be canceled because of weather. The Intramural Coordinator will determine if games are postponed due to inclement weather. All decisions about weather cancellations will be made by 2:00pm on the day of the game. Captains will be contacted by email and text messages if signed up for through IMLeagues. It is then the captain’s responsibility to let the rest of the team know.

What if I get injured during an Intramural activity?
The Intramural Sports supervisor staff are all first-aid and CPR certified. They will take care of any preliminary care that a participant may need. During most (but not all) Intramural leagues, an athletic trainer will be on-staff to perform any first-aid needed. In-case of an emergency, 911 will be called and the appropriate actions will be taken to ensure your safety. Please note that UW-L Intramural Sports requires all participants to sign a liability waiver prior to enrolling for a team. All costs affiliated with an injury are the responsibility of the injured participant.

What happens if I can’t make it to a scheduled contest?
If you personally cannot make a contest, it is recommended that you contact the team captain so that the team can find additional players, if needed.

If a team cannot play, please call to notify the REC Info Counter (608-785-5225) at least three (3) hours prior to the scheduled start of your contest. Failure to do this will results in a forfeit fee.

What are the differences between a forfeit and a default?
A forfeit occurs when a team fails to show up for a scheduled contest or when it fails to notify the REC Info Counter (608-785-5225) three (3) or more hours prior to the start of their contest. When a team receives a forfeit, there is a $10, $5, or $2 fee the team must pay by 12:00 noon the following Intramural Sports business day to avoid removal from their respective league.

A default occurs when a team contacts the REC Info Counter three (3) or more hours before their scheduled game time or comes to the contest but doesn’t have enough members to play the game. There is no fee for a default.

Any combination of two forfeits or defaults will result in the team being removed from the league.
**What is a sportsmanship rating?**
Intramural Sports are played based on the foundation that games are designed to be safe, fair, and fun. The sportsmanship rating system is used to assist officials and supervisors in evaluating the sportsmanship of participants and spectators. The system allows officials to rate teams and spectators on communication, respect shown to staff, and any other conduct that goes against the foundation of play. Teams will be rated on a 5-point scale. Teams will be rated at the conclusion of each game by the officials and on-field supervisors. Teams must have at least a 3.5 sportsmanship average over the regular season (4-5 games) in order to qualify for the playoffs. Any team or individual found to be in violation of the sportsmanship principle is subject to ejection, suspension, or dismissal from Intramural Sports.

**Are there any uniform requirements?**
Teams play Intramural Sports in contrasting colors, but are not required to provide their own uniforms (although some teams do). The biggest uniform concern for participants is that jewelry must be removed or covered and that some sports do not allow pockets. Participants do have other uniform guidelines to follow, and those can be found in the Participant Handbook.

**What do I get if I win?**
Intramural champions will receive championship t-shirts designed especially for Intramural Sports. T-shirts will only be given to the number of players listed as the roster maximum. Players must be listed on the roster and have participated in one contest to receive a t-shirt. For each winner, a picture will be taken and posted to the online Intramural Sports Wall of Champions.

**What is the Intramural Sports Campus Cup?**
Each semester, the Intramural Sports program awards points based on participation and competition results to groups that sign up for this free on-going event. Each team/group that enters an activity is eligible to accumulate points for their designated group. The group that receives the most points each semester is crowned the winner of the Campus Cup, where all team members receive a Campus Cup T-Shirt and their group name gets engraved into the trophy that is on display at the front desk of the REC. More information can be found in the [Campus Cup Rules Page](#).

**Contact Information**

**Could I be employed with Intramural Sports?**
Yes! Each year, Intramural Sports seeks individuals who are interested in serving as officials for games and contests alike. Officials are hired at various times throughout the year, but they must attend one of the new employee meetings at the beginning of each semester. No experience is needed as you will be trained by our staff! To see which sports are in need of officials, please visit the Intramural Sports website and fill out an application if you are interested.

**How can I get in touch with the Intramural Sports program?**
You can contact the Intramural Sports program in many ways:

Email: intramurals@uwlax.edu
Rec Info Counter: (608) 785-5225
Program Coordinator: (608) 785-5221

Online: [www.uwlax.edu/RecSports](http://www.uwlax.edu/RecSports)
Facebook: [UW-L Intramural Sports (Official)](#)
Twitter: [@UWLRecSports](#)

We welcome any questions and suggestions that you may have!