Bag Toss Rules  SPRING 2016

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General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Bag Toss is $5 (individual)/$10 (team) and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec Sports Service Staff</td>
<td>REC Information Counter</td>
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General Procedures/Reminders

Please refer to the [2015-16 Intramural Sports Participant Handbook](#) for all policies and procedures related to Intramural contests. Additional information can be found on the [Intramural Sports website](#).

1. **No ID, No Play**
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. **Team Roster**
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. **No roster add sheets will be made available at the site of the contest.**

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. **Roster additions are allowed up until postseason brackets are published.**

3. **Apparel**
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. **Injuries/First Aid**
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. **Jewelry**
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. **Sportsmanship/Participant Conduct**
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. **Refunds**
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. **Team Names**
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. **Playoffs**
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. **Communication Efforts**
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

Bag Toss is a non-contact activity. However, contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. **Game Time**
   GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. **Game Set Up**
   a. All games will be played in the REC Multipurpose Room unless noted otherwise on the IMLeagues schedule.
   b. An Intramural Supervisor will monitor game times, check participants in, and record all scores.
   c. Participants will generally be scheduled for multiple matches (up to three) per night.
   d. All game boards and ancillary equipment (i.e. bags) will be set up by a member of the Rec Sports Staff.

3. **Game Equipment**
   All equipment for Bag Toss is provided by and property of UW-L Rec Sports.

4. **Participation**
   a. All leagues are “open” and not gender-specific.
   b. A Singles team is allowed to use a substitute once during the regular season to avoid forfeiting, however the individual signing up to play as the singles team must participate throughout the duration of the playoffs.
   c. Doubles teams may have up to three (3) people on the roster.
   d. Doubles teams must compete with two (2) players at all times.
   e. In the event of a forfeit, all forfeits will count as a loss in the standings, but only one (1) forfeit will be counted towards the season allotment.

Playing the Game

5. **Game Commencement**
   A coin flip or rock paper scissors will determine who throws first or what side of the board your team stands on.
   a. Teammates will stand across from each other (one on the right side of their board, one on the left side of their board).

6. **Scoring**
   a. Points are scored by landing the bag on the board (1 point) or throwing the bag in the hole (3 points).
   b. Bags cannot bounce onto the board. A bag bouncing on the board should be removed before the next throw.
   c. Scoring works on the “cancellation” system.
      If Team A scores 5 points one round and Team B scores 3 points, Team A gets 2 points.

7. **Winning the Contest**
   a. The matches will be first to 21. You do not need to win by two (2) points.
   b. If someone scores over 21 (“bust”), the score for that person’s team will drop to 15.
   c. Games will be limited to 15 minutes to ensure all 3 games that night are played.
      i. The Intramural Supervisor will notify the teams when there is 5 minutes left in the game and again when there is 1 minute left.
      ii. Whichever team is ahead at the end of the 15 minutes will receive the victory.
      iii. In the event of a tie, teams will continue to take turns tossing their bags at the board until someone emerges as victorious (sudden death; score does not need to get to 21).
Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

Like us on Facebook
UW-L Intramural Sports (official)

Follow us on Twitter
@UWLERcSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu

Click the logo to return to the Intramural Sports website