Intramural Rules published by the Recreation and Athletics Department are not meant to be all inclusive. Some rules that govern play may not be outlined in this document. The department uses NIRSA or NFHS rules for the majority of our major sports. For a ruling on a specific situation not outlined here, please request one from the IM Supervisor or Manager.

Eligibility:

- All participants must present a S&T ID or Government Issued ID to participate
- All participants must be shown on the IM Leagues online team roster in order to compete
- All participants must fall into one of the following categories: Student, Faculty, Staff
- A participant must not have any current sanctions/suspensions outstanding against them
- A participant may not participate on more than one single gender team, and one co-rec team
- A participant must abide by all rules within the Intramural Participant Handbook and facility usage guidelines
- Participants must wear proper attire in order to compete in all Intramural events. This does not include; jewelry, billed hats (unless playing softball), metal spiked cleats, flip flops, slides, bare feet, etc.
- A member of the recreation staff has final ruling on all eligibility and permitted attire decisions.

Rules

- Teams are allowed one person per weight class.
- Weight classes are as follows:
  - Men: 125, 135, 145, 155, 165, 175, 185, 195, 205, 215, 225, 235, 245, 255,
  - Heavyweight
    - The participant weighs 169lbs, he/she would lift in the 175lbs. weight class.
- Participants are allowed to move up one weight class. Moving down a weight class is not allowed.
- Point scoring will be: 12, 9, 8, 7, 6, 5, 4, 3, 2, for the first nine places in any body weight category. Thereafter each lifter who scores a successful lift in the competition shall be awarded 1 point
- The participant will get 3 attempts per event, highest weight lifted is recorded.
- The participant is not allowed to move down in weight for any lift. (Example: if the participant attempts to deadlift 300lbs. on his 1st attempt and fails, he may not attempt 250lbs. on either his 2nd or 3rd attempts.)
- In order to get credit for your squat, the middle of the participant's thigh must be parallel with the floor.
• In order to get credit for your bench, the participant must touch the bar to his chest - NO BOUNCING.
• In order to get credit for your deadlift, the participant must lift the weight off the ground and hold it for a count of 2.
• The participant must lift on the scheduled day. One make-up day is allowed the day after regular weightlifting is finished. You may also make up a lift at the end of one of the other days. You can only make up one lift.
• No weight lifting gloves or straps are allowed.
• Weight belts are allowed on the squat and deadlift.

**Sportsmanship:**

• The Intramural Program encourages fair and honorable play between its participants and spectators. Below are the criteria of how teams are graded. If there is an issue of fairness or sportsmanship during your match, contact a member of the Intramural staff and explain the situation.

4 – Excellent Conduct and Sportsmanship- Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates, bench, and spectators. Teams that win by forfeit will receive a “4”. Teams that receive 1 verbal warning for use of profanity cannot receive higher than a “3” rating.

3 – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Teams that receive 1 yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball) cannot receive higher than a “3” rating.

2 – Average Conduct and Sportsmanship- Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Captain exhibits minor control over his/her teammates, bench, and spectators, but is in control with himself/herself. Teams receiving multiple yellow cards (soccer, volleyball, softball), unsportsmanlike flags (flag football), or technical fouls (basketball) cannot receive higher than a “2” rating.

1 – Below Average Conduct and Sportsmanship- Team consistently comments to the officials and/or the opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, bench, spectators, and/or himself/herself. A team which receives one red card (soccer, volleyball, softball) or an ejection (flag football, basketball) cannot receive higher than a “1” rating.

0 – Poor Conduct and Sportsmanship- Team is completely uncooperative. Captain has no control over teammates, bench, spectators, and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections will receive a “0” rating.

**Forfeit Policy:**

• Participants who do not show up to the venue and check in prior to the start time of the event have forfeited their opportunity to participate