

INTRAMURAL PARTICIPANT HANDBOOK



NEW CONTENT IN YELLOW:

- [Captain's Training Due Date](#)
- [Intramural Pass](#)
- [Rosters](#)
- [ONE Forfeit Fee](#)

TABLE OF CONTENTS

INTRODUCTION.....	5
PURPOSE.....	5
CAMPUS REC MISSION.....	5
STUDENT AFFAIRS MISSION.....	5
INTRAMURAL CONTACT.....	5
PROFESSIONAL STAFF CONTACT.....	5
CAPTAIN’S RESPONSIBILITIES.....	6
CAPTAIN’S ROLES.....	6
CAPTAIN’S DUTIES.....	6
CAPTAIN’S TRAINING.....	7
REGISTRATION AND FEES.....	7
UNK STUDENT REGISTRATION.....	7-8
CCC AND UNMC STUDENT REGISTRATION.....	8
INTRAMURAL PASS.....	9
BROOMBALL FEE.....	9
REFUNDS.....	9
ELIGIBILITY.....	9
UNK STUDENTS.....	10
UNK FACULTY AND STAFF.....	10
CCC AND UNMC STUDENTS.....	10
VARSITY ATHLETES.....	10
CLUB SPORTS ATHLETES.....	10
PARTICIPANT IDENTIFICATION.....	11
MISUSE OF IDENTIFICATION.....	11
PARTICIPATION.....	11
ROSTERS.....	11
ROSTER ADDITIONS.....	12
NOMADS.....	12
PINK SLIPS.....	12
SPECIAL ROSTER SITUATIONS.....	13

LEAGUES	13
CREATING A TEAM.....	14-15
SCHEDULING.....	15
RESCHEDULING.....	15-16
FREE AGENTS.....	16
REGISTERING AS A FREE AGENT.....	16-17
ACCEPTING FREE AGENTS.....	17
CONTACTING CAPTAINS.....	18-19
PLAYOFFS.....	19
PICKING A SPOT.....	19
TEAM ELIGIBILITY.....	19
INDIVIDUAL ELIGIBILITY.....	20
FORFEITS AND DEFAULTS.....	20
FORFEIT DEFINITIONS.....	20
DEFAULTS.....	20
LEAGUE REMOVAL.....	21
GRACE PERIOD.....	21
FORFEIT FEE	21
FORFEIT FEE REFUNDS.....	22
AVOIDING THE FORFEIT FEE.....	22
FORFEIT FEE APPEAL PROCESS.....	22
SPORTSMANSHIP GUIDELINES.....	22
SPORTING BEHAVIOR SYSTEM.....	22
RATING METHOD.....	23
RATING FACTORS.....	23-24
RATING SCALE.....	24-25
SPECIAL GAME SITUATIONS.....	25
PLAYOFF ELIGIBILITY.....	26
SUSPENSIONS.....	26
ONE-DAY TOURNAMENTS	26
PARTICIPANT SAFETY.....	27

INJURIES AND LIABILITY	27
BLOOD POLICY	27
CONCUSSION POLICY	27
EQUIPMENT	27
LOST AND FOUND	27
EQUIPMENT DURING COMPETITIONS	28
ALCOHOL AND DRUG USE POLICY	28
AWARDS	28
IM CHAMP SHIRTS	28
IM CHAMP PHOTOS	28
ORGANIZATION POINTS	29
IM PARTICIPANT OF THE YEAR	29
INCLEMENT WEATHER	30
LOCATIONS	30
CUSHING FIELDHOUSE	30
HYPER GYM	30
HEALTH AND SPORTS CENTER	30
FOSTER FIELD	31
LOT 10 GREEN SPACE	31
BIG APPLE FUN CENTER	31
HARVEY PARK	31
VIAERO CENTER	31
TENNIS CENTER	31
RULE AND POLICY CHANGES	31
EQUITY AND INCLUSION STATEMENT	32
EMPLOYMENT OPPORTUNITIES	32

Section 1: INTRODUCTION

Article 1: Purpose

The purpose of the Participant Handbook is to ensure an equitable and enjoyable experience for all participants.

Article 2: Campus Recreation Mission

Intramural Sports are an extension of UNK Campus Recreation. Our mission is to serve the entire campus community by promoting an active & healthy lifestyle through quality programs and services that inspire participation and engagement.

Article 3: Student Affairs Mission

UNK Campus Recreation is a department within the Division of Student Affairs. Our mission is to ENGAGE, EDUCATE, EMPOWER.

Engage students early in their college experience to connect them to the university.

Educate through programming that is student-centered, with an emphasis on personal growth, achievement, and leadership development.

Empower students to become life-long learners and confident leaders who are prepared for their future endeavors beyond UNK.

Article 4: Intramural Contact

All inquiries regarding intramural competitions (scheduling, rescheduling, rosters, etc.) should be directed to unkintramurals@unk.edu or (308)865-8676.

Article 5: Professional Staff Contact

Name	Position	Phone	Email
Jack Scrimger	Sport Programs Coordinator	(308)865-8676	scrimgerj2@unk.edu
Ivie Shelton	Sport Programs GA	(308)865-8676	sheltoni@lopers.unk.edu

Section 2: CAPTAIN'S RESPONSIBILITIES

Article 1: Captain's Role

Captains will serve as the liaison between Intramural Sports and their team.

“Team representatives” are defined as the following but are not limited to: a player, non-player, captain, coach, manager, spectator or anyone representing a team. **The captain of each team is responsible for these representatives at all times.** Team Representatives can affect the team’s sportsmanship standing, playoff eligibility and can also be ejected or asked to leave the premises and any other acts the Intramural Sports staff deems eligible. These actions and disciplinary steps can happen at any time, before, during or after any intramural sports event.

Article 2: Captain’s Duties

The captain has the following responsibilities regarding their team’s participation in intramural activities:

- Create the team online via recwell.unk.edu --> IMLeagues
- Select a proper and appropriate team name.
 - Any team names deemed inappropriate must be changed immediately. Examples of inappropriate team names include but are not limited to: names including foul language or a play on curse words, sexual innuendos, political statements, or discrimination of any kind.
- Ensure your team has the minimum number of players required to participate in that sport before the end of registration
- Check eligibility of each player before and during the regular season as well as prior to the playoffs
 - This includes club sport and varsity athletics eligibility
- Educate team members about sport specific rules and regulations set forth in this handbook and the rulebooks of each sport the team participates in
- **Complete the Captain’s Training before the second week of the season**
- Notify intramural staff of absences in a timely manner
- Review emails from the unkintramurals@unk.edu email account regarding forfeits, inclement weather, season information and playoff updates
- Confirm that all team representatives comply with all rules, policies and procedures
- **Add all participants to the roster before the second week of the season**
- If a captain’s team forfeits, the captain will be suspended from all intramurals if the forfeit fee is not paid at least 48 hours before the next scheduled game for that team. Any member of the team may pay the forfeit fee to prevent suspension of the captain.

Article 3: Captain’s Training

The captain’s training is a required training for team captains offered over Bridge. The captain’s training provides an overview of season expectations and equips captains with information to help their team succeed. Information regarding the captain’s meeting will be sent out once registration for sports closes. **The Spring Session 1 Captain’s Training will be sent out to**

captains on Thursday, January 30th and must be completed by Friday, February 7th to be eligible for the rest of the season. The Spring Session 2 Captain's Training will be sent out to captains on Thursday, March 27th and must be completed by Friday, April 4th to be eligible for the rest of the season.

1. Check your email for an email from Bridge.
2. Go directly to [Bridge](#)
3. Go to [unk.edu](#) > click "IT Services" at the bottom > Select "Administrative and Business" > Select "NU Learning and Development Service – Bridge" > Select "Bridge"

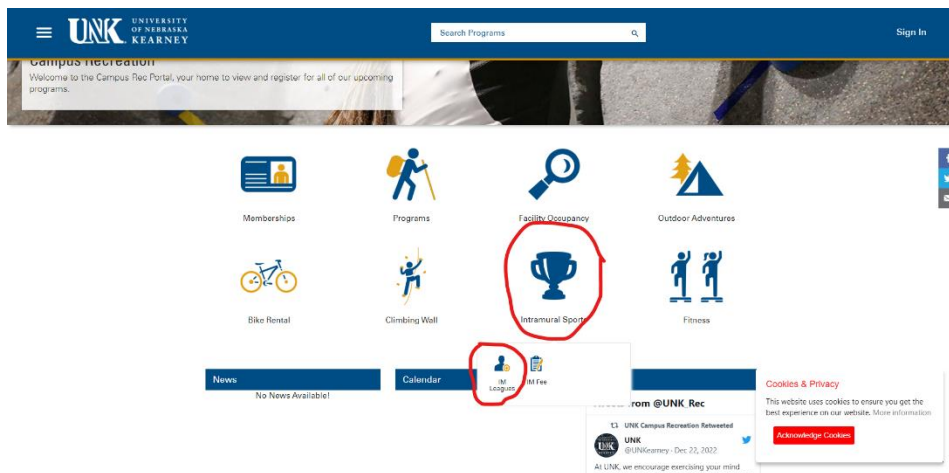
If you are a team captain and do not have access to the captain's training after the above dates and have tried all three methods of accessing it, please contact unkintramurals@unk.edu for assistance. Please note that UNMC and CCC students will not be able to take the training. If a UNMC or CCC student is a team captain, another member of the team who is a UNK student will be asked to complete the training.

Section 3: REGISTRATION AND FEES

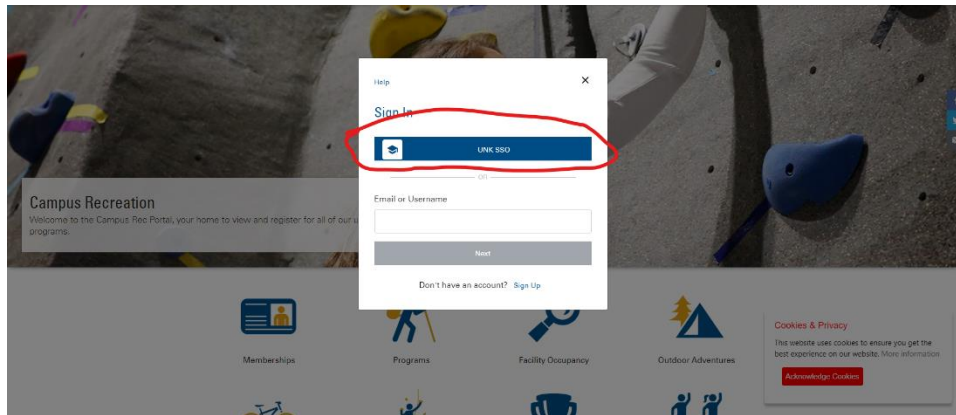
Intramural participants must register prior to participation. Additionally, any fees associated with that sport must be paid prior to participation.

Article 1: UNK Student Registration

UNK students can register for intramurals by visiting recwell.unk.edu. Follow the below steps to create an account:

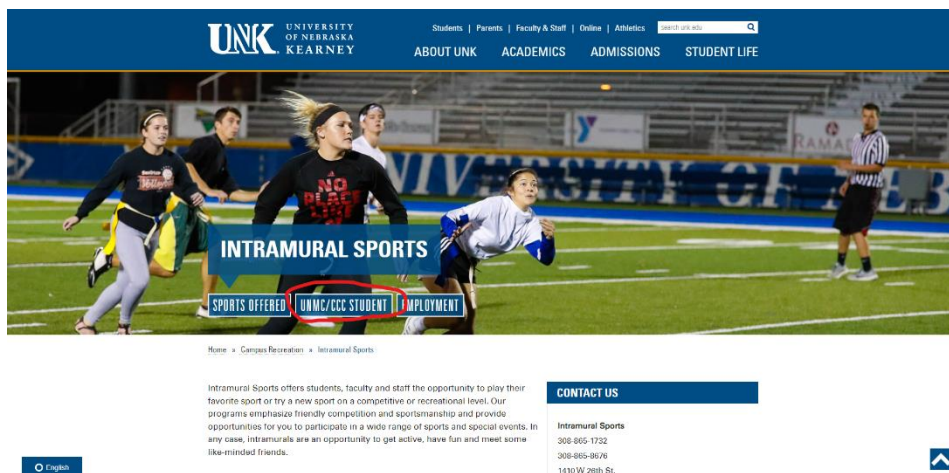


Login with Loper email:



Article 2: CCC & UNMC Student Registration

CCC and UNMC students will be unable to register using the above process. CCC and UNMC students can register by filling out this brief form: [UNMC/CCC IM Leagues Access](#). You will receive an email from unkintramural@unk.edu within 48 business hours of completing the form. This email will include your password and login for IM Leagues. This process should be completed at least 2-3 business days before your first game.



Article 3: Intramural Pass

Participants in IMs must purchase an intramural pass prior to the second week of games in that sport. An intramural pass is required by all participants and must be purchased before the second game. Participants may choose from the following intramural pass options:

1. The **\$30 Spring IM Pass** covers ALL sports and leagues for the entire Fall Semester. Sports included are M&W Basketball, CoRec Court Volleyball, Broomball, Dodgeball, Session 1 Pickleball, CoRec Flag Football, CoRec Slow-Pitch Softball, M&W Court Volleyball, M&W Soccer, CoRec Ultimate Frisbee, Open Spikeball and Session 2 Pickleball.
2. The **\$20 Spring Session 1 IM Pass** is intended for participants who can only play during the first half of the fall semester (2/2-3/13). The Spring Session 1 Pass covers payment for M&W Basketball, CoRec Court Volleyball, Broomball, Dodgeball and Session 1 Pickleball.
3. The **\$20 Spring Session 2 IM Pass** is intended for participants who can only play during the second half of the fall semester (3/30-5/8). The Spring Session 2 Pass covers payment for CoRec Flag Football, CoRec Slow-Pitch Softball, M&W Court Volleyball, M&W Soccer, CoRec Ultimate Frisbee, Open Spikeball and Session 2 Pickleball.

Purchase a pass online at [THIS LINK](#) or in-person at the Wellness Center during normal operating hours.

Article 4: Broomball Fee

Participants who take part in a broomball league must pay an additional \$10 Broomball Ice Fee. This fee is required by all broomball participants and must be paid before the second week of the season. This can be paid online at [THIS LINK](#) or in-person at the Wellness Center during normal operating hours.

Article 6: Refunds

UNK Intramurals only offers refunds in extenuating circumstances on a case-by-case basis. There are NO refunds for forfeits, inclement weather or ineligibility.

Section 4: ELIGIBILITY

The Intramural Sports staff reserves the right to investigate the eligibility of all participants. UNK, UNMC & CCC ID cards will be required during all intramural activities. Any individual the Intramural Sports staff deems to be ineligible will not be allowed to participate. It is the responsibility of the captain to know the eligibility of all members on a team before competing.

Article 1: UNK Students

All undergraduate and graduate students enrolled in 1 or more credit hours at UNK are eligible for participation in Intramural Sports activities.

Article 2: UNK Faculty and Staff

All full-time and part-time faculty and staff members at UNK are eligible to participate in Intramural Sports activities.

Article 3: CCC and UNMC Students

All students enrolled in 1 or more credit hours at CCC and UNMC are eligible to participate in Intramural Sports activities.

Article 4: Varsity Athletes

Varsity athletes are eligible to participate in Intramural Sport activities. However, varsity athletes must be one year removed from when they last practiced or competed collegiately in order to participate in the same sport at an intramural level.

- For example, A UNK volleyball player could not participate in intramural volleyball.
- For example, A former UNK volleyball player who last played collegiately in Fall 2023 could participate in intramural basketball during the Fall 2024 season.

Article 5: Club Sports Athletes

Club Sports athletes are eligible to participate in Intramural Sports activities. However, the maximum number of club sport players on a team's roster must not exceed 50% of the number of players required to play a sport at full strength for their corresponding sport. A club member may participate in a singles event. A club sport member is defined as any student who pays dues to a club sport team. The status of a club sport member exists for the entire academic year.

- For 6v6 Court Volleyball: Only 3 club volleyball members could be on the same team
- For 4v4 Sand Volleyball: Only 2 club volleyball members could be on the same team
- For 7v7 Soccer: Only 3 club soccer members could be on the same team

Article 6: Participant Identification

All participants must show an Intramural Sports staff member a valid UNK, CCC, or UNMC ID prior to participation. If either the name or picture is not legible by the staff member, a second form of identification will be required. If neither the name nor the picture is legible on the second form of identification, the UNK, CCC, or UNMC ID will not be accepted, and that participant will not be eligible to participate.

The Intramural Sports program **DOES NOT** accept MyBlue or a picture of an ID as a valid form of identification. If a participant legitimately lost their school ID and is yet to receive their new one, they may show a driver's license at the discretion of the supervisor.

NOTE: Graduating students in their final year at are still required to present a valid UNK, CCC or UNMC ID at intramural events. UNK and UNMC students may pay a \$10 fee for replacing a lost or stolen ID by visiting this link: [HOW TO REPLACE YOUR UNK ID](#)

Article 7: Misuse of Identification

Transferring, lending, borrowing, or altering university-issued identification is a violation of the Student Code of Conduct and will result in ineligibility for that game and possible referral to the Division of Student Affairs. In the event that an ID does not match the participant using it, the Intramural Sports staff may confiscate the ID and the participant referred to the Division of Student Affairs.

Article 8: Participation

Any participant who has checked in for an Intramural Sports activity at the game site is considered to have participated. If an opponent no-call-no-show forfeits, any participant who checked in at the game site is still considered to have participated.

Section 5: ROSTERS

Team captains are responsible for adding players to their roster while team participants are responsible for accepting invitations to the roster. Any roster changes should occur **before 3pm the day of the game** to prevent delay and confusion at the intramural competition. **All players are REQUIRED to be on the online IM Leagues roster before participating.** No player shall be added to a roster during the playoffs.

Article 1: Roster Additions

A participant who fulfills the individual eligibility criteria and has purchased an intramural pass is eligible to be written on a roster at the discretion of an intramural supervisor. A roster addition

is defined as a participant who is written on a roster and is NOT on another team in the same sport. It is the captain's responsibility to add additions to their roster before the next intramural event. Roster additions are not permitted during playoffs. Roster additions must still purchase an intramural pass even if they will only play in one game.

EXAMPLE: A volleyball team wants to add a player to the roster who is not already on the printed scoresheet during a regular season contest. The player is not on another team in the same league, fulfills the individual eligibility requirements, shows a valid ID and has purchased an intramural pass.

Article 2: Nomad

If a team does not have enough participants to play at the minimum required amount of players, the captain may recruit a "nomad" for that intramural event. A "nomad" is defined as a participant who fulfills the individual eligibility criteria and has purchased an intramural pass but plays on another team in the same league. "Nomads" are not added to the roster and are only permitted when a team does not have the minimum number of players required to play. Teams have unlimited "nomads" during the regular season but are not permitted during playoffs. "Nomads" must still purchase an intramural pass even if they will only play in one game. Status of "nomads" must be verified by presence on an active roster in that same sport and season

EXAMPLE: A basketball team only has 2 players from the original roster for a regular season contest. The team may add an eligible player as a nomad from another team to get to 3 players.

Article 3: Pink Slips

A pink slip will be required for participation in the following situations:

1. A participant does not have valid identification
2. A participant is not listed on the printed roster and needs to be added to the roster
3. A participant is not listed on the printed roster and is a nomad

In any of the above situations, the check-in official will direct the participant to the on-site supervisor who will provide the pink slip and assist in filling it out. Once completed, the participant must bring the pink slip back to the check-in official to participate.

INTRAMURAL PINK SLIP					
Name:	Louie The Loper			NUID:	123456789
UNK	UNMC	CCC	Sport:	Flag Football	Team Name: Lopers
Name:	Zvic		Date:	8/6/24	
(trial)	☒	Nomad? (Y/N)	☒	Added to Roster? (Y/N)	☒
			Team Captain/Rep Initial:	JS	

Article 3: Special Roster Situations

UNK Intramurals reserves the right to make roster determinations according to the policies outlined in this handbook and at the discretion of intramural staff at any time.

Section 6: LEAGUES

Participants may only participate on one CoRec and one Men's/Women's team for a single sport. Students may participate in any and all sports for the semester. Below are the league offerings for the Spring 2025 season:

Leagues	Registration Deadline	Start Date
Pickleball	Jan 29	Feb 2
Dodgeball	Jan 29	Feb 2
Broomball	Jan 29	Feb 3
5v5 Basketball	Jan 29	Feb 3
Court Volleyball	Jan 29	Feb 4
Pickleball	Mar 27	Mar 30
Slow Pitch Softball	Mar 27	Mar 31
Flag Football	Mar 27	Mar 31
Spikeball	Mar 27	Mar 31
Soccer	Mar 27	Apr 1
Ultimate Frisbee	Mar 27	Apr 1
Court Volleyball	Mar 27	Apr 2

Article 1: Creating a Team

Create a team by visiting recwell.unk.edu --> Intramural Sports --> IM Leagues. Once you're signed in, click the desired sport and league. Within each league are divisions that play at different times. Select your desired time and create a team.

University of Nebraska at Kearney

Leagues Quiz Admin Sport

Active Leagues Captain's View

Spring 2023

CoRec

Reg Start: 01/11 Midnight
Season: 01/08 - 03/10
Player Min: 4

Reg End: 01/25 05:00 PM
Last Join Date: 03/10/23
Player Max: Unlimited

Min women: 2
Min men: 2

Division	Team Size	Confirmed	Pending	Status
Unlimited	0	0	0	Unlimited
Monday 7-8:30pm	12	0	0	Unlimited
Thursday 6:30-8pm	12	0	0	Unlimited
Tuesday 8:40-10:10pm	8	0	0	Unlimited
Tuesday 8:40-10:10pm	12	0	0	Unlimited

Men's

Reg Start: 01/11 Midnight
Season: 01/08 - 03/10
Player Min: 4

Reg End: 01/25 05:00 PM
Last Join Date: 03/10/23
Player Max: 19

Division	Team Size	Confirmed	Pending	Status
Unlimited	0	0	0	Unlimited
Monday 8:30-10pm	8	0	0	Unlimited
Thursday 8:40-10pm	12	0	0	Unlimited
Tuesday 8:40-10pm	8	0	0	Unlimited

Women's

Reg Start: 01/11 Midnight
Season: 01/08 - 03/10
Player Min: 4

Reg End: 01/25 05:00 PM
Last Join Date: 03/10/23
Player Max: 19

Division	Team Size	Confirmed	Pending	Status
Unlimited	0	0	0	Unlimited
Monday 8:30-10pm	8	0	0	Unlimited
Thursday 8:40-10pm	12	0	0	Unlimited
Tuesday 8:40-10pm	8	0	0	Unlimited

University of Nebraska at Kearney

Mondays 7-8:30pm

Leagues Quiz Admin Sport

Teams Schedule Free Agents Admin Division

Settings Team Input/Pendents Message Center Member Management Participation Statistics

Move Teams/Names/Players Facilities Payments Management

Admin Dash

Notes: Join? Click Here to 54 Remove Add?

Mondays 7-8:30pm

Registration: Jan 11th 23 at Midnight - Jan 23rd at 5:00PM
Join Team: Unlimited
Player: Unlimited
Reg Start: Jan 08th 23 at Midnight
Reg End: Jan 23rd 23 at 5:00 PM

Min Players: 4 (27/26)
Max Players: Unlimited

Division Description

Nothing posted yet...

Announcement

Nothing posted yet...

Week's Schedule

Sorry, there are no games in this range.

Teams

+ Create Team + Join As Free Agent

Once you've created a team, you can add players by going to your roster --> Invite Players:

University of Nebraska at Kearney

Example Team

Home Schedule Roster Admin Captain

About Example Team

Nothing posted yet...

Overall CoRec Rankings

POINTS PER GAME	POINTS AGAINST	STREAK	TOP PLAYER
Overall	Overall	Overall	No MVP

Roster: 1M/OW

John Springer

T-Shirts

Custom Team T-Shirts

Use Barcode code "164212" at checkout for a 25% off order of \$100 or more

Get Custom T-Shirts

Announcements

Nothing posted yet...

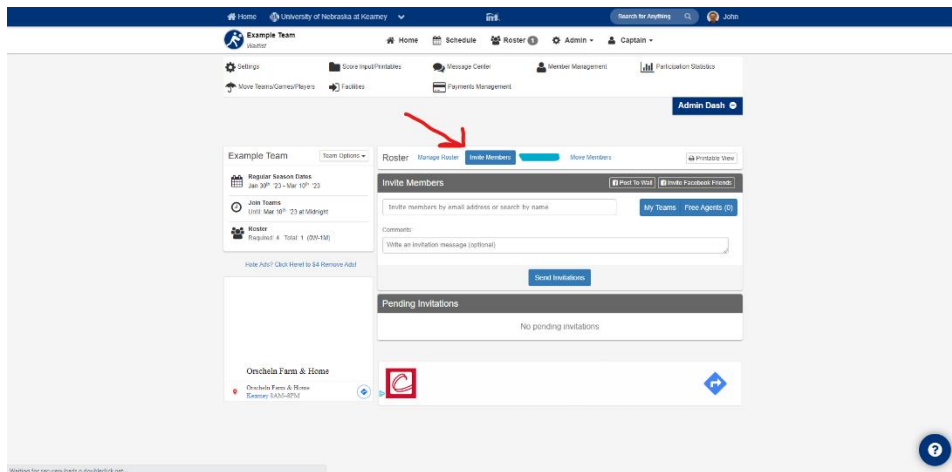
Add New Game

Players Stats

Player	GP	MVP
John Springer	0	0
TOTAL	0	0

Discussion Board

Nothing posted yet...



When you invite someone to your team, they must accept the invite sent to their email address to join the team's roster. This should be done by 3pm the day of your game.

Article 2: Scheduling

Once the registration deadline has passed, UNK IMs staff will begin creating the regular season schedule. Teams that do not meet the minimum number requirements will not be added to the schedule until the requirements are met.

Signing up for a division means that your team may get scheduled to play at any time within the timeslot. For example, a team is signed up for the Monday 7-8:30pm volleyball division. Volleyball games last 45 minutes, so games may take place at 7pm and 7:45pm.

Article 3: Rescheduling

The office is well aware that the scheduling of intramural events can create a number of unforeseen conflicts for teams or individuals. Whenever this occurs, the department is willing to work out viable conflicts with both parties involved as long as the following criteria are adhered to:

1. Requests to alter game times must be submitted no later than 12pm Friday, the week before the game is scheduled to be played. Requests made after this time frame may be considered under unique and extenuating circumstances. Intramural staff reserves the right to determine these on a case by case basis.
2. A representative from each team involved with the game in question will be contacted to find the available dates and times to reschedule the game.
3. When a scheduling conflict involves one team or individual, the opposing team or individual may decide whether or not to reschedule the contest.
4. If the opposing player or team does not elect to reschedule the contest, the game will be played at the date and time it was originally scheduled.

5. If both teams agree to a rescheduled time, it must be in accordance and agreement with the Intramural Sports Program Staff and dependent upon availability of existing facility space and personnel.
6. This reschedule process must be completed at least 24 hours prior to the original time the game was scheduled.
7. If the Intramural staff becomes aware of a defaulted game in advance, effort could be made to alter remaining games scheduled that night that best fits all parties.

Section 7: FREE AGENTS

Individuals who do not have a full team or do not know of any teams to join for a sport and are interested in participating are considered a “Free Agent”. There are multiple ways to improve a Free Agent’s chances of participating in the current Intramural Sports season. However, as much as we want every UNK Student to have an opportunity to play, there will be times when the connection just doesn’t work out.

Article 1: Registering as a Free Agent

To register as a free agent, visit recwell.unk.edu --> Intramural Sports --> IM Leagues. Once you’re signed in, click the desired sport and the “Join As Free Agent” button. Provide a brief description of your experience in that sport as a way to market yourself to other captains.

The screenshot shows the UNK RecWell website interface. The top navigation bar includes links for Home, University of Nebraska at Kearney, and a search bar. The main content area is for 'CoRec Slow Pitch Softball'. On the left, there are sections for 'Join Teams' (until Oct 8th '23 at Midnight), 'Players' (Min: 8Mac, 14:4W-4M), and 'Waitlist Registration' (Start: Aug 18th '23 at 12:01AM, End: Sep 8th '23 at Midnight). The main content area has a 'Teams' tab selected, showing a list of teams with columns for 'Roster', 'Status', and 'Free Agents Wanted'. A red circle highlights the 'Join As Free Agent' button in the top right corner of the team list. Below the button, there is a table of teams:

Team	Roster	Status	Free Agents Wanted	Join Team
Ram Ranch Jackson Kneel	10 SM - SW	Approved	No	Join Team
Pitches be crazy (9:15pm) Lauren Bahr	10 SM - SW	Approved	No	Join Team
Brokebat Mountain Connor Walsh	6 2M - 4W	Unapproved	No	Join Team
Hall of Shamers	10	Approved	No	Join Team

Waiver [Printable View](#)

The following document is a University of Nebraska at Kearney RELEASE OF LIABILITY. Please read the entire release and indicate your agreement by checking the box below it. (If you don't agree, don't continue).

UNK Intramural Participant Release and Indemnity Agreement AND Image Consent and Release

☐ By checking this box I indicate I have read, understand, acknowledge and accept the above Waiver/Agreement.

Options

Willing to play in

☒ Collec Slow Pitch Softball

Additional Info About Yourself

[Post Listing](#) [Cancel](#)

Article 2: Accepting Free Agents

If you created a team and are looking to add free agents to your roster, go to your team settings and under team status, select “we are looking for players” instead of “We are not looking for players”. This will notify free agents that you are looking for more players.

GASLFA Tropics [Team Options](#)

Regular Season Dates
Sep 5th '23 - Oct 12th '23

Join Teams
Until: Oct 12th '23 at Midnight

Roster
Required: 5 Total: 5

Info! [Click here to quickly navigate between settings pages.](#)

Team Settings

Team Name: GASLFA Tropics

Team Color: No Color

Logo: [Edit](#)

Auto Accept Member Requests: No

Looking For Players: Yes

Team Status: [We are looking for players](#)

[Save Changes](#) [Cancel](#)

Group/Greek Association: No Group/Greek

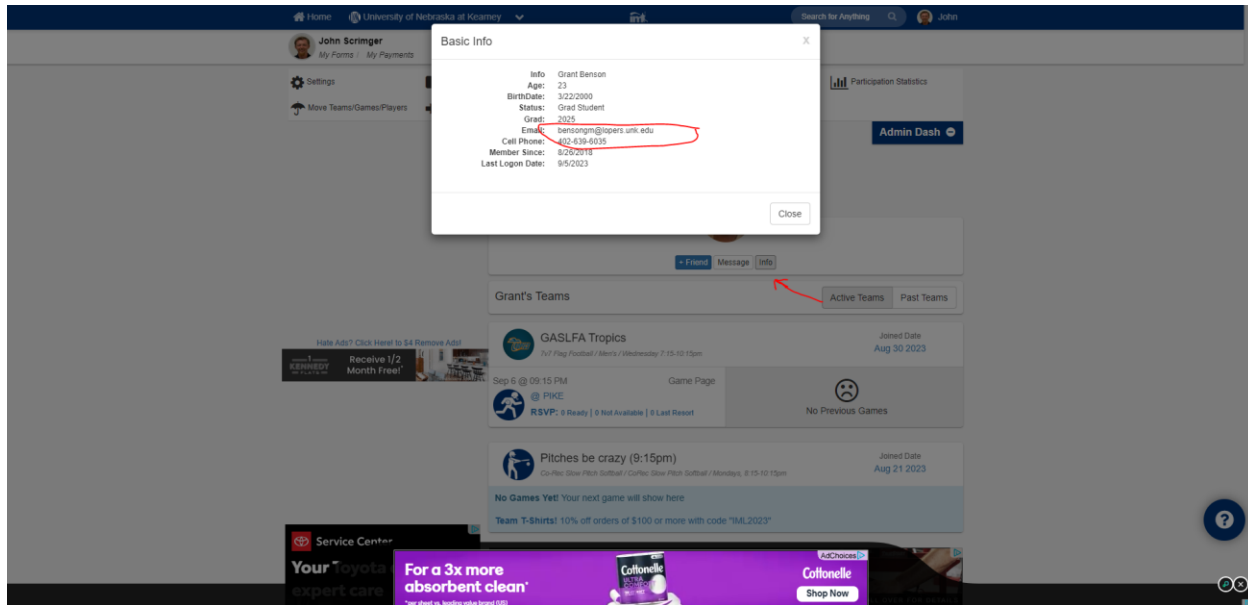
Description: [Edit](#)

Article 3: Contacting Captains

To give yourself a better chance of being added to a roster as a free agent, we recommend reaching out to captains individually. You can access the contact information for team captains by selecting a team in the sport you are a free agent and clicking on the name of the captain. Select “Info” and their contact information will be available. You may also contact captains directly through imleagues.

The screenshot shows the 'Teams' page on the UNK IntraMURALS website. The page has a blue header with navigation links: Home, University of Nebraska at Kearney, Search for Anything, and a user profile. Below the header, there's a sidebar with a promotional banner for 'Multiple data sources? Zero problems.' and a 'Learn More' button. The main content area displays a list of teams under the 'Teams' tab. The teams listed are: Back that Pass Up, Cupcake Brothers, Deep Ball, GASLFA Tropics (highlighted with a red arrow), Go Lopers, IR, Kearney Lopers, PIKE, TT, and twisties. Each team entry includes a logo, name, roster size, status, and a 'Join Team' button. A 'Create Team' button is at the top left of the teams list, and a 'Join As Free Agent' button is at the top right.

The screenshot shows the 'GASLFA Tropics' team page on the UNK IntraMURALS website. The page has a blue header with navigation links: Home, University of Nebraska at Kearney, Search for Anything, and a user profile. Below the header, there's a sidebar with a promotional banner for 'Multiple data sources? Zero problems.' and a 'Learn More' button. The main content area displays the team's information under the 'About GASLFA Tropics' tab. The team's name is 'GASLFA Tropics' and the captain is 'Grant Benson'. The page includes sections for 'Regular Season Dates', 'Join Teams', 'Roster', 'Overall Men's Rankings', 'Roster: 5M/0W', 'T-Shirts', 'Announcements', and 'Next Game'. A red arrow points to the 'Roster' tab, which shows a list of players: Grant Benson, Devin Helmer, Joseph McGuire, Alex Novicki, and Yuma Shamoto. A 'Join Team' button is next to each player's name.



Section 8: PLAYOFFS

At the conclusion of the regular season, teams will be seeded and select a spot in the bracket or be placed in a bracket based on their seed.

Article 1: Picking a Spot

Some sports will have a date and time designated for the playoff draft. The date and time will be communicated with team captains via email prior to the date of the draft. When it comes time to select a spot in the bracket, the team captain may select a time from the remaining available times. Playoff brackets and schedule will be available on IMLeagues at the conclusion of the regular season. **It is best to pick your spot in the bracket on a computer!**

NOTE: During playoffs, teams may play on days and times different from the regular season.

Article 2: Team Eligibility

A team must average a sportsmanship rating of 3.0 or higher during the regular season to be eligible for playoffs. Once in playoffs, a team must maintain a minimum average sportsmanship rating of 3.0 to remain eligible. This average is for both regular season and playoffs. A team whose average sportsmanship rating drops below 3.0 during playoffs will be disqualified.

Article 3: Individual Eligibility

All eligibility requirements during the regular season are still in effect during playoffs. In order to be eligible for playoffs, players must have played in at least one regular season game. There are no nomads and/or roster additions allowed during playoffs. Only players on the roster before the first playoff game will be eligible for participation.

Section 9: FORFEITS AND DEFAULTS

Intramural Sports staff understand that scheduling conflicts, unforeseen circumstances or the trials and tribulations of being a student may lead to teams missing intramural activities. However, nothing is worse than showing up to an intramural activity and the other team never shows up. Forfeits are detrimental to the experience of participants and puts undue stress on intramural resources. To avoid fees or other consequences, notify intramural staff by 3pm if you cannot make a scheduled game by calling at (308)865-8676 or by emailing unkintramurals@unk.edu.

Article 1: Forfeit Definitions

A forfeit can be classified based on the following:

No-call-no-show: Team fails to show for their game without notification to IM Staff. This results in a sportsmanship rating of 1.

Minimum Numbers: Team does not meet the minimum player requirement at the scheduled game time. This results in a sportsmanship rating of 2.0. Teams can avoid a Minimum Numbers forfeit by utilizing nomads.

Late Notice: Team notifies Intramural staff of missing a game after the 3pm deadline. Late Notice forfeits will receive the same sportsmanship rating as a No-show forfeit.

Eligibility: Game is declared a forfeit due to the ineligibility of one or more players according to the eligibility requirements outlined in Sections 4 and 7. This results in the deduction of one sportsmanship point from the original rating.

Sportsmanship: Game is ended by Intramural Sports staff for sportsmanship-related reasons. This includes, but is not limited to player ejections and/or player conduct. Sportsmanship points will be deducted and awarded on a case-by-case basis.

Article 2: Defaults

In order for a contest to be considered a “Default” and not a “Forfeit”, a team member who is on the official team roster must contact the Intramural Sports staff via email or phone before 3:00pm on the day of the contest.

Article 3: League Removal

Teams will be removed from a league or competition in the following scenarios:

1. Two forfeits on different days in a season
2. Two defaults on different days in a season
3. One forfeit and one default on different days in a season

Article 4: Grace Period

A team that does not have the minimum numbers to participate by the scheduled game time will be granted a 5-minute grace period. This grace period is intended to allow additional time for a team to reach the minimum number of participants required to play. The grace period is only granted if a team has at least one player present by the scheduled game time. The official game time will still begin at the originally scheduled time.

Article 5: Forfeit Fee

Forfeits are detrimental to the student experience and the entire UNK Intramural Program. Forfeits put unneeded stress on staffing resources and are disappointing for students who look forward to playing. In addition to numerous forfeit reduction efforts, a forfeit fee was introduced in Fall 2024.

Teams that commit any of the following forfeits will be responsible for a forfeit fee:

1. No-call-no-show Forfeit
2. Minimum Numbers Forfeit
3. Late Notice Forfeit

The forfeit fee is \$15 for all sports. This fee must be paid 48 hours before the next game to continue participation in the league. Teams that do not pay the forfeit fee before the deadline will be removed from competition and the team captain will be suspended from all intramurals until the fee is paid. This fee may be paid in-person at the Wellness Center during normal operating hours or online at the following link: [FORFEIT FEE](#). This fee may be paid by any member of the team.

Team captains that pay the forfeit fee after the deadline and after 3pm on the day of a game in another sport that they are currently suspended, they **MUST** bring the physical receipt or show the email receipt in order to participate.

If a team pays the forfeit fee and is reinstated to the league but forfeits a second game in the same sport and season, the team will be removed from competition and will still be responsible for paying the forfeit fee. If a team does not pay the forfeit fee for a second forfeit, the team captain will be suspended from all other intramurals until the fee is paid.

Article 6: Forfeit Fee Refunds

There are NO REFUNDS for the forfeit fee.

Article 7: Avoiding the Forfeit Fee

The UNK Intramurals Program intends the forfeit fee as a deterrent and will help teams avoid forfeiting within reason. The easiest way to avoid a forfeit is by notifying the Intramural Office by 3pm the day of a game if the team will not have enough to play. Notifying the Intramural Office by the above times is called a default and will not be punished with a fee. However, two defaults in a season will still result in removal from the league.

Teams may also utilize nomads to avoid forfeiting.

Article 8: Forfeit Fee Appeal Process

Teams have the option to appeal the forfeit fee in any case of extenuating circumstances. IM Staff retain the right to determine if a circumstance is extenuating. Examples of extenuating circumstances are listed below:

- Significant injury or health issue
- Family/Friend death
- Any other circumstance deemed extenuating by IM Staff

Teams must appeal by filling out an application at the link below within 48 hours of receiving the forfeit email: [Forfeit Fee Appeal Application](#)

Section 10: SPORTSMANSHIP GUIDELINES

Article 1: Sporting Behavior System

The Sporting Behavior System is intended to be an objective scale by which teams' attitude and behavior may be assessed throughout the intramural sports season and playoffs. Behavior before, during and after an intramural contest is factored in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

Each team is responsible for the actions of all individual team members and spectators related to it. The team captain's efforts in assisting officials and staff to calm difficult situations are essential to controlling team conduct.

Article 2: Rating Method

Each team in each contest shall be rated by the officials. The authority of the officials' rankings exists before, during and after all contests to which that official is assigned. The supervisor or

administrative staff present may also provide input to a team's Sporting Behavior Rating. Ratings shall be marked on the score sheet following the game. This information is not to be provided to the team immediately following the game, but may be viewed online on the following day.

A team captain may appeal a sporting behavior ranking by submitting a letter of appeal by noon of the next business day after the rating is posted (two business days after the intramural contest). The appeal must be addressed to UNK Intramurals, and may be turned in by hard copy or by email. Appeals submitted outside the stated time will not be accepted unless the ratings and scores were not displayed online the day following the game.

Article 3: Rating Factors

The following actions and behaviors by team members, spectators, and/or team followers can have a **positive** effect on a team's sporting behavior rating:

- Team members cooperate with and demonstrate good sporting behavior toward members of both teams, spectators, officials, and all other IM staff.
- Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
- Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
- Respect is shown for UNK facilities and equipment.

The following actions and behaviors by team members, spectators, and/or team followers can have a **negative** effect on a team's sporting behavior rating:

- Participants / spectators continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
- Team captain exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
- Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsporting behavior.
- Taunting an opponent or opposing team spectator.
- Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.

- Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
- Any threatening behavior (verbal and/or nonverbal) to any UNK Intramural Sports or Campus Recreation employee, participant, or spectator, which occurred before, during, or after an Intramural Sports contest
- Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
- Damage to or destruction of any UNK facilities.

Article 4: Rating Scale

Team sporting behavior is graded following each contest according to the following scale and criteria:

5 points: Excellent Sporting Behavior

Players cooperate fully with the officials about rule interpretations and calls. The captain has full control over teammates. Team members and spectators are respectful of opponents and officials and are encouraging of each other's efforts. At no time was the team disrespectful toward participants or officials.

4 points: Good Sporting Behavior

Team members display positive sporting behavior overall for the game. Team members are generally respectful toward opponents and officials, with exception of few minor incidents which may not warrant a warning from the game officials or supervisor. Team members may occasionally show dissent to officials' calls.

3 points: Acceptable Sporting Behavior

Team members and spectators are generally respectful of opponents and officials, and have not been assessed any penalties for unsporting behavior. Teams are more persistent in dissent to calls or show occasional unsporting behavior toward opponents. Any team receiving a verbal warning from officials shall receive no higher than a 3.

2 points: Sporting Behavior Needs Improvement

Team members or spectators are consistently disrespectful toward officials or opponents throughout contest. Captain exhibits minor control over self or teammates and spectators. Teams receiving any ejections, multiple warnings or any penalties for unsporting behavior shall receive no higher than a 2.

*any team receiving a 2 or lower may request explanation for rating by contacting the Intramural Sports staff. Any time a team is given a rating of 2 or lower, the Intramural Staff giving the rating will document reasoning.

1 point: Unacceptable Sporting Behavior

Team receives multiple warnings and/or penalties for unsporting behavior. Despite warnings from staff, team shows little or no control or regards for sporting behavior. Repeated acts of unsporting behavior toward staff and/or opponents. Unsporting behavior is consistent throughout game. Ejected player(s) are uncooperative in leaving the playing area in a timely manner. Teams involved in physical altercation or threatening behavior leading to an ejection shall receive no higher than a 1.

Teams receiving a 1 will be notified by the Intramural Sports staff the business day following the contest. Teams which receive a second rating of 1 in the same sport or activity are subject to immediate removal from league or tournament play.

0 points: Season Ending Rating

Team is completely uncooperative and uncontrollable before, during or after contest. Team captain exhibits poor control over self, team, and/or spectators. Multiple ejections and blatant unsportsmanlike conduct that endangered participants, fans, officials or other staff members.

A team that receives a 0 sportsmanship rating risks team disqualification and individual suspensions.

Article 5: Special Game Situations

- A team winning a game by default or forfeit with no game occurring shall receive a rating of 4.
- A team that wins a game by forfeit after the game has started and game play has occurred shall receive a rating based on its sporting behavior in the game up to the time of the forfeit.
- A team that defaults a game in advance shall receive a rating of 3.
- A team that forfeits a game due to not having minimum number of players with no advance notice shall receive a rating of 2.
 - In this instance, at least one team member must have showed up.
- A team that forfeits a game with no advance notice or a late notice shall receive a rating of 1.
- A team with two (2) forfeits or defaults in a season on different days or one default and one forfeit is subject to be removed from the league.
- A team that forfeits a game after play has started for any administrative reasons not involving sporting behavior shall receive a rating based on its sporting behavior in the game up to the time of the forfeit and/or based on the administrative reasons for the forfeit.

Article 6: Playoff Eligibility

- A team must have a sporting behavior average of 3.0 or better during the regular season to be eligible for playoffs.
- Team that forfeits at least two (2) regular season games are not eligible for playoffs.

- A team must maintain a minimum sporting behavior average of 3.0 throughout the playoffs to remain eligible. The average will include regular season and playoff games.
- A losing team which receives a 0 or 1 sporting behavior rating during its final playoff game will be subject to further disciplinary action as a team or individually in subsequent sports.

Article 7: Suspensions

UNK Staff reserve the right to suspend teams and/or players in accordance with the sportsmanship guidelines listed in this section. Any participant that receives notification of a suspension must meet with intramural staff before they are eligible for another intramural contest.

Section 11: ONE-DAY TOURNAMENTS

Students interested in participating in a one-day event can register online at recwell.unk.edu or at the event. One-day tournaments are free to all students unless otherwise noted. Below is the Spring 2025 one-day tournament schedule:

One Day Events	Location	Date	Event Start Time
Snow Sculpture Comp	N/A	All of Jan & Feb	N/A
Sport Trivia	HSC 150	Jan 22	6pm
Free Throw & 3 Point Comp	HPER Gym	Jan 23	7pm
Pitch	Cushing 121	Feb 3	7pm
Mini Golf & Bowling	Big Apple	Feb 10	6pm
Wrestling	Wrestling Facility	Feb 17	7pm
Battleship	YMCA Pool	Feb 24	7:30pm
Laser Tag	Big Apple	Mar 3	6pm
March Madness Brackets	N/A	Mar 17	N/A
Golf Simulator Scramble	Birdies & Brews	Mar 24-28	10am-5pm
UNO	Cushing 121	Apr 2	7pm
Track & Field	Cush Fieldhouse	Apr 10	7pm
Disc Golf Scramble	Centennial Park	Apr 16	5pm
3v3 Basketball Tournament	Cush Fieldhouse	Apr 23	6pm
Badminton Doubles	Cush Fieldhouse	Apr 30	7pm
Bucket Golf	Campus Greens	May 7	5pm

Section 12: PARTICIPANT SAFETY

Article 1: Injuries and Liability

Participants are advised that participation in intramural competitions involves physical risk. Participation is strictly voluntary. Injuries and their resulting cost are the responsibility of the participant. There is a possibility that a participant may be injured during the course of normal activities. This risk of injury extends to the physical being, as well as personal belongings that the individual may bring to the activity. The University of Nebraska – Kearney and the UNK Intramurals Department are not liable for any injuries or personal items during intramural events.

Article 2: Blood Policy

Participants that are bleeding will be removed from play immediately. If blood is found on a participant's clothing, regardless of whose blood it is, they will be removed until the contaminated clothing has been removed. Prior to any participant re-entering an activity, bleeding must be stopped, and all cuts or open wounds must be covered. Participants will not be allowed to participate in any activity until all conditions stated above are met.

Article 3: Concussion Policy

Participants that are suspected of suffering a concussion during an intramural event may be disqualified from play for the remainder of the night at the discretion of a supervisor. Participants suspected of suffering a concussion will not be prevented from participating in future intramural events but it is recommended to receive evaluation from a professional and rest for 2-4 weeks. Students may receive a free concussion assessment at [UNK's Open Injury and Rehabilitation Clinic](#). Open hours will take place in Cushing 166 (Athletic Training Lab) on Mondays and Thursdays from 6-8pm.

Section 13: EQUIPMENT

UNK Intramurals is not responsible for any lost, stolen, damaged or unclaimed items. The department highly recommends all participants refrain from bringing valuables to Intramural competitions.

Article 1: Lost and Found

In the event that an item is lost or misplaced at an intramural event, intramural staff will return items to the Wellness Center lost and found. If a theft is reported, an incident report will be filed with UNK Intramurals. UNK PD or KPD may also be called upon request.

Article 2: Equipment During Competition

Intramural staff have the authority to disallow participants from wearing any equipment, jewelry, or apparel that is deemed dangerous, disadvantageous, or discriminatory to other participants.

This includes, but is not limited to: hooped earrings, watches, bracelets, fitness trackers, sweatshirts.

Section 14: ALCOHOL AND DRUG USE POLICY

There is a zero-tolerance policy for drugs and alcohol at UNK intramural events. Students should adhere to the [University's Drug and Alcohol Policy](#) while on campus and taking part in on-campus events. Any individual(s) that violate this policy will be removed from competition immediately and suspended for the season. The violating individual's team also risks being removed from competition for the remainder of the season and playoffs.

Section 15: AWARDS

Article 1: IM Champ Shirts

Participants who win their playoff bracket may pick up an intramural champ shirt from the Wellness Center Office the day following your championship. Shirts will only be given to those who have participated in at least one regular season game and purchased an intramural pass. Participants can also win a Champion Long-Sleeve in the following ways:

- Win two playoff championships OR
- Win one playoff championship and a one-day tournament OR
- Win two one-day tournaments

Participants who want a Champion Long-Sleeve must defer two champ t-shirts.

Article 2: IM Champ Photos

Teams that win a playoff championship will have their photos taken and posted on the UNK Intramurals Instagram and Facebook. Participants should refrain from any hand gestures other than "Number One" or "Throwing the Lopes" if they would like to be featured on UNK Intramurals social media accounts.

Article 3: Organization Points

Participants that are in a fraternity or sorority or live in a residence hall are eligible to compete for the Greek Life IM Trophy and Res Life Trophy. In order to compete, students should put

their fraternity, sorority, or res hall in the below section on IMLeagues when making an IMLeagues account:

The screenshot shows the 'Edit Member' form on the University of Nebraska at Kearney IMLeagues website. The form is divided into two main sections: a left sidebar with navigation links and a main content area for editing member information. The left sidebar includes links for 'Handbooks & Manuals', 'FAQs', 'Discussion Board', and 'Contact Information'. The main content area contains the 'Edit Member' form with various input fields and dropdown menus. A red arrow points to the 'Status' dropdown menu, which is currently set to 'Grad Student'. The form also includes a 'Cancel' button and an 'Update' button at the bottom right.

Organization points are earned individually the following ways:

- One Days:
 - 2 points for just participating
 - 5 points for runner up (7 total)
 - 10 points for winning (12 total)
- Leagues:
 - A Bracket: 30 points for each person on a winning team, 20 for runner up
 - B Bracket: 15 points for each person on a winning team, 10 for runner up
 - C Bracket and lower: 8 points for each person on a winning team, 5 for runner up

The winning fraternity, sorority and res hall will take home the trophy at the end of the spring season!

NOTE: Summer intramurals are not factored into the organization point standings.

Article 4: Leland and Jean Copeland IM Participant of the Year

At the conclusion of each school year, a male and female undergraduate student will be selected as the Participant of the Year. This award goes to a participant that exhibits great sportsmanship, achieves high participation and has had overall success in intramurals.

Winners of this award receive a free semester of intramurals and a scholarship for the following school year.

Section 16: INCLEMENT WEATHER

If fields are determined to be inadequate and harmful to participants, games will be cancelled immediately. If weather poses a threat or puts participants and field conditions in harmful situations, games will be cancelled.

Regular scheduled games will only be rescheduled on a case-by-case basis. Playoff games will be rescheduled for the next available time.

If lightning strikes within 5 miles of the playing area, all play will stop until 30 minutes after the last lightning strike.

Any questions regarding intramural competitions at risk of inclement weather should be directed to unkintramurals@unk.edu or (308)865-8676.

Section 17: LOCATIONS

Intramural Sports activities take place at locations both on campus and off campus.

Article 1: Cushing Fieldhouse

Cushing Fieldhouse is located at 1410 W 26th Street. This facility features multiple basketball, volleyball, and badminton courts and is also home to the UNK track and field team. This is where a variety of intramural indoor sports are played: 6v6 volleyball, 3v3 basketball, pickleball, badminton, spikeball, cornhole and more.

Article 2: HYPER Gym

Cushing HYPER Gym is located at 1410 W 26th Street. This gym features 4 basketball hoops. This is where a variety of intramural indoor sports are played: 5v5 basketball, 3v3 basketball, dodgeball, and indoor soccer.

Article 3: Health and Sports Center

The Health and Sports Center (HSC) is located at 2501 15th Ave. This arena is a 5,100-seat arena that is nearly 400,000-square-feet and is one of the largest venues in the MIAA. The HSC is home to both UNK volleyball and basketball teams. This is where intramural 5v5 basketball is primarily played.

Article 4: Foster Field

Foster Field (Ron and Carol Cope Stadium) is located at 2708 12th Avenue. This stadium features 5,250 seats and is home of the UNK football and women's soccer teams. This is where intramural flag football, soccer, ultimate frisbee, cornhole, and spikeball are played.

Article 5: Lot 10 Green Space

The Lot 10 Green space is located directly east of Cushing Coliseum. This new green space will be the home of future intramural events such as grass court volleyball, ultimate frisbee, spikeball and more.

Article 6: Big Apple Fun Center

The Big Apple Fun Center is located at 500 W 4th St. This off-campus facility features bowling, mini golf, laser tag, and an arcade. This facility is where intramural sand volleyball is primarily played.

Article 7: Harvey Park

Harvey Park is located at 4205 I Avenue. This off-campus facility features 4 ball diamonds, 4 tennis courts, 4 pickleball courts and 2 soccer fields. This facility is where intramural slow-pitch softball is primarily played.

Article 8: Viaero Center

The Viaero Center is located at 609 Platte Rd. This 5,000-seat multi-purpose ice arena is the home of the USHL's Tri-City Storm. This facility is where intramural broomball is played.

Article 9: Ernest Grundy Tennis Center

Ernest Grundy is a 62,000 square foot tennis center located at 1930 University Dr. This facility is the home of UNK Tennis and Kearney Parks and Recreation as well as Intramural Tennis.

Section 18: RULE AND POLICY CHANGES

UNK Intramurals reserves the right to change and/or put into effect any new rules/policies without notice. This applies to this handbook, sport rulebooks and other intramural rules/policies not mentioned here.

Section 19: EQUITY AND INCLUSION STATEMENT

UNK Intramurals believes that everyone deserves a chance to play and belong. The department is dedicated to creating a space that celebrates, supports, and affirms everyone from all backgrounds, abilities, and fitness levels. UNK Intramurals believes in treating everyone with respect and strives to provide recreational facilities, programs and services that are welcoming, accessible and equitable for all members of the UNK community.

Section 20: EMPLOYMENT OPPORTUNITIES

Looking for a fun and flexible on-campus job? UNK Intramurals regularly hires and trains sports officials. No experience is required to obtain an interview, but it is suggested that candidates have a basic understanding of the sport they are interested in officiating or have experience as a coach, participant, or official in that sport. For more information, visit us [online](#) or in-person at the Wellness Center. You can also find regular hiring updates on our social media pages: [@unk_im](#) on Instagram and [UNK Intramurals](#) on Facebook. Apply online via Handshake (UNK's student job portal). You can access this site by visiting [unk.edu](#).