

2026-2027
Intramural Sports
Participant's Manual



Purpose and Objective

The purpose of the Jacksonville University Intramural Sports Program is:

- Provide opportunities for students, faculty, and staff to participate in activities including sport, recreation, and play

Facilities

The following locations will host intramural sports:

- IM Field: Flag Football, Soccer, Ultimate Frisbee, Kickball, Wiffleball
- River House Pool: Cornhole
- RecWell Beach VB Courts: Beach VB, Spikeball
- Tennis Court: Tennis, Soccer Tennis, Dodgeball
- Pickleball Courts: Pickleball
- Swisher Gymnasium: Basketball

Captain's Responsibilities

The captain and/or co-captain are responsible for:

- Forming and registering the team on IMLeagues
- Informing his or her teammates of the rules, date, and time of play
- Ensuring proper behavior and sportsmanship from teammates toward the opponent, staff, and spectators
- Notifying all players and spectators that alcohol, tobacco, and other illegal substances are prohibited
- **Completing the default form no later than 2 hours prior to the scheduled contest start if the team is unable to show up.** Proper submission will cause the team to receive a loss for the game but not be assessed a forfeit.
- Pets are not allowed at the playing facility (exception: service dog)
- Ensure that all players have signed in with the IM Coordinator (players should check in 15 minutes prior to their scheduled game time)

i. Illegal Equipment

The following items are prohibited in all intramural activities:

- Earrings with hoops
- Casts
- Combat boots, five-fingered (Vibram) shoes, open-toed shoes, metal cleats
- Participating without footwear (exception: sand volleyball)
- Ridged or pointed jewelry that may cause harm to any participant (up to IM Coordinator discretion)

Jewelry (rings, necklaces, ankle bracelets, watches, fitness trackers, non-hoop earrings, rubber bands, etc.) which is not prohibited in the sports rules may be worn in activities that do not contain contact with opponents or teammates. Examples include: sand volleyball,

kickball, cornhole, spikeball. Religious medallions and medical alert bracelets may be worn in any activity.

In activities that involve frequent contact with opponents or teammates (flag football, basketball, soccer, ultimate frisbee), exposed jewelry is prohibited. Participants will be removed from the contest at any point if the jewelry becomes exposed and will be allowed to return once the jewelry is covered up. Participant safety is the primary factor in any questions or concerns regarding jewelry.

ii. Coaches

Captains may choose to utilize a coach if wish. A coach is a non-player who is selected by the team to represent the team in communicating with the Intramural Sports Staff. Before the game starts a team must let the IM Coordinator and official(s) know if a coach is being utilized. Coaches may not argue or question officials' judgment calls and will be reprimanded for inappropriate conduct in the same manner as any other participant. If a coach is ejected from a game it is the captain's responsibility to provide the IM Coordinator with the coach's identity. Withholding any information will result in the ejection of the captain.

League Offerings

All individuals who meet the eligibility requirements for participation in intramural sports are eligible to participate. Individuals may participate in accordance with their personal gender identity and expression. Below is the list of the different leagues offered in a sport. Each sport will have some, but not all of the offerings. Individuals may partake on one team in each league per each sport, so long as the individual is eligible to participate in said league.

i. Women's League

Any female student, faculty, or staff member may participate in this league. All teams with proper sportsmanship during the regular season will automatically advance to the playoffs.

ii. Men's League

Any male student, faculty, or staff member may participate in this league. All teams with proper sportsmanship during the regular season will automatically advance to the playoffs.

iii. Open League

This will be the default for each league. Any student, faculty, or staff member of any gender may participate in this league. Open leagues do not have any gender-specific playing rules, including but not limited to team composition, participation, and scoring. All teams with proper sportsmanship during the regular season will automatically advance to the playoffs.

iv. Co-Recreational League

Any student, faculty, or staff member of any gender may participate in this league. Co-Rec leagues require a minimum number of male and female participants playing at all times. All teams with proper sportsmanship during the regular season will automatically advance to the playoffs.

v. Playing with Multiple Teams

Once an individual has checked in for a Men's/Women's/Open team with the IM Coordinator, he/she may not play for another Men's/Women's/Open team for the remainder of the season (exception - see roster changes). A player found to be playing on two Men's/Women's/Open teams in the same sport will be suspended from all intramural sports play. This participant will receive instructions via email on becoming reinstated. If a player has played on two teams without properly going through the drop procedure (see roster changes), the second team that the individual plays for will default all games that that person played in. A player who plays on a Men's/Women's/Open team may also participate on a Co-Recreational team.

vi. Times of Play

Monday-Thursday: 5:00pm-10:00pm

Eligibility

All individuals who meet the eligibility requirements for participation are eligible to participate in intramural sports. Individuals may participate in accordance with their gender identity and expression. Participants should have their Digital Dolphin 1 Card or driver's license to sign in. It is the responsibility of the captain to make sure his or her teammates show up to the game on time.

The following individuals are eligible to participate in Intramural Sports at Jacksonville University:

1. Students
 - a. Currently enrolled, Activity & Service fee-paying students
 - b. Professional Students
2. Staff/Faculty

i. Olympic & Professional Athletes

An athlete will be deemed a "professional" if at any point they were given financial compensation for participating on a team in a professional or semi-professional league. Examples include, but are not limited to: NFL, AFL, CFL, MLB, NHL, NBA, WNBA, MLS, Pro Beach Volleyball circuit or PGA/Web.Com Tour. Olympic athletes are considered individuals who competed for their country in the Olympics or World Championships, but not the Olympic trials.

Former Olympic and professional athletes are eligible to participate in their related sport once three years have passed from the date the person last appeared on a professional or Olympic roster. Once this timeframe has passed, said athlete may participate in their related sport, though a maximum of one of these athletes is allowed on a roster.

ii. Collegiate & Club Sport Athletes

Present scholarship athletes and walk-ons are not eligible to participate in their related sport in intramurals until the following academic year after they have quit the team, or their eligibility has expired.

In regard to club sport players and their related sport, sports with less than four players on the field/court may have only one of the above players on their entire roster. In all other sports, teams may have a maximum of 2 (total regardless of gender) players per team roster. Any questions about sport club player eligibility should be directed to jaxrecwell@ju.edu

iii. Club Sport Athletes & Intramural Participation Rules

- a. If a student is on their related club sport roster to start the semester, they are considered a club sport athlete until the next academic year. For example, if a club soccer player is on the roster in fall 2026, they are considered a club athlete until fall 2027.
- b. If a student practices or competes with a club sport team, they are considered a club sport athlete. All club sport athletes will be registered on Sutable.
- c. If a student is on the club sports roster on Sutable, they are considered a club sport athlete.

Roster Changes

A player may be dropped from a roster one time only, during the regular season as long as they have only signed-in to participate in two or less games with the team from which they are looking to be dropped. The player who wishes to be dropped from a team must email jaxrecwell@ju.edu by 4:30pm on the last day of the regular season for that sport. No roster drops will be allowed after this time.

i. Roster Additions

Players who have not played on any Intramural Sports team in a league, who are also eligible to play in that league, may be added to a team roster at any time BEFORE playoffs. New participants may bring their Digital Dolphin 1 Card to the game site, sign in with the IM Coordinator, and agree to the participant waiver. Those participants choosing to sign-in at the game site for the first time must log into IMLeagues and complete the waiver prior to future participation.

ii. Roster Removal

A player may be removed from a roster if he/she is injured and cannot participate in Intramural Sports contests for the remainder of the semester. To be removed from the roster, the player must email jaxrecwell@ju.edu and inform them of their inability to participate for the rest of the semester. This cannot be done at the game site. The injured player will not be allowed to participate for the rest of the season in said sport on any team.

Defaults

A default is a game that is not played and is recorded as a loss but is not considered a forfeit. A team may receive a onetime default if they are unable to attend a game. The team captain must complete the default process through IMLeagues no later than 2 hours prior to the scheduled start of the contest. Submitting a default past the deadline will be treated as a forfeit. Once the default has been submitted by the team captain, the request cannot be overturned.

Teams are not permitted to default at the game site, nor are teams permitted to default a second time. A default will result in an 8 in sportsmanship.

Forfeits

Teams that do not show up for a contest or event will be given a forfeit. Participants must be prepared to play at their scheduled game time and ensure teammates are properly checked in and complying with all rules of play. Once a team has registered for an event and the registration deadline has passed, a team wishing to be removed from the event will be subject to a forfeit and forfeit charge. To avoid risking a forfeit, teams should arrive to the game site at least 15 minutes prior to game time. Teams are allowed one forfeit per sport participating in. A team with more than one forfeit will be removed from the league. A forfeit will result in a 7 in sportsmanship.

i. Ten-Minute Rule

A team forfeits when they fail to have any players legally signed in and properly attired to play at the scheduled game time. **If a team has less than the minimum number of players, but at least one person legally signed in and properly attired to play, a team will be given ten minutes from scheduled game time to reach the minimum number of players needed to begin a contest.** Participants will not be given warm-up time for showing up after scheduled game time.

iv. Minimum Number of Required Players

The following sports require the minimum number of required players to be present ten minutes after scheduled game time. Teams must also meet Co-Rec requirements as follows:

2v2 Sand Volleyball – 2 players
4v4 Sand Volleyball – 3 players
7v7 Flag Football – 4 players (5 for Co-Rec)
4v4 Flag Football – 3 players
5v5 Basketball – 3 players (4 for Co-Rec)
3v3 Basketball – 2 players
Cornhole – 2 players
Kickball – 6 players
Spikeball – 2 players
Ultimate Frisbee – 4 players
Dodgeball – 4 players
Tennis – 1 player (2 for Doubles)
Pickleball – 2 players for doubles
Softball – 8 players
Soccer – 5 players (6 for Co-Rec)
Wiffleball – 6 players

Weather/Rescheduling Policies

During inclement weather, the Intramural Sports Team staff will be the decision makers to cancel games on and off site. The staff will be the one to let the teams know if the game is canceled by communicating with the captain. Weather is very unpredictable so do not assume that the game will be canceled. We will do our best to make up games, but there is no guarantee.

i. Lightning

The Intramural Sports Lightning Policy is based on an online monitoring system. Games will be postponed or canceled if the system detects lightning within a ten mile radius. If lightning reaches a ten mile radius then all participants must leave the playing area and seek shelter until the IM Coordinator deems the area safe.

Protests

Only protests based on questions of player eligibility and rule interpretation, when the misinterpretation affects the outcome of the game, will be accepted. Protests which challenge the accuracy of a judgment call made by the officials or IM Coordinators will not be accepted. The team captain must make any protest involving rule interpretation to the IM Coordinator at the time of which the incident in question occurs. Once a situation has passed, however, it is no longer subject to change or protest.

Any team protesting eligibility must provide the player(s) in question's full name. During the regular season, any team found to be using an ineligible player will default all games which that individual played and be subject to removal from the league.

All regular season protests must be filed before the final record deadline, which is 4:30 p.m. of the day following the end of the regular season. In the playoffs, if an eligibility protest is found valid, the protesting team advances, but the previous rounds remain the same.

Ejections

The intramural sports program reserves the right to eject any participant, spectator, or individual who interrupts the game. A player may be ejected at any time before the game, during the game, or after the game. Ejections can be made by the IM Coordinator or official. An ejected player has to leave the facility immediately. If the player does not leave the facility, his or her team will receive a default. Ejected players are ineligible to play in all Intramural Sport activities until they meet with a JAX RecWell professional staff member and any subsequent suspension has been served. The ejected player must email jaxrecwell@ju.edu and set up an appointment to meet to discuss the ejection.

Injuries

Participation in Intramural Sports activities is completely voluntary. These activities intrinsically involve risks of physical injury greater than those encountered in daily life, and by taking part in sports and other activities, participants acknowledge and assume risks inherent therein. Intramural Sports does not carry accident or injury insurance to cover participants in sports activities. Therefore, all students are strongly urged to purchase health insurance before participating in any activity.

Sport Mercy Rules

A game will be concluded when the mercy rule is reached regardless if both the winning and losing team wishes to continue playing. Sports not listed do not have a mercy rule.

7v7 Flag Football	50 point lead at or after halftime, or per NIRSA rules at the 2-minute warning.
4v4 Flag Football	If a team is winning by 19 or more with 2 minutes left in the 2 nd
7v7 Soccer	10 goal lead at or after halftime, or 5 goal lead (7 for Co-Rec) with 5 minutes remaining.
3v3 Basketball, 5v5 Basketball	35 point lead at or after halftime, or 20 points at the 2-minute mark.
Softball	12 run lead after 3.5 innings; both teams must bat in said innings if visiting team is ahead.

Sportsmanship

Intramural Sports participants and spectators are expected to conduct themselves in a sportsmanlike manner and behave properly toward opponents, officials, and the intramural sports staff. Acts conducted before, during, and after the game will be considered. The IM Coordinator will speak with the officials to determine a sportsmanship rating for each team. To be eligible for playoffs, a team must have a minimum average sportsmanship rating of seven. Unsportsmanlike conduct by participants, spectators, and coaches will not be tolerated and violators will be ejected. It is strongly suggested that captains, teammates, spectators, and coaches are aware of this policy. During the playoffs, sportsmanship is watched extremely closely.

8-10	Excellent Sportsmanship: Team and spectators demonstrate excellent sportsmanship throughout the game. Examples of excellent sportsmanship include, but are not limited to: Respect shown to the game and staff by participants, coaches and spectators at all times, appropriate verbiage to others, shaking hands with opponents after game, helping players up from the ground, avoiding excessive celebration, maintaining complete cooperation and managing emotions of team and cheering for team more often than criticizing opponents or staff. Games defaulted at least two hours prior to game time will also merit a rating of 8.
7	Acceptable Sportsmanship: - Team demonstrates neither excellent nor poor sportsmanship. Participants may display small disagreements/frustrations with decisions of staff/officials. Infrequent questioning of judgment/rules interpretation not presented in a respectful manner. Minor isolated incidents of unsportsmanlike behavior towards opponents, spectators or staff. Teams needing to utilize the ten-minute rule in order to begin a contest or teams that forfeit a contest.
5-6	Below Average Sportsmanship: Some incidents of questioning of judgment/officiating abilities and/or public gestures showing displeasure with staff. Some incidents of unsportsmanlike behavior towards opponents, spectators or staff. Examples include, but are not limited to, trash talk, cursing in any manner, mocking the skill level of an opponent. Technical fouls, unsportsmanlike conduct flags, administrative penalties and yellow cards that are not aggressive in nature nor directed at officials, opponents or spectators.

3-4	Poor Sportsmanship: Frequent questioning of judgment/officiating abilities and/or public gestures showing displeasure with staff. Frequent incidents of unsportsmanlike behavior towards opponents, spectators, or staff. Penalties given for acts aggressive in nature and/or directed at officials, opponents or spectators such as unsportsmanlike penalties in volleyball, flag football, yellow card in soccer, technical foul in basketball, team/player warning in softball. Ejection(s) prior to the contest for illegal use of an ID, or ejections during the contest for non-conduct related matters such as a tied flag belt or a soccer handball in the box.
0-2	Unacceptable Sportsmanship: Multiple unsportsmanlike calls, technical fouls, cautions and/or team warnings (not on the same participant) and/or spectator's harassment of the officials/opposing team. Consistent questioning of judgment/officiating abilities and/or public gestures showing displeasure with staff. Consistent incidents of unsportsmanlike behavior towards opponents, spectators or staff. Conduct-related ejections.

Playoffs

All teams who play in the appropriate leagues and finish with a sportsmanship rating of above 7 will automatically make the playoffs. Teams that do not have a 7 or above in sportsmanship will need to appeal to the IM Coordinator to seek inclusion into the playoffs. This must be done no later than the date and time specified by the IM Coordinator and must be done via email. The email should include team information, league, reasons for sportsmanship appeal, and times available to meet in-person with the league coordinator. All regular season game results and sportsmanship ratings become final at 4:30pm the day following the end of the regular season.

Awards

The maximum number of shirts are allocated to a championship team is as follows:

Maximum of 15 shirts for: Softball, Kickball

Maximum of 12 shirts for: 7v7 Flag Football, 7v7 Soccer, Wiffleball

Maximum of 10 shirts for: 5v5 Basketball, 5v5 Ultimate Frisbee

Maximum of 7 shirts: 4v4 Flag Football

Maximum of 5 shirts for: 3v3 Basketball

Maximum of 4 shirts for: 2v2 Sand Volleyball, Cornhole, Spikeball, Doubles Tennis, Pickleball

Maximum of 1 shirt: Singles Tennis, Ping Pong

While efforts are made to ensure champions receive the proper sized T-shirt, we cannot guarantee accommodation of all champion's sizes. Random shirt sizes will be given to the team captain to distribute to players not present at the championship.

Employment

Intramural Sports hires and trains student officials each year. Officials are needed for flag football and basketball. The hours are flexible and our jobs are some of the best student employment opportunities on campus. For more information, visit us in the Davis Student Commons or email jaxrecwell@ju.edu. All interested candidates must apply through Handshake.