

DEPARTMENT OF ATHLETICS
Valparaiso University
Recreational Sports Staff

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Recreational Sports Office
Service Area/ Fitness Center

464-5211
464-5211

Recreational Sports Office (Located in back of Fitness Center)

Monday - Friday 9:00 a.m. - 5:00 p.m.

Fitness Center Hours

Monday – Thursday 6:00am – 9:00pm
Friday 6:00am – 8:00pm
Saturday 12:00pm – 8:00pm
Sunday 1:00pm – 8:00pm

Intramural Sports at Valparaiso University 5

How to Get Involved 5

Entrance Procedures 5

Participation 6

Medical, Accident, Injury Policies 6

Student Leadership 7

Eligibility 8

Postponements & Forfeits 11

Equipment 12

Faculty & Staff Program 12

Club Sport Programs 12

Awards 12

All-University Playoffs 13

All-University Point System 13

Points Awarded 14

Participation Points 14

Special Event Clarifications 14

Athletics-Recreation Center and Fitness Center 15

2011-2012 Intramural Schedule 16



Valparaiso
University

Recreational Sports

FITNESS CENTER

The Fitness Center, located next to the ARC, has a vast array of cardio equipment and strength machines to keep VU students strong and fit. The home for Recreational Sports is located in the north side of the building.

Fitness Center Hours

Mon – Thurs	6:00am – 9:00pm
Friday	6:00am – 8:00pm
Saturday	12:00pm – 8:00pm
Sunday	1:00pm – 8:00pm

ATHLETICS - RECREATION CENTER

The Athletics - Recreation Center (ARC) is the place to be! There are many opportunities for involvement in our Recreational Sports Program. From 8:00 a.m. to 3:00 p.m. our Physical Education classes are using a majority of the ARC. Students and faculty/staff are welcome to use the ARC during the daytime hours when classes are not scheduled. Our Varsity Teams vie for use of the facility from 3:00 p.m. to 7:00 p.m. Various Varsity contests will periodically affect the recreational building hours. Contests such as home basketball games, football games, swimming meets, and volleyball matches are several events that may alter our schedule.

Recreational Building Hours

8:00 a.m. – 10:00 p.m.	Mon. – Fri.
12:00 p.m. – 10:00 p.m.	Saturday
1:00 p.m. – 10:00 p.m.	Sunday

2010-2011 Intramural Champions

<i>Event</i>	<i>Men's</i>	<i>Co-Ed</i>	<i>Women's</i>
All Sport Champions	<u>Sig Ep</u>		<u>Dirty Byrds</u>
<i>Soccer</i>	VISA		Bar Bees
<i>Softball</i>	Dissenters		
<i>Flag Football</i>	Dissenters		Dirty Byrd
<i>Tennis Singles</i>	Seth Brislin		
<i>Tennis Doubles</i>	Rodgers and Hood		
<i>Indoor Soccer</i>	Sig Ep		
<i>Bags Tourney</i>	Petrowski/Kus		
<i>Team Bowling</i>	Old Man Tricks		
<i>Basketball</i>	Cucumbers		Dirty Byrds
<i>Dodgeball</i>	Sig Ep		
<i>Kickball</i>	Phi Psi		
<i>Water Basketball</i>	Phi Psi		Gamma Phi
<i>Floor Hockey</i>	The Walking Dead		Chi Omega
<i>Table Tennis</i>	Weseman		
<i>Billiards</i>	Faso		
<i>Foosball</i>	Hautley		
<i>Individual Bowling</i>	Rob Damadeo		
<i>Volleyball</i>	Old Man Tricks	Set to Kill	Picked Last
<i>Badminton Singles</i>	Jake Hautley		
<i>Badminton Doubles</i>	Sig Ep (Wilson and Hautley)		
<i>Racquetball Doubles</i>	Phi Psi (Wulliman and Odell)		
<i>Racquetball Singles</i>	Adam Maday(Law)		
<i>Free Throw Contest</i>	Chris Wesemann		
<i>3 pt. Contest</i>	Drew Taylor		
<i>3-on-3 Basketball</i>	Phi Psi		
<i>1-on-1 Basketball</i>	Dan Sipp		
<i>Swim Meet</i>	Sig Ep		
<i>Field Day</i>	Sig Ep		
<i>Ultimate Frisbee</i>	Sig Ep		

Intramural Sports at Valparaiso University

The purpose of the Recreational Sports at Valparaiso University is to provide a comprehensive and varied program of both competitive and recreational experiences. Our program is designed to meet the needs and interests of regularly enrolled graduate and undergraduate students, and faculty/staff members.

The program offers competition in sports for women, sports for men, and sports where men and women are combined on teams (Co-Ed). Competition is provided in the form of leagues, tournaments, or special events. Team and dual sport experiences are provided. The format established for competition is based upon student interest in that particular activity and space availability.

The Intramural Program is one phase of the programs offered through the Department of Athletics. Responsibility for the organization and administration rests with the Director of Recreational Sports. The Intramural Advisory Council shall act as a consulting body to the Recreational Sports Director.

Objectives and guiding principles give direction to the Recreational Sports Programs:

1. To encourage self-participation and transform spectators into active participants.
2. To offer a variety of physical activities balanced between vigorous and light exercise and team and individual sports which meet present interests and future needs.
3. To provide incentive for a far larger number of students in need of physical recreation experiences on an equal basis with fellow participants.
4. To provide an arena whereby social relations and attitudes can be developed and high standards of sportsmanship encouraged.

How to Get Involved

1. Students residing in dormitories and members of fraternities/sororities may want to enter intramurals with others in their organization. Contact your respective hall, fraternity, or sorority intramural manager.
2. Students residing off campus or any other member of the university community may enter intramural activities by making direct contact with the Recreational Sports Office in the Athletics-Recreation Center.

Entrance Procedures

Team managers and individual entrants are expected to comply with the deadlines established on the Intramural Calendar (found on the back cover). Teams may sign up in the Recreational Sports Office or online at <http://www.imleagues.com/>. All rosters must be completed by 4:00 p.m. the day of the entry deadline.

When entering a team, a \$25.00 entry fee is required. When entering a dual or individual tournament, a fee of \$2.00 is required along with additional costs for events such as golf or bowling. A \$25.00 forfeit deposit is also required for team sports. This deposit will be refunded in May of the academic year in which it was given, providing the team does **NOT** forfeit during the league or

tournament play. **Forfeits fees are not transferrable from year to year.** Teams forfeiting once will lose their deposit and will not be eligible for tournament play unless another \$25.00 deposit (**non-refundable**) is received in the Recreational Sports Office no later than 48 hours following the game forfeited. The deposit is transferable from one sport to another providing no forfeits occur. Specific procedures and regulations regarding this deposit will be available in the Recreational Sports Office.

Participation

All full time Valparaiso University students are encouraged to participate. You may choose to participate with your fraternity/sorority, dormitory, or create an independent team. Faculty/Staff and spouses are also encouraged to participate. Part-time students and alumni are eligible to participate, but must fill out a participation form which can be found at the Recreational Sports Office. For more eligibility questions see the Eligibility section in the Intramural Handbook.

Note: Participation for alumni is limited to one alumnus per team in team sports and unlimited participation in individual sports, recreation leagues, and co-ed sports. If interest should merit, special alumni teams and leagues may be formed in any sport.

Medical, Accident, Injury Policies

- A. **Physical Examination:** All students are encouraged to have a physical examination by their health care provider prior to participating in the Intramural sports program. Students participating in Intramural sports do so at their own risk and Valparaiso University accepts no responsibility in the case of an accident.
- B. **Voluntary Participation:** Since participation in the Intramural program is on a voluntary basis, neither the University nor the Intramural Department will accept responsibility for injuries sustained while participating in scheduled intramural contests or in the general recreation program. The field and court supervisor must be consulted in case of injury on the field or court and an injury form must be filled out.
- C. **Student Health Services:** The Student Health Center is open from 8 a.m. to 12 noon and 1 p.m. to 4:30 p.m. Monday through Friday when undergraduate classes are in session. Services are available for all full time students and students paying the general fee to the University. The Health Center is staffed by advance practice Nurse Practitioners and an attending physician. The Health Center is designed to treat acute illness and injuries. Referrals to health care providers in the community are made through the Health Center.

Students who have emergency medical needs may go to Porter Memorial Hospital for treatment. For non-emergent concerns, students are asked to wait to be seen during health center hours. Porter Hospital is located two blocks west of the Health Center, at 814 LaPorte Ave. The emergency room phone number is (219) 465-4700.

Student Medical Coverage: Intramural sports injuries follow the Basic Student Medical plan coverage. The Student Medical Plan is provided for all full time students who pay the general fee. The plan provides primary coverage up to \$200.00 per diagnosis for lab work and x-rays ordered by the Health Center staff. It also pays \$100.00 to a specialist for consultation. The plan is not designed to cover all

medical expenses. Students and parents are advised to review the Student Medical Plan brochure and keep a copy on file for reference.

Medical bills should be filed in person at the Health Center. Bills for which benefits are to be considered must be submitted within 90 days of the date of treatment. Students must complete, date, and sign a claim form to be submitted with medical bills for consideration of benefits. Any charges not covered by the Student Medical Plan are the responsibility of the student and parent.

Parents are encouraged to provide their student with a copy of their personal insurance and prescription cards while attending Valparaiso University. Parents are advised to contact their HMO or PPO providers to inform them that their student is attending Valparaiso University and verify the claims filing procedures to follow should the student need medical services.

If you have any questions about the Health Center services please call (219) 464-5060.

Student Leadership

The Recreational Sports Office recognizes the importance of three student groups that contribute greatly to a smoothly run intramural program: the Intramural Advisory Council, the Intramural Representatives (managers/team captains) and the Intramural/Building Staff.

1. **The Intramural Advisory Council** is composed of students with leadership abilities and with an interest in sports. These students represent the different facets of campus life, i.e. dormitory, sorority, fraternity, independent, law students, and graduate students. The Council is a voluntary group, which act as a consulting body to the Director of Recreational Sports. The Council also acts as a disciplinary board for the Intramural sport programs, providing the fundamental principle of "due process" for all participants. It is the goal of the Intramural Advisory Council to allow student input and ideas so the Recreational Sports Department may better serve the campus community.

The 2011-2012 Intramural Advisory Council Officers are:

President:	Zach Huey
Vice President:	Jenna Duff
Secretary:	Katie Cottin
Treasurer:	Bobby Wendt
Public Relations:	Chris Frankel & Amanda Werling

3. **The Intramural Representative (IM Rep)** is a vital link between the Recreational Sports Office and the students they represent. This person should be a good communicator, especially between the Recreational Sports department and his or her team. Each team or organization must have an IM Representative. The method by which this person is chosen is left entirely up to the organization.

Responsibilities include:

- a. Organize teams and enter them into competition before the deadline dates.
- b. Encourage participation in all intramural activities
- c. Check eligibility of all players.
- d. Notify teams and players of date, time, and place of scheduled events.

- e. See that an organization never forfeits a game (remember that two forfeits exclude a team from tournament play).
 - f. Attend all scheduled manager's meetings and rules clinics; be held accountable for all information and sport rules discussed at these meetings. If team managers do not attend, teams will not be eligible for tournament play.
 - g. Check www.IMleagues.com on a weekly basis to pick up, post and distribute necessary information.
 - h. Keep your name, address, and telephone number current with the Recreational Sports Office
 - i. Accept responsibility for the conduct of team members before, during and after all intramural programs.
 - j. Evaluate the programs and officials when requested.
3. **Student Staff positions include sport supervisors, officials, and ARC building staff.**
- a. Sport supervisors are placed in charge of specific events throughout the year. Their responsibilities include promoting, planning, supervising, and evaluating these events.
 - b. Officials are very important to the intramural program. Training clinics are offered prior to each major sport to ensure quality officials. Classroom discussion, a written test and "hands-on" practices are offered.
 - c. The Athletics-Recreation Center uses students to supervise the various activity areas in the building. Positions include Building Supervisor, Fitness Center Supervisor, and Lifeguards.
 - d. Any student interested in working for the Recreational Sports Department should inquire in the Recreational Sports Office, or call 464-5211.

Eligibility

- A. **Guidelines for Eligibility:** Eligibility rules exist for the protection of each team and player in order to fulfill the general and specific objectives of the various intramural programs. Except as provided by the rules, an undergraduate student currently enrolled in the University shall be eligible to participate in intramural sports. *Graduate students, alumni, and faculty/staff currently affiliated with Valparaiso University are eligible to participate in intramural sport programs.*
- B. **Intramural Sports Alumni Rule:**
- B.1. **Student:** To be considered a student at Valparaiso University, one **must be** enrolled and currently participating in either full-time or part-time classes.
 - B.2. **Alumni:** To be considered alumni of Valparaiso University, one must have taken and completed a minimum of 12 credit hours of classes.
 - B.3. **IM Basketball:** Due to the intramural basketball season overlapping the two semesters, players who begin the season as a student and graduate in December will finish the season as an alumni. Students who finish the season as alumni must fill out a participation waiver form, which can be found at the Recreational Sports Office prior to their first game. Rosters may include ONLY 1 alumni per team.
 - B.4. **Exceptions:** *Any request for exceptions must be made in writing to the Intramural Advisory Council for consideration and approval.*
- C. **Ultimate decisions** are left to the Advisory Council on all eligibility questions. Below are specific eligibility requirements:

1. Winners of Valparaiso University varsity awards (or other universities) shall be ineligible to participate in that particular sport and/or related sports for the present and following academic year.
2. No regular member of varsity, freshman, reserve squads or red-shirted players shall compete on intramural teams in the same sport or related sports for that academic year.
3. Students who practice with (except those on scout teams), participate on, or who were cut from a varsity team prior to the first regular season game are ineligible. They may, however appeal to the Intramural Advisory Council for eligibility status.
4. Students that practice and/or participate on a varsity team after the first regular season game are ineligible for intramural competition in that sport and/or related sports for one year from the date they last practiced with the team.
5. An individual who has participated as a professional player or coaches as a profession is ineligible to participate in that specific sport.
6. Lettermen from schools which have athletic competition equivalent to that of Valparaiso University must conform to Rules 1 and 2.
7. No "new members" can participate on a "points team" during the entire semester they are joining a fraternity or sorority. "New members" can compete with a fraternity or sorority "non-points team" or residence team in the independent or residence hall division.
8. The Recreational Sports Administration reserves the right to declare an individual ineligible for competition if his/her participation is considered harmful to himself/herself or to others.
9. Specific eligibility rulings may be made for particular tournaments, meets, and activities. See individual information sheets for these particular events. An individual must play in at least one league game to be eligible for tournament play.
10. Whenever it becomes necessary, the Recreational Sports Administration may declare any individual or team ineligible for further Intramural competition due to misconduct or proven ineligibility. This may be done with or without a written protest from an opposing team or individual.
11. Students who participate in V.U.'s overseas sport programs shall be ineligible to participate in that specific sport for the remaining academic year.
12. Students who become eligible for intramural competition under rules 3, 4, 6 and 11 shall be subject to the following restrictions: only one (1) of the aforementioned students shall be allowed to play on the same intramural team. This rule is designed with the intention of preventing a team of students, who have received experienced coaching and intensive practice to play as a team. It is done for the best interests of the over-all intramural program.
13. Related sports for the above rules are:

Football	Flag Football
Baseball	Softball
Basketball	Basketball (Team and Individual)
Swimming	Swim Meet/Water Basketball*
Soccer	Soccer
Volleyball	Volleyball

*Only two members of the swim team may be in the pool at the same time on a water basketball team.
14. A player shall not be permitted to play with more than one Intramural team in the same sport or to transfer from one intramural team to another after his/her name appears on the score sheet of a scheduled game. The exception to this rule involves a team forfeiting its first game or dropping from the league without having played a game. In these instances players may

transfer to another team as long as it is done prior to the roster addition deadline.

- D. **Responsibility for Eligibility:** The Recreational Sports Department assumes the responsibility for the eligibility of students participating *only* when called to its attention by opposing team managers or when obvious infractions are noticed by the Recreational Sports Staff. ***Organizational managers will be responsible for checking the eligibility of their own players and should also check that of their opponent.*** Each participant is responsible for his or her own eligibility.
- E. **Organization Eligibility:** All active members of fraternities and sororities may represent their organization. Playing on a fraternity or sorority team prevents a player from also representing any other team(s) in that sport. Failure to comply with this rule will result in forfeiture of all games in which that player's name appeared on the scoresheet. Only undergraduate fraternity and sorority members may participate in Greek leagues. Regardless of your team affiliation (fraternity, sorority, or independent), you are allowed to compete on only one team at a time in any given sport. Prior to competition in each game, every player must be entered on the daily roster sheet. A player who enters a contest before being entered on this sheet will be considered ineligible for that game (see page 6 #7 re: "New Member" status).
- F. **Consequences of Ineligibility:** A team using a player who has been determined as ineligible will forfeit that game and be excluded from tournament play. The ineligible player shall be banned from further competition in that sport for the remainder of the season. Any player using an assumed name shall be banned from that sport and related sports for one year or more from the date the offense was committed.
- G. **Misconduct:** *Any player or coach attempting to strike, elbow, kick or handle an opponent, teammate, or spectator shall be automatically suspended for a minimum of 2 games and possibly longer (at the discretion of the Recreational Sports Director).*
1. Any player or coach striking or attempting to strike an official or supervisor shall be automatically suspended from intramurals for one year or possibly longer (at the discretion of the Intramural Director). *The Dean of Students will also be contacted.*
 2. Unsportsmanlike conduct fouls are assessed by game officials for types of conduct that are unacceptable. Their decisions are final. Players and teams who accrue 2 unsportsmanlike conduct fouls will be disqualified from games and suspended from further participation in tournament games.
 3. If an individual is suspended as a result of any misconduct offense, the team or organization that the individual represents could also be placed on disciplinary probation. The decision is made at the discretion of the Recreational Sports Director and the Advisory Council.
 4. *The participant involved in misconduct must petition the Recreational Sports Director to be reinstated. The individual is ineligible to participate in the intramural program until he/she is given official clearance from the Recreational Sports Director.*
 5. If ejected from a game you must sit out the remainder of that game and the team's next scheduled game. In the event a misconduct offense occurs during the last game of that individual/team's season the case will be referred to the Intramural Advisory Council for disciplinary action.
 6. After a player is disciplined once for any misconduct offense the team that the individual participates on shall be held responsible for his/her behavior. If a second offense occurs the entire team will be disciplined. The team shall forfeit the contest in question and lose their privilege to continue in that specific activity.
 7. *You, the participant, and team captain are responsible for your own and your team's actions. Failure to comply with the rules of the sport as well as eligibility and protest rules may result in*

your future loss of intramural privileges.

8. Repeated unsportsmanlike conduct or disregard for intramural rules will result in a forfeiture of the contest. The Intramural Supervisor(s) or Recreational Sports Director is responsible for making this decision and may do so with or without the officials' recommendation.

H. Protests: Incidents that involve officials' judgement do not constitute grounds for protest. Only protests that deal with interpretation of rules will be heard.

1. Protests, other than those concerning eligibility, must be initially made on the field of play **immediately** following the incident in question. The acting captain or manager must notify the supervisor who will attempt to solve the problem. If the problem cannot be resolved, the supervisor will record all game conditions.
2. All protests except those regarding eligibility must be made in writing to the Recreational Sports Director no later than 12:00 noon, the day following the contest in question. During playoffs protests must be made by 10:00 a.m. the day following the contest in question.
3. **Non-Officiated Contest:** Cases in which officials are not assigned to a contest, the players are responsible for the conduct of the games. If an individual or team questions or protests legality of play, the contest should immediately be stopped and the grievance brought to the attention of the opponent. If they cannot come to an agreement, they must contact the Program Coordinator or Recreational Sports Director for a ruling. If a match is completed, the final score is official and no protests will be honored.
4. **Protest Regarding Eligibility:** Protests regarding eligibility will be accepted during league play up to the tournament draw. During the playoffs, protests regarding eligibility will be accepted no later than 10:00 a.m. the day following the contest in question.

Postponements & Forfeits

1. If a team is unable to attend a scheduled contest but desires to play the game at another time or date, it may be possible to reschedule. Requests for rescheduling must be received at least **two working days** in advance of the originally scheduled time of contest. In elimination tournaments, postponed contests must be rescheduled within a period of time that will not delay progress in the tournament itself. In the tournament setting both teams must agree with the rescheduled time.
2. A request will be granted only if all teams involved agree to reschedule their game times. It will be the responsibility of the requesting team to contact the other teams. Teams that postpone games or agree to forfeit without notifying the Recreational Sports Office could lose their deposit and tournament eligibility.
3. All contests shall be played on the date at the time scheduled. Teams not ready to play at game time will be charged with a forfeit, subject to the discretion of the officials, supervisor, and/or Recreational Sports staff. Games lost by forfeit will not be rescheduled for any reason.
 - a. If a team leaves before the forfeit is duly noted by an official or supervisor, then both teams will be charged with a forfeit.
 - b. The team that is present at a forfeit must have a full complement of players allowed for that sport or both teams will be charged with a forfeit.
 - c. In the event one team is short the required number of players for that sport, the other team captain can agree to play the game. It then becomes a legal game and cannot be protested on the grounds that an illegal team was fielded.
4. In the event both teams and the Recreational Sports Office have agreed to play the game after the scheduled starting time has elapsed, no protest which is based on the starting time will be considered.

Equipment

Failure to comply with the rules governing equipment (this includes shoes) will result in the team forfeiting the game if protested by the opposing team while the contest is still in progress. Shoes: Artificial turf shoes and molded rubber cleats are legal footwear. No metal, alloy, titanium, screw in cleats, etc. allowed. **Shirts & Close-Toed Shoes are required for all recreational sports** (except swimming). **Toe shoes are not allowed.**

Faculty & Staff Program

Faculty and Staff of Valparaiso University are encouraged to participate in intramurals and wellness programs.

1. Faculty/Staff teams are permitted to play in the Independent Student Leagues. Faculty/Staff individuals are permitted in all special events and individual/dual sports. Entry procedures are the same for all campus groups.
2. Racquetball, handball, swimming and weight training are some of the activities available to the faculty and staff.

Feel free to contact the Recreational Sports Office at any time for more information about these fitness opportunities.

Club Sport Programs

Club sports assume a variety of types and sizes in order to meet many of the sport needs and interests of students, faculty, and staff. Each club established its own organizational framework, leadership and performance levels. Each sport club is a student organization that is run by its members and is independent of other sport clubs. All clubs must be approved on an annual basis by Student Senate to be recognized. Currently the following clubs are active:

Ultimate Frisbee	Badminton
Men's Soccer	Women's Soccer
Men's Volleyball	Fencing

Awards

Intramural T-shirts will be awarded to the All-University intramural champions in all sports. The number of players needed for a legal team will determine the number of shirts awarded for team sports. Additional shirts may be purchased through the Recreational Sports Office. In addition, the All-University Champions will be recognized by having the team name engraved on the tournament plaque located outside the Recreational Sports Office.

All-University Playoffs

An All-University tournament will be held in all league sports. No organization with multiple teams participating in any intramural sport that involves a post-season tournament should be allowed to intentionally seed any of their teams against another team within their organization. This restriction is to be applied only to the tournament draw and may be waived in the event that no other game slots are available.

A team must forfeit its participation points if unsportsmanlike conduct has occurred and shall be judged by the officials for that game. A unanimous decision is required by the officials and supervisor(s) to revoke the participation points. This rule applies to all games involved in the Intramural program. Unsportsmanlike conduct includes but is not limited too, fighting, verbal abuse toward and official, excessive taunting, etc.

All-University Point System

The men and women's point system of Valparaiso University enhances competition by rewarding participation and athletic excellence. All-University points will be awarded for qualifying and advancing within the All-University Tournaments. There must be a minimum of four teams registered for points to be recorded.

Sport Classification

Group I

Soccer
Softball
Football
Indoor Soccer
Basketball
Ultimate Frisbee
Floor Hockey
Volleyball

Group II

Swim Meet
Water Basketball

Group III

Non Tournament
Individual Basketball⁺
Golf*
Individual Bowling*
Team Bowling *

Tournament

Bags/Cornhole
3 on 3 Basketball

Group IV

Tennis
Badminton
Table Tennis
Racquetball
Dodgeball
Foosball
Billiards
Kickball

⁺ This event combines the Freethrow, 3 point, & 1-on-1 tournament. In order to receive points, participants must compete in all three events.

* Both team and individual points will be awarded for these events.

Points Awarded

Group I	Group II	Group III Tournament	Group III Non-Tournament	Group IV
1 st – 100	1 st – 80	1 st – 20	1 st – 20	1 st – 10
2 nd – 75	2 nd – 60	2 nd – 15	2 nd – 15	2 nd – 8
3 rd - 4 th - 50	3 rd - 48	3 rd - 4 th - 10	3 rd - 12	3 rd - 4 th - 5
5 th – 8 th - 25	4 th - 40	5 th – 8 th - 5	4 th - 10	5 th – 8 th -3
	5 th - 32		5 th – 8	
	6 th - 24		6 th – 6	
	7 th - 16		7 th – 4	
	8 th - 8		8 th – 2	

Note: Tournaments that are set up as double elimination will have slightly different point values for places 3rd through 8th Place. For specific point values contact the Intramural Office.

Participation Points

Group I: Teams not forfeiting twice in league play will receive 10 participation points.

Group II: Any team participating in all-university team events will receive 10 participation points.

Group III: Any team/individual participating in an all-university event will receive a maximum of 10 participation points (two [2] per individual).

Group IV: Any team/individual participating in an all-university event will receive a maximum of 5 participation points (one [1] per team/individual).

Special Event Clarifications

Individual sports include entries with only an individual champion being declared. Only the top five individuals from a given organization can score points toward the organizations total. An individual who forfeits twice loses all participation points. In the event of a forfeit or bye, an individual must participate in the next game/match to receive advancement points for the forfeit or bye.

Team sport special events require at least four (4) members to be considered a team. All points will be eliminated if a team has insufficient numbers. If a team is reduced to less than 4 members due to a scratch, the entry points will be pro-rated accordingly with no tournament points awarded. If a team is reduced to less than 4 members due to forfeits, all points are eliminated. Only the top five teams from a given organization can score points toward the organizations total. In the event of a forfeit or bye, a team must participate in the next game/match to receive advancement points for the forfeit or bye.

****University ID's are required for use of the ARC and Fitness Center****

Athletics-Recreation Center and Fitness Center

The ARC is the place to be! There are many opportunities for involvement in our Recreational Sports Program. From 8:00am to 3:00pm, our Physical Education Classes use a majority of the ARC. Students and faculty/staff are welcome to use the ARC during the daytime hours when classes are not scheduled. Our Varsity teams vie for use of the facility from 3:00pm to 7:00pm. Various Varsity contests will periodically affect the recreational building hours for the ARC but not the Fitness Center. Contests such as home basketball games, football games, and swim meets are among the events that may alter our schedule. The ARC and the Fitness Center are NOT open to the public.

Recreational Building Hours

Days	Swimming Pool	Racquetball Courts
Sunday	University Swim 8 p.m. – 9 p.m.	1 p.m. – 10 p.m.
Monday	Lap Swim Noon – 1 p.m. University Swim 8 p.m. – 10 p.m.	8 a.m. – 10 p.m.
Tuesday	Lap Swim Noon – 1 p.m. University Swim 8 p.m. – 10 p.m.	8 a.m. – 10 p.m.
Wednesday	Lap Swim Noon – 1 p.m. University Swim 8 p.m. – 10 p.m.	8 a.m. – 10 p.m.
Thursday	Lap Swim Noon – 1 p.m. University Swim 8 p.m. – 10 p.m.	8 a.m. – 10 p.m.
Friday	*Closed*	8 a.m. – 10 p.m.
Saturday	Family Swim 2 p.m. – 3 p.m.	Noon – 10 p.m.
Days	Mezzanine Free Play/Track	Fitness Center
Sunday	1 p.m. – 10 p.m.	1 p.m. – 8 p.m.
Monday	8 a.m. – 3 p.m. & 7 p.m. – 10 p.m.	6 a.m. – 9 p.m.
Tuesday	8 a.m. – 3 p.m. & 7 p.m. – 10 p.m.	6 a.m. – 9 p.m.
Wednesday	8 a.m. – 3 p.m. & 7 p.m. – 10 p.m.	6 a.m. – 9 p.m.
Thursday	8 a.m. – 3 p.m. & 7 p.m. – 10 p.m.	6 a.m. – 9 p.m.
Friday	8 a.m. – 3 p.m. & 7 p.m. – 10 p.m.	6 a.m. – 9 p.m.
Saturday	Noon – 10 p.m.	Noon – 8 p.m.

*This schedule is subject to change. The ARC or parts of the ARC may be closed at various times due to maintenance or events. Please consult the monthly updated schedules posted for any scheduling variances. For information, contact 219-464-5211 or visit our website at www.valpo.edu/recsports

2011-2012 Intramural Schedule

<u>Activity</u>	<u>Entry Deadline</u>	<u>Approximate Start</u>
<u>Fall</u>		
Soccer (M)	Sept. 2	Sept. 7
Softball (W)	Sept. 2	TBD
Flag Football	Sept. 2	Sept. 7
Ultimate Frisbee	Sept. 2	Sept. 4
Golf+*	Sept. 9	Sept. 10
Tennis Tournament Singles+	Sept. 16	TBD
Tennis Tournament Doubles+	Sept. 30	TBD
Indoor Soccer	Sept. 14	Sept. 18
Co-Ed Basketball+*	Sept. 23	Sept. 25
Co-Ed Volleyball*	Sept. 21	Sept. 26
Wiffle Ball Tournament+	Oct. 2	TBD
Racquetball Singles+	Oct. 20	Oct. 21
Badminton Singles+	Oct. 20	Oct. 21
Team Individual Bowling+ (9:00pm)	Oct. 25	Oct. 26
Basketball	Oct. 26	Oct. 31
Dodgeball+	Nov. 3	Nov. 4
Kickball+	Nov. 10	Nov. 11
<u>Spring</u>		
Billiards, Table Tennis and Foosball+	Jan. 12	TBD
Water Basketball	Jan. 11	Jan. 15
Floor Hockey	Jan. 11	Jan. 15
Individual Basketball+	Jan. 26	Jan. 27
3 on 3 Basketball+	Jan. 27	Jan. 29
Fitness Challenge+	Feb. 9	Feb. 10
Racquetball Doubles+	Feb. 16	Feb. 17
Badminton Doubles+	Feb. 16	Feb. 17
Volleyball	March 14	March 19
Softball (M)	March 14	March 19
Soccer (W)	March 14	March 19
Co-ed Flag Football	March 23	TBD
Swim Meet+	March 29	March 30
Sand Volleyball+	April 5	April 6
Bags/Cornhole Tournament+	April 27	April 29

All activities offered are available for men and women, unless otherwise noted

* Activities that are Co-Ed do not earn points

+ Special Event Tournaments are held on a weekend or on one day/evening

If you are interested in signing up for these events please visit www.imleagues.com

