



# Campus Recreation

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## Division of Student Affairs



## Intramural Sports Participant Handbook 2025 - 2026

*Be Well Do Well*

## Contact Information

University of Houston Rec Sports Office

4500 University Drive, Houston, TX 77204-6056  
Campus Recreation and Wellness Center, Suite 1007  
Phone: 713.743.8041  
Fax: 713.743.9517  
E-Mail: [imsports@uh.edu](mailto:imsports@uh.edu)

Office Hours:

Mon – Fri            9:00 AM – 5:00  
PM Sat – Sun        Closed

## Staff Contact

Brenna Wortham, Assistant Director, Recreational Sports and Family Programs  
713.74.4041  
[bwortham@central.uh.edu](mailto:bwortham@central.uh.edu)

Peter Adashek, Program Manager, Recreational Sports and Family Programs  
713.743.8041  
[psadashe@central.uh.edu](mailto:psadashe@central.uh.edu)

## Other Important Numbers

[Campus Rec Welcome Desk](#)  
713.743.7529

[UH Police Department](#)  
713-743-3333 (emergency) or 911

UH Information  
713-743-CALL (2255)  
UH Information  
713-743-CALL (2255)

## Facilities Used

- **University of Houston Campus Recreation and Wellness Center** (Located at the intersection of University Dr. and Martin Luther King Blvd)(Located at the intersection of University Dr. and Martin Luther King Blvd)
  - Center Court
  - Climbing Wall
  - MAC (Multipurpose Activity Court)
  - Main Gym 1-3
  - Multipurpose Rooms 1-5
  - Natatorium
  - Racquetball Courts 1-2
  - Sand Volleyball Court (Leisure Pool Area)
- **Campus Recreation and Wellness Center Fields** (Located behind the Campus Recreation and Wellness Center at the intersection of University Dr. and Alvin Fwy at the intersection of University Dr. and Alvin Fwy)
  - CRWC Field 1
- **Gertner Fields** (Located at the intersection of Cullen Blvd and Elgin St.)
  - Intramural Field 1-4
- **Student Center Game Room** (Arbor level of the University of Houston – Student Center)
- **Tennis Courts** (Located on Elgin between Cullen and Scott)

## Player Eligibility

### Basic Eligibility

- All UH students currently enrolled with 1 or more units on-campus and have paid a Recreation Fee.
- UH students solely taking correspondence courses with a purchased Department of Campus Recreation Membership and provide proof of current enrollment.
- UH Faculty/Staff with a current Department of Campus Recreation Membership.
- A team participating with an ineligible player will be subject to the forfeiture of all games that player participated in when the infraction occurred.

### Specific Eligibility

- **Collegiate Varsity Athletes**
  - Current Members of intercollegiate teams are ineligible to participate in their respective sport or related sport. An individual is considered a member of an intercollegiate squad if he/she has competed in the sport, is red shirting in the sport, is practicing with the team, or is listed on the coach's roster for the sport.
  - Former intercollegiate athletes are eligible to participate in their sport (in the highest division offered) provided 12 months have elapsed since their release date.
  - Related Sports include but are not limited to the following:
    - Baseball/Softball - Softball, Wiffleball
    - Basketball - 5v5 Basketball, 3v3 Basketball
    - Football - 7v7 Flag Football, 4v4 Flag Football
    - Volleyball - Indoor Volleyball, Sand Volleyball, Wallyball
    - Soccer - 7v7 Soccer, Indoor Soccer
    - Tennis - Pickleball, Table Tennis, Badminton
- **Club Athletes**
  - An individual is considered a Sport Club member if he/she is listed on the official roster of that sport. Sport Club member's status encompasses an academic year.
  - If a team wishes to use Sport Club members, the team is allowed to have no more than two rostered players for like sports
  - Club member restrictions only apply to the related sports listed above.
- **Professional Athletes**
  - Current and former professional/semi-professional athletes (individuals who compete for financial remuneration through goods or services) are ineligible to participate in their related sport.

***The Intramural Sports Program reserves the right to verify eligibility at any time.***

### Free Agents

If you are interested in participating in an Intramural Sport but don't have a team to play on, you are encouraged to sign up as a free agent. Visit [myrec.uh.edu](http://myrec.uh.edu) to create a profile (if you have not already done so). On the IM Leagues page for each team sport offered, there is a place to sign up as a free agent. It is the team/team captain's discretion if they want to accept free agent players to their roster.

## Registration

### How to Register:

All Intramural participants will be required to sign in through [myrec.uh.edu](http://myrec.uh.edu). Click the Intramural Sports icon and sign in with your CougarNet credentials. You will be directed to [IMleagues.com](http://IMleagues.com) to create an account. Use the following example to determine your correct login credentials

UH CougarNet email: [shasta21@cougarnet.uh.edu](mailto:shasta21@cougarnet.uh.edu)

Correct Login: shasta21

How to create an IM Leagues account:

- Log into [myrec.uh.edu](http://myrec.uh.edu)
- You must use your name and email associated with your CougarNet ID.
- Enter your information, including gender, class, estimated graduation, and birthday.
- Select the University of Houston as your organization/school.

How to sign up for an Intramural Sport:

- Log in to your [myrec.uh.edu](http://myrec.uh.edu) account.
- Select the Intramural Sports Icon
- **Click the Create/Join Team button** at the top right of your User Homepage or click on the “University of Houston” link to go to your school’s homepage on **IMLeagues**.
- The current sports will be displayed; click on the sport you wish to join.
  - Choose the league you wish to play in (men’s, women’s, co-rec, etc.)
  - All divisions will be scheduled using a “preferred time” method. Teams will submit their ideal times to play and schedules will be generated based off of this. Your preferred times are not guaranteed.
- You can join the sport one of three ways:
  - Create a team (For captains)
    - i. Captains can invite members to their team by clicking the “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.
    - ii. If they’ve already registered on IM Leagues: search for their name and invite them
    - iii. If they haven’t yet registered on IM Leagues: scroll down to the “Invite by Email Address” box and input their University issued email address.
    - iv. When creating a team name, please note that the team name must be appropriate to display. Rec Sports Office reserves the right to evaluate the appropriateness of each team name.
  - Join a team
    - i. Use the Create/Join Team button at the top right of any page
    - ii. Accepting a request from the captain to join his team
    - iii. Finding the team and captain name on the division/league page and requesting to join
    - iv. Going to the captain’s player card page, viewing his team, and requesting to join
  - Join as a Free Agent
    - i. You can list yourself as a free agent in as many divisions within a league as you’d like.
    - ii. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

- **Withdraws**

- A team may request to withdraw from a league sport or tournament sport/activity if they are unable to field a team. In order to do so they must notify the Rec Sports Office at 713-743-8041 at least 48 hours prior to the first scheduled game or activity (Sunday games notification deadline is Friday at Noon). This time frame gives the office an opportunity to notify the affected team and find a possible replacement team. Withdrawal does not require a fee payment.

**NOTE:** Registering a team for a team sport: Once a team is created, they will be added to the waitlist. A team cannot move off of the waitlist until they have met the minimum requirements for team members. Once they have reached the required number of players, they will be verified on imleagues and the captain can then move to the desired pool or division. It is highly encouraged that teams get players on the roster as quickly as possible. Once a pool or division is filled, Rec Sports staff will not attempt to move teams out of that pool/division.

## League Descriptions

- **Open**
  - No restrictions on gender
  - 1 open/single gender team per person
- **Men/Women**
  - 1 open/single gender team per person
- **Greek**
  - In a Greek league, all teams must be comprised of current, active members of a University of Houston recognized Greek Letter Organization.
  - 1 single gender team per person (ex. 1 Men's Team cannot play Greek in same sport)
- **Co-Rec**
  - In a co-rec league, sport-specific rules define the minimum and maximum number of male and female players that may participate at one time.
  - A team roster must include a mixture of male and female participants.
  - A separate set of rule modifications apply to co-rec leagues in all sports.
  - A player can play on 1 single gender team AND 1 co-rec team in the same sport
- **Competitive**
  - In a competitive division players have a higher skill level, and experience athletes who seek intense competition.
- **Recreational**
  - In a recreational division players have beginner or moderate experience. Athletes are seeking a more casual setting to develop skills and have friendly competition.
- **Length of Leagues**
  - League – 3 to 4 weeks with a single elimination playoffs
  - Tournament – 1 day events with single or double elimination playoffs

## Captain's Responsibilities

### Pre-Season

- Select appropriate team name, division, day, and time the team wants to play.
- Enter your team online by logging into myrec.uh.edu to access IMLeagues.com.
- Read, understand, and communicate the rules and policies to teammates.
- ☑ Take and pass the IMLeagues Quiz for the sport. Your team will not be considered eligible until this is completed.

## In-Season

- Inform team members of schedules to ensure enough members are present to avoid a forfeit.
- ☒ Be aware of your teams' sportsmanship points to ensure you understand your playoff standings.
- In the event of a forfeit, pay the \$30.00 fee within 48 hours.
- ☒ Rosters must be finalized by the start of each game. Captains may add players throughout the season, but all rosters will be locked on the first day of playoffs.
- A player cannot leave and join another team if they have competed in one game with their current team.
- Captains may not remove players who have played one game with the team.
- ☒ Ensure that team members show up in matching and correct numbered shirts

## Post-Season

- Pick up championship t-shirts for team if applicable.
- Complete end of season survey.
- Register your team for the next sport.

## Forfeits

- If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number of players before the game is declared a forfeit.
  - 1 player is required to start the 10 minutes.
  - A team that does not have the minimum number of players at the end of the 10-minute grace period shall forfeit the game. Example: Game time is at 6:00 pm; the game will be declared a forfeit at 6:10 pm.
  - In all cases the game must remain within the time period allotted, this means that the game clock will start at the time the game is scheduled to be played so that the 10 minutes will be deducted from normal playing time.
- The supervisor will declare a forfeit and award a win to the team that is ready to play with the correct number of players.
- A team must start and continue the game with the minimum number of players as stated in the rules for that sport or a forfeit will be declared.
- A team may receive a forfeit due to improper team attire. (I.e. Pockets)
- Teams that display poor sportsmanship (players and spectators included) can forfeit a game.
  - **NOTE:** Sportsmanship forfeits will not require a fee.
- If a team forfeits or defaults twice, they may be dropped from the league.
- Teams that are on the waitlist, or have stated that they want to be contacted in case other teams forfeit, will take the place of the teams that have forfeited out of the league.
- Forfeit fees are \$30 and must be paid within one week at the CRWC Member Services Desk.
  - In the event that a forfeit fee is not paid, a hold will be placed on the captain's account

## Defaults

- As a courtesy to their opponents and to avoid a forfeit, a team may request to receive a default for any game they will be unable to attend.
- In order to do so they must notify the Rec Sports Office at [imsports@uh.edu](mailto:imsports@uh.edu) during normal business hours by 2pm the day of the scheduled game (Sunday games notification deadline is Friday at 2pm). Default is recorded as a loss but does not require a fee payment.
- A defaulted game will result in 3 sportsmanship points being awarded
  - 2 or more defaults could result in a team not qualifying for playoffs or dropped from league.

## Protests

- Rule Interpretation
  - Captains can protest if an official or supervisor made an error in enforcing a specific rule correctly
  - Must be done before the next live play or immediately after the decision
  - If a captain is still not satisfied with the result, they can protest the call to the Rec Sports Office
- Player Eligibility
  - Captains can protest if they believe the opposing team has an ineligible participant.
  - Must be done in the Rec Sports Office within 24 hours of the game
- Ensure that you, your team and spectators comply with all rules, policies and procedures during participation.
  - **NOTE:** Captains are responsible for the actions of the team. In all cases when an offending party on your team cannot be identified you will be held responsible and could face sanctions. A single team member's actions can be responsible for the entire team being ejected from a league.

## Weather

- Outdoor programs can be affected by inclement weather and could lead to delays or cancellations in games. Communication with Rec Sports Office is important in order to prevent forfeits.
- In order to provide as many games as possible for all sports, University Recreation guarantees 1 game less than scheduled. Example: If a team is scheduled for 4 games, they are guaranteed 3 games.
- Teams will be alerted no later than 3:00 pm regarding cancellation of games.
- If a game is being threatened by rain or lightning, University Recreation staff will make the final call about delaying or ending games. Game will count based of individual sport rules.

## Reschedules

- Intramural teams that have had two or fewer games canceled due to inclement weather may reschedule their games.
- Captains are able to see available time slots to reschedule. Rescheduled games must be agreed upon by both teams
- Teams who sign up for a rescheduled game and do not attend will be assessed a \$30 forfeit fee

## Playoffs

- Captains are responsible for keeping track of their team's status in regards to standings, sportsmanship, and playoffs.
- Playoffs will be bracket style and single elimination. Teams will select their playoff slot via an IMLeagues draft. Picks will happen in the order of seeding.
- Playoffs can be achieved based on winning percentage and a minimum sportsmanship grade of 3.5
  - If 3 or more regular season games have been played: Winning PCT above .500 AND minimum average sportsmanship of 3.5
  - If 2 or less regular season games have been played: minimum average sportsmanship grade of 3.5

## Sportsmanship

### Code of Conduct

Campus Recreation encourages all participants to be passionate about the effort and the energy that they put into every program or sport they play in. However, Campus Recreation also believes that sportsmanship is essential to a highly successful Intramural Program. The games are not for any physical or verbal abuse of any participant: players, fans, and staff. University Recreation's primary purpose is to offer a safe environment for all to recreate. All participants agree to follow the university's Code of Conduct which can be found here: [Click Here](#)

## Sportsmanship Ratings

Campus Recreation staff will rate each team based off their sportsmanship before, during, and after each game. Some actions during the game require automatic scores while other scores can depend on officials' and supervisors' judgments. Captains will see the Sportsmanship Grade when signing on the scoresheet. Teams cannot appeal the scores they receive; however, they can ask questions about their playoff status and ways to improve.

- The Rec Sports Office reserves the right to review and change Sportsmanship grades if they determine the grade was not correct.
- Ratings can be affected by verbal or non-verbal dissent towards officials, taunting opponents or staff, and actions that weaken the spirit of the game

## Sportsmanship Grades

### 4.0

- A team will receive a full 4 points if at all times during the game the players and spectators were respectful and followed all rules guiding intramural policy.
- There was no abusive language towards the officials
- A rating of 4.0 will be given to a team that wins by forfeit.

### 3.0

- Few too frequent but not excessive complaints. Players cooperate with officials and other team members
- No penalties for unsportsmanlike penalties
- A rating of 3.0 will be given to a team when they Default a game

### 2.0

- 1 unsportsmanlike conduct violation (technical foul [basketball], yellow card [soccer], unsportsmanlike conduct penalty [football], etc)
- A rating of 2.0 will be given to a team when they Forfeit a game

### 1.0

- 2 unsportsmanlike conduct violations (technical foul [basketball], red card [soccer], unsportsmanlike conduct penalty [football], etc) or an ejection is issued
- Captain shows little or no control of his/her players and fans

### 0.0

- Team is completely uncooperative
- Multiple *non-procedural* \*unsportsmanlike conduct violations (technical foul [basketball], red card [soccer], unsportsmanlike conduct penalty [football], etc) are issued
- Multiple players from one team are ejected
- Player(s) verbally or physically threatens an employee or opponent
- Team, player or spectator makes intimidating physical contact with a staff.
- A team, player or spectator threatens harm or violence toward the staff.
- Players/Team/Spectators use racial epithets, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game.
- A team forfeits a game due to team/fan misconduct (also receives automatic loss for their next scheduled league or playoff game).
- Team that receives a 0.0 in sportsmanship will have their team suspended until the captain meets with the Assistant Director.

## Ejection Procedures

Participants that unknowingly or intentionally choose to participate in unsportsmanlike behavior before, during, and after a game may be ejected from the event. Any participant who is ejected from the event must follow UREC staff's instructions as they administer the ejection.

- Participants and fans may be instantly ejected for the following actions: consistent use of profanity, vulgar or abusive language, disrespect toward an official or staff member, unnecessary roughness, excessive unsportsmanlike penalties, flagrant actions toward an opponent/staff/spectator, and inciting or participating in a fight.
- Reinstatement Procedures - To be reinstated, participants are encouraged to contact Rec Sports Administrations soon as possible.
  - Email Rec Sports Administration a written statement describing the ejected participant's account of the incident.
  - Schedule an appointment to discuss the incident.
  - Attend meeting to discuss potential discipline.
- Suspensions - Mandatory minimum suspension for all ejections is one game. However, Rec Sports Administration can extend a suspension based on gravity of the ejection and any actions afterwards. Email Rec Sports Administration has the ability to contact the Dean of Student's Office if the ejection included Code of Conduct violations.
  - Mandatory suspension will not begin until a meeting with Email Rec Sports Administration occurs.
- Appeals - Participants have the ability to appeal any suspension handed down. Suspensions will not be lifted during the appeal process; however, they will count as time served in case of a reduction in time. Appeals will be heard by the Assistant Director.
  - To appeal your suspension, please email the Rec Sports office stating your intention to do so. A meeting will be scheduled to determine the next steps.

## Prohibited Actions

Campus Recreation has distinct policies that may differ than the rest of University of Houston and may create questions for players and spectators while enjoying their Intramural experience. The following policies affect all Campus Recreation facilities. Suspension may range from single intramural game participation to full access suspension from Campus Recreation facilities depending on the severity of the action. Suspension from all Campus Recreation facilities and programs is determined and communicated by the Dean of Students office.

### **1. Physical Contact**

1. Any contact or threat of physical contact toward University Recreation staff will lead to an immediate ejection and will be reported to the Dean of Students.
2. Any and all types of illegal physical contact, gestures, spitting, and other combative actions (a.k.a. Fighting) involving participants and spectators will result in suspensions for all parties. Depending on severity of the contact, further discipline may be enacted. No types of violence will be tolerated regardless of who initiates the physical interactions.
3. Leaving the bench area to participate in physical interactions will result in suspension.

### **1. Violation of Eligibility Standards**

1. Ineligible participants will be suspended if they participate in any activity for which they are ineligible (i.e. Varsity baseball players in a Softball game).
2. Participants who play while suspended will have their suspension time extended based off the judgment of Rec Sports Administration.
3. Repeat offenders of this policy will be suspended from all Intramural programs and reported to the Dean of Student's.

### **2. Use of an Assumed Name or Other Fraudulent Act**

1. Fraudulent acts shall be defined as misrepresentation of a score, disguising a player's number, using another person's ID, or allowing an individual to use another player's ID for Intramural competition.

2. Any person who commits a fraudulent act will be suspended indefinitely from competition and will be reported to the Dean of Students office.
3. **Destruction of Property**
  1. Any player, staff, or spectator who willfully causes the destruction of or damage to facilities or equipment belonging to University Recreation shall be held responsible for all subsequent damages and any costs or repairs or replacement.
  2. Any violators of this policy will also be suspended from Intramural competition and may be reported to the Dean of Students office.

## Virtual Activities

### Virtual ID Verification Policy

- All players must have registered through myrec.uh.edu in order to be verified as a UH student. After registering through myrec.uh.edu participants will be invited to join the UH IMSports Discord community. These steps will be your virtual ID verification in order to participate in any leagues.

### Participant Responsibilities

- Participants are responsible for submitting reports on time, filing disputes for forfeits or cheating accusations, and communicating with Intramural Sports administration on a weekly basis. **Individuals must have a Discord name attached to their UH IMLeagues Profile, since Discord is where most communication between participants will take place.** Please make sure you read the sport specific rulebook in detail.

### Protests

- Participants cannot protest administration's judgement, only rule interpretation or player eligibility.
- Protests of rule interpretation and/or ineligible player must be made within 12 hours after the game in question. In order to protest, team captain must notify the rec sport admin through [imsports@uh.edu](mailto:imsports@uh.edu).

### Equipment

- Participants are responsible for supplying their own copy of the games begin offered and having access to against other participants in the league.
- Participants are responsible for supplying their own game consoles to participate in the eSport league they register for.
- Participants must create a free account through Discord as this will be used as a communication platform during the tournament

## Other Notable Policies

### ID Policy

- Participants are required to present their Physical Cougar Card or Virtual Cougar Card (Picture Required) at every Intramural event.
- If no ID is presented, participants will be prohibited from participating

### Health and Safety Policies

- **Blood Policy**
  - If a participant is bleeding, they will be removed from the contest immediately.
  - If a participant has blood on his/her clothing, he/she will be removed from the contest upon detection. The blood may or may not be his/her own blood.

- Even a participant who has someone else's blood on their clothing will be removed from the contest. The participant is ineligible to re-enter the contest until the clothing has been removed.
- Before any participant re-enters the contest, all bleeding must be stopped and any open wound or laceration covered. The Intramural Sports staff recommends that each player bring an extra uniform.
- **Concussion Policy**
  - Any participant who sustains a head/neck injury and displays any symptoms related to a concussion will be restricted from participating until the participant seeks professional medical attention and provides a "return to participation" form signed by a medical professional.
  - Participation restrictions include Intramural Sports, Sport Clubs, and CRWC access.
- **Insurance Policy**
  - The Department of Campus Recreation assumes NO responsibility for insurance coverage or payment of medical bills incurred due to injury while participating in Intramural activities. It is strongly recommended that every participant be certain he/she has some form of insurance (student, accident, Blue Cross, etc.) that will cover claims resulting from accidental injury during participation in Intramural activities.
- **Jewelry Policy**
  - All rings, necklaces, studs, watches, bracelets, etc. must be removed prior to playing.
  - Glasses should be secured with a guard strap.
  - Religious accommodation meeting will be required for approval to wear religious jewelry.
  - All braces with metal/hard plastic must be wrapped.
  - Individuals wearing casts are not allowed to play.
  - All body piercings must be removed prior to playing.

## Photo Policy

All participants must complete a photo release waiver prior to participation. This waiver is included in the waiver packet that all participants will complete prior to their first game of the academic year. Students choosing to not sign a photo release waiver may still appear in photos. If this occurs and you wish to have any photos removed from imleagues or Facebook, please let us know through by emailing us at [imsports@uh.edu](mailto:imsports@uh.edu) .

All participants desiring to record their intramural game must request approval from the Rec Sports office at least 72 hours in advance via the Photography/Video Request form. If this form is not submitted and then confirmed, all video recording is prohibited.