



The University of Michigan
Department of Recreational Sports
Intramural Sports Program

5K RUN RULES

I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual, which can be found on our website at www.recsports.umich.edu/intramurals.)

A. ROSTER AND ROSTER ADDITIONS

1. **Individual, Dual, and Team Meets:** For meets, a team must submit its roster prior to the event and prior to the roster deadline if one is set. Rosters may not be modified after the roster deadline.

B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card or Department of Recreational Sports user pass. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:
 - a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
 - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
 - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
 - d. The player must come in the next working day between 9:00am and 4:30pm with their valid student ID to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.
3. **Club Sport Members and Intercollegiate Athletes:** Teams may not use Intercollegiate Cross Country or Track Members. Teams may use only 1 Running Club member and 1 ex-varsity Cross Country or Track athlete on their IM team.

C. FORFEITS:

A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest.

II. SPORT RULES

A. NUMBER OF CONTESTANTS

1. Teams
 - a. A team will consist of a minimum of four to a maximum of five runners.
 - b. All five runners are eligible to receive participation points. However, only the top four finishers' times will be used to determine achievement points. CoRec teams will have the top 2 male finishers and top 2 female finishers count towards their score.
2. Individuals
 - a. Individuals may also enter the run, but do not score all year points for a team.

B. REQUIREMENTS OF THE RUNNERS

The following applies to teams and individuals

1. All runners must be current U of M students or Rec Sports user pass holders.
2. Each runner will receive a number bib which must be worn above the waist on the front of the runner's shirt.
3. Each runner will complete the information section on the detachable part of the bib number. It is imperative that the runners name, team name, and ID number appear on this form.
4. Runners will be called to the starting area five (5) minutes prior to the start of the race. All runners are forewarned to be at the starting area, ready to run, at this time. Runners will be allowed to start no more than 5 minutes after the starting gun.

C. THE COURSE

1. The course may vary in length from year to year based on the location of the race. In all cases the course will be a minimum of three miles up to a maximum of three and one half miles. The distance of the course, in miles, will be posted at the starting line, and will be indicated on the course map.
2. The course will be marked with lines, flags, and signs. Runners must remain within 15 feet of the path for the duration of the race.
3. At the end of the course is the finish chute. Once in the chute, the following issues arise:
 - a. Time for the runner ends when the runner crosses the finish line at the start of the chute.
 - b. Once in the chute, it is illegal to pass any other runner. There will be a finish judge at this point in the race to monitor this activity.
 - c. While in the chute, runners are to move orderly toward the end of the chute while staying as close as possible to the person in front of them.
 - d. At the end of the chute, a race official will take the bottom tear off portion of the bib number. Runners should have this part of the bib removed and be ready to hand it to the official.
 - e. After the information tag is taken, a race official will collect the safety pins. The bib number may be kept by the runner.

Note: Runners must remain in the chute from its beginning to its end in order to be given a time.

D. RUNNERS EQUIPMENT

1. All runners must wear a shirt with the bib number affixed to the front of the shirt above the waist.
2. Casts are illegal.
3. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.