



The University of Michigan
Department of Recreational Sports
Intramural Sports Program

TRACK & FIELD 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. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the official during a stoppage of play. 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 5:00pm 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 any Intercollegiate Cross Country or Track & Field Athletes. 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.

D. SPORTSMANSHIP RATINGS

1. Each team in each contest shall be rated by the officials. A meet has a total of 10 sportsmanship points, based on the conduct of the team for the duration of the meet. During the course of the contest, teams may lose points if their behavior deteriorates. A team will be disqualified if their SRS becomes zero or below.
2. Level 1 Sportsmanship Infraction: For each Sportsmanship infraction a team receives, one point will be deducted.
3. Level 2 Sportsmanship Penalty: For each Sportsmanship Penalty a team receives, three points will be deducted.
4. Level 3 Sportsmanship Ejection: For each Sportsmanship Ejection a team receives, seven points will be deducted.
5. Forfeits: Forfeiting a contest shall result in a seven point deduction.

Level 1: Sportsmanship Infraction (1 point deduction)	?Any verbal warning that addresses conduct	
Level 2: Sportsmanship Penalty (3 point deduction)	? Alcohol use by spectators ? Spectator interference	? Scratches in Meet
Level 3: Sportsmanship Ejection (7 point deduction)	? Alcohol use by player ? Physical contact with an official ? Fighting ? Intentionally injuring or attempting to injure an opponent ? Threatening/Verbal abuse of an official ? Use of an ineligible player ? Use of a suspended player ? Forfeiting a game	

II. SPORT RULES

A. EQUIPMENT

1. Spike shoes are not permitted.
2. Starting blocks are not permitted.
3. Shoes of an athletic type must be worn by all participants.
4. Casts are illegal.
5. 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.

B. ORDER OF EVENTS

1. Field Events
 - a. High Jump (men - 4' 6" start, women - 3' 6" start)
 - b. Long Jump
 - c. Shot Put
2. Relay Events
 - a. 800m (4 x 200m)
 - b. 1600m (4 x 400m)
3. Track Events
 - a. 3200m
 - b. 60m (Preliminaries)
 - e. 60m (Finals)
 - f. 800m

- c. 1600m
- d. 60m Hurdles

- g. 400m
- h. 200m

C. PARTICIPATION

- 1. Teams may enter a total of two (2) participants per event (field or track).
- 2. Individuals may enter a maximum of four (4) track/relay events. NOTE: Any number of field events may be entered, however, due to simultaneous events, participants are recommended to enter only one event.
- 3. Teams that wish to score points towards the All Year Points Championship must compete in seven of 10 events.

D. MISCELLANEOUS

- 1. One false start disqualifies the participant from the event.
- 2. Participants will score meet points for their teams as follows:
 - a. 1st place: 7pts
 - b. 2nd place: 5pts
 - c. 3rd place: 4pts
 - d. 4th place: 3pts
 - e. 5th place: 2pts
 - f. 6th place: 1pt