



**WELLNESS**

2025 – 2026

All-Sports Handbook

### **All-Sports Points Series**

The Intramural All-Sports Champion Point Series is for both men and women's teams that wish to compete all year long across many sports. Teams will accumulate points based on participation, regular season, and playoff results. Independent teams can register for the All-Sports race. Greek organizations will be placed into the competition as well. The men's and women's winners of the All-Sports Award will be recognized at the end of year by the intramural department. In addition, each team will receive t-shirts and banner located in the Wellness Center Gym.

### **Team Regulations**

#### ***Independent Teams***

Independent teams are those who are playing with no Greek affiliation. Independent teams may have Greek players on their team, but the points accrued count towards their respective Greek organization's points race. In order for independent teams to be eligible, they must participate in the majority of events offered throughout the year. They must also keep the same team name across all events, as this is how the intramural staff will track their points. Members of independent teams who participate in individual/dual events will be able to indicate which All-Sports team they are representing at the event check-in.

**NEW FALL 2025 :** Teams that do not include their organization in their team's name on IMLeagues will be able to designate their points to their organization **before** play begins for a cost of -10 All-Sport Points. This may be done in person at check-in (tournaments or special events) or at the captain's meeting for league sports.

- Example: I register a team named "Crow Chasers" for the Intramural Cornhole tournament but I do not include "(Lady Lokos)" or "(LL)" in the team's name. When I check-in for the tournament, I may designate my All-Sport Points to Lady Lokos, but I will be deducted 10 Points from my overall total.

Independent Teams are limited to 40 Unique Participants for their All-Sports teams.

Once a team reaches 40 participants, the rosters for individual / dual sports must 100% be from the roster of 40.

Team Sports (Rosters made up of more than 2 people, must be comprised of 75% of the roster of 40.

If they do not meet this restriction, no All-Sport Points will be awarded.

#### ***Greek Teams***

Greek teams are those representing the fraternities and sororities recognized by FSC Office of Greek Life. They must also use their Greek organization's name as their team's name, as that is how the intramural staff will track their points. Members of Greek teams who participate in individual/dual events will be able to indicate which All-Sports team they are representing at the event check-in.

**NEW FALL 2025 :** Teams that do not include their organization in their team's name on IMLeagues will be able to designate their points to their organization **before** play begins for a cost of -10 All-Sport Points. This may be done in person at check-in (tournaments or special events) or at the captain's meeting for league sports.

- Example: I register a team named "Crow Chasers" for the Intramural Cornhole tournament but I do not include "(Lady Lokos)" or "(LL)" in the team's name. When I check-in for the tournament, I may designate my All-Sport Points to Lady Lokos, but I will be deducted 10 Points from my overall total.

#### **Acceptable Greek Name Designations:**

Alpha Gamma Rho – AGR or AΓP

Lambda Chi Alpha – LXA or ΛXA

Pi Kappa Phi – Pi Kapp, PKP or ΠΚΦ

Sigma Alpha Epsilon – SAE or ΣAE

Sigma Chi – EX or ΣΧ

Theta Chi – OX or ΘΧ

Alpha Chi Omega – AXO or ΑΧΩ

Alpha Delta Pi – ADPi or ΑΔΠ

Delta Delta Delta – TriDelt, TriDelta, DDD, or ΔΔΔ

Gamma Phi Beta – GPhi, Gamma Phi, GPB, or ΓΦΒ

Kappa Delta – KD or ΚΔ

Zeta Tau Alpha – Zeta or ΖΤΑ

Greek Teams are limited to 40 Unique Participants for their All-Sports teams.

Once a team reaches 40 participants, the rosters for individual / dual sports must 100% be from the roster of 40.

Team Sports (Rosters made up of more than 2 people, must be comprised of 75% of the roster of 40.

If they do not meet this restriction, no All-Sport Points will be awarded.

If a participant joins a Greek organization in the middle of a semester, their points will remain as earned previously, but any future points earned will be towards their Greek Organization.

### **Number of Teams Allowed**

If an organization wants to enter multiple teams into the same league/division, they have that option. In Team League Sports, they may enter two teams into to be eligible towards All-Sports Points competition, but the teams must reflect the organization name. They will receive points for the team who earns the most points.

In Tournaments and Special Events there is no limit on the number of teams entered, and they will receive the points for the team that earns the most points.

For NIRSA Day, teams will only receive points for a certain number of teams/participants for each event. This number will be announced at a date closer to NIRSA Day.

### **Point Distribution**

#### ***Participation***

Teams are eligible receive the following points at the completion of the season/event. Teams can only receive these points as long as they did not forfeit any games during the season/event and must have maintained an average sportsmanship rating of "2.0" or above.

Category	Points
<b>League Sports</b>	200
<b>Tournaments</b>	100*
<b>Special Events</b>	25 per person/pair, up to 100*

\* The team will receive one point for each additional person/pair participating under the team's name over the 100-point maximum for each event. For example, if ten people from a team submit a March Madness bracket, they will receive 106 total participation points, 100 for the initial four participants, and one point for each of the remaining.

#### ***Performance***

Teams will receive the following points based on their performance:

League Sports	
<b>Regular Season Win</b>	3 points
<b>Tie</b>	1 point
<b>Loss</b>	0 points
<b>Playoff/Bracket Win (Includes Bye)</b>	5 points
<b>1<sup>st</sup> Place</b>	300 points
<b>2<sup>nd</sup> Place</b>	150 points
<b>3<sup>rd</sup>/4<sup>th</sup> Place</b>	75 points

League Sports (CoRec – Placement Only)	
<b>1<sup>st</sup> Place</b>	150 points
<b>2<sup>nd</sup> Place</b>	75 points
<b>3<sup>rd</sup>/4<sup>th</sup> Place</b>	30 points

Tournaments	
<b>Bracket Win</b>	3 points
<b>Loss</b>	0 points
<b>1<sup>st</sup> Place</b>	60 points
<b>2<sup>nd</sup> Place</b>	30 points
<b>3<sup>rd</sup>/4<sup>th</sup> Place</b>	15 points

Special Events	
Bracket Win	3 points
Loss	0 points
1 <sup>st</sup> Place	30 points
2 <sup>nd</sup> Place	15 points
3 <sup>rd</sup> /4 <sup>th</sup> Place	8 points

### **Deductions**

If a team has a forfeit during any point of the sport, they will not receive any of the allotted participation points for that event unless otherwise cleared by the intramural office.

**Poor Sportsmanship Ratings will also be grounds for deductions.**

- If a player gets ejected the team will lose ½ of their participation points for that sport.
- If a team receives a “1.0” during either the regular season or playoffs, they will automatically lose ½ of their participation points for that sport.
- If a team receives a “0” during either the regular season or playoffs they will automatically lose all of their participation points for that sport.

**\*Reservation Clause:** The intramural office reserves the right to adjust and amend points as deemed necessary by the Assistant Director of Wellness – Intramural Sports & Facilities and the Intramural Staff. The intramural office also reserves the right to penalize teams’ additional points for excessive unsporting behavior in multiple sports.

### **Sportsmanship Points**

In league sports, the team from each division (Men’s / Women’s) with the best overall Sportsmanship Rating will receive +50 All-Sports Points. In the case that there is more than one team with the top Sportsmanship Rating (i.e.; a tie), the points will be split amongst the teams.

### **CoRec Points**

In league sports, organizations can earn +50 All-Sports Points. To earn these points, both organizations must have their name listed in the team name and follow all other participation requirements (No forfeits, meeting minimum Sportsmanship Rating, etc.) to earn the +50 Points.

A maximum of +50 can be earned per organization per league sport.

### **Examples**

#### **Flag Football**

- Theta Chi
  - o 2 Total Teams (0 Forfeits)
    - Team 1 – 4 Regular Season Wins
    - Team 1 – 3 Playoff Wins
    - Team 2 – 2 Regular Season Wins
    - Team 2 – 0 Playoff Wins
    - Team 1 – 2<sup>nd</sup> Place
    - Team 2 - DNP
  - o Team 1 – Total Points:  $200 + 12 + 10 + 75 = 297$
  - o Team 2 – Total Points:  $200 + 6 + 0 + 0 = 206$

- **Theta Chi total Flag Football Points = +297**

#### **Cornhole**

- HWC
  - o 6 Total Teams
    - Team 1 – 5 Wins, 1<sup>st</sup> Place
    - Team 2 – 4 Wins, 2<sup>nd</sup> Place
    - Team 3 – 2 Wins, DNP

- Team 4 – 2 Wins, DNP
  - Team 5 – Forfeit
  - Team 6 – 1 Win, DNP
  - Team 1 – Total Points:  $101 + 15 + 60 = 176$
  - Team 2 – Total Points:  $101 + 12 + 30 = 143$
  - Team 3 – Total Points:  $101 + 6 + 0 = 107$
  - Team 4 – Total Points:  $101 + 6 + 0 = 107$
  - Team 5 – Total Points:  $0 + 0 + 0 = 0$
  - Team 6 – Total Points:  $101 + 3 + 0 = 104$
- HWC total Cornhole Points = +176

### **Swim Meet Update**

To make the Intramural Swim meet more even and fair in the All-Sports Race, points will be given out per race (both men's / women's and relay races).

- First Place: 3 Points
- Second Place: 2 Points
- Third Place: 1 Point

If a team has a swimmer finish in first and second place, they will only receive points for first place (3 Points).

At the end of the Swim Meet, points will be given out based on final placement.

- First Place: 30 Points
- Second place: 15 Points
- Third Place: 8 Points
- Fourth Place: 4 Points

### **9/11 Stair Climb Challenge**

All-Sports teams can earn points by completing the 9/11 Stair Climb Challenge. Each participant that completes the challenge will be awarded +5 ASP for their organization. A maximum of 40 participants can complete the challenge for a maximum of +200 points. The challenge must be completed before the deadline and it must be recorded properly on the sign-in sheet in the HWC.

One person is welcome to complete the challenge more than once, but they will receive only +5 points regardless of the number of times they complete it.

### **Moc Games Participation**

Organizations / ASP teams that provide team(s) to participate in Moc Games will receive +25 ASP. If a team is split (Kappa Delta / Alpha Chi Omega, Theta Chi / Kappa Delta, etc.) the points will be split and each team will receive 12.5 ASP.

To receive points for Moc Games, teams must provide enough people to play and must not be late.

### **Fall 2025 – Sport Guide**

#### **August 2025**

1. Cornhole Tournament (Tournament)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Bracket Win = +3 Points
  - c. Placement Points

- i. 1<sup>st</sup> = +60 Points
- ii. 2<sup>nd</sup> = +30 Points
- iii. 3<sup>rd</sup> / 4<sup>th</sup> = +15 Points

## September 2025

### 1. Sand Volleyball League (League Sport)

#### a. Participation Points

- i. To receive maximum participation points, 1 single gendered team and 1 CoRec Team is required.
- ii. 1 Single Gendered Team = +200 Participation Points
  - 1. If the team receives a Sportsmanship Rating of 1.0 – 0.1, or if a player from the team is ejected, they will only receive 100 Participation Points
  - 2. If the team forfeits or receives a Sportsmanship Rating of 0.0, they will receive 0 Participation Points
- iii. 1 CoRec Team without forfeit, low sportsmanship and ejections = +50 Participation Points

#### b. Performance Points

- i. Regular Season Win = +3 Points
- ii. Bracket Win = +5 Points
- iii. Tie = +1 Point

#### c. Placement Points

- i. Single Gendered Team)
  - 1. 1<sup>st</sup> = +300 Points
  - 2. 2<sup>nd</sup> = +150 Points
  - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +75 Points
- ii. CoRec Team)
  - 1. 1<sup>st</sup> = +150 Points
  - 2. 2<sup>nd</sup> = +75 Points
  - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +30 Points

### 2. 9/11 Stair Climb Challenge (Special Event)

- i. To receive maximum participation points, 20 single gendered teams are required.
  - 1. 40 Teams = +200 Participation Points

#### b. Performance Points

- i. N/A

#### c. Placement Points

- i. N/A

### 3. Flag Football League (League Sport)

- a. To receive maximum participation points, 1 single gendered team and 1 CoRec Team is required.

- i. 1 Single Gendered Team = +200 Participation Points
  - 1. If the team receives a Sportsmanship Rating of 1.0 – 0.1, or if a player from the team is ejected, they will only receive 100 Participation Points
  - 2. If the team forfeits or receives a Sportsmanship Rating of 0.0, they will receive 0 Participation Points
- ii. 1 CoRec Team without forfeit, low sportsmanship and ejections = +50 Participation Points

#### b. Performance Points

- i. Regular Season Win = +3 Points
- ii. Bracket Win = +5 Points

- iii. Tie = +1 Point
  - c. Placement Points
    - i. Single Gendered Team)
      - 1. 1<sup>st</sup> = +300 Points
      - 2. 2<sup>nd</sup> = +150 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +75 Points
    - ii. CoRec Team)
      - 1. 1<sup>st</sup> = +150 Points
      - 2. 2<sup>nd</sup> = +75 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +30 Points
- 4. Glow Bingo (Special Event)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Participations who win a round of bingo will earn +10 points for their organization.
  - c. Placement Points
    - i. N/A
- 5. Bouldering Competition (Special Event)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. N/A
  - c. Placement Points
    - i. 1<sup>st</sup> = +30 Points
    - ii. 2<sup>nd</sup> = +15 Points
    - iii. 3<sup>rd</sup> / 4<sup>th</sup> = +8 Points

## October 2025

- 1. Swim Meet (Special Event)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Per Race (Single Gender Races & CoRec Races)
      - 1. 1<sup>st</sup> = +3 Points
      - 2. 2<sup>nd</sup> = +2 Points
      - 3. 3<sup>rd</sup> = +1 Point
  - c. Placement Points
    - i. Overall Meet
      - 1. 1<sup>st</sup> = +30 Points
      - 2. 2<sup>nd</sup> = +15 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +8 Points
- 2. Sprint Triathlon (Special Event)
  - a. Participation Points

- i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. N/A
  - c. Placement Points
    - i. 1<sup>st</sup> = +30 Points
    - ii. 2<sup>nd</sup> = +15 Points
    - iii. 3<sup>rd</sup> / 4<sup>th</sup> = +8 Points
- 3. 3v3 Basketball League (League Sport)
  - a. To receive maximum participation points, 1 single gendered team and 1 CoRec Team is required.
    - i. 1 Single Gendered Team = +200 Participation Points
      - 1. If the team receives a Sportsmanship Rating of 1.0 – 0.1, or if a player from the team is ejected, they will only receive 100 Participation Points
      - 2. If the team forfeits or receives a Sportsmanship Rating of 0.0, they will receive 0 Participation Points
    - ii. 1 CoRec Team without forfeit, low sportsmanship and ejections = +50 Participation Points
  - b. Performance Points
    - i. Regular Season Win = +3 Points
    - ii. Bracket Win = +5 Points
    - iii. Tie = +1 Point
  - c. Placement Points
    - i. Single Gendered Team)
      - 1. 1<sup>st</sup> = +300 Points
      - 2. 2<sup>nd</sup> = +150 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +75 Points
    - ii. CoRec Team)
      - 1. 1<sup>st</sup> = +150 Points
      - 2. 2<sup>nd</sup> = +75 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +30 Points
- 4. Softball League (League Sport)
  - a. To receive maximum participation points, 1 single gendered team and 1 CoRec Team is required.
    - i. 1 Single Gendered Team = +200 Participation Points
      - 1. If the team receives a Sportsmanship Rating of 1.0 – 0.1, or if a player from the team is ejected, they will only receive 100 Participation Points
      - 2. If the team forfeits or receives a Sportsmanship Rating of 0.0, they will receive 0 Participation Points
    - ii. 1 CoRec Team without forfeit, low sportsmanship and ejections = +50 Participation Points
  - b. Performance Points
    - i. Regular Season Win = +3 Points
    - ii. Bracket Win = +5 Points
    - iii. Tie = +1 Point
  - c. Placement Points
    - i. Single Gendered Team)
      - 1. 1<sup>st</sup> = +300 Points
      - 2. 2<sup>nd</sup> = +150 Points
      - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +75 Points



- ii. CoRec Team)
  - 1. 1<sup>st</sup> = +150 Points
  - 2. 2<sup>nd</sup> = +75 Points
  - 3. 3<sup>rd</sup> / 4<sup>th</sup> = +30 Points

## November 2025

- 1. MocFit Games (Special Event)
  - a. Participation Points
    - i. To receive maximum participation points, 1 single gendered team is required.
      - 1. 1 Team = +100 Participation Points
  - b. Performance Points
    - i. N/A
  - c. Placement Points
    - i. 1<sup>st</sup> = +30 Points
    - ii. 2<sup>nd</sup> = +15 Points
    - iii. 3<sup>rd</sup> / 4<sup>th</sup> = +8 Points
- 2. eSport Tournament (Tournament)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Bracket Win = +3 Points
  - c. Placement Points
    - i. 1<sup>st</sup> = +60 Points
    - ii. 2<sup>nd</sup> = +30 Points
    - iii. 3<sup>rd</sup> / 4<sup>th</sup> = +15 Points
- 3. Pickleball Doubles Tournament (Tournament)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Bracket Win = +3 Points
  - c. Placement Points
    - i. 1<sup>st</sup> = +60 Points
    - ii. 2<sup>nd</sup> = +30 Points
    - iii. 3<sup>rd</sup> / 4<sup>th</sup> = +15 Points

## December 2025

- 1. Dodgeball Tournament (Tournament)
  - a. Participation Points
    - i. To receive maximum participation points, 4 single gendered teams are required.
      - 1. 4 Teams = +100 Participation Points
  - b. Performance Points
    - i. Bracket Win = +3 Points
  - c. Placement Points
    - i. 1<sup>st</sup> = +60 Points
    - ii. 2<sup>nd</sup> = +30 Points

iii.  $3^{\text{rd}} / 4^{\text{th}} = +15$  Points

2. College Bowl Pick 'Em (Special Event)

a. Participation Points

i. To receive maximum participation points, 4 single gendered teams are required.

1. 4 Teams = +100 Participation Points

b. Performance Points

i. N/A

c. Placement Points

i.  $1^{\text{st}} = +30$  Points

ii.  $2^{\text{nd}} = +15$  Points

iii.  $3^{\text{rd}} / 4^{\text{th}} = +8$  Points