



WELLNESS

2026 – 2027

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.

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.

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.

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 ΑΓΡ

Lambda Chi Alpha – LXA or ΛΧΑ

Pi Kappa Phi – Pi Kapp, PKP or ΠΚΦ

Sigma Alpha Epsilon – SAE or ΣΑΕ

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

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.

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
League Sports	200
Tournaments	100*
Special Events	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	
Regular Season Win	3 points
Tie	1 point
Loss	0 points
Playoff/Bracket Win (Includes Bye)	5 points
1st Place	300 points
2nd Place	150 points
3rd/4th Place	75 points

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

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

Special Events	
Bracket Win	3 points
Loss	0 points
1st Place	30 points
2nd Place	15 points
3rd/4th 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
 - 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 – 2nd Place
 - Team 2 - DNP
 - Team 1 – Total Points: $200 + 12 + 10 + 75 = 297$
 - Team 2 – Total Points: $200 + 6 + 0 + 0 = 206$

- Theta Chi total Flag Football Points = +297

Cornhole

- HWC
 - 6 Total Teams
 - Team 1 – 5 Wins, 1st Place
 - Team 2 – 4 Wins, 2nd 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.