



Florida Southern College Intramural Sprint Triathlon Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

Participant Information

- 1) Participants must wear appropriate aquatic attire to participate. This will be reviewed at the captains' meeting. The final say regarding any disputes over attire will lie with the lifeguards on duty. **THIS IS FOR YOUR SAFETY!!!**
- 2) Current varsity swimmers for FSC may not participate in the event. Former varsity members must have been removed from the varsity roster for one full academic year. For any eligibility concerns or questions, contact the Intramural Sports Office.
- 3) Current varsity runners for FSC may not participate in the event. Former varsity members must have been removed from the varsity roster for one full academic year. For an eligibility concerns or questions, contact the Intramural Sports Office.

Event	Location
Swim - 425 Yards	HWC Pool
Bike - 6.2 Miles	HWC Pool Deck
Run - 2 Miles	Lake Hollingsworth

Scoring and Awards

- 1) The number of heats will be based off of the number of participants.
- 2) The intramural staff will be using clocks and timers to time each heat to give each participant their time.
- 3) The overall men's and women's winner will receive an Intramural Champion T-shirt.