

# Princeton University Intramural Sports Team Fit Rules



## I. POLICIES/EQUIPMENT

- A. All captains must attend the Captain's Meeting on **Monday, February 13<sup>th</sup>** at 4:30pm in Dillon Gym.
- B. Participants must adhere to all policies and procedures in place for the Stephens Fitness Center and the Group Fitness program.
- C. Group Fitness punch cards must be purchased in order to earn points for these classes. Cards may be shared among members of a team as long as there is a "punch" for each player.
- D. Points will be earned based on the usage of cardio equipment (treadmill, elliptical, bikes, rowers, arc trainers) in Stephens, attendance in group fitness classes, or running/biking outdoors.

## II. GENERAL RULES AND REGULATIONS

- A. A team consists of 2-4 players. All players **MUST** be registered for the team on [www.imleagues.com](http://www.imleagues.com) by Monday February 13<sup>th</sup>.
- B. Team must register either for the "Rookies" or "Veterans" division. The "Rookies" division is geared for participants who do not regularly lead an active lifestyle, and are beginning to add a fitness program to their daily routine. The "Veterans" division is designed for participants who lead an active lifestyle, and already follow a fitness program regularly.
- C. Players individually earn points for their team. Players do not have to work out together with their team, or be present when their opponents are working out.
- D. Each game will last from a Monday through Thursday of the week they are scheduled to play. Each day will be considered a Quarter of the game. Players can earn points throughout those 4 days the match is going on.
- E. Captains must keep track of their teams point total and turn in scorecard at the end of each week to the IM Office in room 112 of Dillon Gym.
- F. If taking Group Fitness classes to earn points, players must check in at the Dillon Front Desk to receive their score card, and have the Group Fitness Instructor sign the bottom of the card before returning the card back to the Front Desk referee.
- G. On Friday, all score cards will be tallied to see which team won that match.
- H. If a team fails to enter a scorecard by Friday, they will have forfeited that match.
- I. At the end of the season, top teams will be taken to a playoff competition that will lead to our Fit Bowl Championship.
- J. IM Champion T-shirts will be given to the first and second place teams, as well as the top 2 male point total winners and the top 2 female point total winners.

## III. SCORING

- A. Teams must be honest when recording their score. Teams must self-report their score, and the integrity of the event will only be credible if the participants are honest with their score cards.
- B. For every 1 minute of cardio that you do in the Stephens Fitness Center, your team will advance 1 yard.
- C. Once your team accumulates 100 yards, they get a touchdown and will earn 7 points.
- D. If team has at least 75 minutes left over at the end of a quarter (day), they will get a field goal and earn 3 points.
- E. Your team can also earn a field goal by attending any Group Fitness Classes offered.