



Recreational Sports

Old Dominion University
Recreational Sports - Intramurals
Co-Rec Rock Climbing

1. ELIGIBILITY

- a. Everyone on the roster must have **current health insurance** and bring the information at time of team registration.
- b. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- c. All Full-time Students (undergraduate and graduate enrolled continuously in atleast 3 credit hours), faculty and staff.
- d. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- e. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- f. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- g. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- h. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

2. GENERAL REGULATIONS

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

3. CAPTAINS

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.



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- b.** Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of the officials. All protests must be made within 24hrs from the time of the incident.
- c.** The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d.** It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

4. TEAM

- a.** Teams are limited to a maximum of four (4) Climbers with one (1) Alternate. One (1) climber must be of the opposite sex (not including the alternate). 4 - team members will be challenged each Intramural event night, however if less than four participates on the team participate they will not be disqualified but scoring will be impacted.
- b.**

5. TIME FACTORS

- a.** Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit.

6. INJURED PLAYER & BLOOD RULE

- a.** Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffers a head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.

7. GAME RULES

- a.** Team consists of 4 members and 1 alternate. Teams must be co-ed with at least one member of the opposite sex on each team (not including the alternate). 4 team members will be challenged each Intramural event night, however if less than four participates on the team participate they will not be disqualified but scoring will be impacted.



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- b. Speed Auto Belay – Objective: Get to the top as fast as you can, using any hold or feature you desire.
- i. Make sure your harness is secure and both carabineers are clipped before climbing.
 - ii. Stay below the auto belay. Do not venture off too far to either side.
 - iii. Do not grab the other ropes, anchor points, or wood beam.
 - iv. Grab the top of the wall to indicate the end of the climb.

Scoring: The four team members' times will be averaged together for a team time.

- c. Bouldering Problem – Objective: Complete the bouldering problem by following the colored taped hand holds and without falling off the wall.
- i. Before beginning the problem, get in the start position by placing hands at the starting point and feet on the wall.
 - ii. Follow the colored tape specific to your problem with your hands to reach the finish hold. Your feet may be placed on any features of the wall.
 - iii. Only climb when the spotter is ready. If at any time you are uncomfortable, step off safely.
 - iv. If you step off the wall, then you must start from the beginning.
 - v. Indicate your finishing of the problem by grabbing the finishing hold.

Scoring: The four team members' times will be averaged together for a team time.

- d. Speed Traversing – Objective: Climb horizontal across the wall as fast as you can.
- i. Start by climbing up a short distance (not higher than your shoulder height) to the start then climb horizontally.
 - ii. Finish by making it to the finishing hold and grabbing it.
 - iii. If your feet touch the ground or you come off the wall you must start over.
 - iv. Do not climb above shoulder height (or where you are comfortable) or grab ropes or anchor points.

Scoring: The four team members' times will be averaged together for a team time.

- e. Traditional Route – Objective: Follow one color coded route all the way to the top.
- i. Make sure your harness, knot, & belay are secure.
 - ii. Before beginning the problem, get in the start position by placing hands at the starting point and feet on the wall.



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- iii. Follow the colored tape specific to your route with your hands to reach the finish hold. Your feet may be placed on any features of the wall.
- iv. Stay below your rope. Do not venture off too far to either side.
- v. Do not grab the other ropes, anchor points, or wood beam.
- vi. Grab the top of the wall to indicate the end of the climb.

Scoring: The four team members' times will be averaged together for a team time.

Championship Night - Final scores will be tallied following the Traditional Route and IM Championships will be awarded.