

# So you want to know more about intramural sports...

## WHO

- Who can play intramural sports? Intramural Sports is open to all NSU students, faculty and staff.
- Who can I contact if I have questions about intramural sports?
  - Mike Prociuk, Assistant Director for Intramural Sports and Special Events, (954) 262-7305
  - Jason Aloise, Graduate Assistant for Intramural Sports, (954) 262-7303
  - Campus Recreation, Main Office: (954) 262-7301

## WHAT

- What are intramural sports? Campus Recreation provides a variety of sport leagues and tournaments for the entire NSU community. The goal of the program is to establish fun and inviting playing environments for all skill levels.
- What sports are offered?
  - Leagues: Volleyball, Flag Football, Soccer, Basketball, Softball
  - Tournaments: Intramural Sports Challenge, 3-on-3 Basketball, Golf Tournament, Racquetball Singles, 4-on-4 Flag Football, Wiffleball, Kickball, and Wallyball
- What levels of play are offered? We offer leagues for Men, Women, and CoRecreation competition. You can play in either a competitive or a recreational division (depending how intense you want the competition to be).
- What is the format for intramural sports? The leagues play a 4-5 week regular season. The top teams advance to a single-elimination tournament and a champion is crowned at the end.
- What is the All-Campus Championship? The All-Campus Championship was established to encourage participation in all intramural activities and special events. You can play with or against your classmates, friends, and teachers! All you need to do is form a team and participate in as many sports as you can. (Just be sure to keep the same team name for the whole year, so we know who you are). Each team will earn points for participation, game results, playoff results, and sportsmanship. At the end of the academic year the team that has accumulated the most points will have their name displayed on a championship banner in the University Center. In addition to earning the respect and admiration of every intramural team, the members of each winning team will be presented with a great prize from Campus Recreation!
- What is the Online Free Agent List? This web site lists names of people who would like to participate in intramural sports but do not have a team to play on. Anyone can view the site and try to find teammates. You are not guaranteed to find a team, but it is a tool to help you get involved.
- What is the Intramural Sports Handbook? This publication describes the rules and policies for our program. It provides guidelines for both individuals and teams.

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## WHERE

- Where do intramural sports take place? Indoor events will take place in the multi-purpose gymnasium located on the second floor of the R.A.C. in the University Center. Outdoor events will take place on the Rec Fields.
- Where can I get more information about intramural sports? The Campus Recreation offices are located on the first floor of the University Center. You can also visit our website at [www.rec.nova.edu](http://www.rec.nova.edu).

## WHEN

- When do intramural sports take place? The leagues are 4-6 week seasons throughout the entire school year. The games are played Monday through Thursday between 7:00-11:30 PM.
- When can I register my team? Online registration is available for a two-week period before each program. All you need to do is visit our web site and enter your team information.

## HOW

- How much does it cost to participate in intramural sports? There is no individual participation fee. Team fees for the leagues are \$40 and \$15 for the tournaments.
- How do I apply for an officiating job? Applications for Campus Recreation can be printed from our web site or picked up at the R.A.C. Experience is recommended but not required.
- How can I get involved with intramural sports? If you would like to be a team captain, get your friends and classmates together and register your team. If you would like to participate but can't find a team, we'll post your information on our Online Free Agent List. If you would like a job, you can apply to work as a referee.