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

WHO makes it happen...

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
- Meloney Fosburgh, Graduate Assistant for Intramural Sports, (954) 262-7303
- Jessica Walter, Intramural Sports Supervisor
- Fernando Ruiz, Intramural Sports Supervisor
- Mondy Dormil, Intramural Sports Supervisor
- Ben Freed, Intramural Sports Supervisor
- Campus Recreation, Main Office: (954) 262-7301

WHAT Intramural Sports are...

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
- Special Events: 3-on-3 Basketball, Golf Tournament, Racquetball Singles & Doubles, Badminton, 4-on-4 Flag Football, Kickball, Dodgeball, Ultimate Frisbee, Inner Tube Water Polo and more!

What levels of play are offered?
We offer leagues for Men, Women, and Co-Recreation 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. All teams advance to the tournament at the end of the season. Teams will be placed in a bracket based upon their regular season win/loss record.

What is the Fin Cup Point Series?
The Fin Cup Point Series 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 Cup 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 website 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 fund 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.

WHERE all these activities take place...

Where do intramural sports take place?
Indoor events will take place in the multi-purpose gymnasium located on the second floor of the RecPlex in the University Center. Outdoor events will take place on the Gloria Dei Fields behind the Mailman Segal Institute on SW 26th St.

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.

WHEN the sports occur...

When do intramural sports take place?
The leagues are 4-5 week seasons throughout the entire school year. The games are played Monday through Thursday between 7:00-11:30 PM. Special Events are 1 day events to 1 week events.

When can I register my team?
Online registration is available for approximately a two-week period before each sport or event. All you need to do is visit our website and enter your team information.

HOW do we make it happen...

How much does it cost to participate in intramural sports?
There is no individual participation fee. Team fees for the leagues are $50 and $0 - $25 for the tournaments.

How do I apply for an officiating job?
Applications for Campus Recreation can be printed from our website or picked up at the RecPlex. Experience is recommended but not required. You can also attend the officiating clinics for each sport. Clinics typically take place one week prior to the season beginning and dates and times can be found on the Semester Schedule.

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.