

PARTICIPATION

Open to all! Each event is open to students, graduate students, affiliates, alumni, faculty, and staff members of the University of Northern Iowa.

Play all semester! Purchase an Intramural Play Pass for \$20 to play in any & all intramurals during the semester! If you only want to play one team sport or a one day individual sport, pay \$5 for an individual sport and \$10 for a team sport.

MEN'S & WOMEN'S INTRAMURALS

Women's Leagues	Entries Due	Play Starts*
5 on 5 Basketball	January 19	January 23
4 on 4 Volleyball	January 25	January 29
Men's Leagues	Entries Due	Play Starts*
5 on 5 Basketball	January 19	January 23
Indoor Soccer	January 25	January 27
4 on 4 Volleyball	January 25	January 29
Dodgeball	March 8	March 20

CO-REC INTRAMURALS

Leagues	Entries Due	Play Starts*
5 on 5 Basketball	January 19	January 23
Indoor Soccer	January 25	January 29
4 on 4 Volleyball	January 25	January 29
Dodgeball	March 8	March 20

OPEN INTRAMURALS

Tournaments	Entries Due	Play Starts*
Table Tennis	February 8	February 12
Badminton	February 22	February 26
3-Point Shoot Out	March 2	Feb. 28, March 1, March 2
Hot Shot	March 2	Feb. 28, March 1, March 2
Free Throw	March 2	Feb. 28, March 1, March 2
Canoe Battleship	March 1	March 5
Spikeball	April 12	April 16
Bags	April 12	April 16
Kan Jam	April 12	April 16
Aqua Golf	April 12	April 16
4 on 4 Sand Volleyball	April 19	April 23
11 on 11 Soccer	April 26	April 30

***OPEN:** Means there are no gender restrictions, the team only needs to meet the minimum number of required players.

For More Information

Registration: All registration begins **January 10, 2023**. Register online at services.recreation.uni.edu/DivisionRegistration
Find more information on sports rules, descriptions, and officials' meetings online at recreation.uni.edu/intramural-sports