Intramural Sports FAQ’s

Q. What are intramural sports?

A. Intramural sports are a great way to get involved on campus, be active, and meet new friends! The Office of Campus Recreation provides students with several different intramural sports so everyone is sure to find something they enjoy. Students form intramural teams with other UAlbany students and compete in games against other teams from UAlbany. Everything is organized by the Office of Campus Recreation staff.

Q. What sports are offered?

A. The Office of Campus Recreation offers Flag Football, Soccer, Indoor Soccer, Softball, Volleyball, Sand-Pit Volleyball, Basketball and Ultimate Frisbee. We also provide students will shorter “tournament style” sports.

Q. Who can participate in intramural sports?

A. All current undergraduate students and graduate students who pay the Student Association fee are eligible to participate. YOUR CURRENT SUNY ID CARD MUST BE PRESENTED AT EVERY GAME.

Q. How do I sign up for intramurals?

A. All intramural participants are required to sign up using imleagues.com. On Imleagues students must register using their UAlbany email address. The captain of the team will create the team on Imleagues and all other team members will be able to join that team. A step by step instruction guide to imleagues.com can be found on our website at: http://www.albany.edu/campusrecreation/IMregistration.shtml

Q. I want to participate in intramurals, but I don’t have a team. What should I do?

A. A great way to form a team for intramural sports is to get together with students from your floor or Resident Hall. Ask your RA for help in generating interest. You can also sign up on Imleagues as a Free Agent. Team captains will have the choice to place free agents on their team if they need more players.

Q. Where and when do intramural games take place?

A. During the week all games are played between 8:00pm-12:00am. On the weekends games are played between 10:00am-3:00pm. Games are played in the Physical Education building and the Bubble and on the intramural soccer fields, the softball field near State Quad, the Field Hockey Field and Collins Circle.

Q. How much does it cost to play intramurals?

A. The cost of intramurals depends on what sport you choose to participate in. Each sport has a team entry fee and a team forfeit fee. If your team does not forfeit any games during the season the forfeit fee will be refunded at the end of the semester.

Q. What’s the difference between a forfeit and a default?

A. A team will receive a forfeit if the team does not show up to a scheduled game, does not have the minimum amount of players to participate, or displays poor sportsmanship during the game. A team will receive a default if they contact the Office of Campus Recreation staff by 12:00pm the business day before the game that they cannot play. For example, if a team cannot play in a game scheduled for Sunday, they must contact the office by 12:00pm, Friday.