



# GET MOVING WITH RECWELL INTRAMURAL SPORTS

[intramurals.umd.edu](http://intramurals.umd.edu) | [@UMDIntramurals](https://twitter.com/UMDIntramurals) | [imsports@umd.edu](mailto:imsports@umd.edu)



JOIN  
PLAY  
COMPETE  
OFFICIATE

Active Terps  
Live Well



# RECWELL INTRAMURAL SPORTS

Play in short-term leagues and tournaments, competing against other Maryland students, faculty, and staff. You don't have to be an athlete to play. We offer varying levels of play for all abilities and leagues for men's, women's, coed, and graduate/faculty/staff teams.

## SPORT TERPS LIVE WELL!

- Socialize with friends and make new ones who share a common interest.
- Relieve stress and have fun while playing sports you love or discovering new passions.
- Be active to boost your mood, get better sleep, strengthen your immune system, and have more energy to do all the things you love to do.
- Learn the value of teamwork, communication, and sportsmanship.

## FOR MORE INFORMATION:

imsports@umd.edu

## READY TO GET STARTED?

Register online at [intramurals.umd.edu](https://intramurals.umd.edu). Be sure to create an account online prior to the registration period. We encourage you to sign up the day registration opens, as leagues tend to fill very quickly.

Don't have a full team? Sign up as a 'free agent,' and our Intramural Sports staff will do their best to match you with other players looking for teammates or teams looking for players.



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## FALL AND SPRING SPORT OFFERINGS

### TEAM SPORTS

Basketball  
Soccer  
Volleyball  
Flag Football  
Futsal



### FUN FRIDAYS!

Futsal  
Log Rolling  
Four Square  
Pickleball  
Handball  
Goal Ball  
Cornhole  
Dodgeball  
Handball  
Goal Ball  
Spikeball  
Kan Jam  
Inner Tube Water Polo

### TOURNAMENTS + INDIVIDUAL/DUAL SPORTS

Table Tennis	Bowling
Three Point Contest	Ultimate Frisbee
Racquetball	Golf
Wallyball	Flag Football
Soccer Tennis	Tennis
FIFA Playstation/Xbox	Futsal
Lacrosse	Badminton
Sand Volleyball	Madden Playstation/ Xbox
Golf Tournament	Ultimate Frisbee
Softball	
Kickball	

### GRADUATE STUDENT SERIES EVENTS

Friday Futsal	Golf: Short Game Clinic
Pool Volleyball	Golf: Long Game Clinic
Badminton and Pickleball	Golf: Nine Holes, Dinner, and Glow Putting

### COED HALL LEAGUES

Sign up a team consisting of members of your Residence Hall floor or building in the "Hall" league and compete against other Residence Halls for bragging rights.

### FUN FRIDAYS

Grab some friends and come out for some informal Friday afternoon FUN. Play some classic games from childhood, and try a few new ones too! Participants who play in 6 of the 8 events will earn an IM Sports CHAMPION T-Shirt!