

## How to Sign up for an Intramural Team

- Step 1- Ask around to see if other classmates are interested in joining your team for the particular sport.
  
- Step 2- Go to the Goergen Athletic Center and pick up a roster form outside of the IM office
  
- Step 3- Put all of your teammates on the roster form including their email address and a contact number (Cell Phone).
  
- Step 4- Put your team name on the sign in sheet for the sports you are choosing on the day and time you want (i.e. Flag Football, Tues Night at 10:20pm). If league is full, put your team name on the waiting list section of the form.
  
- Step 5- Put completed roster in the cubby that is labeled for your sport.
  
- Step 6- Attend the Captains meeting with the \$20 forfeit fee for your sport!