



How to sign up for an intramural sport:

- i. Log in to your **IM Leagues** account at www.dal.ca/intramurals (Click on the IM Leagues Login tab) by using the same login information as what you would use for Dal Online (Net ID and Password) under **“Already have an account?”** If you are unable to login email intra@dal.ca and please include your Dalhousie email and a screenshot of the page that appears when you attempt to login.
- ii. **Click the “Get Involved” button** at the top right of your User Homepage page OR Click on the **“Dalhousie University”** link at the top to go to your school’s homepage on IMLeagues.
- iii. The current sports will be displayed, click on the sport you wish to join (example below).



-Choose the league you wish to play in (Men’s, Women’s, Co-Rec, etc.)

- iv. Choose the division you’d like to play in (Monday 5PM, Tuesday 5PM, etc.)
- v. You can join the sport one of three ways:
 - i. **Create a team (For team captains)**
 - i. Captains can invite members to their team by clicking “Team Options” and then “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.
 - i. If they’ve already registered on IMLeagues: search for their name, and invite them
 - ii. If they haven’t yet registered on IMLeagues: scroll down to the “Invite by Email Address” box, and input their **DALHOUSIE** email address.
 - ii. **Join a team**
 - i. Find existing teams on the league page and click the “join team” button to send a request to join a team
 - ii. Accepting a request from the captain to join their team
 - iii. Finding the team and captain name on division/league page and requesting to join
 - iv. Going to the captain’s playercard page, viewing their team, and requesting to join
 - iii. **Join as a Free Agent**
 - i. You can list yourself as a free agent in as many divisions within a league as you’d like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.